

**SWIMMING STROKES** – BASIC PRINCIPLES AND COMMON ERRORS – 2018  
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**GUIDELINES for Warm-up** – recommended for **ALL MEETS (& ESP. prelims and finals)**

-A designated supervisor **SHOULD** be on deck for the **ENTIRE** warm-up.

(**ACTIVE**, not just observing.)

\*\*\* -Swimmers **SHALL** enter the water **FEET FIRST** except for practice starts which are limited to specific lanes and **DIRECTLY SUPERVISED** by each swimmer's coach. \*\*\*

**(SHOULD BE HAPPENING ALL SEASON! PRACTICES TOO!)**

-Place a cone marker or similar sign on the starting blocks when NOT used in lanes for 1 way sprints.

-Specify **ONE** or **MORE** lanes for each team as **ONE WAY sprint lanes** about 2/3 of the way through the warm-up with racing starts from the blocks permitted from the **STARTING END** of the pool **ONLY**.

\*\*\* **(NO OTHER DIVES SHOULD BE TAKEN FROM THE BLOCKS \*\*\***

**\*\*\* AND/OR SIDE OF THE POOL. \*\*\***

-MAY specify lanes for relay start practice during the **LAST 15 minutes** of the warm-up.

-Coaches **SHOULD** stand at **THE STARTING END OF THE POOL** and **VERBALLY** start swimmers for sprint or pace work and relay starts.

-Swimmers should **NOT** be allowed **ON** a starting block when a backstroker is executing a start in the **SAME** lane.

**FREESTYLE -**

-START: Forward start is used.

-BODY: **ANY** body position or **COMBINATION** of positions **MAY** be used.

-UNDERWATER: **MAY** be **COMPLETELY** submerged for **NOT MORE** than 15 meters (16.4 yards) at start and turns. Head **MUST BREAK** the **REGULAR SURFACE AT OR BEFORE** the 15m mark.  
(Markers on **POOL** and/or lane lines.)??? DON'T use different markers for each lane/swimmer.

Use marker on the pool deck or use the float that is farthest from the start end unless it is completely out of whack.

-ARMS: **ANY** arm stroke or **COMBINATION** of strokes **MAY** be used.

-KICK: **ANY** kick or **COMBINATION** of kicks **MAY** be used.

-TURN: Turn in **ANY** manner. **SOME PART** of the body **MUST** contact the wall at the turn.

-FINISH: **SOME PART** of the body **MUST** contact the touchpad/wall after completion of the required distance.

**MOST COMMON ERRORS** – FREESTYLE

-MISS the wall at the turn. (CAN GO BACK and touch the wall IF miss it the first time.)

-”Corkscrew” or other showboating/taunting = unsporting conduct.

**BACKSTROKE -**

-START: Backstroke start is used.

-BODY: On back. Shoulders **MUST NOT** turn **PAST VERTICAL** to either side, R & L, **EXCEPT** during turns.

- UNDERWATER: **MAY** be COMPLETELY submerged after starts and turns for a distance of NOT MORE than 15 meters. (Head must BREAK the **NORMAL RESTING WATER SURFACE** by that point.)
- After breaking the surface of the water, the swimmer **MUST REMAIN** on the surface (any part of the swimmer's body ON or ABOVE the surface) except for turns. This includes the **FINISH!**
- ARMS: **ANY** arm stroke or COMBINATION of arm strokes **MAY** be used. (Double arms OK.)
- KICK: **ANY** kick or COMBINATION of kicks **MAY** be used. (Scissor and/or breaststroke kicks OK.)
- TURN: SOME PART of the body **MUST** contact the wall.
  - AFTER the head has passed the flags, the upper shoulder **MAY** rotate past the vertical toward the breast BEFORE the touch as long as the rotation is accompanied by the BEGINNING of the turning action OR CONTINUATION INTO THE WALL. **NOT REQUIRED** to flip, but flipping IS faster.
  - The beginning of the turning action **MAY** be accomplished by a SINGLE arm pull OR SIMULTANEOUS DOUBLE arm pull OR a DOWNWARD movement of the head. (**NO** additional arm pulls are allowed. **NO** sculling and/or dog-paddle allowed AFTER pull(s).)
  - ONLY KICKING** and GLIDING into the wall/flip are permitted.
  - Turn in **ANY** manner. (Again, **NOT REQUIRED** to flip.)
  - MUST** be **AT or PAST VERTICAL** onto the back, **BY THE SHOULDERS**, **BEFORE** the **FEET LEAVE** the wall.
  - 'Open' turn (touch on back and turn)? "Old fashioned" flip(touch on back and flip)? **BOTH** are OK!
- FINISH: **MUST** touch the touchpad/wall with **ANY** part of the body, while **STILL ON THE BACK** and with some part of the body **AT or ABOVE** the surface after completion of the required distance.

### **MOST COMMON ERRORS – BACKSTROKE**

- Entering the water **BEFORE** the starter/referee gives the signal/command to **STEP IN**. (JUMP IN?) Cannonball? Dive in?
- NOT** enter FEET FIRST or stay in the IMMEDIATE area. (Usually stay within arms length of the wall.)
- Go BEYOND 15 meters before the HEAD breaks the SURFACE after the start and turns. (Especially last heat of older kids during first length at the start. Few maybe 2<sup>nd</sup> length too?)
- Rotate to stomach BEFORE reaching the flags. (Head is factor at flags.. SHOULDERS re: back.)
- MORE** than **ONE SINGLE** arm pull **AFTER** rotating for the turn. (**SECOND** alternating arm recovering over the water is the standard for a **DQ**.)
- SCULL/DOG-paddle **AFTER ROTATING** for the turn **AFTER** single or double simultaneous pull.
- MISS** the wall on the turn. (MAY 'back-in' if miss the wall as long as they STAY on the BACK. (Small distance.) (Once on the back after the flip/turn away from the wall, **CANNOT** go **ONTO THE BREAST** again on THAT TURN.)
- NOT** on the BACK, **BY THE SHOULDERS**, when the FEET **LEAVE** the wall.
- Pulling on the lane ropes, intentional and inadvertent. Advantage over the other swimmers. (Push AWAY from the lane lines or side wall?)
- Rotate onto the stomach, **BY THE SHOULDERS**, **BEFORE** touching the pad/wall at the finish.
- Be **COMPLETELY** submerged at the finish.

### **BREASTSTROKE -**

- START: Forward start is used.
- BODY: On breast with shoulders LEVEL (horizontal) EXCEPT during the turn/finish.
- UNDERWATER: On start and turn, **MUST** have **ONE ARM PULL** followed by **ONE BREASTSTROKE KICK IN THAT ORDER**.

(Hands **MAY** be past the HIPLINE w/**NO** sculling and/or dog paddling.)

- MAY** include **ONE DOLPHIN KICK** at **ANY TIME BEFORE** the **FIRST** breaststroke kick which **MUST** come after the **FIRST** pull.
- Being wholly submerged or breaking the surface is **NOT** an issue.
- Also **NO 15 METER HERE** ! (Restricted by number of strokes underwater.)
- Head **MUST** break the **NORMAL RESTING SURFACE** of the water **BEFORE** or **AS** the hands **TURN INWARD** at **WIDEST** part of the 2<sup>nd</sup> stroke. **OK** if water **FLOWS OVER THE HEAD**. (Obvious when **TWO** strokes taken underwater or when hands turn inward before head surfaces.)
- After that, **NO** hands past the HIPLINE **AND** some part of the head **MUST** break the surface of the water **EACH** stroke cycle. (Cycle = **ONE PULL** followed by **ONE KICK, IN THAT ORDER, EXCEPT** after the **FINAL CYCLE** prior to turn/finish.) There, a **SINGLE** arm pull is permitted, **NOT** a single **SECOND** kick. That is, **NO 2 KICKS W/O pull. (NEVER!) NO 2 pulls w/o kick.**
- ARMS**: Move together in the **SAME** horizontal plane. (Mirror each other.)(Physical limitation?)
- Hands move **ON, ABOVE** or **UNDER** the water.
- Elbows **MUST** remain **UNDERWATER EXCEPT** during the **LAST** stroke at turn/finish. (**NO** butterfly, over water recovery.)
- KICK**: Feet drawn up toward the body with the knees bent.
  - Feet **MUST** turn **OUTWARD** for the propulsive portion of the kick. (**NOT** push out w/**TOP** of the feet.)
  - MUST** push water **BACKWARD** (inward?) with the **BOTTOM** of the feet, **NOT THE TOP** of the feet pushing water **DOWNWARD** (Dolphin.) or inward or outward. (Backward?)
  - ALL** movements of the legs and feet **MUST** be **TOGETHER** and in the **SAME** horizontal plane.
- TURN**: **MUST** touch with **BOTH** hands **SIMULTANEOUSLY**.
  - Turn in **ANY** manner.
  - MUST** be **TOWARD** the breast (**SHOULDERS** at or past vertical) **BEFORE** the feet **LEAVE** the wall.
  - Shoulders **MUST** be level (horizontal) **BEFORE** the **FIRST** stroke.
  - MAY** take **ONE** arm stroke **WITHOUT** kick at turn/finish. (**NOT TWO KICKS** without a pull.)
- FINISH**: **TWO** hand **SIMULTANEOUS** touch on touchpad/wall after completion of the required distance.

### **MOST COMMON ERRORS – BREASTSTROKE**

- Start out **NOT** breaststroke. (Usually alternating arms, crawl.)
- MORE** than **ONE** stroke, **ONE** dolphin kick and **ONE** breaststroke kick **UNDERWATER** especially at the start and turns. (Dive too deep?) (Also **OUT OF CYCLE**, sequence.) Dolphin, pull, kick **OK**.
- Scull, dog-paddle, extra kicks, etc. at **END** of underwater stroke. (To get to the surface.)
- Hands **PAST** hipline after **FIRST** stroke. (Usually multiple times or all the time. Their 'style'?)
- Push off wall on back.
- Breast kick **BEFORE** the pull.
- Pull **BEFORE** the shoulders are horizontal.
- More than **ONE** underwater kick or **ANY OTHER** kick at **START/TURNS**. (Especially to reach the surface. And get a breath,) Going **TOO DEEP** is a good indicator that they **MAY** do something illegal to get to the surface.
- Head only break the surface **AFTER** the hands start **INWARD** on **SECOND** stroke. (Tough call if close. Benefit of the doubt to the swimmer.) Fairly obvious if later as 'hands move forward'. (Old?)
- Head **NOT** break surface **ONCE EACH** stroke cycle.
- Arms **ALTERNATE OR OVERWATER** recovery.
- Kick- scissor kick (one leg breast, one leg fly) or flutter (ankles cross).

- Kick- downward fly kick developed from flexing and **FORCEFUL** extending of the knee at ANY 4. time except the first stroke from start/turn. (Only **ONE** permitted at start/turn as above.) (Natural flow of the body?) (Also seen as swimmers approach the turn, last stroke, and are NOT in 'synch' at the wall.) In the middle of a stroke cycle. Easier to dolphin than recover and breast kick. Faster.
- ONE hand or NON-SIMULTANEOUS touch at turn/finish.

### **BUTTERFLY -**

- START: Forward start is used.
- BODY: On breast except during the turn.
- UNDERWATER: After the start/turn, ONE or MORE dolphin kicks and only ONE arm pull underwater. **MAY** be COMPLETELY submerged for a distance of NOT MORE than 15 meters.
- ARMS: Both arms pull back together underwater. At any time, BOTH hands **SHALL** be in the **SAME** horizontal plane. Recovery should have **WHOLE ARM** from shoulder to wrist (ELBOW?) **BREAK** the **SURFACE** of the water at about SAME time. (**ALL of BOTH** arms from shoulder to wrist **SHOULD BREAK** the SURFACE of the water **EACH** stroke to be legal. Arms do NOT have to **CLEAR** the water.) Recovery must be **SIMULTANEOUS. NO ONE ARM** lagging behind.)
- KICK: BOTH legs and BOTH feet move up and down in the **SAME** vertical plane at the **SAME** time. 'Lazy' foot' (one foot stays above/below the other) is OK, alternating flutter (ankles cross) is NOT).
- TURN: TWO hand **SIMULTANEOUS** touch then turn in **ANY** manner.
  - Shoulders **MUST** be **AT or PAST** vertical toward the breast **BEFORE** the feet **LEAVE** the wall.
  - Shoulders horizontal PRIOR to the first pull.
- FINISH: TWO hand **SIMULTANEOUS** touch on touch pad/wall after completion of the required distance.

### **MOST COMMON ERRORS – BUTTERFLY**

- Start out **NOT** butterfly. (Usually crawl, i.e. alternating arms.)
- Freestyle kick, flutter, especially off the walls at start/turns. (NOT SO MUCH LATELY.)(Alternating legs **ANY** time. **Ankles cross.**)
- Breaststroke **FEET** at end of straight legs especially every other kick. **NOT** using top of feet.
- Arms **NOT** breaking the **SURFACE** of the water. (Very tough and tiring.)
- Go **FURTHER** than 15 meters underwater **BEFORE** the head surfaces.  
(**NOT JUST FOR BACKSTROKE ANYMORE!**)
- Small pull **WITHOUT** overwater recovery usually **LAST STROKE** approaching turn/finish. 'Out of sequence'. CAN kick into wall but some are **NOT STRONG** enough or NOT practice it enough.
- HALF PULL**, underwater recovery followed by **FULL PULL** and overwater recovery. Actually 2/3 and 2/3. 'DOUBLE stroke'. (Weaker swimmers, usually every stroke. Their style?)
- Scissor and/or breaststroke kick especially when **TIRED**, i.e. last lap or approaching any turn.
- ONE hand or NON-SIMULTANEOUS touch at turn/finish.

### **INDIVIDUAL MEDLEY -**

- ORDER: Butterfly, backstroke, breaststroke and **ANY** stroke OTHER THAN the **FIRST THREE**.
- Each swimmer **SHALL** adhere, during EACH quarter of the race, to the position, stroke, kick, turn **AND FINISH** rules governing the stroke being swum. (Start out NOT Butterfly, alt. arms.)
- The **FINAL** leg requires the swimmer to be **AT or PAST** vertical toward the breast **BEFORE** any stroke, kick or **PROPULSIVE MOTION**. Crawl stroke on stomach is usually preferred. Especially **NOTHING** on BACK. (Little ones turning over to rest/breath?)

## MOST COMMON ERRORS – INDIVIDUAL MEDLEY

5.

- Does **NOT** adhere to the form of EACH stroke during the appropriate quarter of the race. (Start NOT fly.) This includes the correct FINISH for each stroke within the race **ESPECIALLY** backstroke. **NO 'turn over'** flip turn from backstroke to breaststroke, **NOT** 'regular' back flip. **MAY** 'flip' backward **IF** touch the wall while **STILL ON THE BACK** first.

## RELAYS - MEDLEY RELAY

ORDER: Backstroke, breaststroke, butterfly and ANY stroke OTHER THAN the **FIRST THREE**.

- Each swimmer **SHALL** adhere to the position, stroke, kick, turn and **FINISH** rules governing the stroke being swum.
- The FINAL leg requires the swimmer to be **AT or PAST** vertical toward the breast BEFORE any stroke, kick or propulsive motion. (Again, not 'freestyle' but crawl on stomach.) **NO** backstroke.

## FREESTYLE RELAY -

- ANY style(s) adhering to the turn and finish rules of freestyle. (Different from last ¼ of medleys.)

## RELAY EXCHANGES -

- On the exchanges, the 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> swimmers **MAY** be in **MOTION BEFORE** the previous swimmer finishes. (**MUST** still be in contact with the block/end wall when previous swimmer **TOUCHES**. (NO running start from deck OR from deck to block allowed.) **NO FLIPS**.)
- First three members of the relay teams **SHALL** leave the water by the FINISH END of the pool **PROMPTLY** after finishing their quarter of the race. (Usually by the time the previous swimmer is at the far end turn or passing the flags **ON THE WAY BACK** from the far end of the pool at the latest. (Touchpad delay usually 15 sec.) Generally about one length. (**NOT** exit late.)
- If the swimmer **CANNOT** exit **PROMPTLY**, due to bulkhead height, strength, injury, etc., they **MAY** stay in the water and **AWAY**(1 yard?) from the touchpad and remain in their **OWN** lane and hang on lane line **WITHOUT** interfering with swimmers in adjacent lanes.

## MOST COMMON ERRORS – RELAYS

- Errors in the INDIVIDUAL strokes being swum.
- Second, third and fourth swimmer's feet **LEAVE** the block/deck **BEFORE** the previous swimmer has touched the wall. (Who's fault? Usually blame the swimmer off the blocks. (Our lingo. i.e. #2 early) 25-30% of the time fault is with the swimmer in the water taking an EXTRA stroke OR gliding in.) (Exchange 1,2 or 3?)
- First, second and third swimmer **STAYS IN** the water **TOO** long. (Touchpad delay ~ 15 secs.)
- Jump in at the END of the relay to celebrate and BEFORE the meet is finished. (BVSSL only last heat of 15-18 girls free relay could jump in after ALL of the heats AND TEAMS of free relays are finished.)

## STARTS – FORWARD START

- Blow long whistle. (This is when the event **OFFICIALLY** begins.) Swimmers to step up onto the blocks OR to the edge of the deck OR enter the water for an in-water start. (Alert starter/ref?)
- Swimmers take **ANY** position on the starting blocks/deck with **AT LEAST ONE** foot at **FRONT** of the block/deck. (Toes **NOT** required over the edge. **SAFETY?** Advantage-grip AND time?)

- With the command, "TAKE YOUR MARK", swimmers SHALL **PROMPTLY** assume a 6.  
**STATIONARY** position with FOOT/FEET at **FRONT EDGE** of the block/deck. (Watch for grabbing the block and **LEANING** back.) **WAIT** until **ALL** are STATIONARY, not 'motionless'.
- When **ALL** are STATIONARY, the starter SHALL activate the starting device.
- MAY start IN the water with **AT LEAST ONE** hand and **ONE** foot on the end wall/block AND be STATIONARY. (Requires a **FEET FIRST** entry. Step in. **NO DIVING** in. **NO BACKSTROKE START** allowed. Usually ask permission of or at least alert the starter.)
- NO SECOND** false starts allowed. Let heat proceed and **DQ at the FINISH.**  
**NO RECALL!!!**  
(Officials MUST agree in small pools or only responsible for ½ of the pool? VMAC Prelims and Finals I believe have dual confirmation.)

### **MOST COMMON ERRORS – FORWARD START**

- NOT AT THE BLOCKS** on time to step up at the whistle. (Event starts with the whistle.)  
**WAIT FOR HOW LONG?** Or at all? Early heats only? Prelims vs. finals? Long days.
- DELAY** for broken goggle straps, need to tie my suit, wave to the grandparents, etc.  
**WAIT FOR HOW LONG?** Or at all? Early heats only? Prelims vs. finals? Long days.
- NOT** having ONE foot at front edge of the block. (**Lane 2, move up to the front of the block.**)  
(Some may not be aware of what lane they're in, especially younger ones.)
- 'Coming down' **TOO SLOWLY.**
- NEVER** became "MOTIONLESS". (Not really necessary.) **NOT MOVING FORWARD!**
- ROLLING.** Leaning is OK. Leaning **STOPS.** **ROLLING DOESN'T STOP! LET THEM FALL IN!**
- TOO** long to get in position. (**Lane 4, come down on the command!**) Not down 'together'.  
\*\*(Not really supposed to 'come down together'.)\*\* Only responsible for themselves. (9 ok,1?)
- NO** sling shot start.
- STAND UP** start is OK. (Paying attention? In the ozone?) (**Lane 5, can you hear me?**)
- NOT** ask permission or alert starter to enter water for in-water start. ??? (Usually just a courtesy.)
- UNNECESSARY** delays in **REPORTING** to the blocks or **ASSUMING** a starting position.
- Flinching. Usually not a problem unless followed by **FORWARD** movement. Was it an **ADVANTAGE** to the swimmer? Actually moving backward at start? (Watching 10 lanes.)  
**STARTER'S AND REF'S call. (Dual Confirmation?)**

### **BACKSTROKE START -**

- Swimmers **STEP IN** and remain in the **IMMEDIATE** starting area.  
(Approx. within arms length of the wall +/-.)  
(Preventing delay of the meet and not having to wait for swimmers to return to the wall.)
- Face starting end with **BOTH** hands grasping **HAND GRIPS** (not platform) or wall AND **BOTH** feet in contact with the wall and **NOT** over the **TOP** of the gutter or touch pad. (Standing ON OR IN the gutter or curling the toes OVER the TOP lip of the gutter/pad DURING or IMMEDIATELY AFTER the start is **NOT** permitted.)  
**\*CORRECT BEFORE STARTING THE HEAT !!! Ultimately the swimmer's responsibility.\***
- Starter **SHOULD** give the command to "PLACE YOUR FEET". Check feet placement!
- Upon the command, "TAKE YOUR MARK", swimmers **MAY** assume ANY STATIONARY position.  
(Tendency to come up and **THEN SETTLE BACK.**) **WAIT!** (Not strong enough to hold up very long if at all.) "Sling shot form of the start."

## MOST COMMON ERRORS – BACKSTROKE START

7.

- Does **NOT WAIT** for the command to **STEP IN** the water.
- DIVES IN** or **JUMPS** in **TOO FAR** from the wall. **DELAY OF MEET**.
- NOT** in **4-PART** contact with block/wall. Grasps the platform. Possible? (Too high?)
- Toes above or curled **OVER THE TOP** of touchpad/gutter. (Correct before start if possible.)
- Does **NOT** become **STATIONARY**. (Up and settle?)
- STAND ON** touchpad OR **IN** gutter **BEFORE** the feet **LEAVE** the wall.

## STARTING -

- Swimmers **MUST** have ONE or BOTH feet **AT** the **FRONT EDGE** of the block/deck **BEFORE** you say “TAKE YOUR MARK”. (Especially the younger age groups.) **'Lane 3, step forward'**.  
(**Do they even know what lane they are in? They did when they got there, I think.**)
- Say the command **SLOWLY**, like you're saying 'Open the door'. **DROP** the **PITCH** of your voice?
- ALL** swimmers **SHOULD COME DOWN** on the **COMMAND** and become **STATIONARY**. (Stand up start?) (**MOST** better swimmers will be down and only need to grab the block or tighten their grasp.) Swimmers **CAN** be charged with a false start if they come **DOWN TOO SLOWLY**. (Game playing? Did they hear the command? Are they paying attention?) **'Lane 5, come down quicker on the command.'**
- Say “**STAND UP**” or “**PLEASE STAND**” and try again. (Can also get a false start for rolling. They **MUST STOP FORWARD MOTION**.) Tough to get **ALL** 'STATIONARY' some times. Especially with 8 or 10 lanes.  
*'Sometimes as good as it gets is good enough.'* **Words for the whole meet?**
- If **ALL** are 'MOTIONLESS', better swimmers, **START RIGHT AWAY**, **DON'T** hold them. (Good practice to vary time between command and the 'beep', (?) but tougher to vary when trying to get 10 swimmers to start together.) Older way to operate under old FS rule.
- If one or more keeps moving or goes in, say 'STAND UP’ or “PLEASE STAND” to **RELEASE** the others. Anyone who goes in **AFTER** “STAND UP” is **NOT USUALLY** charged with a false start **UNLESS** they **DELAY** the re-start or showoff.
- There are **NO SECOND CHANCES**. (Slip in, lose balance?) Confirm with the official on the other side the pool in small pools. Write it down as FS. **THAT SWIMMER(S) CANNOT SWIM**.
- If the race is started and you realize ONE or MORE swimmers have false started, **LET IT GO** and **DQ** that swimmer(s) at the **END** of the race.
- If the starter hits the button a second time to recall the swimmers, stop them at the other end. Do **NOT JUMP IN** to stop them. Then run the next couple of heats and repeat that heat again.

## GENERAL MEET NOTES -

- The purpose of stroke judging is to prevent **ANY** swimmer from gaining an **UNFAIR** advantage. (NO harm, NO foul?) Also need to teach proper strokes/procedures, otherwise they may never learn.
- Everyone **MUST** adhere to **ALL** rules from the **FIRST** meet. **NO** first or second week passes for younger swimmers. (If they learn correctly **DURING** the season, **FEWER SURPRISES** at prelims/finals.) **\*\*You make our job easier at prelims/finals if you DQ EARLY AND OFTEN.\*\***
- An illegal action only has to occur **ONCE** for that swimmer/relay to be **DQ'd**. If you see something out of the corner of your eye or you're **NOT SURE** what you saw, give the swimmer the **BENEFIT OF THE DOUBT** and watch to see if it occurs **AGAIN** before **DQ'ing** the swimmer/relay. If you're **NOT 100% SURE** of the call... **DO NOT MAKE THE CALL!!!** (On the other hand, if you see an infraction, **MAKE THE CALL RIGHT AWAY, DO NOT WAIT!**)

- RAISE YOUR HAND** overhead for a call. You can rescind or overrule a call, you can't call it 8.  
AFTER THE FACT! (If you DON'T raise your hand, IT'S AS IF THERE IS NO FOUL.)
- Swimmers CAN be DQ'd for unsporting behavior. You know it when you see it or hear it.  
TAUNTING, LANGUAGE, tantrums, showing disgust with officials decisions **OR THEIR OWN PERFORMANCE**, interfering with officials, generally bad behavior/**LANGUAGE**, etc.
- Write down the reason for each DQ. Write it on your heat sheet and alert the timers in that lane to put DQ on the timing sheet or card or report to scoring in some other manner. Coaches WILL ask you later. (They USUALLY know if most swimmers will DQ and may ask anyway.) Checking on you? (Notes don't have to be elaborate. K=kick, 1H= turn, 2S= turn, FS=false start, next to lane etc.)
- Try to have EQUAL coverage on **BOTH** sides of the pool. If it's IMPOSSIBLE to judge one corner of the pool, due to a diving well or other obstruction, the OPPOSITE corner, across the pool, should **NOT BE JUDGED** either. (Unfair to swimmers who get 'extra attention'.  
Equal time to all lanes, even if empty?)
- MORE than 1 DQ per swimmer? (When you're out, you're out?)
- On turns, if a swimmer pushes off **UNDER** the ropes and goes into the ADJOINING lane but does **NOT** interfere with the other swimmer, **NO DQ** is **USUALLY** called (judgement call) as long as he/she doesn't 'BREAK STROKE' getting back into his/her lane.
- Swimmer **MUST** finish in their **OWN LANE** at prelims and finals to be **LEGAL** and **SCORE** points. (Dual meets less strict?) **MUST also TOUCH THE PAD !!!**  
**COACHES PLS INSTRUCT YOUR SWIMMERS ON TOUCH PADS!. TOUCH, NOT PUNCH!**
- JURISDICTION** refers to YOUR area of responsibility. Even if you see something in someone else's area, you DON'T call it because it's NOT YOUR AREA OF RESPONSIBILITY. (Talk to them?)
- Judgement calls are those made by an official, not rules applications, that CANNOT be overridden by a head judge UNLESS the head judge happens to see it himself. Coaches and parents often see things differently OR see different things but that is why we strive to have IMPARTIAL officials. **CONSISTENCY** is what we are really looking for. **CALL IT THE SAME FOR EVERYONE!**

***NO VIDEO REVIEW! 'Unless all lanes, all meet.' Oly trials only for relay takeoffs?)***

**('But things happen at prelims that haven't happened ALL season.')**

- Swimmers CANNOT pull on the lane ropes or contact the BOTTOM of the pool for purposes of gaining an advantage during a race. (Pulling on the ropes may be inadvertent, still an advantage, still illegal.) (Standing on the bottom MAY violate the provisions of a stroke [not freestyle] and require a DQ.
- Timers **DO NOT** judge or **DQ**. If a stroke judge does NOT SEE a DQ, the swimmer is considered '**LEGAL**'. (If you don't see a call, say "I missed it, I was distracted, I blew it"... It happens.)
- When judging relay take-offs, watch the FEET/FOOT of the swimmer ON THE BLOCK/deck. When their **TOES LEAVE** the block/deck, not '**EXTENTION** of the pool' IMMEDIATELY move your **DOWN** to the wall to catch the previous swimmer's touch. If they **HAVE TOUCHED AS YOU LOOK**, they **ARE LEGAL**. Must see '**clear water**' for a DQ.
- Remember to signal a DQ by raising your hand overhead. Make the call and maybe talk it out with another official and/or the referee. GET IT RIGHT. You **CAN ALWAYS** withdraw a DQ.
- Only ONE swim suit is permitted. NO performance enhancing suits allowed.
- Remember to dress for the weather and be COMFORTABLE. (HOT & COLD. One a year?)
- HYDRATE, HYDRATE, HYDRATE ! (Don't wait UNTIL you're thirsty. The meet will wait if you need to make a pit stop.) At prelims/finals we are on the deck for many hours. More of us. Rotate.
- NO CELL PHONES !!!!! Leave it in your car. Turn it off. (Don't just silence it or put it on vibrate.)

