

Stroke & Turn Judging Instructions

Please only observe your designated lanes.

Spend equal time observing each lane including any empty lanes.

The Starter will charge false starts.

The Stroke Judge Watches the start to the initiation of the turn.

The Touch/Turn Judge watches for proper turn execution (through the pullout on Breast - until the swimmer breaks the surface) and the proper finish.

The Touch/Turn Judge observes and has jurisdiction on the relay exchange.

A 6 & under swimmer is not disqualified unless there is an unfair advantage because he/she does not attempt to swim on the back in the backstroke for more than two (2) strokes per race. They must finish the back stroke on their back.

A 7-8 swimmer is allowed one (1) stroke infraction per race or relay leg.

Freestyle in the IM, Medley or Free Relay must be Free Style.

Dolphin Kick out on Free and Back is okay.

There is no DQ for improper Kick on Free and Back.

There is no count ratio for kicks to pulls on Fly.

Stroke – watch that toes are pointed outward on breast.

FLIP Turns are Okay on the IM as long as the proper touch is executed on each leg (2 hand touch on Breast/Fly, touch wall on back on backstroke).

Observe a 2 hand simultaneous touch on Breast and Fly.

At the finish the Referee will look for all clear sign from each judge before clearing the pool. The Starter will also help scan the pool for flags.

Any protest on a judge's call will be addressed from the Coach to the Referee only. Please direct parents accordingly.