



JUDGES OF STROKE

CANDIDATE NOTES & WORKSHEETS

After attending this course you must complete all of the requirements listed in the Log sheets for Judge of Stroke

THE RULES RE THE DUTIES AND RESPONSIBILITIES OF JUDGE OF STROKE ARE

SW 2.7, and SW 4 to SW 10 inclusive.

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Introduction

Judges of Stroke ensure that the rules relating to the swimming strokes are observed.

Pre-Reading for this course

You should printout and study each of the following before attending the formal course. Documents are available at

www.mastersswimming.org.au/Technical/Technical-Courses

- These Candidate Notes
- MSA Swimming Rules, with emphasis on SW 5 to SW 10
- MSA General Rules
- Swimmers Needing Assistance
- Infraction Reporting and DQ procedures
- DQ Codes

You should also have watched the FINA DVD Officiating Swimming (available from your Branch Office) several times after having first read the “Updates to FINA DVD (including 2013 rule changes)”

Checklist of Duties for Judges of Stroke

On the day of the Meet:

- Arrive at the pool at least 30 minutes before the scheduled starting time of the meet, dressed in official’s uniform
- Bring a clipboard, pen, whistle and copies of each of the documents listed in Pre-Reading above next to a dot point.
- Report to the Meet Referee and obtain a copy of the program.
- Attend the officials’ pre-meet briefing.
- Complete and sign log sheets for Trainees who you have directly supervised.
- Attend any post meet debriefing.
- Do a post-meet self-evaluation, reflecting on what you did well and what you could improve.

During the Meet:

- Be in a good position to observe the swimmers. At the start of the race stand at the 15m mark then if possible walk behind the swimmers.
- Ensure that swimmers observe the rules related to the style of swimming designated for the event or the stroke they have specified they will swim in a freestyle event.
- When required, assist Inspectors of Turns in their duties.
- Record any and all violations of the Rules that you observe on an Infraction Report, sign the report and pass it on to the Event Referee. You need not be concerned as to whether they have an exemption due to an MD Certificate as the Event Referee will check this.

Judges of Stroke Worksheet

At your course you will be asked to answer the following questions. Cross out Yes or No in the second column. You may refer to the Swimming Rules and the DQ Codes. Insert the relevant DQ Code and in the space below each question write the Rule number that applies and any explanation. The answers will then be discussed.

Question 1. has been answered as a guide to you.

You see a swimmer do the following. Do you complete an infringement form and hand it to the Event Referee? If yes which DQ Code applies?	Strike out wrong answer	DQ Code
1. A Freestyle swimmer tumble turns in Lane 7, surfaces in Lane 8, swims 2 strokes, and returns to Lane 7 and resumes swimming	Yes / No	GG
SW 10.3 states "A swimmer must remain and finish in the same lane in which he / she started.		
2. In the 400m freestyle swimmers are swimming two to a lane. One swimmer swims up the black centre line and as a result the other swimmer has to stop to avoid a collision.	Yes / No	
3. You see a swimmer stop, adjust their goggles then pull on their lane rope to get restarted.	Yes / No	
4. A swimmer stops, coughs several times, takes two steps then starts swimming again	Yes / No	
5. You notice a Backstroke swimmer swimming erratically. On closer look you see they are rolling past the vertical on their left side.	Yes / No	

6. At the 30m mark you see a Backstroke swimmer kicking on their back without stroking and they are only breaking the surface every 3 metres	Yes / No	
7. A Breaststroke swimmer breathes only every second arm stroke.	Yes / No	
8. A Breaststroke swimmer is uneven in the water and you note their left arm is deeper than their right when they stroke	Yes / No	
9. In the 100m Breaststroke a swimmer's right shoulder is lower than his left. You look closer and see that his right leg is lower than his left.	Yes / No	
10. In a branch swim meet a Breaststroke swimmer is using a screw kick, that is their feet cross over when they kick.	Yes / No	
11. At the end of a race, a Breaststroke swimmer completes a kick then takes an arm stroke but is short of the wall so they take a quick short stroke to touch	Yes / No	
12. In a Breaststroke event you see that a swimmer's head dips under the water during each cycle. On closer examination you see they are pulling their hands underwater to their thighs.	Yes / No	

13. You are fairly sure you saw a Butterfly swimmer do a flutter kick	Yes / No	
14. In a Butterfly event, the swimmer uses a butterfly kick for 50m and then swims using a breaststroke kick	Yes / No	
15. An 85 year old swims in the 100m Butterfly event and although her arms were visible over the water, she begins to tire over the last 5m and her arms drag through the water.	Yes / No	
16. A swimmer in the 200m Butterfly event is seen doing one breaststroke kick and two butterfly kicks to each stroke.	Yes / No	
17. A swimmer in a 400m Butterfly event is using a breaststroke kick and after some distance they start doing two kicks to every arm stroke. On looking closely you see they are sculling to stay afloat between their over the water strokes.	Yes / No	
18. A mixed medley relay team swam in the following order -male Backstroke, -male Butterfly, -female Breaststroke, -female Freestyle	Yes / No	