

Irvine Swim League Officials Training 2015



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www.irvineswimleague.org

Agenda

- Introductions
- Philosophy of Judging for the ISL
- Soft vs. Hard DQ's
- Stroke Review (Feel free to ask ?'s between each stroke & if I don't know the answer, I will be sure and get back to you in the next few days.
 - Butterfly
 - Backstroke
 - Breaststroke
 - Freestyle
 - Individual Medley
 - Relays
- Review

Philosophy of Judging for the ISL

Just like any other sport, rules are an important part of the race. They are enacted in order to insure that athletes are able to compete fairly against other participants in a competitive environment.

Philosophy of Judging for the ISL (Cont.)

As an ISL official it is your responsibility to fairly apply those tools in order to provide our children with an exceptional swimming experience.

We want there to be as much consistency as possible, and DQ's are an important instructional tool. If you're not sure how to make the call, remember that the swimmer **ALWAYS** gets the benefit of the doubt.



Soft DQ's VS Hard DQ's

- We will go over each stroke's DQ's in a moment.
- A Soft DQ is a form of administrative relief for young swimmers. It is still a technical violation but one that will be overlooked by the head table.
- It allows the swimmer to complete the race, as an official swim in order to qualify for heat, place and time improvement ribbons.
- A soft DQ enforced:
 - 5-6 year-olds: first four (4) swim meets
 - 7-8 year-olds: first two (2) swim meets
- The full technical rules will be re-established once enforcement period is over.

Soft DQ's VS Hard DQ's

- Hard DQ's – 9 & Older (all meets)
- Place/points/time do not count, not eligible for Champs, but they get a participation ribbon.
- Soft DQ's – 8 & Under
- They get written as a DQ to head table – still get time and place – hopefully used as a learning tool by the coaches
- Refer to the example of the DQ Pad
- Time Trials - not allowed to qualify for Championship meet – no need to DQ (except for learning/coaching purposes)

Butterfly

- *Soft DQ* 2 hands not touching wall at the same time
- *Soft DQ* If scissor, flutter or breast kick used
- *Soft DQ* Feet not kicking simultaneously (You'll see a lot of this with the little ones)
- *Soft DQ* Hands don't enter water at the same time (Simultaneous Pull)
- *Soft DQ* Arms don't recover over water

- **Hard DQ** If other kicks used whole length
- **Hard DQ** Swims wrong stroke
- **Hard DQ** Hands don't recover over water
- **Hard DQ** Body not on breast

Notes:

- If you're seeing an unfair competitive advantage, such as pulling on a lane to move them forward, that is a DQ. If they are resting on the lane line, that is OK.
- The 5/6's will inevitably do all of these.

Backstroke

- *Soft DQ* Toes curled over gutter at start (starter-observed)
- *Soft DQ* Not staying on back at finish and when feet leave wall after turn. (a lot of 8 & under will have a hard time with this)
- **Hard DQ** Not waiting for Starter's instruction to enter the water
- **Hard DQ** Not staying on back

Notes:

- It's OK to Kick in to wall if needed
- When they turn and they are too far from the wall, they can kick in – but NOT allowed to arm pull twice.
- It's OK in ISL to skull backwards, but it's a DQ if they miss the wall.
- We do a few things differently than the video shows – we stay close to HS rules.

Backstroke (Cont.)

Notes (Cont.)

- There is currently not a rule about diving in (rather than stepping/jumping feet first), but you may want to tell your starter to make this clear.
- Finish – We want the timers looking over the edge to get the time and make sure they click right when the kids physically touch the wall (with any part of their body).
- Mention to the timers about NOT grabbing their heads. Keep their hand against the wall with their palm on wall so they run into their hand
- You'll see the little kids often roll over – must stay on their back.

Breaststroke

- *Soft DQ* 2 hands not touching wall at the same time
- *Soft DQ* Arms not pulling simultaneously
- *Soft DQ* Arms pull past hips after first stroke
- *Soft DQ* If scissor, dolphin or flutter kick used
- *Soft DQ* Start and turn – pull/kick/surface (pull down optional but second pull must bring head to surface and arms must not pass shoulders before breath)
- *Soft DQ* Head must break surface of water during each arm stroke cycle but may go completely underwater
- **Hard DQ** Turn – shoulders not parallel to wall (shoulders at same level)
- **Hard DQ** If other kicks used whole length

Notes:

- After start and each turn, a single downward butterfly kick followed by a breaststroke kick is permitted while wholly submerged.
- Little ones may take 4 or 5 underwater pulls and come up and take 2 or 3 more pulls. What your looking for is someone getting a competitive advantage.
- Olders – most of what you're looking for is that they don't pull past the hip.



Freestyle

- **Hard DQ** If a part of the swimmer's body does not touch wall at turn and finish

Notes:

- They can swim another stroke during freestyle (because it's "free" style). But they can only use the time as their freestyle time for the individual race.

Individual Medley

- All individual stroke rules apply
- Strokes must be swum correctly (see below) and in proper order.
 - 1) FLY 2) BACK 3) BREAST 4) FREE
- Turns: Backstroke to Breaststroke – Must touch wall while on back before turn to breast (can flip over legs or do an open turn).

Relays

- No early take-offs
- Medley Relay – Must follow proper order :
 - 1) Back
 - 2) Breast
 - 3) Fly
 - 4) Free
- OK track starts
- Tip - look at toes on the blocks and then look down at finishing swimmer.
- Wanted to talk a little about finishes. You do have the final call. If you're not sure, say, "Go by time". But remember that the time CAN be off, due to when the stop watch was clicked in the beginning.

Fly Over Starts

- Also called Dive Over Starts
- When all swimmers in a heat finish swimming, they stay in the water, move to the corner of the lane and remain stationary until after the next heat has started.
- When directed by the officials, all swimmers exit the water as quickly as possible after the next heat begins racing.
- They are not used for Backstroke or for Relays.
- Requires a good starter to keep things moving and educate the kids in this process.

Swimming Video

- Each team should have a copy of this video from 2006.
- If you go to usaswimming.org, you get purchase a copy for about \$15.

Wrap Up

- You're going to see a lot more situations than the video shows, and if you are really unsure, you can write on the Judging slip "Go by time"
- Remember that if you don't have a paid official, you'll need 2 trained parent volunteers on deck. If you somehow don't have it, beg the other team
- Officials must be trained each year
- Thank you to all of you veteran and new judges for taking the time to brush up on another year of officiating

Thank you

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