

Irvine Swim League Officials Training 2017



Inouye_Darren@yahoo.com

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www.irvineswimleague.org

Agenda

- Introductions
- Philosophy of Judging for the ISL
- Changes for 2017
- 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 ensure that athletes are able to compete fairly against other participants in a competitive environment.

Philosophy of Judging for the ISL (Cont.)

ISL Official Guiding Principles

- It is your responsibility to fairly apply those rules consistently in order to provide our children with an exceptional swimming experience.
- It is your responsibility to view DQ's as an important instructional tool.
- It is your responsibility to remember that the swimmer ALWAYS gets the benefit of the doubt in cases where you are not sure.
- If you feel a swimmer is gaining a competitive advantage by swimming a stroke incorrectly, then it is in your best judgement to implement the ISL disqualification guidelines.



Changes for 2017 *(last updated 14 years ago)*

- This year, we have harmonized the ISL DQ codes to the new USA swimming DQ codes so that your paid officials will have an easier time with recording DQs
 - For those parents who act as officials, we desired to make the numbering system more simplistic and intuitive
- In some cases, we added USA Swimming DQ codes for greater instructional clarity
- In other cases, we eliminated some old ISL DQ codes that didn't make sense any longer
- We also made sure not to add any USA swimming DQ codes that were not consistent with our mission as a recreation league
- Net-Net: we have a better tool to teach our kids how to swim correctly in the short time that they are participating this summer



Soft DQ's VS Hard DQ's

- 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.
- Soft DQ swims do count for ISL Champs.
- A soft DQ enforced:
 - 5-6 year-olds: first four (4) swim meets (not including Time Trials/practice meet)
 - 7-8 year-olds: first two (2) swim meets (not including Time Trials/practice meet)
- The full technical rules will be re-established once enforcement period is over.

Soft DQ's VS Hard DQ's (cont.)

- Hard DQ's – 9 & Older (all meets)
 - Place/points/time do not count, not eligible for Champs, and not eligible for participation ribbons.
- Soft DQ's – 8 & Under
 - They get written as a DQ to head table – still get time and place – use as a learning tool for coaches during practices
- At ISL, high school rules will trump USA swimming rules
 - For backstroke, kicking to wall at turn and submerged at finish to touch wall allowed
- Time Trials / Practice meet – times not allowed to qualify for Championship meet – all DQs will be SOFT- for instructional purposes only and to help with volunteers



Butterfly



Butterfly

- *Soft DQ* 2 hands not touching wall at start/turn
- *Soft DQ* 2 hand touch is not simultaneous
- *Soft DQ* No Touch wall at turn/finish
- *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* Arms don't recover over water/underwater recovery
- *Soft DQ* Body not at/past vertical toward the breast
- *Soft DQ* Arm movement not simultaneous
- **Hard DQ** Swims wrong stroke
- **Hard DQ** 15 meter underwater rule

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



Backstroke

- *Soft DQ* No Touch wall at turn / finish
- *Soft DQ* Toes curled over gutter at start (starter-observed) – toes are allowed to come right up to edge of gutter but not above and/or over
- *Soft DQ* Not staying on back at turn/finish (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
- **Hard DQ** 15 meter underwater rule
- **Hard DQ** Turn – more than one arm pull at turn

Notes:

- It's OK to Kick in to wall if needed (high school rules) if they are too far from wall.
- It' s OK in ISL to skull backwards if they turn too early at the wall, but it' s a DQ if they miss the wall altogether.

Backstroke (Cont.)

Notes (Cont.)

- There is currently not a rule about diving in (rather than stepping/jumping feet first), but starters are to tell swimmers to enter water feet first and/or step-in.
- 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 flush 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



Breaststroke

- *Soft DQ* One hand touch at turn and/or finish
- *Soft DQ* Touch is not simultaneous
- *Soft DQ* No Touch at turn or finish
- *Soft DQ* Arms not pulling simultaneously
- *Soft DQ* Arms pull past shoulders/hips after first stroke
- *Soft DQ* If scissor, dolphin or flutter kick used
- *Soft DQ* Head Under -2 or more strokes under water – Start/Turn (head must break surface by the widest part of second stroke)
- *Soft DQ* Cycle – Head not up or breaking surface during stroke cycle
(one cycle is 1 arm stroke & 1 leg kick)
- *Soft DQ* Cycle – kick before pull and/or double pull/kicks or vice-versa
- *Soft DQ* Body not on breast off wall/turn
- *Soft DQ* If other kicks used whole length

Notes:

- After start and each turn, a single underwater stroke past hips and 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 you're 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



Freestyle

- **Hard DQ** touch
 - **Hard DQ** 15 meter underwater rule
- If a part of the swimmer's body does not touch wall at turn and finish

Individual Medley



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
- Repeat one of first three strokes
- Turns: Backstroke to Breaststroke Transition – Must touch wall while on back before turn to breast (can flip over legs or do an open turn).

Relays

- All starts at **deep end** of pool
 - For 5-8 yo relays, starts at shallow end must start **in** water for association pools; however at ISL Champs, they can dive in from ground/deck/platform
 - For coaches/parent's relay swims in association pools, please swim 50's so that each swimmer is diving in from deep end of pool
- No early take-offs (e.g. feet losing touch of platform)
- Medley Relay – Must follow proper order :
 - 1) Back
 - 2) Breast
 - 3) Fly
 - 4) Free
- OK track starts (encouraged for better balance)
- Individual stroke infraction rules apply
- 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 – **mandatory for ages 9 and up**
 - Exception: there are no fly over starts for backstroke or relays
- 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.
- Requires a good starter to keep things moving and educate the kids in this process.

Swimming Videos

- For reference, each team should have a copy of this video from 2008.
- If you go to usaswimming.org, you can still purchase a copy.
- Also, latest official's training videos from USA Swimming can be found at:

<https://www.usaswimming.org/officials/officials-training-videos>

ISL Paid Officials List – please budget \$200/meet or less

2016 LIST OF OFFICIALS		
NAME	PHONE #	<u>EMAIL</u>
ANDY CHEN	310-408-5998	ANDY.CHEN@UCLA.EDU
C.J. WANSER	949-583-1433	CJWSHOME@YAHOO.COM
	949-533-3445	
KENT LI	626-320-6170	KLI.0302@COMPUTERVILLE.COM
MIKE MCMINN	562-665-5948 CELL	MJMCMINN@CHARTER.NET
	562-947-3702	
TOM MIRABELLA	562-743-0920 CELL	TOMMY1TON@VERIZON.NET
	562-866-1545	
JUDY SHIM		judyshim@cox.net
Iva Icheva	818-220-2061	ivaicheva@umail.ucsb.edu
Mitchell Quintanilla		mitchellq641@yahoo.com
Wesley Jackert		wjackert@gmail.com
Ralph Diaz		rvdiaz@earthlink.net
Martina Barragan	714-767-4169	martinapap@juno.com



Wrap Up

- You're going to see a lot more situations than the video shows.
- 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, find out if other team can provide.
- Parent volunteer officials need to be certified/trained every two years.
- 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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Appendix



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NEW ISL DISQUALIFICATIONS CHEAT SHEET (2017)

Category	ISL Disqualification Guidelines	DQ Type	Description/Examples
Fly	1A - Kick-Non-simultaneous, alternating motion	Soft DQ	
Fly	1B - Kick-Breastroke type, feet turned out, propulsive part of kick	Soft DQ	
Fly	1C - Kick-Scissors Type / not same horizontal plane	Soft DQ	
Fly	1E - Arm - Movement not simultaneous	Soft DQ	
Fly	1F - Arms - Underwater recovery	Soft DQ	Arms don't recover over water
Fly	1J - Touch- One hand touch at flip turn and/or finish	Soft DQ	
Fly	1L - Touch - Non simultaneous	Soft DQ	
Fly	1M - No Touch at Turn/Finish	Soft DQ	
Fly	1N - Body - Not at/past vertical toward the breast	Soft DQ	Body not on breast
Fly	1P - 15 meter (Fly)	Hard DQ	Breaking surface after 15 meter mark (16.4 yards) applies to Butterfly, Backstroke, and Freestyle. Typically right at flag position (15 feet).
Fly	1T - Other	Hard DQ	Swims wrong stroke
Back	2A - No Touch wall at Finish	Soft DQ	
Back	2D - Turn - more than one pull at turn	Hard DQ	
Back	2E - Toes over the lip of gutter after the start	Soft DQ	Toes are allowed to come up right to edge of gutter but not above or over
Back	2F - 15 meter (Back)	Hard DQ	Breaking surface after 15 meter mark (16.4 yards) applies to Butterfly, Backstroke, and Freestyle. Typically right at flag position (15 feet).
Back	2H - Not on Back - Turn off wall and/or Finish	Soft DQ	
Back	2T - Other	Hard DQ	Not waiting for Starter's instruction to enter the water
Breast	3A - Kick - Alternating	Soft DQ	
Breast	3B - Kick - Downward- butterfly type -Foot/Feet not turned out	Soft DQ	
Breast	3C - Kick - Scissors type / not on same horizontal plane	Soft DQ	
Breast	3D - Arms - Past Hipline	Soft DQ	At start/turn, arms underwater are allowed pull past hips after first stroke
Breast	3E - Arms - Not simultaneous	Soft DQ	
Breast	3F - Head Under - 2 or more strokes under water - Start & Turn	Soft DQ	
Breast	3J - Touch - One hand touch at flip turn and/or finish	Soft DQ	
Breast	3L - Touch - Not simultaneous	Soft DQ	
Breast	3M - No Touch at Turn/Finish	Soft DQ	
Breast	3N - Body - Not on breast off wall - Turn	Soft DQ	Turn - shoulders not parallel to wall (shoulders at same level)
Breast	3P - Cycle - Stroke cycle out of order	Soft DQ	Kick before pull
Breast	3R - Cycle - Head not up	Soft DQ	Head must break surface during each arm stroke cycle but may go completely underwater
Breast	3S - Cycle - Stroke cycle out of order	Soft DQ	Double pull/kicks
Breast	3T - Other	Hard DQ	
Free	4A - No Touch - Turn	Hard DQ	
Free	4B - 15 meter (Free)	Hard DQ	Breaking surface after 15 meter mark (16.4 yards) applies to Butterfly, Backstroke, and Freestyle. Typically right at flag position (15 feet).
IM	5A - Stroke Infraction - Code # _____	Hard DQ	Add in Code # infraction
IM	5B - Strokes - Out of Order	Hard DQ	Strokes must be swum correctly and in proper order (Fly, back, breast, free)
IM	5T - Repeat one of first three strokes	Hard DQ	
Relays	6A - Stroke Infraction - Swimmer # _____ Code # _____	Hard DQ	Add in swimmer # and Code # infraction
Relays	6F - Early Take Off	Hard DQ	Feet losing touch with starting platform (e.g. ground/deck) before preceding teammate touches wall
Relays	6L - Medley Relay - Strokes out of order	Hard DQ	Not following proper order 1) Back, 2) Breast, 3) Fly, and 4) Free, 4th repeat one of first three strokes, not enough swimmers
Relays	6T - Other	Hard DQ	
Starts	7A - False Start	Hard DQ	If swimmer has more than one (1) false start
Other	7C - Fail to complete distance	Hard DQ	
General	7K - Pulling on lane line	Hard DQ	No walking on bottom of pool, jumping off bottom, pulling on lane line.
Other	7T - Other -Describe	Hard DQ	
*Soft DQ's: 5-6 yo - First 4 meets, 7-8 yo - First 2 meets (not incl. practice meet)			
**Soft DQs will be recorded with a (S) next to code.			
**Coaches can enter water to help swimmer on first two meets only			

*Note: during IM, an incorrect backstroke to breaststroke transition would be Coded as 5A – 2H



IRVINE SWIM LEAGUE

OLD ISL DISQUALIFICATIONS CHEAT SHEET (2003) – Effective immediately, please discard these codes

ISL DISQUALIFICATIONS GUIDELINES

(CODE VERSION)
modified 8-2003
Soft DQ Periods:
5-6 first 4 meets
7-8 first 2 meets

CATEGORY	CODE	TYPE	DESCRIPTION
GENERAL	G-1		No walking on bottom of pool, jumping off bottom, pulling on lane line.
	G-2		15 meter underwater rule applies to Butterfly, Backstroke, Freestyle
RELAYS	R-3		No early take-offs
	R-4		Medley Relay – not following proper sequence 1)Back 2)Breast 3) Fly 4)Free
FLY	F-5	Soft DQ	2 hands not touching wall at the same time
	F-6	Soft DQ	If scissor, flutter or breast kick used
	F-7	Soft DQ	Feet not kicking simultaneously
	F-8	Soft DQ	Hands don't enter water at the same time (Simultaneous pull)
	F-9	Soft DQ	Arms don't recover over water
	F-10		If other kicks used whole length
	F-11		Swims wrong stroke
	F-12		Hands don't recover over water
	F-13		Body not on breast
BACK	BK-14	Soft DQ	Toes not submerged (under water) at start
	BK-15	Soft DQ	Not staying on back at finish and when feet leave wall after turn.
	BK-16		Not waiting for Starter's instruction to enter the water
	BK-17		Not staying on back
BREAST	BR-18	Soft DQ	2 hands not touching wall at the same time
	BR-19	Soft DQ	Arms not pulling simultaneously
	BR-20	Soft DQ	Arms pull past hips after first stroke
	BR-21	Soft DQ	If scissor, dolphin or flutter kick used
	BR-22	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)
	BR-23	Soft DQ	Head must break surface during each arm stroke cycle but may be completely underwater
	BR-24		Turn – shoulders not parallel to wall (shoulders at same level)
	BR-25		If other kicks used whole length
FREE	FR-26		A part of the swimmer's body must touch wall at turn and finish
IM	IM-27		Strokes must be swum correctly (see above) and in proper order.
STARTS	S-28		If swimmer has more than one (1) false start
	S-29		Feet not at edge of deck/diving block – track starts are OK