



# TECHNICAL OFFICIALS

## TRAINING PROGRAM

### UNIT 8 – JUDGE OF STROKE

#### LEARNER GUIDE

© Swimming Australia Ltd. 2016



# Contents

P3: About this Learner Guide

P6: Unit 8: Judge of Stroke

P18: Assessment Tasks

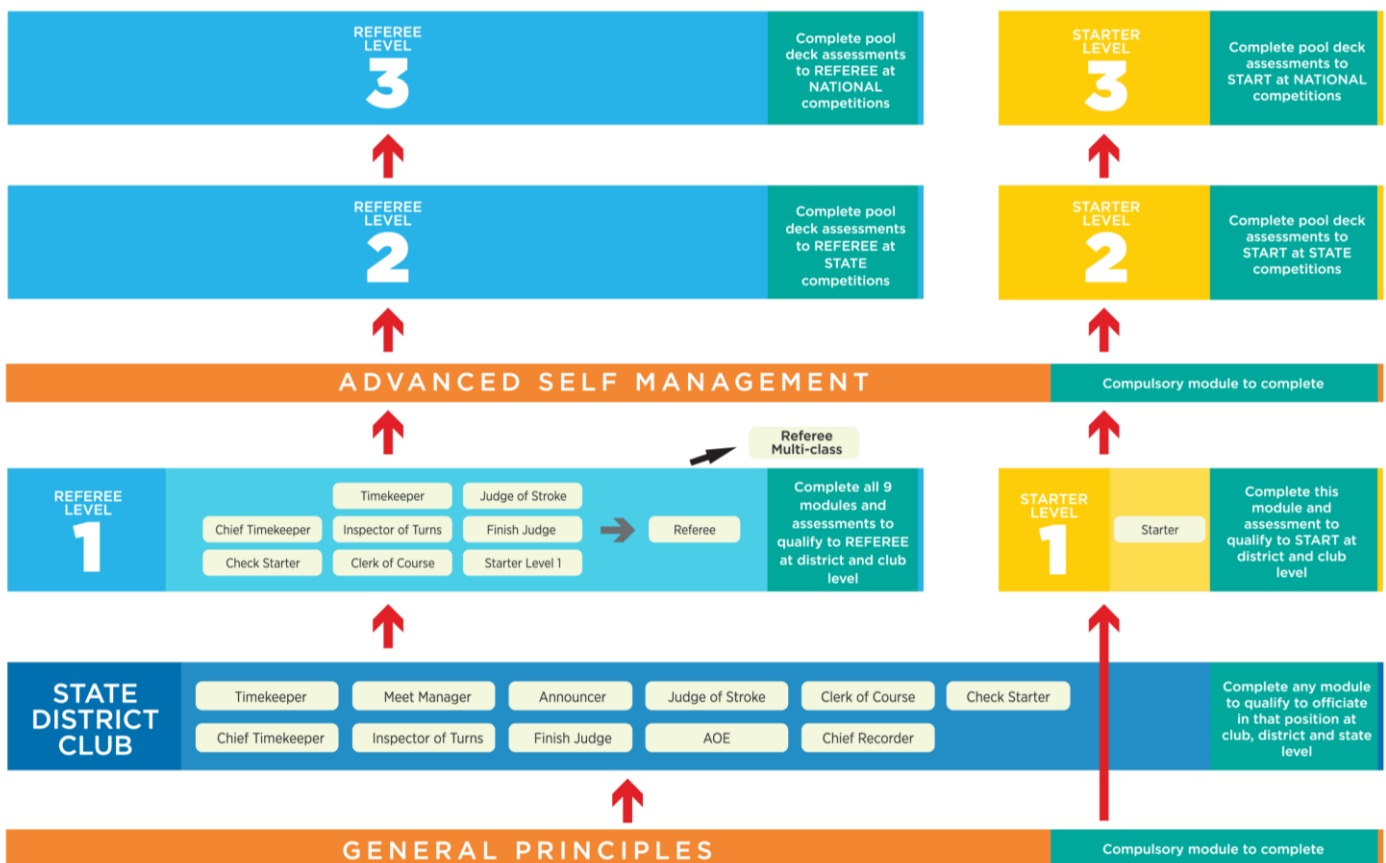
P19: Assessment Tool

## About this Learner Guide

This Learner Guide has been developed by Swimming Australia Ltd (SAL) to support candidates undertaking, **Unit 8 – Judge of Stroke** within the SAL **National Officiating Accreditation Program**. SAL and the State Technical Committees have worked in conjunction in the formulation of this document.

Swimming Australia Limited has designed the Technical Officials Training Program on a competency based training platform.

### Officiating Pool Pathway



### What is a Competency?

A competency can be defined as the application of skills and knowledge to an agreed standard.

Competency relates to what a person can do.

Competency standards specify the level of knowledge and skills required, and the application of that knowledge and skills for effective performance.

Australian Sports Commission Assessor Training Manual 2006

## What is Competency Based Assessment?

Assessment is the process of collecting evidence and making judgements about whether competency has been achieved. Assessment needs to be based on established criteria. These criteria are reflected in the questions and activities set out in this Learner Guide.

## How do I use this Learner Guide?

This Learner Guide provides you with the information and activities that will enable you to achieve competencies related to this unit of work.

You can develop competency in this unit through a combination of tasks including:

- Reading the material in this Learner Guide.
- Asking questions about anything you don't understand.
- Observing other officials during events.
- Reinforcing the skills you are learning in practical situations.
- Satisfactorily completing the activities in this Learner Guide.
- Completing the assessment activities outlined in this Learner Guide.

## What resources do I require?

The main resource you will require to complete the learning for this unit of work is this **Learner Guide**. You will also need a copy of the **current [SAL Swimming Rules](#)** and **access to swimming events** where you can be practically assessed as a Judge of Stroke.

## What if I already have the skills?

You may have already attained the skills required to complete this learning module. If so, you can request your State/Territory Swimming Association for an initial assessment of your **current competence**. This assessment will determine the level of your skills and whether you need additional training.

If you would like to undertake assessment for formal recognition of your existing skills, you will be required to complete a detailed Recognition of Prior Learning (RPL) application form that will allow an assessor to review your skills against the specific requirements for this unit of work. Discuss this process with your State/Territory Swimming Association.

## Legislative Requirements

All Swimming Officials, whether paid or unpaid, must meet the legislative requirements in each state and territory when dealing with children and vulnerable people. Please check with your State/Territory Swimming Association to complete any documentation required to meet this legislation.

## What about Assessment?

To undertake assessment for this unit of work, you will need to complete the following assessment tasks:

- Complete this Learner Guide
- Complete the Judge of Stroke Examination Paper (written or oral) with a minimum pass rate of 85%
- Complete a practical assessment during a full session of a swim meet.

**When you complete the assessment within this Learner Guide and are assessed as competent by your assessor, you will be eligible to receive accreditation from SAL.**

The assessment activities are found in the final section within the Learner Guide and can be identified by the icon below.



## Assessment

The Learner Guide also includes a series of specifically designed learning **activities**, which will allow you to practice your new skills prior to assessment. These activities must be completed and will be represented by the logo below.



## Activity

### How Do I Start?

You can undertake the activities in the Learner Guide at your own pace, or under the supervision of your trainer / mentor.

You are ready to start.

# UNIT 8: Judge of Stroke

This unit outlines a range of general skills that are required by Judge of Stroke. The elements within this unit are:

- **Preparation**
- **Role of the Judge of Stroke**

## Preparation

Some of the steps that you will need to take in preparing for your role include:

1. Arrive at venue at least 30 minutes prior to start of meet.
2. Report to the Referee to receive any instructions and an event program.
3. Have all equipment required to complete the task: (e.g. Rule book, whistle, pen, program and infraction report slips).
4. Meet with all other officials with whom you will be working and familiarise yourself with the pool-deck area.

Note: Judges of Stroke shall be assigned to their positions by the Referee,

## ROLE OF THE JUDGE OF STROKE

Judges of Stroke play a very important role in ensuring that all swimmers are given the opportunity to compete in a fair and consistent environment. When appointed to roles where recommendations for the disqualification of swimmers can be made, it is important to be 100% certain of an infraction before making a report. Just because a stroke may look different, it does not necessarily mean that there is an infraction occurring. If there is any doubt whatsoever in your mind, **do not** make a report. Always give swimmers the benefit of any doubt.

Duties include:

- Ensuring that swimmers comply with the relevant rules for each stroke including turns and finishes
- Making your decisions independently and autonomously
- Reporting any infringement of the rules to the Referee
- Demonstrating adequate movement up and down the side of the pool to ensure fair and consistent observation of all swimmers
- Varying your position to improve your perspective of the swimmers

## WHAT TO OBSERVE

### The Race

- SW 10.2 A swimmer swimming over the course alone shall cover the whole distance to qualify.
- SW 10.3 The swimmer must remain and finish the race in the same lane in which they started.
- SW 10.4 In all events, a swimmer when turning shall make physical contact with the end of the pool. The turn must be made from the wall, and it is not permitted to take a stride or step from the bottom of the pool.
- SW 10.5 Standing on the bottom during Freestyle events or during the Freestyle portion of Medley events shall not disqualify a swimmer, but they shall not walk.
- SW 10.6 Pulling on the lane rope is not allowed.
- SW 10.7 Obstructing another swimmer by swimming across another lane or otherwise interfering shall disqualify the offender. Should the foul be intentional, the Referee shall report the matter to the Member promoting the race, and to the Member of the swimmer so offending.

### Breaststroke

- SW 7.1 After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. At any time prior to the first Breaststroke kick after the start and after each turn a single Butterfly kick is permitted.
- SW 7.2 From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous, and in the same horizontal plane without alternating movement.
- SW 7.3 The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under the water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.
- SW 7.4 During each complete cycle, some part of the swimmer's head must break the surface of the water. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. All movements of the legs shall be simultaneous and on the same horizontal plane without alternating movement.
- SW 7.5 The feet must be turned outwards during the propulsive part of the kick. Alternating movements or downward Butterfly kicks are not permitted, except as in SW 7.1. Breaking the surface of the water with the feet is allowed throughout the race unless followed by a downward Butterfly kick.
- SW 7.6 At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously, at, above, or below the water level. At the last



stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

*Interpretation*

**“Separated”** means the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands. Incidental contact at the fingers is not a concern.



### ACTIVITY 8.1

Can a swimmer execute a tumble turn in Breaststroke? Explain your answer.

**Butterfly**

- SW 8.1 From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time, except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.
- SW 8.2 Both arms shall be brought forward simultaneously over the water and brought backward simultaneously under the water throughout the race, subject to SW 8.5.
- SW 8.3 All up and down movements of the legs must be simultaneous. The legs or feet need not be on the same level, but they shall not alternate in relation to each other. A Breaststroke kicking movement is not permitted.
- SW 8.4 At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously, at, above or below the water surface.

*Interpretation*

**“Separated”** means the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands. Incidental contact at the fingers is not a concern. See figure on page 9.

- SW 8.5 At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him/her to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15m after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.

**ACTIVITY 8.2**

**At the finish of a Butterfly race, a swimmer touches the wall with their head. Is this permitted?**

**Backstroke**

- SW 6.1 Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited. When using a Backstroke ledge at the start, the toes of both feet must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.
- SW 6.3 At the signal for starting and after turning, the swimmer shall push off and swim upon their back throughout the race except when executing a turn as set forth in SW 6.5. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal. The position of the head is not relevant.
- SW 6.4 Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely submerged during the turn, and for a distance of not more than 15m after the start and each turn. By that point the head must have broken the surface.
- SW 6.5 When executing the turn there must be a touch of the wall with some part of the swimmer's body in his/her respective lane. During the turn the shoulders may be turned over the vertical to the breast after which an immediate continuous single arm pull or immediate continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to the position on the back upon leaving the wall.
- SW 6.6 Upon the finish of the race the swimmer must touch the wall while on the back in his/her respective lane.

**ACTIVITY 8.3**

**What can a swimmer be disqualified for in Backstroke?**

**Freestyle**

- SW 5.1 Freestyle means that in an event so designated the swimmer may swim any style, except that in individual medley or medley relay events, Freestyle means any style other than Backstroke, Breaststroke or Butterfly.
- SW 5.2 Some part of the swimmer must touch the wall upon completion of each length and at the finish.
- SW 5.3 Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15m after the start and each turn. By that point, the head must have broken the surface.

**ACTIVITY 8.4**

**Is it permissible for a swimmer to swim Butterfly in the following?**

- a. **A Freestyle event**
- b. **The Freestyle section of an Individual Medley**
- c. **The Freestyle section of a Medley Relay**

- a.
- b.
- c.

## Medley

- SW 9.1 In Individual Medley events, the swimmer covers the four swimming strokes in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. Each of the strokes must cover one quarter (1/4) of the distance.
- SW 9.2 In Medley Relay events, swimmers will cover the four swimming strokes in the following order: Backstroke, Breaststroke, Butterfly and Freestyle.
- SW 9.3 Each section must be finished in accordance with the rule that applies to the stroke concerned.

*Note: "Freestyle" in Medley swimming is defined as any style other than Backstroke, Breaststroke or Butterfly.*

*Interpretation:*

*According to SW 9.1 each of the strokes must cover one quarter (1/4) of the distance. Being on the back when leaving the wall for the Freestyle portion of the Individual Medley is covering more than one quarter of the distance in the style of Backstroke and is, therefore, a disqualification. Backstroke swimming is only defined as being on the back. See also SW 5.1, SW 6.1 – SW 6.5, SW 7.1 to 7.6, SW 8.1 – 8.5*



### ACTIVITY 8.5

**A swimmer performs Butterfly stroke at the commencement of the Breaststroke section of a Medley Relay. Can they negate this infraction by returning to the end of the pool and starting that section again in the correct stroke?**

## MULTI CLASS EVENTS (MC)

Swimming Australia supports a competitive pathway for swimmers who have physical, vision, intellectual or hearing impairment or who have received a transplant.

Rules for Multi Class (MC) events are integrated throughout the SAL Swimming Rules. They are identified by the letters MC before the rule number, and are adopted from the rules of the relevant international governing bodies.

The Australian Swimming Classification System provides a structure for competition for swimmers with disability. Classifications group the swimmers according to the impact of their impairment on their ability to compete.

There are 16 classes in the Australian swimming classification system:

### Paralympic Classes:

Classes 1-10	Swimmers with physical impairment (PI)
Classes 11-13	Swimmers with vision impairment (VI)
Class 14	Swimmers with intellectual impairment (II)

### Other Classes:

Class 15	Swimmers with hearing impairment (HI)
Class 16	Swimmers who have received a transplant (Tp)

Swimmers receive a class for each stroke discipline. A prefix indicates which stroke the class applies to. The stroke classes are designated as follows:

S	Indicates the class for Freestyle, Backstroke & Butterfly
SB	Indicates the class for Breaststroke
SM	Indicates the class for Individual Medley

Some swimmers are entitled to receive exceptions to the swimming rules and other considerations based on their classification. The exceptions prevent classified swimmers from being disqualified during MC competition or in other competition where classifications and rule exceptions are observed. These exceptions are allocated during the Swimmer Evaluation and/or Eligibility process and are identified by a system of codes known as the Swimming Codes for Exceptions.

The Swimming Codes for Exceptions are adopted directly from the IPC Swimming Rules. Examples of these codes include:

**STARTS**

- A** ASSISTANCE REQUIRED
- B** BLACKENED GOGGLES
- E** UNABLE TO GRIP FOR BACKSTROKE START
- H** HEARING IMPAIRED LIGHT OR SIGNAL REQUIRED
- T** TAPPERS
- Y** STARTING DEVICE

**DURING SWIMMING**

- 0** NIL EXCEPTIONS
- 1** ONE HAND START
- 2** RIGHT HAND TOUCH
- 3** LEFT HAND TOUCH
- 4** RIGHT HAND TOUCH WITH SIMULTANEOUS INTENT TO TOUCH WITH OTHER
- 5** LEFT HAND TOUCH WITH SIMULTANEOUS INTENT TO TOUCH WITH OTHER
- 6** SIMULTANEOUS INTENT TO TOUCH
- 7** PART OF UPPER BODY MUST TOUCH
- 8** RIGHT FOOT MUST TURN OUT
- 9** LEFT FOOT MUST TURN OUT
- 12** LEG DRAG OR SHOW INTENT TO KICK
- +** DOLPHIN KICK IS ABLE TO BE PERFORMED

**STROKES**

- FREE** NO EXCEPTIONS (**NIL**)
- BACK** ONLY EXCEPTION 1 MAY APPLY
- BUTTERFLY** EXCEPTIONS 2 – 7 MAY APPLY
- BREAST** EXCEPTIONS 2 – 12 MAY APPLY

**ACTIVITY 8.6**

If you observed an infraction during a Multi Class event what should you do?

### POOL DECK PROTOCOLS - JUDGE OF STROKE

- There are 4 Judges of Stroke [JOS], 2 on each side of the pool. They are numbered 1, 2, 3 and 4. JOS 1 & 2 are positioned on the same side as the Referee, with JOS 1 closest to the Referee. JOS 3 & 4 shall be positioned on the opposite side of the pool. JOS 1 & 4 are positioned opposite each other, as are JOS 2 & 3.
- Each JOS shall observe the 5 lanes in a 10 lane pool (4 lanes in an 8 lane pool) on their side of the pool.
- If you have an infraction to report, where possible, let your partner JOS know that you are moving around to see the Referee but do not stop and discuss the infraction.
- Judges of Stroke shall report any infractions directly to the Referee.

#### **Freestyle:**

- At the start of each race, each pair of JOS on both sides of the pool should be positioned at the 15m mark from the start to observe swimmers' head breaking the surface of the water.
- All stand at the Referee's whistle.
- During heats of freestyle events, all four JOS shall remain at the 15m mark from each end until the completion of all heats of the event then follow the swimmers to the 15m mark from the start end where they will join their fellow JOS.
- For 400m or longer freestyle events, each JOS should sit once the last swimmer has passed the 65m mark and remain at the 15m mark from each end of the pool until the last swimmer passes the 15m mark on the last length and will follow the swimmers up to the 15m mark where they will join their fellow JOS.
- For 50m, 100m and 200m freestyle events, each JOS should remain standing throughout the race and remain at the 15m mark from each end of the pool until the last swimmer passes the 15m mark on the last length and will follow the swimmers up to the 15m mark where they will follow their fellow JOS.

#### **Backstroke & Butterfly:**

- All stand at the Referee's whistle.
- JOS 1 & 4 will proceed to 8-10m from the start end while JOS 2 & 3 stand at the 15m mark from the start end of the pool.
- After the start of the race, JOS 1 & 4 will follow swimmers to the 15m mark to assist their colleagues to observe swimmers' heads breaking the surface of the water.
- All JOS will then walk along the side of the pool observing the swimmers. JOS 2 & 3 shall be slightly behind the lead swimmers, whereas JOS 1 & 4 will follow the tail swimmers.
- At the turn end, JOS 2 & 3 will stop approximately 5m from the end of the pool to observe the turns. JOS 1 & 4 will stop at the 15m mark from the turn end of the pool to ensure all swimmers break the surface of the water at or before the 15m mark after the turn.



- After the turn, on the 2<sup>nd</sup> length, all JOS will walk along the side of the pool, observing the swimmers. JOS 1 & 4 shall be slightly behind the lead swimmers, while JOS 2 & 3 will follow the tail swimmers. If there is another turn at the start end (eg races of more than 100m), the reverse will apply.

**Breaststroke:**

- All stand at the Referee's whistle.
- JOS 1 & 4 will proceed to 5m from the start end (note: JOS 1 should not go past the Referee at the start or finish of a breaststroke event). JOS 2 & 3 will proceed to 10m from the start end.
- Once the race has started, all JOS will walk along the side of the pool observing the swimmers. JOS 2 & 3 shall be slightly behind the lead swimmers, whereas JOS 1 & 4 will follow the tail swimmers.
- At the turn end, JOS 2 & 3 will stop approximately 5m from the end of the pool to observe the turns. JOS 1 & 4 will stop approximately 10m from the end.
- After the turn on the 2<sup>nd</sup> length, all JOS will walk along the side of the pool, observing the swimmers. JOS 1 & 4 shall be slightly behind the lead swimmers, while JOS 2 & 3 will follow the tail swimmers. If there is another turn at the start end (eg races of more than 100m), the reverse will apply.

**ACTIVITY 8.7**

There are two Judges of Stroke on each side of the pool;

- a. Should you walk together?
- b. Do you consult with each other about a possible infraction?
- c. Should you agree to watch only certain lanes?



## ASSESSMENT

### Task 8.1:

Now that you have completed this Learner Guide, you should contact your Assessor to:

1. Undertake the Judge of Stroke Examination Paper (written or oral)
2. Be assessed performing the duties of a Judge of Stroke in a full session of a swim meet. This will give you the opportunity to provide evidence of your competence in a swimming specific environment.

## ASSESSMENT TOOL – UNIT 8 JUDGE OF STROKE

Element / Performance Criteria <b>JUDGE of STROKE</b>	Displayed Competency		Comments Must be completed if Competency has been marked <b>NO</b>
	YES	NO	
<b>1. Preparation</b>			
1.1 Arrived at venue at least 30mins prior to the commencement of the event.			
1.2 Reported to the Referee to receive any instructions.			
1.3 Had all required equipment to complete the task.			
<b>2. Performance of Task</b>			
2.1 Was positioned correctly ready for the start of each race.			
2.2 Maintained a position when walking the side of the pool so that every swimmer under their jurisdiction could be seen in every heat.			
2.4 Maintained an appropriate position in relation to the other Judge of Stroke.			
2.5 Every designated lane was observed and judged equally.			
2.6 Focused entirely and exclusively on the task assigned without engaging in any distracting activities.			
<b>3. Decision Making</b>			
3.1 All recommendations regarding possible infractions were made independently and reported immediately to the Referee.			
3.2 All recommendations were consistent with every swimmer being treated equally.			
3.3 All recommendations were made clearly, concisely and in accordance with the rules.			
<b>4. Infraction Reports</b>			
4.1 All infraction reports were completed accurately and in accordance with the rules.			
4.2 All written infraction reports were completed expediently after the verbal report was given to the Referee.			
4.3 Infraction reports were printed legibly.			
<b>5. General</b>			
5.1 Was dressed appropriately for the task.			
5.2 Was courteous to all swimmers, coaches, parents and other officials at all times.			
5.3 Maintains a level of concentration, physical fitness and capability to perform the task.			
5.4 Possesses State-specific accreditation in relation to child protection legislation.			

Name of Candidate: \_\_\_\_\_

National Technical Official Accreditation Number: \_\_\_\_\_

State-Specific Working With Children Card No \_\_\_\_\_

State-Specific Working With Children Card Expiry Date: \_\_\_\_\_

Date of Assessment: \_\_\_\_\_

Name of Assessor: \_\_\_\_\_

**Assessment Decision:**

Competent

Not Yet Competent

Assessor Signature: \_\_\_\_\_

Candidate Signature: \_\_\_\_\_

***Future Training / Assessment Recommendations:***