

Sierra Foothill Swim League – Dual Meet Stroke and Turn Meeting Points of Discussion

Stoke and Turn Best Practices:

1. We call only what we see. **BENEFIT OF DOUBT GOES TO THE SWIMMER – ALWAYS**
2. Ask if all S&T volunteers are knowledgeable with the current year rules. If experience varies, partner judges to balance experience. **Note: Hard copies of the current year rules, provided by the home team, should be available to each team of judges while on deck.**
3. Discuss the coverage / jurisdiction for each team of judges. This is especially important at a pool with an odd number of lanes. Responsibility for the odd lane needs to be clear for each race. This can vary based on the number of swimmers in each event. In an event where 4 lanes are used in a 5 lane pool, each team of judges should have responsibility for the closest (2) swimmers regardless of lane.
4. No phones are to be used while on duty.
5. Be attentive as you are being watched by parents and coaches.
6. 6&U (and 7-8 prior to July 4th) are generally not subject to DQ.
Exceptions include (Excerpt from SFSL By Laws):
 - a. The swimmer swims the wrong stroke.
 - b. The swimmer uses the freestyle kick on a consistent basis during the Breaststroke or Butterfly events.
 - c. The swimmer remains on the stomach and swims on the stomach consistently during the Backstroke event.
 - d. The swimmer swims underwater after beginning the normal stroke cycle.
7. All swimmers are to be judged equitably regardless of heat.
8. Be sure that DQ slips are being collected. If not collected after every 2 events, ask for help.
Continuous collection of the DQ slips are important for meet results processing.
9. Identify and explain the 15m line. The 15m line is referenced from the far side of the pool, not the closest side.
10. Walk wall-to-wall, where possible. Best practice is stand and walk to observe the swimmers. Sitting is not recommended, unless necessary based on individual judge's needs.
11. Give equal observation to all lanes in your jurisdiction, even the empty ones.
12. Don't read more into the rules than is written.
13. Observe the swimmers but do not scrutinize.
14. When issuing a DQ, consider and be able to answer these three questions:
 - a. What did I observe?
 - b. Was the infraction in my jurisdiction?
 - c. What specific rule was violated?
15. Properly fill out the DQ slip with swimmer last name (optional, best practice to include), team name, heat, event and infraction. Be sure to mark the lower sections on IMs and relays.
16. Both judges need to sign the DQ slip for a valid disqualification, but only (1) judge needs to observe the infraction.
17. Stroke and Turn judges should only discuss DQ determinations with Meet Director, Team League Reps, or Head Coaches.
18. If approached or contacted by anyone, in a negative or uncomfortable manner, please promptly contact a Meet Official or your team League Representative.
19. Make sure the **BENEFIT OF DOUBT GOES TO THE SWIMMER – ALWAYS**