

FSSL Officials Training 2019 (Final)



Goals of FSSL Officiating

- Provide a safe, fair and fun environment for all swimmers, coaches and spectators at each swim meet
- Insure each meet is run and judged in a consistent manner within the rules established by the league
- Perform our jobs properly so that a positive tone is set for each and every swim meet

FSSL Swimming Rules

- FSSL follows USA Swimming Technical Rules
- Several Exceptions:
 - Voice commands used, not whistles
 - DQs DO NOT go through the referee
 - False Starts are recalled
 - Relay exchanges at the shallow end are judged by when the hand leaves the wall (Coaches/volunteers can place hand over the swimmers hand without restraining the swimmer)
 - Swimsuits do not follow current FINA rules

Format of Dual Meets

- Home team shall provide the starter for the meet
- The most senior official will be Referee
 - **Highly recommended they act only as Referee**
 - **If necessary, may be starter or any other S&T official**
- The Starter is only to make false start calls and early take off calls (relay only)
 - unless they are assuming the role of an S&T after the start of the race.

Format for Divisional and All Star Meets

- Host team will arrange for one Referee and the Starter/Starters for the meet.
- The Referee should be a USAS certified official or a YMCA Level II certified official.
- The Referee and the Starter should not both be from the same team in the Division, unless agreed upon by all teams.
 - If there are not certified officials available to assume the Referee position, the most experienced FSSL official should be used.
 - The Referee and Starter should make only false start or early relay take off calls

S&T Format for All Meets

- At least four S&T officials will be assigned to officiate
- Officials are to be positioned with at least 2 at the start end and at least 2 at the turn end of the pool
- Each S&T official will be responsible for calls made in their jurisdiction
- Each team should supply at least 2 S&T officials.
- The Referee will make the assignments of the S & T's on the deck
- If a fifth S&T is available, it is recommended that they act as a Chief Judge to notify the swimmers of their DQs.

General Info For S&Ts

- Attire:
 - White shirt, preferably with collar, tucked in
 - Navy blue shorts, pants, skirt
 - Comfortable shoes
 - Hat, Sunglasses & Sunscreen recommended
- Arrive at the meet at least half hour before meet start
- Attend Officials Briefing
- Look and Act Professional at all times

Role of Stroke & Turn Official

- Determine whether the swimmer performed their strokes, turns and finishes in accordance with the USA Swimming rules for that year
- Each S & T Judge must be thoroughly familiar with these rules and be willing and able to make a call for any rule violation they have seen in their jurisdiction

Role of S&T Official (cont.)

- Where to Stand:
 - Center yourself over all lanes in your jurisdiction
- Start End:
 - Stand back from the edge during the start
 - Immediately after start step up to the edge
 - Step back when swimmers leave jurisdiction
- Turn End:
 - Stand back from Edge
 - Step up to edge when swimmers in jurisdiction

Role of S&T Official (cont.)

- If you see an infraction in your jurisdiction:
 - Immediately raise hand over head to signal an infraction
 - Circle the appropriate lane number on your meet program
 - Note infraction/infraction number next to name
 - At bottom of page note Total Number of DQ's for the event and Your Name
 - Make sure it is obvious which swimmer(s) is DQ'd
 - Make sure you provide the event page to the runner
 - Heat sheet will be 1 page per event/single sided

FSSL DQ Notation on Heat Sheet

Hoop Hammerheads

HY-TEK'S MEET MANAGER 7.0 - 9:22 PM 5/14/2019 Page 1

2017 FSSL All Stars - 7/29/2017

Meet Program - FSSL All Star Meet

Event 8 Girls 9-10 25 SC Meter Freestyle

FSSL 14.22 7/28/2007 Claire McInnis at 2007 FSSL A

Lane Name Age Team Seed Time

Heat 1 of 7 Finals Starts at 10:30 AM

1				
2	Gilhooley, Jenna	10	RMR-FS	19.03
3	Slater, Madison	10	RMR-FS	18.97
4	Estok, Piper	9	VDF-FS	19.00
5				
6				

Heat 2 of 7 Finals Starts at 10:31 AM

1	Thornett, Emily	10	WRW-FS	18.95
2	Davies, Alyssa	10	VDF-FS	18.78
3	Abate, Angelica	10	IL-FS	18.88
4	Mostowski, Aubrey	10	IL-FS	18.77
5	St. Pierre, Keira	10	RSFF-FS	18.95
6				

Heat 3 of 7 Finals Starts at 10:32 AM

1	Zhu, Rebekah	10	Tidal Force MD	18.53
2	Kurylo, Sarah	10	VDF-FS	18.47
3	Gyambi, Afua	10	WRW-FS	18.43
4	DeSilva, Mishani	10	Tidal Force MD	18.46
5	Clagett, Lexi	9	SR MD-FS	18.50
6	Hardman, Madeline	9	BAR-FS	18.55

Heat 4 of 7 Finals Starts at 10:33 AM

1	Wirth, Ella Rose	10	WRFF-FS	18.34
2				
3	Rape, Jane	10	IL-FS	18.20
4	Clagett, Brooke	9	SR MD-FS	18.27
5	Claney, Susannah	9	HC 15-FS	18.30
6	Auth, Charlotte	10	Tidal Force MD	18.37

Heat 5 of 7 Finals Starts at 10:34 AM

1	Gregory, Caroline	10	CHF-FS	18.13
2	Willard, Casey	10	WRW-FS	18.02
3	Wadkins, Caroline	9	HICCF-FS	17.79
4	Price, Claire	10	BSW-FS	17.95
5	Carlson, Sophia	10	RMR-FS	18.12
6	Edsall, Heather	9	DB-FS	18.19

Heat 6 of 7 Finals Starts at 10:35 AM

1	Eichelberger, Lilly	10	VDF-FS	17.72
2	George, Allison	9	BSW-FS	17.53
3	Castillo, Alexa	9	HC 15-FS	17.29
4	Claney, Charlotte	10	HC 15-FS	17.30
5	Headland, Harriet	9	HC 15-FS	17.59
6	Miller, Faith	10	SR MD-FS	17.73

Heat 7 of 7 Finals Starts at 10:36 AM

1	Clagett, Brynn	9	SR MD-FS	17.00
2				
3	DeLander, Lindsay	10	HC 15-FS	15.96
4	Davis, Karmyn	10	WRFF-FS	16.36
5	Baker, Avery	10	HICCF-FS	16.97
6	DeGirolamo, Kate	10	WRFF-FS	17.27

For DQ, circle appropriate Lane Number and note infraction/DQ code at end of line

Mark No Shows by putting a line through the swimmer's name

Start	Check Your Position	End	Total DQs:	Official:

FSSL DQ Notation on Heat Sheet Footer

Fill in number of DQs for event and your name



Total DQs:		Official:	
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Put an X in the box for your position when making the call

Role of S&T Official (cont.)

- Do not review or discuss a potential DQ with other officials – the call is yours to make
- If you have a question about your call after making it, discuss with referee. The call can be rescinded if the rule is applied incorrectly.
- If you did not raise your hand, no call can be made
- If you did not sign the DQ slip, no call can be made
- **Swimmer always gets the benefit of the doubt!**

Role of S&T Official (cont.)

- Do not be afraid to consult the rulebook or ask the referee if you see something you aren't sure about
- If you are unsure, there is no call, but treat this as a learning experience!
- Remember – all officials will miss things but learn from the experience

Role of S&T Official (cont.)

- Always conduct yourself in an unbiased and professional manner
 - Refrain from cheering for your swimmer or any other swimmer in the meet
 - Officiate all swimmers the same – no matter their age or experience

Role of S&T Official (cont.)

- If a coach asks about a call, you may explain what call was made.
- If the coach continues to ask questions, refer them to the referee.

Role of S&T Official (cont.)

- If you are the S&T notifying the swimmers of DQs:
 - Get down on their level
 - Present it as a learning experience
 - End on a positive note
 - DO NOT coach the swimmer – only identify what the infractions was

Role of S&T Official (cont.)

- Remember your jurisdiction
 - Only make calls in the lanes and section of the pool you are responsible for
- You will see calls in other lanes
 - Do not make these calls
 - This would be over-officiating

Role of S&T Official (cont.)

- Ugly stroke is not a reason to DQ!
 - Strokes may look bad but you must determine that they are breaking a rule before disqualifying
- Remember – **The swimmer always gets the benefit of the doubt!**

Role of S&T Official (cont.)

- Call what you see
- See what you call

Role of S&T Official (cont.)

Have Fun – you have the best seat in the house!

Officiating the Strokes

- General
 - “At or past vertical”
 - Is important for all strokes
 - Is judged by the position of the shoulders – the top shoulder relative to the bottom shoulder
 - “At vertical” is always legal
 - Past vertical to the breast = On the breast
 - Past vertical to the back = On the back

Butterfly

- Start
 - Forward
 - Must surface by 15 M
 - First arm pull must bring to the surface
- Arms
 - Simultaneous
 - Must recover over the water
- Kick
 - Simultaneous
 - Up and down motion
- Turn
 - 2 Hand simultaneous touch
 - Turn in any manner
- Finish
 - 2 Hand Simultaneous touch

Back

- Start
 - Backward, in water start
 - Must surface by 15 M, then remain on surface
- Arms
 - Any arm pull
- Kick
 - Any kick
- Finish
 - Must finish at or past vertical toward back
- Turn
 - May touch on back
 - May turn to breast
 - Take 1 single or double arm pull
 - Continuous turning motion
 - No delay prior to pull or prior to turning motion
 - Must be at or past vertical when feet leave the wall

Breast

- Start
 - Forward
 - Cyclical Stroke – Arm pull then leg kick
 - First pull may come past hip line
 - 1 butterfly kick may be inserted prior to first breast kick
- Arms
 - Simultaneous
 - Same horizontal plane
 - May not come past hip line
- Kick
 - Same horizontal plane
 - Feet turned out during propulsive part of kick
 - No alternating, scissor, or butterfly kick
- Turn
 - 2 hand simultaneous touch
 - Turn in any manner
 - Follow start rules
- Finish
 - 2 hand simultaneous touch

Freestyle

- Start
 - Forward start
 - Surface by 15 M and remain on surface
- Arms
 - Any arm pull
- Kick
 - Any kick
- Turn
 - In any manner so long as touch
 - May come back if they miss touch
- Finish
 - Must touch
- Other
 - No pulling on lane line or wall
 - No propelling off bottom

Individual Medley

- Strokes must be swum in order
 - Butterfly, Back, Breast, Free
- Must comply with Start and Finish rules for each stroke
 - Backstroke must start and finish on back
- Freestyle must be swum on breast
- Since it is all 100 IM, there are no turn infractions
 - End one stroke and start the next at each wall

Relay Exchanges

- Relay Early Take Offs must be dual confirmed to be a disqualification
 - 2 officials must independently observe the same swimmer leaving early
 - Officials will use their heat sheet to mark take-offs as good or early
 - The 2 officials will compare sheets after the last exchange
- 2 Officials will be assigned to watch all lanes

Relay Exchanges (cont.)

- Start end exchanges
 - Watch for swimmer's feet to leave wall/block then look down to see if incoming swimmer has touched
- Turn end exchanges
 - Swimmer's hand must remain in contact with the wall. A coach/volunteer may place their hand on the swimmer's hand
 - Watch for swimmer's hand to leave wall then look to see if incoming swimmer has touched

Role of the Starter

- The Starter has the responsibility to ensure that all swimmers receive a fair and equitable start
- Speak in a calm, conversational tone leading the swimmer to their starting position, and avoid any sharp or rapid commands that may break the swimmers concentration
- Carefully observe each swimmer to see that they have come to a stationary position prior to starting the race
- Understand the starting procedures, including hearing impaired starts, false start rules and early relay take off rules
- Be consistent and follow the same routine throughout the entire meet
- Act in a calm professional manner throughout the meet, you set a positive tone for the entire meet

Responsibilities of the Starter

- Arrive at least 45 min prior to start
- Check starting system is set up and working
- Call officials meeting
 - (Referee does this at Divisional and All Star Meets)
 - Determine Referee for meet
 - Either Starter or Ref does a rules briefing
 - Deck assignments and rotation for S&Ts
 - Relay take-off assignments
 - Have S&T's sign attendance sheet

Responsibilities of the Starter (cont.)

- Call Timer's meeting
 - Assign 3 timers per lane (not all from same team)
 - Identify head timer
 - Review starting routine
 - Start watch on the flash
 - Stop when swimmer touches wall
 - At edge, leaning over to see touch
 - Record all 3 times on timer sheet – even if DQ
 - Stand back at the start
 - Check swimmers' names

Starter Protocol

- Assure timers and S&Ts in place
- Start of Event
 - Announce the event and number of heats
- Subsequent heats announce only heat number then “Swimmers Step up”
- “Take your mark”
 - Observe swimmers come to stationary position
- Sound starting signal

Starter Protocol (cont.)

- For backstroke start
 - Announce heat and “Swimmers step in”
 - “Place your feet”
 - Assure toes are not over the gutter
 - “Take your mark”
 - Observe swimmers come to a stationary position
 - Sound starting system

Starter Protocol (cont.)

- If swimmers don't respond promptly
 - Ask them to “Stand Please”
- Remember you are dealing with ages 4-18 so stationary can vary depending on age
- Starters responsibility to determine when swimmers are stationary
- DO NOT rush the starts
- You may announce the next event/heat while swimmers are still swimming however, do not step them up until the prior heat finishes

Role of the Referee

- **Highly recommended Referee only act as Ref**
- Resolve disputes occurring at the meet
- Answer questions/clarify rules
- Run the officials briefing
- Deck assignments, jurisdiction, relay take-offs
- At the end of meet, the referee is to sign-off on the results-this ends the meet
- Cameras cannot be used to overturn a call and should not be viewed

Role of Referee (cont.)

- For Dual Meets
 - Is most experienced official on deck
 - Highly recommended they act only as Referee
 - If necessary, can act as Starter/Referee or S&T/Referee
 - Will NOT sign off on DQs
 - Will not normally make calls unless also acting as S&T, or doing relay take-offs or false starts
 - They should make a call in the event they witness an egregious violation that could be seen throughout the pool deck but was missed by the assigned official
 - Can only overturn calls that they have witnessed or if the S&T misinterprets rule or does not describe an action that is a violation

Role of Referee (cont.)

- For Divisional or All Star Meets
 - Is overseeing the meet
 - Should act only as Referee
 - Observe Starter and S&T
 - Deal with issues arising with coaches, dual confirmation and any other issue that may arise
 - Focus should be on what is happening in pool