

SSL Experienced S&T Class 2022

Class Registration

- Registration for this class by putting the following information in the Chat box
 - Name
 - Team (the pool name, not the mascot)
 - Phone number
 - Email
- Email and phone number are not published and are needed to communicate to you
- Availability for Time Trials & Champs will be through the SSL website and/or email.

SSL 2022

- The format of SSL meets will return to the “normal” format last swum in 2019
- Every team will swim 8 dual meets, boys and girls together. All meets count in the standings (no cross-over meets)
- 4 nights of Time trials (July 17 to 20) and Champs on July 23
- Details on the SSL website sslschwim.org

SSL 2022

- Teams swim in alternating lanes
- 2 timers per lane
- 25 y/m races start in deep end – timers will move from end to end
- 100 y/m relays start and finish in the shallow end

SSL 2022 Rule Changes

- Coaches must assign lanes on the rosters submitted to the scoring table. Can change with Change Cards.
- Each team provides a Clerk of Course to the common ready bench.

Both to these are improvements from 2021.

SSL Officials Training

- Must attend a yearly SSL Officials class to work as a Referee, Starter, or Stroke and Turn Judge at dual meets, Time Trials, and Champs
- Classes are tailored to Referees and Starter, Experienced S&T, and New S&T
- This class is for experienced S&T officials
- The list of officials who attend training is on the SSL website

Reason for Officials

- To ensure a level playing field for all swimmers
- We want all swimmers to have fun, but swimming is like other sports in that there are rules to be followed
- The role for officials is to make sure the rules are applied equally to all swimmers
- You are an SSL Official, not a club official

At a Meet

- Arrive 30 minutes before the meet start
- Attend a meeting with the Referee
- Come prepared to work the entire meet
- Sun glasses, hat, sun screen, water
- Dress – white collared shirt required. Prefer navy blue shorts, slacks, skirts, etc., but not required for dual meets (are required for TT and Champs)

At a Meet

- S&T officials role is to observe all swimmers in your jurisdiction and inform the Referee if you observe any swimmers who are not complying with the Rules
- Raise your hand above your head for 5 seconds or until recognized by the Referee when you believe you have seen an illegal stroke that does not comply with the Rules

At the Meet

- After you raise your hand, be ready to answer the 3 questions:
 - What did you see?
 - What rule was violated?
 - Where were you positioned to make the call?
- The Referee will determine if there is a Disqualification or not
- Benefit of the doubt goes to the swimmer

At the Meet

- Signal a potential DQ if you observe the swimmer perform an action that is not in accordance with the Rules
 - Make the call based on the technical rules, not aesthetics
 - Ugly is not illegal
- Do not signal a potential DQ if you do not observe the swimmer perform the required actions
- Example – if you see a swimmer in the Breaststroke only touches with the right hand and you observe that the left hand never came closer to the wall than 6 inches, make the call. If you never saw where the left hand was, no call.

During the Meet

- Observe the swimmers in the lanes you are assigned
 - The Referee should make officials assignments, how the pool will be covered, how to rotate, when to rotate
 - Which officials will observe relay takeoffs
- Make calls within your jurisdiction
 - If you are not sure if the swimmer was in your jurisdiction, make the call and let the Referee decide on jurisdiction

During the Meet

- Observe your lanes equally, even if there is an empty lane
 - Keep your eyes on the pool
- Walk with the swimmers
- Be in position to observe starts, turns, and finishes
- Priority to the lead swimmer, then go back to watch slower swimmers

Officials Positioning

- Backstroke turns and finishes – at the end of the pool
- For all strokes, at the edge of the pool - on side or at the end
 - Get wet
- When working from the end of the pool, in the middle of the lanes in your jurisdiction
 - Same position if 1, 2 or 3 swimmers

Review of the Strokes

- Review the SSL guideline Stroke and Turn Officials – 2022
 - Backstroke
 - Butterfly
 - Freestyle
 - Breaststroke
 - Individual Medley
 - Relays
- The USA Swimming stroke videos are available on SSL website Officials page

Backstroke

- Must remain on back except when turning (not past the vertical)
- Head must break the surface before backstroke flags after start and turn, or end of the pool in 20 yard pools (15 meters in USA Swimming)
- Any kick or stroke. Backstroke is defined by body position.

Backstroke

- Turn – May roll beyond vertical to breast followed by immediate and continuous turn.
- Can complete that length on the back – do not have to do the “flip turn”. Can then turn in any manner
- When feet leave the wall, must be at or past vertical toward the back.

Backstroke

- Finish – must finish on the back – not past vertical toward the breast.
- In SSL if a swimmer stands on the bottom and touches without walking and without turning around, NO DQ.
- May not submerge before the finish – a DQ must be obvious

Butterfly

- Must swim on the breast. Not past the vertical toward the back
- No stroke to kick ratio
- Head must break the surface before backstroke flags after start and turn, or end of the pool in 20 yard pools (15 meters in USA Swimming)

Butterfly

- First stroke must bring the swimmer to the surface
- No limit on number of kicks underwater
- Arm movement must be simultaneous
- Any part of the arm from wrist to the shoulder must break the surface when brought forward (SSL interpretation) – No underwater recovery

Butterfly

- The kick must be simultaneous up and down movement
 - May be on different horizontal levels but no alternating kick
 - No breaststroke, scissors, or alternating kick
 - One foot may be on top of the other
 - Knees may be separated
 - Propulsion with the top of the feet

Butterfly

- The touch at the end of each length and the finish must be simultaneous and separated (not stacked on top of each other)
- Touch at, above or below the surface
- Body must be on the breast (i.e. not past the vertical) shoulders can roll from the horizontal
- After the turn, body must be on the breast when the feet leave the wall

Breaststroke

- Must swim on the breast. Not past the vertical toward the breast.
- Defined by a stroke cycle – an arm pull followed by a breaststroke kick
- Arm movement simultaneous and on the same horizontal plane
- Hands brought back simultaneously and on the same horizontal plane

Breaststroke

- The arms may not be pulled beyond the hipline, except during the first stroke cycle.
- Hands must be pushed forward from the breast on, under, or over the water –
 - No butterfly recovery
 - Elbows must remain underwater during the recovery

Breaststroke

- The head must break the surface during each complete or incomplete stroke cycle
- One stroke cycle allowed underwater after the start and each turn. The first pull may be beyond the hipline (underwater or at the surface)
- The head must break the surface before the hands turn inward at the widest part of the second stroke

Breaststroke

- During the kick, the feet must be turned outward during the backward push
- The legs must kick simultaneously and in the same horizontal plane
- No butterfly, scissors, or alternating kick
- Propulsion with the inner surface of the feet
- One downward butterfly kick is allowed after the start and turn prior to the first breaststroke kick

Breaststroke

- The touch at the end of each length and the finish must be simultaneous and separated (not stacked one on top of the other)
- A single or partial stroke prior to the touch is permitted as long as the head breaks the surface during the incomplete stroke cycle
- The head may be submerged after the last stroke prior to the touch
- Shoulders must be at or past the vertical when the feet leave the wall after the turn

Freestyle

- In a freestyle event (individual or relay) any form may be used
- In the freestyle leg of the Individual Medley or Medley Relay, the stroke may not be Backstroke, Breaststroke, or Butterfly (even if not swum legally)
 - After the start or turn, the swimmer must be vertical or toward the breast before the first arm pull or leg kick (first propulsive movement)

Individual Medley

- One length each Butterfly, Backstroke, Breaststroke, Freestyle in that order
- All stroke rules apply to each stroke
- Freestyle may not be Fly, Back or Breast
- Finish rules apply at the end of each length.
- Start rules apply at the start of each stroke
- SSL swims 100 y/m IM's, so no intermediate turns

Freestyle and Medley Relays

- Backstroke, Breaststroke, Butterfly, and Freestyle in that order
- All stroke rules apply the same as in individual events (start, turn, finish)
- Freestyle may not be Back, Breast, or Fly
- 2nd, 3rd, and 4th swimmers must be in contact with the wall when the previous swimmer finishes their leg of the race

Freestyle and Medley Relays

- When observing the exchange, watch feet of departing swimmer then look to see in the incoming swimmer has touched (Top Down)
- The departing swimmer may be in motion but must maintain contact until the incoming swimmer has touched
- No running starts
- In water starts on a later slide

SSL Stroke & Turn Rule Interpretations

- See SSL guideline Stroke & Turn Interpretations 2022
- One change in 2022 for 8&Under and 6&Under Backstrokers
 - At the finish, the swimmer may roll slightly past vertical as the touch is made. A clear rollover to the breast followed by the touch is not allowed. Benefit of the doubt goes to the swimmer.
- 6 &Under and 8 &Under Swimmers
 - Applies to dual meets only, not Time Trials and Championships

Stroke & Turn Rule Interpretations

- All swimmers
 - Butterfly arm recovery
 - Touches in Breaststroke and Butterfly
 - 15 Meter Marks
 - Handicapped and Disabled Swimmers

DQs

- False Starts are the responsibility of the Referee and Starter, not the S&T Judge
- DQs must be recorded on a DQ slip
 - Print your name
 - Referee must sign and deliver to the score table
 - DQs **MUST** go through the Referee

DQs

- When communicating a potential DQ to the Referee, first tell the Referee the event and the lane.
- Three questions to answer to the Referee
 - What did you see?
 - What rule was violated?
 - Where were you positioned to make the call?

Other Topics

- If a coach asks about a DQ call, refer them to the Referee
 - It is acceptable to answer coaches questions about which lane was signaled for a potential DQ, but challenges must be answered by the Referee
- Rule 8.v – USA Swimming restriction on suits applies only during Time Trials and Champs
- No flotation devices or in-water helpers

Relay Take Offs

- Make sure you know who is responsible
 - Position yourself so you can look across all lanes in your jurisdiction – typically from the corner of the pool, even during medley relays
 - Signal early take off immediately
 - Watch top down (when departing swimmer leaves the wall, look at the incoming swimmer to determine if they have touched)
 - No running or step up starts

In water relay starts

- Departing swimmer must contact the wall after the incoming swimmer touches
- If the departing swimmer loses contact with the wall, then regains contact before leaving, not an early take off
- Pushing off the bottom is not a DQ
- Don't over officiate the first stroke in butterfly
- Only the first swimmer in MR can use a backstroke start – others must face down the pool (Medley and Free relays)

Questions

- Don't forget to register and include contact info in the Chat box
- Have fun
- Ask questions and work hard at being a good official
- Remember that we are all here for the children
- Thank you for being an SSL official