

# SSL New 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 [ssls swim.org](https://ssls swim.org)

# 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 new S&T officials, or officials with only a year or two experience

# SSL Officials Training

- This class is the first step to becoming a S&T official
- There are no tests to take
- After this class, work on deck as much as your can – it is the only way to gain experience
- Shadow other officials
- Get yourself a mentor to ask questions and discuss what you are seeing on deck

# 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 will be 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 touch 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 if working from the side of the pool
- Be in position to observe starts, turns, and finishes
- Priority to the lead swimmer, then go back to watch slower swimmers

# Videos

- Watch a video on each stroke, then discuss
- Attendance will be by putting the following information in the Chat box. You can send it only to the instructor
  - Name
  - Team (not Dolphins, Gators) Club Name
  - Phone number and email
    - Communication will be by email
  - Availability for TT / Champs will Time Trials & Champs will be through the SSL website and/or email

# SSL Rule Interpretations

- 6&Under and 8&Under Swimmers
- Butterfly arm recovery
- Touches in Breaststroke and Butterfly
- Finish in backstroke
- 15 Meter Marks
- Handicapped and Disabled Swimmers

# Other Topics

- 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

# 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



# Other Topics

- 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

# Other Topics

- 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)

# 2022 changes from 2021

- Girls and boys swim together, girls events followed by boys events
- Teams swim in alternating lanes
- 25 yard/meter races start in deep end (except backstroke) – timers must move from end to end
- 100 y/m relays start and finish in the shallow end

# 2022 Changes from 2021

- Coaches must include lane numbers on the roster
- Both teams will provide a Clerk of Course to run the common ready bench

# Other Topics

- SSL Rules and SSL guidelines are available on the SSL website
- Have fun
- Thank you for being an SSL official
- Make sure you are registered for this class

# Questions

- Don't forget to put 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