

**Illinois Swimming Recertification Clinic
Stroke and Turn Session**

**USA SWIMMING
STROKE AND TURN UPDATES**

USA Swimming has created new stroke videos, replacing the old DVDs.

They are available three places online:

1. USA Swimming Website
2. Illinois Swimming Officials Page
3. USA Swimming YouTube Channel

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Interpretations Since 2014

“The Lochte Rule”

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Note: Do not call it the “Lochte Rule”
The rule has not changed:

101.6 INDIVIDUAL MEDLEY — The swimmer shall swim the prescribed distance in the following order: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle.

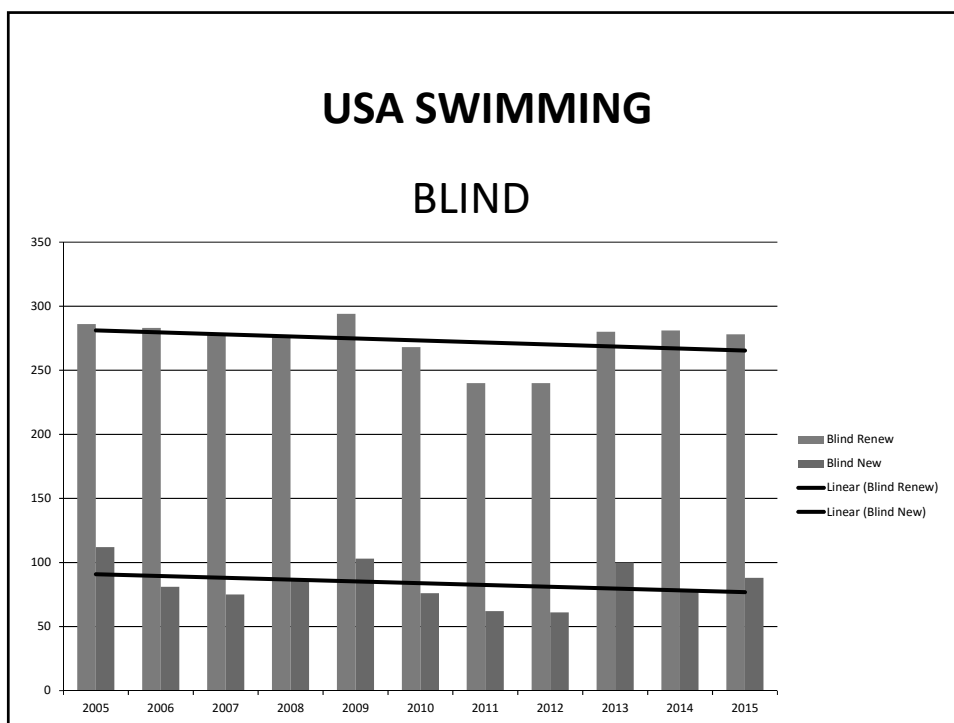
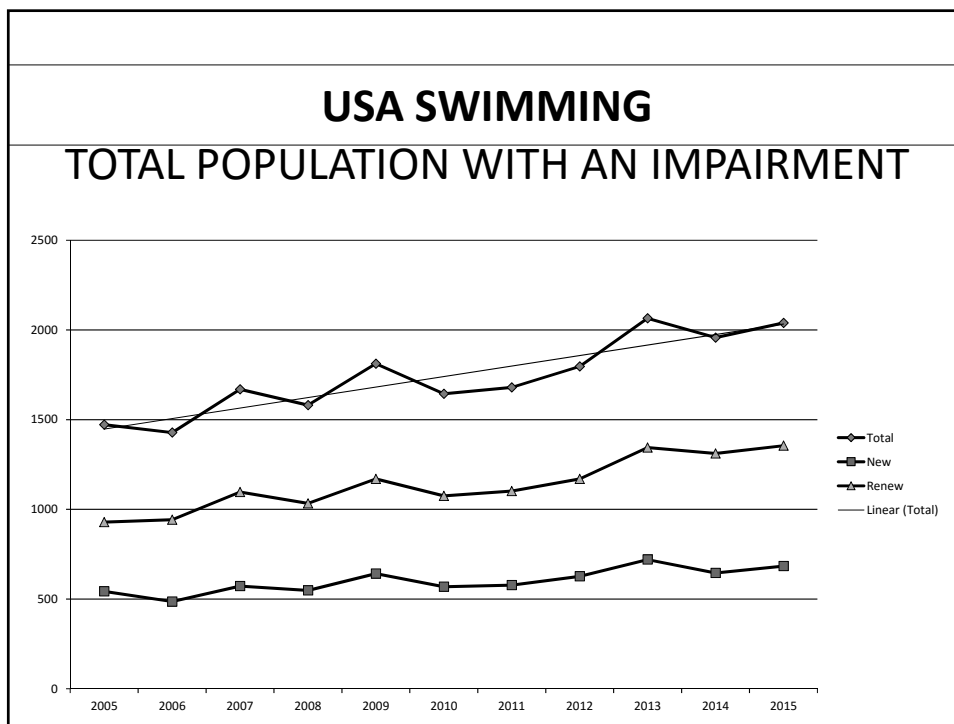
.2 Stroke — The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke

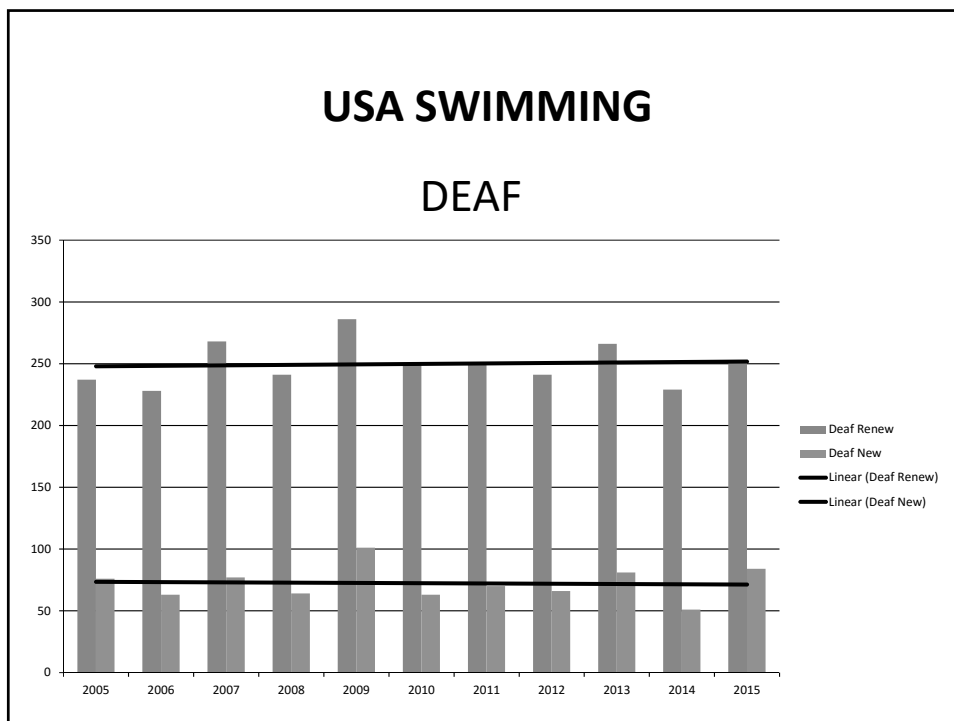
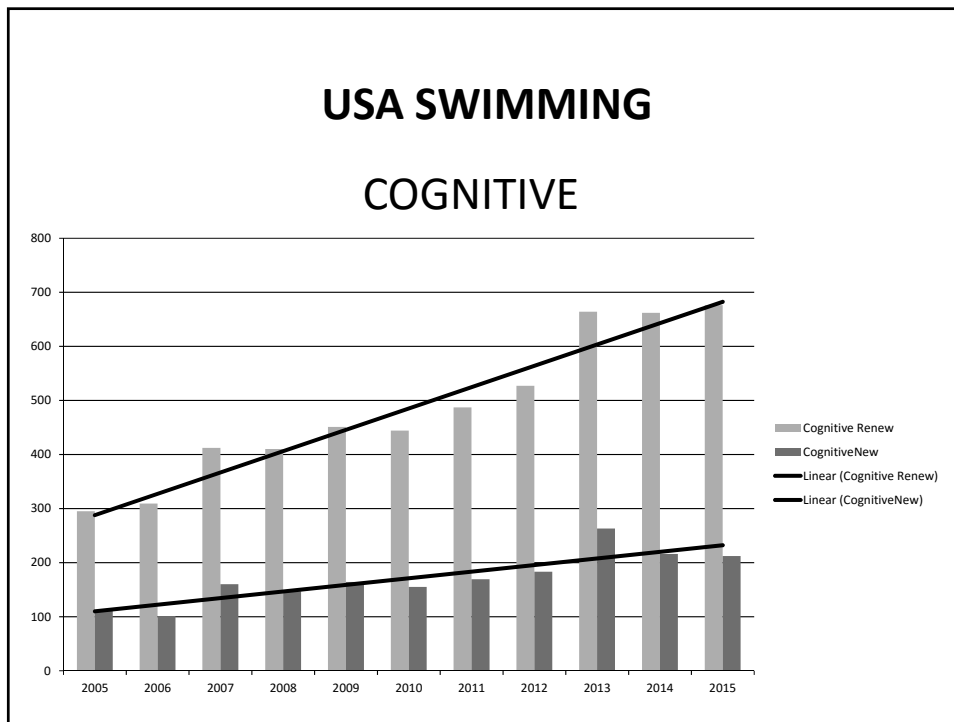
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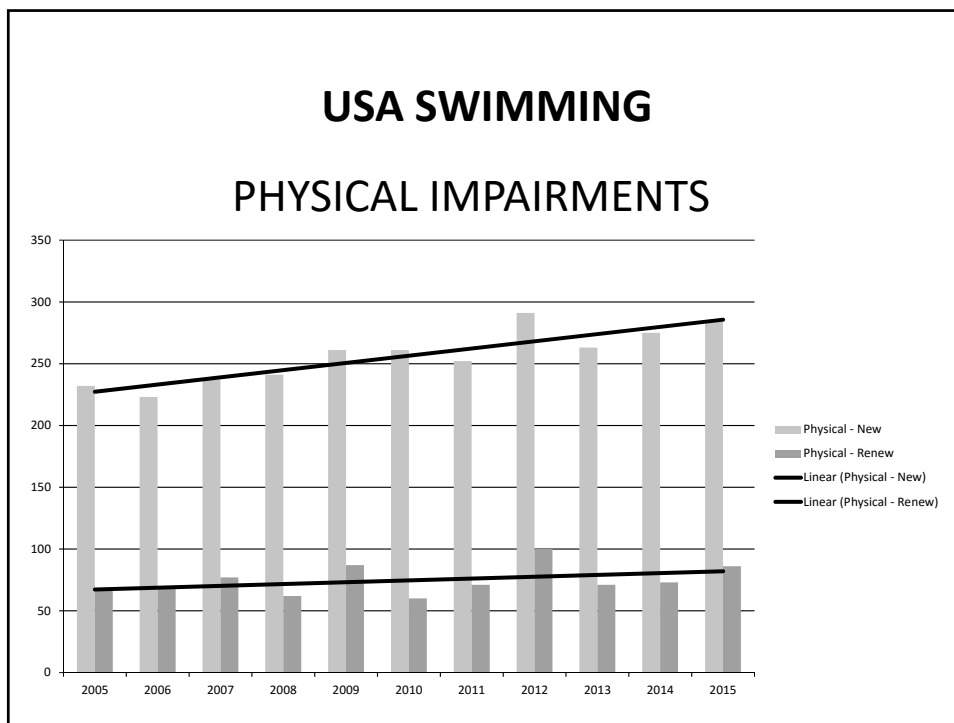
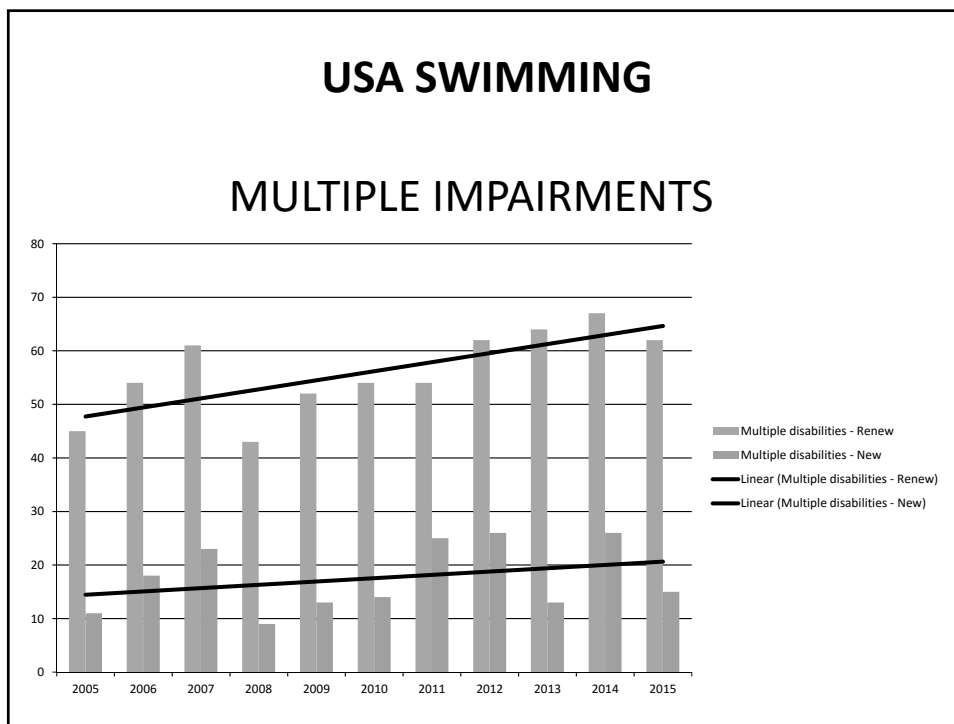
The only “clarification” is, essentially, that the only thing that makes a stroke backstroke is swimming on the back.

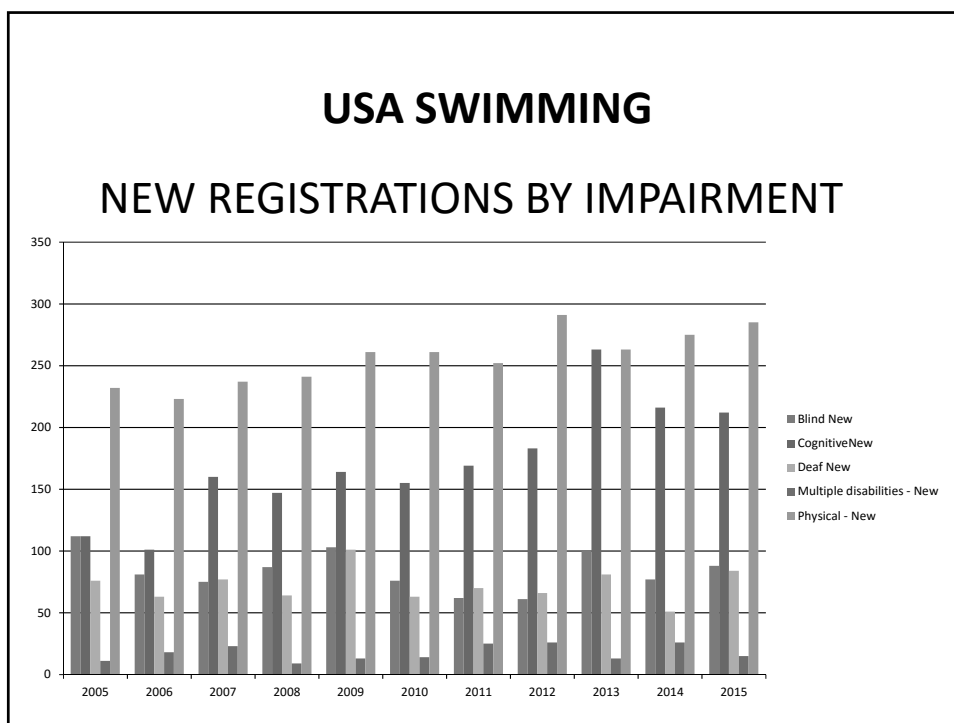
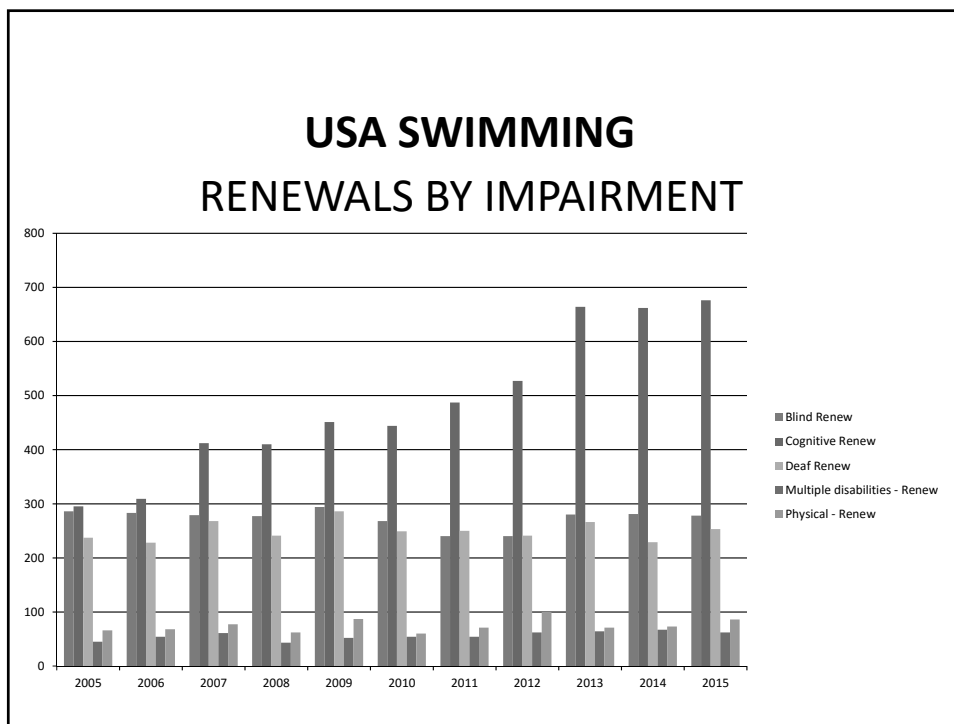
Therefore under 101.6.2, swimming past vertical to the back in the fourth leg of an IM violates 101.6’s designation of the order and amount of strokes.

**Disability Swimming
Inclusion in Illinois Swim Meets**









Swimmers with disabilities participate in USA Swimming programs for the same reasons as all swimmers:

- The fun of swimming
- Making friends
- Get into shape/be healthy
- Improve their skills
- Competition

Swimmers with impairments have two primary paths that they typically follow:

- International Paralympic Committee (IPC)
- USA Swimming
- Plus high school swimming in some states

International Paralympics Committee	USA Swimming
Follow IPC rules	Follows USA Swimming rules, including Article 105 in rule book
Swimmers are evaluated for their abilities and classified. Swimmers compete against swimmers in their class (in larger meets).	Swimmers are included in heats with other swimmers in their age group, unless and accommodation has been requested.
Examples IPC meets: Regional meets such as Great Lakes Regional Games and USP Development meets. National Meets such as Junior Nationals. International meets such as Can Ams and Paralympics.	Examples of USA meets where adaptive swimmers may swim: Local club meets, LSC Regional Meets, LSC State Meets, Zones, etc.

IPC Classifications Basics

Vary for different races: overall, breaststroke, and IMs

Classification	Abilities of Swimmers
S1, SB1, SM1	Most impaired class. Usually in a wheel chair or dependent on others. Severe coordination issues. Little use of trunk, hands, or limbs. Little use of shoulders. Usually swim on back only.
S2, SB2, SM2	Swimmers can use their arms with no use of their hands, legs, or trunk. Severe coordination issues with 4 limbs.
S3, SB3, SM3	Swimmers with reasonable arm strokes, but no use of legs or trunks. Coordination problems with al 4 limbs or severe limb loss to 4limbs.
S4, SB4, SM4	Swimmers who use their arms and have minimal weaknesses in their hands, but no use of their trunk or legs. Coordination problems affecting all limbs but predominantly in the legs. Swimmers with limb loss to 3 limbs.

IPC Classifications Basics
 Vary for different races: overall, breaststroke,
 and IMs (cont'd)

Classification	Abilities of Swimmers
S5, SB5, SM5	Swimmers with full use of their arms and hands, but no trunk or leg muscles. Coordination problems.
S6, SB5, SM6	Swimmers with full use of their arms and hands with some trunk control, but no useful leg muscles. Swimmers with coordination problems (usually can walk). Swimmers with major limb loss of 2 limbs. Little people.
S7, SB6, SM7	Swimmers with full use of their arms and trunk, with some leg function. Coordination or weakness problems on the same side of the body. Major limb loss of 2 limbs.
S8, SB7, SM8	Swimmers with full use of their arms and trunk with some leg function. Limb loss of 2 limbs. Use of one arm only.

IPC Classifications Basics
 Vary for different races: overall, breaststroke,
 and IMs (cont'd)

Classification	Abilities of Swimmers
S9, SB8, SM9	Unless there is an underlying medical condition, usually all of these start out of water. Swimmers with severe weakness in one leg only, every slight coordination problems and one limb loss.
S10, SB9, SM10	Swimmers with minimal weakness affecting legs. Swimmers with restriction of hip joint movement, both feet deformed, minor limb loss of part of a limb. Most capable class.
S14	Cognitive impairments. Able bodied swimmers.

IPC Classifications Basics

Vary for different races: overall, breaststroke, and IMs (cont'd)

Classifications	Abilities of Swimmers: Visual Impairments
S11, SB11, SM11	Considered totally blind, but may differentiate between light and dark. They must wear blackened goggles. Required to have a tapper when the approach the wall. Goggles are checked at the end of every race.
S12, SB12, SM12	These swimmers can recognize the shape of a hand and have some ability to see. Large range of vision ability within this class. Visual acuity typically is 20/600 or greater. Can have tappers.
S13, SB13, SM13	Visual acuity of 20/400

How are classifications determined?

Classifications are made by trained, medical personnel.

- Trained and certified by IPC
- Database of athletes and their classifications are kept by the US Paralympics Committee for American athletes.
- Classifications are renewed periodically or when there is a change in ability
- Classifications can be appealed and can be called for based on observations from IPC personnel

How does USA Swimming meets include adaptive athletes?

- USA Swimming does not use the classification system.
- The preference is to seed swimmers in existing events, like any other swimmer.
- Accommodations may sometimes be necessary, and/or requested by coaches or swimmers
- Goal is to keep within timelines and accommodate any impairments

Things to think about as a Stroke and Turn Judge

For Swimmers with Visual Impairments:

1. Starts: With an audible system, no modifications. May need guidance getting to block and in position.
2. Turns and Finishes: Permitted to have personal assistants, or tappers, notify swimmer of turns or finishes. Uses a soft-tipped pole to tap swimmer. No sound devices should be used.

For Swimmers with Visual Impairments (cont'd)

3. Relay take-offs: A physical touch may be used to signal when the teammate has touched the wall. It may not interfere with the swimmer.

For Deaf and Hearing Impaired Swimmers

1. Starts: Starter will utilize hearing impaired starts. Should be used the heat before and after the hearing impaired swimmer's heat to help swimmers acclimate to the different start.
2. Referee may reassign lane placement to ensure that hearing impaired swimmer can see visual starting system (strobe) and starter.

For Swimmers with Cognitive Impairments

- No special accommodations are called for in this instance, just lots of patience and clear instructions for swimmer and his/her coaches.

For Swimmers with Physical Disabilities

- Officials should judge the ability of the swimmers, and not just feel that they are good enough
- These athletes work as hard as any athlete and want to succeed like any other swimmer
- Officials should make judgment calls based on what the swimmer can do and their intent to conform to the stroke rules.

For Swimmers with Physical Disabilities (cont'd)

- If a body part is absent or cannot be used, it is not to be judged.
- If a body part is used during the stroke, it should be judged by USA swimming rules.

Stroke and Turn Examples

1. For a swimmer who is missing part of their arm or has two different arm lengths, breaststroke and butterfly finishes cannot have a two-hand simultaneous touch. Swimmers should show intent that the second arm is reaching toward wall, even though it will not touch simultaneously.
2. Swimmer who does not have use of one arm, or both arms, should not be required to reach with the affected arm(s). A one hand touch in the case of one arm and any body part touch in the case of two arms is appropriate.

Stroke and Turn Examples
(cont'd)

3. Swimmers with limited, or no, use of their legs should not be judged for doing a non-simultaneous leg movements for the breaststroke or butterfly.
4. Swimmers who do not have use, or very little use, of their legs; may take an extra, non-simultaneous arm pull off the wall at the start and turns to right themselves. They may also perform a partial stroke with their arms recovering forward, under the surface of the water, in order to touch the wall.

Stroke and Turn Examples
(cont'd)

5. Relay swimmers who cannot easily exit the pool, may remain in the water for the remainder of the relay. They must not interfere with the other swimmers nor the timing system.
6. Swimmers who need extra time or cannot exit the pool without an aid or ladder, should be given the time to do so.

Conclusions

- Inclusion of swimmers with impairments can be accomplished with cooperation between meet personnel, officials, and coaches. Knowledge and communication is important.
- Remember it is really just common sense!

Selected Resources

1. "Including Swimmers with a Disability: A Guide for Officials"
http://www.usaswimming.org/_Rainbow/documents/7e234439-0c17-4739-a137-74630039aadd/bofficials.pdf
2. www.teamusa.org
3. <https://m.paralympic.org>
4. Article 105, *USA Swimming Rule Book 2016*

Team USA for Rio 2016

- Including Illinois Swimming's Own
Allyssa Gialyamas
And
Coach Glen O'Sullivan

