



Illinois Swimming
Officials Training
Stroke and Turn Judge
2016

2016 Stroke and Turn Judge Training Clinic

Spring 2016 Illinois Swimming Officials Training



Welcome!

Why are we here?

What are we going to do?

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Clinic Outline

How Officiating Works

Rules of Strokes and Turns

How to Judge

Going to Meets

Training and Certification

Continuing to Learn

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What is an Admin Official?

General Officiating Philosophy

Officials maintain the fair and equitable conditions of competition to promote uniform conditions ensuring no swimmer has an advantage over another

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How Officiating Works

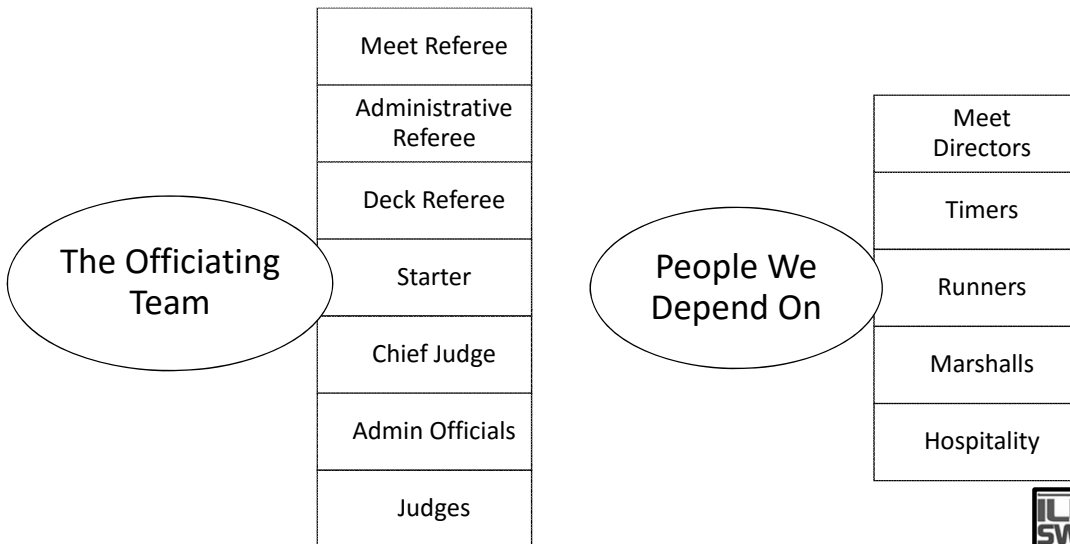
What Does This Mean?

- Success depends on the integrity, knowledge, concern and regard for the athletes
- One set of rules applies to all swimmers
- Swimmers get the benefit of the doubt
- We do not judge style
- Demonstrate impartiality and professionalism



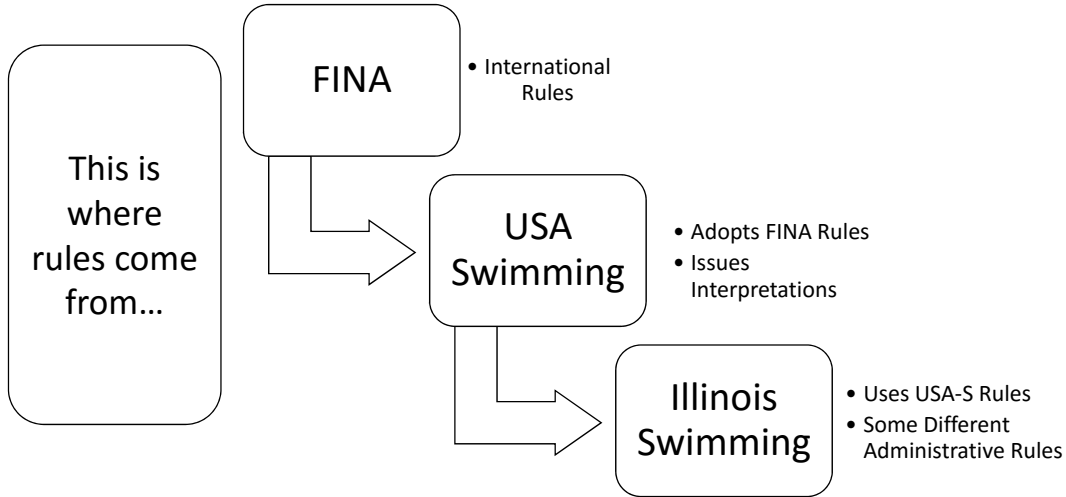
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How Officiating Works



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Where Do Rules Come From?



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Rules of Strokes and Turns

Rules for all strokes have the same parts, contained in Rule 101 subparts



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Rules of Strokes and Turns

Infractions For All Events:

- Did not finish
- Walking on or pushing off the bottom
 - Pulling on lane lines
 - Not touching the wall at each end
 - Interfering with another swimmer
- Not starting and finishing in the same lane
 - Unsportsmanlike conduct
 - Delay of meet (Referee's jurisdiction)
- False start (Starter's and Referee's jurisdiction)



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Rule 101.5 - Freestyle

- What to look for:
 - Any stroke(s)
 - Any kick(s)
 - Swimmer must touch the wall at each turn and at the finish; any part of the body may be used
 - At start and turns, head must break surface of water by the 15 meter mark

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Freestyle Video

YouTube Chanel

<https://www.youtube.com/watch?v=baQJzcnG3oQ&index=4&list=PLJUznzZd1j8Urx4pxOW9gYFCzrWMb0jgx>

USA Swimming Chanel

<http://usaswimming.org/DesktopDefault.aspx?TabId=2775&Alias=Rainbow&Lang=en>

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Rule 101.4 - Backstroke

- What to look for:
 - Start in water with back to the course
 - Feet and toes may not be in or bend over the edge of the gutter
 - Swim on back
 - Any stroke(s)
 - Any kick(s)
 - Some part of swimmer must touch the wall at completion of each length, and at the finish, on back

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Rule 101.4 - Backstroke

- If submerged at the start and turns, head must break the water surface by the 15 meter mark
 - Head = chin
- At each turn, the swimmer MAY:
 - Turn to breast and MAY utilize a continuous single or continuous simultaneous double arm pull to initiate the turn
 - The backstroke “flip turn”
 - Once swimmer touches wall, the turn is complete
 - Swimmer leaves wall on back

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Backstroke Video

YouTube Chanel

<https://www.youtube.com/watch?v=v5IjKFBiy18&index=1&list=PLJUznzZd1j8Urx4pxOW9gYFCzrWMb0jgx>

USA Swimming Chanel

<http://usaswimming.org/DesktopDefault.aspx?TabId=2775&Alias=Rainbow&Lang=en>

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Rule 101.3 - Butterfly

- **What to look for:**
 - Must swim on breast
 - **Pull:** Arms brought forward simultaneously over water and pulled back simultaneously under the water
 - **Kick:** All up and down movement of the feet and legs must be simultaneous
 - **At turns and finish,** touch must be made with both hands -- separated and simultaneously -- at, above, or below the water's surface

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Rule 101.3 - Butterfly

- If submerged at start and following turns, head must break surface by 15 meter mark
- One arm pull under water is allowed which must bring swimmer to surface
- After each turn, swimmer must return to breast
- No cycle: swimmer may take as many kicks or pulls as he/she likes

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Butterfly Video

YouTube Chanel

<https://www.youtube.com/watch?v=4ajQQQnSKQ0&index=6&list=PLJUznzZd1j8Urx4pxOW9gYFCzrWMb0jgx>

USA Swimming Chanel

<http://usaswimming.org/DesktopDefault.aspx?TabId=2775&Alias=Rainbow&Lang=en>

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Rule 101.2 - Breaststroke

- What to look for:
 - Forward start
 - Must swim on the breast
 - **Cycle stroke:** one arm pull and one leg kick, in that order;
 - Head must break surface every cycle
 - **Pull:** Simultaneous arm movement in same horizontal plane
 - Hands recover from the breast on, under or over water
 - Elbows under water except last stroke before turn or finish

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Rule 101.2 - Breaststroke

- **Kick:** Simultaneous vertical and horizontal movements of the legs; feet turned out during propulsive phase
- At turns and finish:
 - Body must be on the breast
 - Touch must be made with both hands -- separated and simultaneously -- at, above or beneath the water's surface
 - Shoulders at or past vertical toward breast when feet leave wall

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Rule 101.2 - Breaststroke

- After the start and each turn:
 - During first arm pull, hands MAY be brought completely beyond hip line
 - Prior to the first breaststroke kick, a single butterfly kick is permitted
 - Next movement of legs must be a breaststroke kick
 - Head must break surface at widest part of second pull

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Breaststroke Video

YouTube Chanel

<https://www.youtube.com/watch?v=6ZXUEFP-Agc&list=PLJUznzZd1j8Urx4pxOW9gYFCzrWMb0jgx&index=5>

USA Swimming Chanel

<http://usaswimming.org/DesktopDefault.aspx?TabId=2775&Alias=Rainbow&Lang=en>

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Rule 101.6 – Ind. Medley

- Forward start
- Butterfly, backstroke, breaststroke, freestyle
 - Freestyle is any stroke not in the style of the three competitive strokes
 - Each stroke style $\frac{1}{4}$ the distance of the event
- Rules for each stroke apply
 - Intermediate turns conform to turn rules for that stroke
 - Transition turns conform to finish rules for that stroke

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IM Video

YouTube Chanel

https://www.youtube.com/watch?v=6w452d_ZcAA&index=3&list=PLJUznzZd1j8Urx4pxOW9gYFCzrWMb0jgx

USA Swimming Chanel

<http://usaswimming.org/DesktopDefault.aspx?TabId=2775&Alias=Rainbow&Lang=en>

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Rule 101.7 - Relays

- Backstroke, breaststroke, butterfly, freestyle
 - Freestyle is any stroke not in the style of the other three (as in IM)
- Rules for each stroke apply
 - Intermediate turns conform to turn rules for that stroke
 - Transition turns conform to finish rules for that stroke
- No swimmer shall swim more than one leg
- Each swimmer must leave the pool immediately upon finishing his/her leg, except the last swimmer

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Relay Video

YouTube Chanel

<https://www.youtube.com/watch?v=BV2dAE0VXTE&index=2&list=PLJUznzZd1j8Urx4pxOW9gYFCzrWMb0jgx>

USA Swimming Chanel

<http://usaswimming.org/DesktopDefault.aspx?TabId=2775&Alias=Rainbow&Lang=en>

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How to Judge

Two Absolutes:

The benefit of the doubt ALWAYS goes to the swimmer
See what you call, call what you see

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How to Judge

What does this mean in practice?

- Judging should be consistent among different officials at a meet
- Judging should be consistent at different meets
- All of the rules are enforced across all age groups and levels of ability
- Officials demonstrate impartiality in their enforcement of the rules
- Officials do not judge style
- No visible cheering for a particular swimmer or team
- Know the rules. Review the rules before the meet. Officials must work hard to fully understand the rules and their responsibilities in applying them.
- Take officiating seriously and work at it. Competitors have a right to expect officials to know the rules and interpret them correctly, fairly, consistently, and courteously



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How to Judge

Judging swimmers with disabilities

- Rule 105 is our guide
- If there are swimmers with disabilities participating, Referee should notify judges in advance
- Judge any part of that body that is used
- Do not judge a part of the body that cannot be used
- Base your judgment on the rule, not the swimmer's technique



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How to Judge

Judging Takes Effort to Master

Practice your
craft

Think about
what you
expect to see
before the swim

Ask questions!

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How to Judge

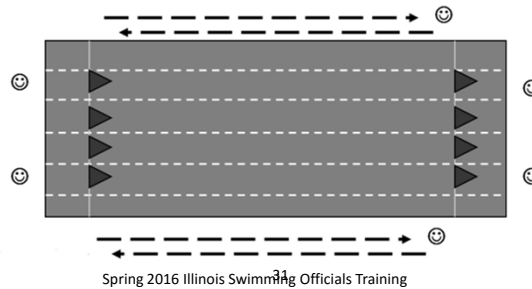
- **Stroke Judge** – sometimes walk the sides of the pool; may be two on each side using a protocol called lead-lag
 - Referee determines jurisdiction for each stroke, but generally responsible for half the lanes
 - Can be responsible for 15 meter mark for freestyle, backstroke, butterfly, and medley events
- **Turn Judges** – stand at start and turn ends of the pool
 - Responsible for turns and finishes
 - May be responsible for one lane, but usually more
 - Referee determines jurisdiction for each stroke
- **Stroke and Turn Judge** – judge both stroke and turns, jurisdiction is end wall to mid-pool
 - Common in short course, when there are insufficient officials, or where pool design precludes walking

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How to Judge

- Determined by Meet Referee
- Dependent upon pool configuration and number of officials
- Relief officials assigned, with break duration and possible rotation around deck explained at officials meeting



How to Judge

When you observe an infraction

- Upon observing an infraction within your jurisdiction, **raise your hand overhead** long enough for it to be clearly seen by Referee/Chief Judge
 - If you raise your hand, you don't have to make a call
- After signaling a DQ, continue to observe all the swimmers in your jurisdiction
 - Make notes on your heat sheet of what you observed
- When you have no swimmers in your jurisdiction, or between heats, complete DQ slip
- The disqualification slip (DQ) is the primary means of articulating a disqualification to coach and swimmer

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How to Judge

If clarification is needed, be prepared to answer the “three questions” from Chief Judge or Referee:

1. What was your jurisdiction?

Which lane(s) and how far?

Where was the swimmer in your jurisdiction?

2. What did you see?

Paint a picture, but not with your hands

3. Which rule was violated?

Use rulebook terminology



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How to Judge

Disqualification slip

- Always record Event #, Heat #, Lane #
- Name of swimmer or team
- Violation – most, but not all, are printed on the slip
- Your PRINTED name (and trainer’s initials)
- Referee’s signature – the Referee must approve the DQ



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How to Judge

- DQ Slip Definitions:
 - **START** – from the start of race until head breaks the surface
 - **SWIM** – from head breaking surface until beginning of last stroke into the turn/finish
 - **TURN** – from the beginning of the last full stroke into the wall until head breaks the surface
 - **FINISH** – from beginning of the last full stroke into the wall to the touch at the end of the prescribed distance OR at the time the judge shifts the vision to watch the wall at the touch



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How to Judge

Notifying the swimmer

- By rule, “every effort” must be made to notify the swimmer or coach; method usually determined by meet referee and announced in meeting
- Methods vary -
 - DQ slips distributed to coaches
 - Chief Judges
- Guidelines for communicating a DQ to a swimmer:
 - After a swimmer has finished his/her heat and exited the pool, check that you have the correct swimmer by asking his/her name
 - Inform the swimmer of the violation, don’t coach
 - Don’t touch the athlete
 - Age group swimmers: get down to eye-level



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ISI S&T Judge Certification Clinic – August 2015

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How to Judge

Judging Relay Exchanges

- Referee or Chief Judge assigns positions
- For dual confirmation, lane judge stands beside the blocks and looks to side of pool (from inside out); side judge stands at edge of pool and looks inward (from outside in)
- “Toes to Nose” When the toes of the outgoing swimmer leave the blocks, look down to see if the incoming swimmer has touched
- If you observe an early take-off, mark **x** on the swimmer # for that lane. Do not raise your hand as dual confirmation is required.
- If you do NOT observe an early take-off, mark **o** on the swimmer # for that lane.
- Referee or designee will collect all slips after the event is complete in order to check for dual confirmation of early take-offs.



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How to Judge

Disputes over calls by coaches or parents

- Parents with questions should contact their Coach, who in turn may contact the Meet Referee
 - Do not function as an intermediary, or ask about a call made on your child
- Coaches with questions should contact a Referee
 - Direct coach nicely; do not answer questions
- Do not talk about calls with other officials on the deck, or with club parents or friends in the stands or anywhere
- Only ask about a call in the officials room during a meeting



Going to Meets

Before the meet...

Go to as many as you can!

Notify the meet referee you are coming if you can

Meet Packets

Pre-meet emails

Feel free to walk in

Be in uniform



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Going to Meets

Official
Uniform



- Plain white collared shirt (tucked in)
- Tailored navy blue pants, shorts or skirt
 - No denim
 - Not too short
- White socks
- White non-skid shoes
 - Check www.shoesforcrews.com
- Nametag
 - You will be sent one at the end of clinic season
 - See www.ilswim.org



Going to Meets

It all starts with the meeting

Usually held during warmups

Make sure you are signed in

Meeting covers:

- Stroke briefing
- Assignments and jurisdiction
- Protocol
- News!

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Training and Certification



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Training and Certification



-Form is available on Illinois Swimming Website on the Officials Page – it is called the “Non-Athlete Membership Application”

-Mail the form and the payment to Illinois Swimming

-Payment in 2016 is \$66

-Illinois Swimming’s address is on the form



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Training and Certification

www.ilswim.org/SubTabGeneric.jsp?team=ilslsc&_stabilid_=122748

Top Times My Account Google Office Social Website Legal Yetter SCUSA training Reload FastCLE.com | Conti... Illinois Swim

Home Meetings Clinics Times Swimmers Committees Governance Clubs Forms/Documents Other

Site Admin
Contact Us
Find us on Facebook
Follow us
JOIN THE FUNNEST SPORT THERE IS.
Partners
xfinity

Officials

ISI Officials' Leadership

- Official's Committee
- Official's Area Representatives
- Questions for the Committee? Questions about Officiating? Contact us at ilswimofficials@ilswim.org. Please allow several days for a response, since this mailbox is staffed by volunteers. Thank you.

How to Become an Official

- How to Become A Swim Official (Read Me First!)
- Current Non-Athlete Membership Application (print)** and mail in with registration fee
- USA Swimming Background Check
- USA Swimming Athlete Protection
- USA Swimming Officials Online Testing (You must be logged into OTS to access tests)
- Official's Tracking System Website (OTS)
- How to Print Your Certification Card from OTS
- Questions about becoming an official? Contact us at ilswimofficials@ilswim.org. Please allow several days for a response, since this mailbox is staffed by volunteers. Thank you.

Certification Information (for current and returning officials)

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Training and Certification

Background Check

-After you have completed the USA Swimming Membership registration, you will be able to create an account on the USA Swimming website

-The account gives you access to the Officials Tracking System (OTS)

Athlete Protection Training

-Log in and submit the information for the Level II background check and complete the Athlete Protection Training (APT) webinar

-They will link to your account and show on your credentials



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Finding Background Checks

Home / Member Resources / Programs & Services / Safe Sport / Initiate a Background Check

INITIATING A BACKGROUND CHECK

OPTION 1: NEW MEMBER BACKGROUND CHECK:
 Passing a criminal background check is a requirement for all non-athlete members. If you are a new member in USA Swimming and have never completed the USA Swimming background check, please select the correct link below.

OPTION 2: RENEWAL BACKGROUND CHECK
 The USA Swimming background check completed through StatusBackCheck is valid for 24 months. After that time, you will need to re-passed since your background check expires. Click "This is Me" to move through to the renewal screen.

4. Click "New Member Background Check"

All USA Swimming members will all use the link below and complete the same renewal check. It costs \$18. Please enter your name and date of birth or USAS ID below to find out when your current USA Swimming background check expires. Click "This is Me" to move through to the renewal screen.

First Name: *

Last Name: *

Date of Birth: *

[LOCATE BG CHECK INFO](#)

USA SWIMMING SAFE SPORT

USA SWIMMING

02/18/2016 Gator Dressel Sends Messages with Art. Effort
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Finding APT

Please note, this course is for coaches and non-swimmer members and prospective members of USA Swimming and is a requirement of membership. Non-member parents interested in Safe Sport training should [click here for the customized course for parents.](#)

To complete the Athlete Protection Training Course, please follow the directions below:

1. Enter your first name, last name, and birthday. Make sure to use your legal name. Click the "Locate APT Info" button.
2. When the system finds you, click the "This is Me" link.
3. The system will refresh and return information about your membership. Verify that the information is correct and click the "Athlete Protection Training Course" button.

Printable Instructions

If you get a "No Results Found" message, one of three things has happened:

1. You may have made a typo on your name and birthday. Double check and resubmit.
2. If everything is correct and you are or have ever been a member of USA Swimming, it is possible that there is a discrepancy in your membership information in the USA Swimming database. Contact your LSC registrar.
3. You are not registered through your LSC. New members will be required to have your non-athlete application form and payment processed by your LSC registrar before you can sign in to complete the course. Click this link to contact your LSC: [LSC Registrars Contact List](#)

INITIATE ATHLETE PROTECTION TRAINING COURSE

First Name: *

Last Name: *

Date of Birth: *

[LOCATE APT INFO ▶](#)

members. For that education, a reporting in this environment.



Partnership is an exciting... will attend three... ive Safe Sport... leadership tr...



The screenshot shows the USA Swimming website's 'PROGRAMS & SERVICES' menu. The 'Safe Sport' section is expanded, and 'Access Training Materials' is circled in red. Other items in the menu include 'Deal With a Concern', 'Initiate a Background Check', 'Pre-Employment Screening', 'Put Policies in Place', 'Fill My Club's Tool Kit', 'Learn More About Safe Sport', 'Find Out What Safe Sport Is', 'Connect with LSC Initiatives', 'Deck Pass', 'Member Welcome Kit', 'Member Travel Portal', 'Awards & Recognition', and 'Swim Camps'.

02/18/2016 Gator Dressel Sends Messages with Art. Effort
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Training and Certification

Testing will require the 2016 USA Swimming rulebook
Your mini rulebook will work
Consult the full rulebook .pdf for Masters
Swimming questions (and answers)
This is available on the USAS website

Online
Test

Consider printing the entire test and taking it offline
The test will be the same when you log in to
your OTS account



Training and Certification

Online Test

- The USA-S online testing system will not be available from April 15 - May 1, 2015
- Testing after May 1 will require the 2016 USA Swimming rulebook



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USA SWIMMING

SELECT TEST TO START

Start Test: --Select A Test--

- Select A Test--
- Certification - Administrative Official
- Certification - Administrative Referee
- Certification - Clerk of Course
- Certification - Open Water Judge

Choose Certification – Stroke & Turn/Timer

Prior Tests:

Test Name	# of Questions
Certification - Stroke & Turn/Timer	61
Certification - Timer	41
Certification - Timing Judge	30
NCAA Supplemental Swimming and Diving Rules Test	25
NCAA Swimming and Diving Rules Test	40
Re-certification - Administrative Official	36
Re-Certification - Administrative Referee	40
Re-Certification - Clerk of Course	25
Re-Certification - Referee	30
Re-Certification - Starter	41
Re-Certification - Stroke & Turn/Timer	61
Re-Certification - Timer	41

Online



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Training and Certification

Output Type: Adobe PDF ▼

You can print from here

ILLINOIS SWIMMING				USA SWIMMING			
B/C Exp: 10/31/16 Reg Exp: 12/31/16 APT Exp: 12/31/17				B/C Exp: 10/31/16 Reg Exp: 12/31/16 APT Exp: 12/31/17			
LSC	Level	Expires	Instr/Eval	National	Level	Expires	Eval
Stroke & Turn	C	01/31/2017		Stroke & Turn	N3	06/30/2019	•
Starter	C	01/31/2017		Chief Judge	N2	06/30/2019	•
Referee/Deck Referee	C	01/31/2017		Starter	N3	06/30/2019	•
Administrative Official	C	01/31/2017		Referee/Deck Referee	N2	06/30/2019	•
				Administrative Referee	N2	06/30/2019	•

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Training and Certification

On Deck Training

Training session requirements

Four on-deck training sessions at three different meets

At least two different trainers

NOTE:

Sessions must be at least **two hours** (swim event time) and include **all strokes**

All on-deck trainers must be **certified** in the position at least 12 months

Be aware of policy regarding out-of-LSC training

See ILSWIM.ORG – go to the officials tab

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Training and Certification

For your training sessions...

On Deck Training

- Try to contact the Meet Referee in advance to see if good training can be accomplished
- Always carry your Officials Certification Card
 - Printed from Officials Tracking System
 - You will be asked to show this to the Meet Referee
- Seek excellent, experienced deck mentors
- Get feedback! Always try to improve
- Bring a copy of the on deck training card with you to each training session
- Bring your previously completed cards so your trainer can see what you have done or what needs work



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Training and Certification

Some Thoughts on Training

On Deck Training

- Do not expect “P” as your grade right out of the box. We grow into officiating, and the jobs are iterative – doing them over and over is what makes us good.
- Your session will count as long as your trainer doesn’t indicate it should not for some reason, regardless of the “P” “I” “N” marks
- Ask as many questions as you can of your trainers.



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Training and Certification

Final Steps to Getting Certified

Submitting
Paperwork

1. When you are finished with your training sessions, scan (or photograph) your complete set of cards.
2. Complete the Certification Requirements Checklist. Send scan along with scans of training cards to
ilswimofficials@ilswim.org
Do not send to the ISI Office!
3. S&T, Admin Official and Starter are reviewed by Certification Coordinator, approved if OK, with an email confirmation to you
4. Congratulations!
5. Print and carry your new Certification Card
your next session

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Training and Certification

Renewing your certification

- Renew your Non-Athlete Membership Annually
 - Calendar year
- Keep Level II Background Check current (good for two years)
 - Dependent on when you applied; monitor your expiration dates
- Renew Athlete Protection every two years
- Every even numbered year either:
 - Recertification test or attend recertification clinic
- Work a minimum of 10 sanctioned sessions every year
 - Your training sessions will count
 - Also on calendar year basis

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Continuing to Learn

- Swims will seem to be happening very quickly when you are learning
- Being a good judge is iterative:
 - The more you do it the easier it becomes
 - It seems to “slow down”
 - Work on different decks – away meets, Regionals, State Championships



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Continuing to Learn

- Illinois Swimming Inc. website: www.ilswim.org
 - Officials Page
 - Training forms
- USA Swimming website: www.usaswimming.org
 - Officials Tracking System (OTS)
 - Testing
 - Education and Certification
 - Situations and Resolutions and rule interpretations
 - Forms
 - Rule book (for Masters questions on test)
 - NEW VIDEOS!



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Continuing to Learn

Ask Anything!

- Use all resources available
 - Other officials
 - Referees
 - Area Officials Reps
 - Officials Chair and Officials Committee
 - ilswimofficials@ilswim.org



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ISI Officials Committee

Committee Chair	Brett Cumberland bdcumberland@comcast.net
Training/Instruction	Jack Yetter yetter96@gmail.com
Clinic Operations	Mike Parker mikeparker33@gmail.com
Communications	Darren Christian decwin@live.com
Championship Meets	Ann Widdowson widsona@gmail.com
Advancement/Retention/Recruitment	Dave Johnson Johnson_dmj@hotmail.com
Certification/Registration	Rome Yount rbyount@comcast.net



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Area Reps

Area	Description	Representative & Contact Info	Area Teams
1	South of IL-17	Scott Penland (BNY) scottpenland5077@comcast.net (H) 309-663-6470 (M) 309-826-3061	BNSC, BNY, DDST, DOCS, DRGN, DSC, FFSC, HEAT, JAXY, LYNX, OCS, QFY, PAWW, RED, SBD, SPY, SST, SUSA, UOFI
2	South Suburban	Tim Lehman (BBSC) tbonelehman@yahoo.com 815-370-6780	BBSC, BSA, CSAT, CSSC, CWAC, EASC, GILS, HFSC, HWSA, JAMS, JETS, JPD, LHSC, LPD, LWSA, NAC, OFSA, OLSA, PASS, POSA, RASC, TPT
3	Chicago/ Collar Suburbs	Mark Daniel (EST) mwdaniel@sbcglobal.net	CHMP, CLSC, CPD, GSC, EST, EXPR, HOSC, HSC, IGSC, KNAC, LACS, LTIL, LYON, MANN, MDWY, RBSC, TOPS, TST, UICA, ULT, WEST, WAY, WYAC
4	West Suburban/ Fox Valley	Dan Clasen (WCS) dan.clasen@sbcglobal.net 630-881-1772	ACAD, BRRY, DLTA, ECST, ELY, FOX, HTSW, MAVS, NAPY, SCST, WCS, WHTN, WSCS
5	Northwest IL	Becky Menso (PALA) menso2000@yahoo.com	AA, BLFN, BSC, BTS, DCST, DUND, EMSC, FAST, MBLM, MMAC, MSSC, ORCA, PALA, PPD, RMSC, SAGE, SPD, SSSC, WDST
6	Northeast IL	Marcia Srivastava (NTSC) marcia.srivastava@gmail.com	BDSC, BLUE, CATS, COHO, DPRC, GA, GTAC, HPAC, LATT, LEAN, LFSC, MMSC, MYST, NTSC, NU, PAC, SCT, SWA, WILD, WOSO, YWFF

Spring 2016 Illinois Swimming Officials Training



OFFICIALS' BRIEFING

- Assignments
- Deck Protocol
- Jurisdiction
- Special Information

BREASTSTROKE

Start: Forward start.

Stroke: Body kept on breast.
Stroke cycle is one arm pull and one leg kick in that order. Simultaneous arm movement in same horizontal plane.
After start and each turn one arm stroke may be completely back to legs. Head must break surface at widest part of second pull.
Recovery by the hands from the breast-on, under, or over the water. Elbows under water except last stroke before turn or finish.

Kick: After start and each turn, prior to the first breaststroke kick, a single butterfly kick is permitted. Movement of the legs shall be simultaneous vertically and horizontally. Feet turned out during propulsive part of kick. No alternating, scissors, or butterfly kick, except as stated, is allowed.

Turns/ Shoulders at or past vertical toward breast when feet leave wall.

Finish: Touch shall be made with both hands separated and simultaneously at, above, or below the water surface. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. Head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during last complete or incomplete stroke cycle preceding the touch.

BUTTERFLY

Start: Forward start.

Stroke: Body kept on breast.
Multiple kicks permitted but first arm pull must bring swimmer to the surface. Must break surface throughout the race except swimmer may be submerged after start and each turn not more than 15 meters where head must break surface.
Arms, shoulder to wrist, brought forward over water and pulled back simultaneously.

Kick: Simultaneous up and down movement.
No alternating, scissors, or breaststroke kicking movements.

Turns/ Shoulders at or past vertical toward breast when the swimmer leaves wall.

Finish: Touch shall be made with both hands separated and simultaneously at, above, or below the water surface.

BACKSTROKE

Start: In water facing start end with both hands on gutter or starting grips.
(a) guttered pool - feet/toes may be above the water, but may not be in, on, above lip, or bent over the gutter at any time before or after start.
(b) flat wall pads - feet/toes may be placed above the water level.
(c) when using backstroke ledges - the toes of both feet must be in contact with the wall

Stroke/ Any style as long as swimmer remains on back.

Kick: Must break surface throughout the race except swimmer may be submerged after start and each turn not more than 15 meters where head must break surface.

Turns: During turn swimmer may go past vertical to the breast and may utilize a continuous single or continuous simultaneous double arm pull to initiate the turn. Some part of swimmer must touch wall at completion of each length. Shoulders at or past vertical toward back when feet leave wall.

Finish: Some part of swimmer must touch the wall while on the back.



OFFICIALS' BRIEFING

FREESTYLE

Start: Forward start.

Stroke/ Any style may be used.

Kick: Must break surface throughout the race except swimmer may be submerged after start and each turn not more than 15 meters where head must break surface.

Turns/ Some part of swimmer must touch the wall at completion of each length or required
Finish: distance.

INDIVIDUAL MEDLEY

Start: Forward start.

Stroke: Rules for each stroke apply.
Must swim $\frac{1}{4}$ of event distance as prescribed stroke, in order of Butterfly, Backstroke, Breaststroke, and Freestyle.
May not swim in the style of the other three strokes during the freestyle leg.

Kick: Rules for each stroke apply.

Turns/ Intermediate turns conform to turn rules for the stroke.

Finish: Transition turns conform to finish rules for the stroke.

RELAYS

FREESTYLE RELAY

Freestyle rules apply.
Each swimmer must swim $\frac{1}{4}$ of distance.

MEDLEY RELAY

Rules pertaining to each stroke apply.
Each swimmer must swim $\frac{1}{4}$ of event distance as prescribed stroke, in order of Backstroke, Breaststroke, Butterfly and Freestyle.
May not swim in the style of the other three strokes during the freestyle leg.

Takeoffs: Swimmers feet/foot must remain in contact with the starting platform until the incoming swimmer has touched the finish wall or pad.

JURISDICTION

Stroke Judge: Wall to wall - start to finish.

Turn Judge: Start - From entry into water through completion of first arm stroke.
Turn - Last stroke and kick prior to touch and through first arm stroke after the turn.
Finish - Ensure completion conforms to finish rules.

OR: As assigned by the Referee who has full control and authority over all officials.

BENEFIT OF THE DOUBT GOES TO THE SWIMMER
Call what you see and see what you call.

DISQUALIFICATION REPORT



EVENT # _____ HEAT _____ LANE _____

SWIMMER _____

BREASTSTROKE

DURING: START _____ SWIM _____ TURN _____ FINISH _____

10 KICK: ALTERNATING _____ BUTTERFLY _____ SCISSORS _____

11 ARMS: NON-SIMULTANEOUS _____ TWO STROKES UNDER _____

NOT IN SAME HORIZONTAL PLANE _____ PAST HIPLINE _____

12 ELBOWS RECOVERED OVER WATER _____

14 CYCLE: HEAD NOT UP _____ DOUBLE PULLS/KICKS _____

15 TOUCH: ONE HAND _____ NON-SIMULTANEOUS _____

16 NOT TOWARD THE BREAST OFF WALL _____

19 OTHER _____

BUTTERFLY

DURING: START _____ SWIM _____ TURN _____ FINISH _____

20 KICK: ALTERNATING _____ BREAST _____ SCISSORS _____

21 ARMS: NON-SIMULTANEOUS _____ UNDERWATER RECOV. _____

23 TOUCH: ONE HAND _____ NON-SIMULTANEOUS _____

24 NOT TOWARD THE BREAST OFF WALL _____

25 HEAD DID NOT BREAK SURFACE BY 15M _____

29 OTHER _____

BACKSTROKE

DURING: START _____ SWIM _____ TURN _____ FINISH _____

30 TOES OVER LIP OF GUTTER AFTER START _____

31 HEAD DID NOT BREAK SURFACE BY 15M _____

32 NOT ON BACK OFF WALL _____

33 NO TOUCH AT TURN _____

34 PAST VERTICAL AT TURN:

DELAY INITIATING ARM PULL _____ MULTIPLE STROKES _____

DELAY INITIATING TURN _____

35 SHOULDERS PAST VERTICAL _____

36 COMPLETELY SUBMERGED PRIOR TO TURN OR FINISH _____

39 OTHER _____

INDIVIDUAL MEDLEY

41 STROKE INFRACTION(S) # _____

42 OUT OF SEQUENCE _____

FREESTYLE

50 NO TOUCH TURN # _____

51 HEAD DID NOT BREAK SURFACE BY 15M _____

RELAYS

70 STROKE INFRACTION # _____ SWIMMER # _____

71 EARLY TAKE OFF SWIMMER # _____

72 CHANGED ORDER: SWIMMER _____ STROKE _____

OTHER

60 FALSE START _____ 61 DELAY OF MEET _____

62 DID NOT FINISH _____ 63 DECLARED FALSE START _____

69 OTHER _____

JUDGE: _____
(print name clearly)

REFEREE: _____
(print name clearly)

NOTIFIED: _____ SWIMMER _____ COACH _____

rev. (06/09)

DESK/REFEREE

USA Swimming

Relay Take Off Judge

EVENT# _____ HEAT# _____

(Circle one: SIDE or LANE)

Swimmer Number

Lane 1	2	3	4
Lane 2	2	3	4
Lane 3	2	3	4
Lane 4	2	3	4
Lane 5	2	3	4
Lane 6	2	3	4
Lane 7	2	3	4
Lane 8	2	3	4

Signature _____

The “Professional” Stroke & Turn Official should:

1. **Read and be familiar with the “GUIDE TO OFFICIATING SWIMMING”** (the Stroke & Turn chapter in particular!) and “Lead/Lag Coverage for Stroke Judges” on the USA Swimming website
2. **Know the Rules** and the official interpretations
3. **Read and understand** the information in the Meet Announcement prior to the meet or session beginning
4. **Attend the Officials Briefing to:**
 - Sign-in on the assignment sheet
 - Review the technical rules
 - Listen to and review protocols for the meet
 - Listen to and review jurisdiction for the meet
 - Be given an assignment by the Meet Referee or the Chief Judge team
 - Cover relief rotation
 - Discuss any other specific instructions or duties for the meet
 - Meet team members, including the Chief Judge for your assigned location
5. **Develop your own “mental check list”** of things to do before, during and after the duty session

For example:

- **Before the session:**
 - Know when and where the stroke briefing will take place
 - Locate where officials should sign-in
 - Be prompt to the meeting and dress appropriately and professionally
 - Be attentive during the stroke briefing
 - Have a positive attitude regardless of the assignment
 - Turn off (or if absolutely necessary – mute) cell phone. If you will need access to your cell phone for a compelling reason during the meet, let the Meet Referee and Chief Judge know before the meet so that plans can be made.
 - Be ready and in position 5-10 minutes before the session starts or as requested by either the Meet Referee or Team Lead Chief Judge
- **Before each event:**
 - Visualize the stroke
 - Run through the rule requirements of a legal stroke and any transitions
 - Recall the best and recommended ways to observe the stroke and turns. Always use “benefit of doubt” observation protocol
 - Maintain your heat sheet out of sight (other than as required)
- **Before each race:**
 - Remain out of the visual line of sight of the timers and strobe at the start
 - Stand on the long whistle, next to the chair (if provided) for breaststroke and butterfly starts
 - Wrap around the end to observe backstroke starts if necessary and assigned
 - Stand in the correct location, 15m mark, flags, etc. if walking stroke
- **After the start:**
 - Walk briskly to the edge of the pool for breaststroke and butterfly if working the start end as a Turn Judge
 - Observe swimmers until they depart your jurisdiction (usually heads up)
 - Determine if all heads broke the surface prior to or at the controlling 15m mark, if walking stroke
 - Walk wall-to-wall, if possible, or as instructed
 - Give equal observation to all lanes in your jurisdiction, even the empty ones
 - Raise hand promptly to signal a possible disqualification, if an infraction is observed
 - Keep the hand raised until it is acknowledged by a Chief Judge or Referee
 - Do not discuss the infraction with another official or any other individual, including a coach, before reporting it to the designated official. (Don’t discuss it afterwards unless asked to by the Deck Referee)
 - Immediately communicate the lane number to the Chief Judge or Deck Referee (if a Turn Judge covering more than one lane or a Stroke Judge)
 - Visualize the infraction before communicating it to the Chief Judge or Deck Referee
 - Use rule book or DQ slip language to communicate the infraction
 - Answer the three questions with: 1) What I observed, 2) My jurisdiction, and 3) The rule violated

- Watch all lanes while reporting the disqualification, unless relieved by a reserve judge
- During relay exchanges, observe the toes departing from the platform and then look for the touching fingers
- Do not raise a hand for an early relay take-off when dual confirmation is being used
- Circle the lane and swimmer number on the take-off slip for a good exchange, and X for an early take-off
- Retract a call if there is any doubt, by simply stating, “No call”
- Check to make sure a disqualification slip has been written and documented properly before signing the slip

REMEMBER - BENEFIT OF DOUBT GOES TO THE SWIMMER – ALWAYS!!!

• After each event:

- Reset to the correct position for the next stroke or event
- Transition between heats for relief; not during a race
- When being relieved note clock time and return promptly, as directed in the pre-session briefing
- Take a break OFF DECK or in the designated officials’ break area. Do not congregate with other officials on deck

6. If assigned to invigilate controlled warm-up:

- Coordinate with the assigned partner to observe the pool and politely enforce compliance with warm-up rules
- Open pace lanes at the designated time and racing start lanes as requested (open additional sprint lanes if demand warrants). Coordinate with the Announcer and Marshalls
- Review deck set-up in general – Notify Meet Referee of deficiencies or safety issues

Other Important Stuff:

- Consider your “body language” when “on duty” and at all other times when you are accessible. Always assume you are “on camera!”
- Be alert, attentive, focused, calm, professional and approachable
- Always be “friendly” and helpful to coaches, swimmers, and other officials; even if they are not
- Avoid coaching, cheering or fraternizing with coaches or swimmers
- Questions should be directed to the appropriate official. Do not engage in discussions regarding a disqualification
- Take discussions and emotional issues off-deck
- Do not abuse your credentials. If you are not working the meet you are a spectator, and should act as such
- Maintain a sense of humor

And that’s just the tip of the iceberg!

Remember; Professional Stroke & Turn Officials:

- Make sure the **BENEFIT OF DOUBT GOES TO THE SWIMMER - ALWAYS**
- Adapt to meet conditions and needs and help out wherever requested
- Apply and use COMMON SENSE generously
- Don’t read more into the rules than is written
- Observe the swims but do not scrutinize
- Exhibit confidence, are competent, and are never imperious
- Dress professionally and neatly in the designated uniform
- Are willing to learn, and frequently work as a Stroke and Turn Judge
- Never take advantage of credentials to gain deck access when not working in an official capacity
- Self-evaluate after all shifts, sessions and meets and ask, “What can I do better?”
- Enjoy the volunteer work, and opportunity to work with coaches, officials, and most importantly, swimmers of all levels

Checklist for Stroke and Turn Judge Advancement Evaluations

(Refer to the National Certification Advancement Summary¹)

Attachment A

There are three basic criteria categories for each level of evaluation - Knowledge and application of: 1) the rules and regulations, 2) National Championship protocols, procedures and guidelines, and 3) USA Swimming's team philosophy of Officiating.

N2 Stroke and Turn Judge (ST) - Prerequisites² for requesting an Evaluation:

- LSC-certified ST for one year
- At least 8 sessions working as a certified ST

N2 Stroke and Turn Judge - Performance Requirements for an Advancing Evaluation

- Arrives on-time, prepared with necessary personal equipment, and properly and professionally attired
- Knowledgeable of all stroke rules, timer rules and clerk of course rules
- Acts as a mentor for new officials, as requested
- Is familiar with the jurisdiction for each stroke and turn position and is aware of the jurisdiction for each event to be judged
- Is comfortable making calls as appropriate and also realizes when a call is not appropriate
- Can clearly articulate an infraction to the Deck Referee or Chief Judge, as appropriate, both with the reference in the rule book as well as what was seen
- Doesn't discuss disqualifications in front of others
- Accepts assignments as given and conforms to the "relief" cycle for the meet

N3 Stroke and Turn Judge Evaluation – Prerequisites² for requesting an evaluation:

- Active N2 Stroke and Turn Judge in the LSC at all levels of meets (even if certified in other positions)
- At least 8 sessions as a Stroke and Turn Judge since N2 certification
- At least one year as an active N2 Stroke and Turn Judge and working meets outside the home LSC (both suggested)

N3 Stroke and Turn Judge Evaluation - Performance Requirements for Certification

- Arrives on-time, prepared with necessary personal equipment, and properly and professionally attired
- Is knowledgeable of all N2 requirements as well as:
- Understands "National Deck" protocols including the role of each of the three chairs that may be found on a National Deck (left – lane timer and Relay Take-off Judge, center – head lane timer and distance length counter and bell ringer, right – Turn Judge and timer) and the use of Reserve Judges and relief teams. Is also aware of not only the judging role but also the role as a timer and recorder
- Is aware of "FINA protocol" for indicating and reporting an infraction
- Acts as a trainer for new officials, as requested
- Is familiar with the jurisdiction for each Stroke and Turn position on the National pool deck and be aware of what constitutes jurisdiction for each event to be judged
- Is very comfortable calling infraction as appropriate, as well as realizing when a call is not appropriate
- Can clearly articulate an infraction to the Chief Judge and, as appropriate, the Deck Referee both with the reference in the rule book as well as what was observed

¹ There are other requirements that need to be met before an application for National Certification can be submitted and approved.

² Do not ask to be evaluated before the prerequisites have been satisfied.



STROKE AND TURN JUDGE - ON DECK TRAINING CARD¹²⁻²⁵⁻¹²

TRAINEE NAME: _____ CLUB: _____ DATE: _____

MEET: _____ MEET SESSION # _____

TRAINING SESSION #: _____ TRANSFERRING OFFICIAL EVALUATION: _____

(Yes or No)

Rating System: P= Proficient to perform unsupervised; I = Improved during session but still needs more training and experience, X= Failed to satisfactorily perform necessary functions; N/A = Not observed or not applicable at this meet

Skill	Rating	Comments
Deck Position - In position to observe starts, turns, and swim		
Understands and demonstrates understanding of lead/lag as stroke judge		
Understands and demonstrates Relay take-off positions, procedures and slips		
Properly communicates/writes-up a disqualification to chief judge or referee		
Professional dress and manner		
Understands jurisdiction		
Punctual, responsible		
Knows and applies Backstroke rules correctly		
Knows and applies Breaststroke rules correctly		
Knows and applies Butterfly rules correctly		
Knows and applies Freestyle rules correctly		
Knows and applies Individual/Relay Medley rules correctly		

Recommend for position? **Y or N** If no, what specific issues need to be developed/improved?

TRAINER NAME: _____ CLUB: _____ CERT LEVEL: _____
(Print)

TRAINER SIGNATURE: _____

MEET REFEREE NAME: _____ SESSION START/FINISH TIME: _____/_____
(Print)

MEET REFEREE SIGNATURE: _____

4 sessions at 3 meets with 2 trainers who have been certified at least 12 months in Stroke & Turn position



Certification Requirements Checklist

Complete and email with scans/pictures of all on deck training cards to ilswimofficials@ilswim.org

Official's Name:		Club:	
Official's Email Address:			

I am applying for certification at the following level:

<input type="checkbox"/> Administrative Official	<input type="checkbox"/> Starter
<input type="checkbox"/> Stroke and Turn Judge	<input type="checkbox"/> Referee

Online Test Results:

	Test Name	Date Taken (mm/dd/yy)	Test Score (%)
<input type="checkbox"/>	Certification – Administrative Official		
<input type="checkbox"/>	Certification – Stroke & Turn/Timer		
<input type="checkbox"/>	Certification – Starter		
<input type="checkbox"/>	Certification - Referee		

For Administrative Officials who took the earlier (Timer/Timing Judge/Clerk of Course) test series:

	Test Name	Date Taken	Test Score
<input type="checkbox"/>	Certification – Clerk of Course		
<input type="checkbox"/>	Certification – Timer		
<input type="checkbox"/>	Certification – Timing Judge		

Summary of On Deck Evaluations:

#*	Date (mm/dd/yy)	Meet	Meet Session # of # Total (x/y)	Trainer	Start Time	Finish Time
1						
2						
3						
4						
5						
6						

*Session requirements:

- ✓ Training sessions at all levels must be at least two (2) hours in length, have all four strokes contested (IM counts as four strokes) and have a minimum of 20 heats.
 - *Administrative Official:* Three (3) training sessions required from 2 meets, one at a multi-session meet, with at least 2 different trainers.
 - *Stroke and Turn Judge:* Four (4) training sessions required from 3 meets with at least 2 different trainers.
 - *Starter:* Five (5) training sessions required from 3 meets with at least 2 trainers.
 - *Referee:* Six (6) training sessions required from 3 meets with at least 2 trainers.
- ✓ Training sessions done outside of our LSC with a certified trainer from another LSC shall not exceed 50% of evaluations.
- ✓ All trainers must have a minimum of 12 months certified in the position being trained (time as a trainee does not count).

Training Stroke and Turn Officials

Some general guidelines for training judges:

- Help the trainee become comfortable in their new role. Compliment observations, demeanor, etc. as appropriate and make certain that questions and concerns are voiced. Be positive!
- Ask your trainee about clinic and other on-deck training experiences. Have they worked at both the start and turn ends? Had the experience to walk stroke? Have questions, or a harder time with a certain stroke? Then work with the meet referee to provide opportunities to “fill the gaps.”
- Set a specific focus for your training session.
- Review with your trainee the jurisdictional assignments for this meet, and procedures and protocols given at the officials meeting.
- Be the best official you can be; model proper deck protocol, avoid unnecessary conversation while on duty, be focused on the pool during swims, return promptly to position after a break.
- Stress that all questions about calls should be referred to the referee without comment.
- Share your experiences on other decks, pass along what you have learned over time.

Suggested Topics of Focus for Each Session

Session One

Generally the Trainer makes the calls during this session

- Narrate what you do and how you do it.
- Review rules and discuss how to observe swims (feet leave the wall, check body position, apply pull/kick rules, etc.).
- Share tips for marking your heat sheet and getting the DQ slip written and delivered to the deck referee. Note that most of what we see is legal and we are looking for exceptions. Discuss the “ugly but legal” examples that you see.
- After you make a call discuss what you saw and what rule was violated. Progress to asking them why you made a call first.
- Emphasis on fairness and equality of treatment.
- Talk about what to do with empty lanes.
- Review positioning, and how relief will happen at this meet and others.

Session Two

Transition from the trainer making the calls to the trainee as you are comfortable with their skills and knowledge.

- Discuss notating DQs on the heat sheet and being certain you have the correct heat and lane.
- Encourage your trainee to begin discussing infractions they see with you to help them get used to saying the rules out loud.
- When they make calls act as their CJ, asking all the normal questions – jurisdiction, observation, rule.
- Have them write DQ slips but check the slip carefully.
- When swimmers are not in your jurisdiction, ask/answer questions and share tips for handling multiple calls.
- Review assignment, positioning, jurisdiction and relief procedures, not just of this meet but other meets you have been to.
- Share your experiences.

Suggested Topics of Focus for Each Session

Session Three

The trainee will be making the calls for this session.

- Function as the trainee's personal Chief Judge, reviewing what they saw and what rule was broken. Let them focus on the pool, and get used to recording infractions on their heat sheet. Write DQ slips for them if needed.
- Emphasize watching all swimmers in jurisdiction, and covering empty lanes.
- Talk about "seeing what you call, and calling what you see," and importance of the descriptions they give.
- Work on making the translation from what is observed to how to record on the DQ slip.
- Discuss, if not practice, how to talk with a swimmer about a DQ. We notify, but don't coach.
- Discuss disability swims and officiating even if no accommodated swims occur in the session.

Session Four

The trainee will be making the calls for this session. This is the last session – be thorough!

- Cover contents of prior trainings, ensure they have had enough exposure. Go through the training form and ask them what they have seen. Fill in the gaps in their knowledge.
- If possible get a shift as a finish judge (picks), or a relay take-off judge so your trainee can become familiar with these positions as well.
- Discuss what to bring to every meet (creds, clipboard, writing utensils). Review the uniform expectations, other officiating experiences you have, etc.
- Assess what your trainee needs practice with, and emphasize those points.
- Review with them what happens next: test taken? Scan/photograph training cards, fill in Certification Requirements Checklist, and send to ilswimofficials@ilswim.org
- Offer to be a continuing resource for them on deck as they "go solo."

Completing a Training Card:

Please use the main portion of the card to give constructive advice for improvement. Praise what was done well and offer advice on what to try to focus on in future trainings. There is no expectation that newer trainees are completely proficient.

At the bottom, circle Y or N for advancement. N means the training session will not be counted, Y means they are proficient enough for their relative level of training. Only use N when a trainee does not show proper learning for their training status.

After the Session:

Review the card with the meet referee, and give it to the trainee. Provide some feedback about your comments and answer any questions they may have. Remind them they must submit their training cards via email when all training is done. **BE POSITIVE ABOUT OFFICIATING!**