



# TECHNICAL OFFICIALS EDUCATION PROGRAM

## SWMTOFF08 UNIT 8- JUDGE OF STROKE

### LEARNER GUIDE

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Australian Sports Commission



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# About this Learner Guide

This Learner Guide has been developed by Swimming Australia Ltd (SAL) to support candidates undertaking **Unit 8 – Judge of Stroke** within the SAL **Technical Officiating Accreditation Program**. This Learner Guide is designed to be used in conjunction with face-to-face training and extensive workplace supervision.

*SAL would like to thank Swimming Queensland and McLaughlin Sports for their assistance in the development of this resource.*

This resource corresponds to the following Units of Competency within the Technical Officials Accreditation Program:

**SWMTOFF08**

## What is a Competency?

A competency can be defined as “the application of specific knowledge and skill to a required standard of performance in a given situation” (ASC RIA Manual, 2000, p27).

A competency can include a number of aspects of performance, such as:

- Applied Skills (e.g. being able to demonstrate specific skills)
- Management Skills (i.e. being able to prepare, plan and organise)
- Contingency Management Skills (i.e. being able to fix problems as they arise)
- Inter-personal Skills (i.e. being able to deal effectively with others)

Usually all four of these areas are considered.

## What is Competency Based Assessment?

- **Criterion Based**

Candidates are assessed against a set of specific performance criteria or benchmarks, NOT against each other.

- **Evidence Based**

Decisions, about whether a person is competent or not, are based upon evidence provided by the candidate.

- **Participatory Processes are used**

The candidate is involved in planning and arranging assessment processes wherever possible. They have some input to assist them to achieve competency.

## How Do I Use this Learner Guide?

The Learner Guide provides you with the information and activities that will enable you to develop competency, within the aforementioned unit of competency.

You can develop competency in these units through a combination of methods, including:

- Reading the material in this Learner Guide.
- Asking questions about anything you don't understand.
- Observing others in a workplace.
- Practicing the skills you are learning in PRACTICAL SITUATIONS.
- Completing the activities in this Learner Guide.
- Completing the assessment activities to demonstrate your skills and knowledge.

Case studies and examples are used throughout this Learner Guide to clarify your understanding.

## What Resources Do I Need?

The main resource you will need to complete the learning for this program is this Learner Guide. You will also need a copy of the current FINA / SAL Swimming Rules and access to swimming events where you can be practically assessed as a Judge of Stroke.

## What if I Already Have the Skills?

You may already have some or all of the skills or knowledge required for this unit of competency. If this is the case, you may not have to undertake additional training in these areas.

You can ask your State/Territory Swimming Association for an initial assessment of your **current competence** to determine what skills you have and whether you need additional training. If you would like to attempt to gain formal recognition of your existing skills, you will be required to complete a detailed Recognition of Current Competency (RCC) application form that will allow an assessor to review your skills against the specific requirements for this course. **Discuss this process with your State/Territory Swimming Association.**

## What About Assessment?

**When you complete the assessment within this Learner Guide and are assessed as competent by your SAL assessor in a PRACTICAL OFFICIATING ENVIRONMENT, you will be eligible to receive a certificate from SAL.**

**To undertake assessment for this program, you will need to complete the assessment tasks found at the end of the Learner Guide.** Wherever possible, you will be assessed at a swim meet to ensure relevance of the process.

The assessment process is what is known as **integrated assessment**. This means that several elements / performance criteria are grouped together and assessed at the same time using one assessment task.

The assessment activities are found in the final section within the Learner Guide and can be identified by the icon below.



### Official Assessment

The Learner Guide also includes a series of specifically designed learning **activities**, which will allow you to practice your new skills prior to assessment. ***These activities must be completed*** and will be represented by the logo below.



### Activity

#### How Do I Start?

You can undertake the activities in the Learner Guide at your own pace, or under the supervision of your trainer / mentor.

You are ready to start.



# **SWMTOFF08 (UNIT 8):**

## **Judge of Strokes**

This unit outlines a range of general skills that are required by Judges of Strokes.

- **Roles and responsibilities of the Judge of Stroke**

### **Introduction**

The Judge of Strokes plays a very important role in ensuring that all swimmers compete in a fair and consistent environment. Just as with all other officiating roles in the sport of swimming, pre-event preparation is a key factor in effective operations.

### **Roles and Responsibilities**

**It is usually possible, and certainly desirable, to have two Officials serve as Judges of Strokes on each side of the pool.**

The roles of Judges of Stroke are many and varied, yet the following broad responsibilities are a good guide for you.

1. As a Stroke Judge, you should demonstrate adequate movement up and down the side of the pool, generally behind the swimmers.
2. Vary your position to improve your perspective of the swimmers you are inspecting.
3. Particularly in backstroke, you should watch to ensure no swimmer is pulling on the lane ropes.
4. In all strokes you should watch the turns and finishes to aid the Inspectors of Turn. If there are none, or only a few Inspector of Turns, you will have to adjudicate on turns and finishes alone so position yourself well.

5. When there are two judges of stroke on the same side, you should walk apart and make your own decisions on infractions before discussing them.
6. Never watch just one lane - let your eyes roam over the whole field. If you can't make a decision after looking at a swimmer a few times, then give the swimmer the benefit of the doubt.
7. During freestyle, backstroke and butterfly events you must ensure that the swimmer's head has broken the surface by the 15m point after start and turn.



## ACTIVITY 8.1

Generally speaking, what is seen to be the most effective position from which to view the actions of the swimmers?

### Breaststroke

**Breaststroke is probably subject to more argument and, unfortunately, more punitive judgement than any other stroke. It is important to have a clear understanding of the rules relevant to the stroke and, to use common sense when making judgements.**

- From the beginning of the first arm-stroke after the start and after each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at anytime.
- It should be noted that rules state that the body must be on the breast from the beginning of the first arm-stroke, after the start, and each turn. Thereby, pushing off the wall with the body on the side is permissible. The key words in the Rule are "from the beginning of the first arm-stroke".
- In the stroke itself both hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under the water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface



of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

- All movements of the arms shall be simultaneous, and in the same horizontal plan without alternating movement. The shoulders are no longer required to be in line with the normal water surface either during the race or on the turn.
- Exactly the same regulations govern all movements of the legs. The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward dolphin kick is not permitted except at the Start and after each turn, where a single downward dolphin kick followed by a breaststroke kick is permitted. Breaking the surface of the water with the feet is allowed.
- At each turn and at the finish of the race, the touch shall be made with both hands simultaneously, at, above, or below the water level. The 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 the last complete or incomplete cycle preceding the touch.



## ACTIVITY 8.2

In Breaststroke, if a swimmer is seen to be pushing off the wall with the body “on the side”, what judgement would you make and why?

## Butterfly

- The butterfly regulations are very similar in comparison with those regulating breaststroke, in regard to body position and simultaneous movement of the arms and legs. However, butterfly requires that the arms be brought forward together over the water with no underwater recovery strokes permitted. This would most likely occur at the turns or finish when the swimmer is less than a full over-arm stroke from the wall.
- The feet may move in a vertical plane provided that they move together. One may be above the other so long as no flutter or alternating movement up and down is introduced. At the finish both hands must touch simultaneously.
- In butterfly ONLY the butterfly kick may be used.

## Backstroke

During recent years the rules governing Backstroke swimming have been amended in two respects:

- Prior to the start, the Referee will give two long whistles to bring the swimmers to the starting position. At the first whistle the swimmers shall immediately enter the water. At the second long whistle the swimmers must return without undue delay to the starting position.
- Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in, or on the gutter, or bending the toes over the lip of the gutter is prohibited.
- At the signal for starting and after turning, the swimmer shall push off and swim upon his/her back throughout the race. The swimmer must be on their back at all times except when executing a turn. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal. The position of the head is not relevant.
- Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn, at the finish, and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.

Officials should not accept the responsibility of judging points of form unless they are certain that they understand the rules, and their proper interpretation and application. Normally, involuntary deviations from perfection must be recognised and accepted accordingly. Use common sense and report only clear-cut infractions.



### ACTIVITY 8.3

How would you deal with a situation where a swimmer “involuntarily” deviated from the perfect technique?



## ASSESSMENT

### Task 1:

You are required to answer the questions below. To be deemed competent, you are required to successfully answer ALL questions. If this does not occur on your first attempt, you will be given the opportunity to gain assistance from your assessor / mentor and then be re-assessed.

1. What do you do first when you arrive at the pool?
2. How would you operate if there were two of you on one side? Would you walk together? Consult? Agree to watch only certain lanes?
3. If you noted an infringement, what action would you take?
4. If you noted what appeared to be a turning infringement and there was an IOT on the lane, what would you do?

5. What can a swimmer be disqualified for in relation to freestyle stroking?
  
6. If a swimmer does the wrong stroke in any leg of a medley, can they negate that by returning to the pool end and starting the leg again in the correct stroke?
  
7. If a swimmer breaks and returns to the starting end to re-start, is this an infraction?
  
8. What could a swimmer be disqualified for in relation to backstroke stroke?
  
9. How would you expect a swimmer to finish in a backstroke event?
  
10. What could a swimmer be disqualified for in relation to butterfly stroke?

11. Can a swimmer use a breaststroke kick in butterfly?
  
12. If a swimmer in a butterfly event is so close to the wall at the finish or turn and does short underwater recovery stroke, does this constitute an infraction? Justify your decision.
  
13. What could a swimmer be disqualified for in relation to breaststroke?
  
14. Can a swimmer pull on a lane rope during an event?
  
15. What is the rule regarding touches at the end of each stroke in medleys?
  
16. Can you do a tumble turn in breaststroke?
  
17. What do you understand by the phrase “benefit of the doubt”?



**Task 2:**

You are required to be assessed as a Judge of Stroke in a real / simulated practical situation, by your assessor. This will give you the opportunity to provide evidence of your competence in a swimming specific environment (on the job).

## ASSESSMENT TOOL – UNIT 6 (JUDGE OF STROKE)

Element / Performance Criteria <b>JUDGE of STROKE</b>	Displayed Competency		Comments
	YES	NO	Must be completed if marked NO
<b>1. Preparation</b>			
Arrived at venue at least 30mins prior to commencement of event			
Reported to the Referee to receive any instruction			
Had all required equipment to complete the task			
<b>2. Performance of Task</b>			
Was waiting in the correct position ready for every start			
If seated, they stood when the Referee blew the whistle indicating the start			
Maintained a position in relation to the swimmers where every swimmer under their jurisdiction could be seen in every heat			
Maintained a position in relation to any other Judge of Stroke to enable the other official to perform their task			
Every designated lane was observed and judged equally			
Focused entirely and exclusively on the task assigned without engaging in any distracting activities			
<b>3. Decision Making</b>			
All recommendations regarding possible breaches of the rules were made independently and reported immediately to the Referee			
All recommendations were consistent with every competitor being treated equally			
All recommendations were made clearly, concisely and in accordance with the rules.			
<b>4. Infraction Reports</b>			
All infraction reports were completed accurately and pursuant to the rules			
Verbal reports were given to the Referee prior to the completion of the relevant heat			
All written reports were completed expediently after the verbal report has been given.			
Infraction reports were printed legibly			
<b>5. General</b>			
Has attended a Swimming rules seminar within the past 4 years			
Was dressed appropriately for the task – where sponsor clothing was available it was worn			
Possesses state specific accreditation in relation to child protection legislation			

**Assessment Decision:**

Competent

Not Yet Competent

Name of Candidate: \_\_\_\_\_

Candidate's Mobile: \_\_\_\_\_

Candidate's Email: \_\_\_\_\_

Candidate's Club name: \_\_\_\_\_

Date of Assessment: \_\_\_\_\_

Name of Assessor: \_\_\_\_\_

Assessor Signature: \_\_\_\_\_

***Future Training / Assessment Recommendations:***