

Referee's Officials Briefing for High School Meets

Thank you for serving. Our role is to act as impartial league officials.

- It is our responsibility to ensure the competition is fair and equitable.
- Cover all assigned lanes evenly.
- Call what you see, do not infer an infraction.

In all cases the benefit of the doubt goes to the swimmer.

Worst thing is to disqualify a swimmer who is swimming legally. Raise your hand when you see an infraction.

Watch all assigned swimmers until the event is over. Be prepared to tell:

1. what you saw;
2. where you were standing;
3. why it was illegal.

Do not discuss calls with coaches, parents, etc. Refer them to the referee.

Referee shall:

- Cover basics of each stroke.
- Ask if there are questions.
- Cover rule changes thoroughly.
- Assign positions and jurisdiction, to cover the pool.
 - Dependent on the number of available Officials, include rotation instructions.

ALL STROKES

- Swimmer must stay in their designated lane throughout the race.
- Once swimmer surfaces they must remain on the surface, except at turns and finish.
- The race ends when ANY PART of the body touches the wall at the finish end. It is the official's duty to determine if the contact constituted a legal touch.

**It is recommended to review this document each year to ensure the stroke rules still apply or are updated and in compliance with the NFHS rule changes for the current swim season. Visit <https://www.nfhs.org/activities-sports/swimming-diving/> for updates.*

NFHS SECTION 8-2 FORM OF INDIVIDUAL EVENTS (Update 2016)

ART.1 ●●● The Backstroke:

- a. The backstroke start shall be used;
- b. Any stroke is permitted. The body shall remain on the back to the degree the shoulders do not turn over beyond the vertical plane except while executing a turn;
- c. Standing in or on the gutter or curling the toes over the lip of the gutter immediately after the starting signal is not permitted;
- d. Any kick is permitted;
- e. The swimmer may be completely submerged during the turn or for a distance of not more than 16.4 yards (15 meters) after the start and each turn. By that point, some part of the head must have broken the surface of the water. After breaking the surface of the water, the swimmer must remain on the surface (any part of the swimmer's body is on or above the surface) except for turns;
- f. The turn requires that some part of the swimmer's body contact the end wall. After the swimmer's head has passed the backstroke flag, prior to the turn, the swimmer's upper shoulder may (but is not required to) rotate past the vertical toward the breast before the touch is completed, provided such rotation is accompanied by an initiation of the turning action or continuation into the wall.
 1. The initiation of the turning action shall be accomplished by a single-arm or simultaneous double-arm pull, or in the absence of such pulls, by an upward or downward, underwater movement of the head. After the initiation of the turning action, no additional arm pulls may be started; however, kicking and gliding actions are permitted.The swimmer shall assume a position on the back before the feet leave the wall;
- g. The finish requires completion of the required distance and contact with the finish pad (when automatic timing is used) or finish end by any part of the swimmer.

ART.2 ●●● The Breaststroke:

- a. The forward start shall be used;
- b. The body shall remain on the breast except while executing a turn;
- c. On the start or turn, one arm stroke beyond the hipline followed by one breaststroke kick may be made while the swimmer is underwater; any time before the breaststroke kick, a single butterfly kick is permitted. Some part of the head must break the surface before the hands turn inward at the widest part of the second stroke after the start and after each turn;
Thereafter:
 1. the hands shall not be brought back beyond the hipline;
 2. some part of the head must break the water surface sometime during each stroke cycle (one arm pull followed by one leg kick) except after the final arm pull to the turn or finish.
- d. There shall be no sculling with the hands at the end of the first arm stroke following the start or turn;
- e. The stroke requires that the arms shall move simultaneously and in the same horizontal plane, without any alternating movement. Both hands shall be pushed forward from the breast simultaneously on, above or under the surface of the water. Elbows must remain under the water except for the last stroke at the turn/finish of the prescribed distance (butterfly recovery is not permitted at any time);
- f. The kick requires the feet be drawn up with the knees bent. The feet must be turned outward during the propulsive part of the kick. All movement of the legs and feet shall be simultaneous and in the same horizontal plane. No scissors, flutter, or downward butterfly kick (developed from a flexing and extending of the knee) is permitted except as provided in [8-2-2c](#) above;
- g. The turn requires a simultaneous touch with two hands, not necessarily on the same plane, after which

any manner of turn is permitted. The shoulders shall be at or past the vertical toward the breast when the feet leave the wall. The legal body position shall be regained prior to the first arm pull;

h. The finish requires completion of the required distance and contact with the finish pad (when automatic timing is used) or finish end with both hands simultaneously, not necessarily on the same plane.

ART.3 . . . The Butterfly:

a. The forward start shall be used;

b. The body shall remain on the breast except while executing a turn. After the start and after the turn, the swimmer is allowed one or more leg kicks, but only one arm pull under water;

c. The stroke requires that both arms simultaneously pull backward under the water, then simultaneously recover over the water. At any given time, corresponding points on both hands shall be at the same horizontal plane;

d. The kick requires that both legs and feet move up and down simultaneously in the vertical plane.

Scissors, breaststroke and alternating up and down movements of the legs are not permitted;

e. The turn requires a simultaneous touch with two hands, not necessarily on the same plane, after which any manner of turn is permitted. The shoulders shall be at or past the vertical toward the breast when the feet leave the wall. The legal body position shall be regained prior to the first arm pull;

f. The swimmer may be completely submerged for a distance of not more than 16.4 yards (15 meters) after the start and each turn. By that point, some part of the head must have broken

the surface of the water. After breaking the surface of the water, the swimmer must remain on the surface except for turns and on the finish;

g. The finish requires completion of the required distance and contact with the finish pad (when automatic timing is used) or finish end with both hands simultaneously, not necessarily on the same plane.

ART.4 . . . The Freestyle:

a. The forward start shall be used;

b. Any body position, stroke and kick is permitted and any combination of styles may be used;

c. The turn requires that some part of the swimmer's body contact the end wall;

d. The swimmer may be completely submerged for a distance of not more than 16.4 yards (15 meters) after the start and each turn. By that point, some part of the head must have broken the surface of the

water. After breaking the surface of the water, the swimmer must remain on the surface except for turns and finishes;

e. The finish requires completion of the required distance and contact with the finish pad (when automatic timing is used) or the finish end by any part of the swimmer.

Swimmer must stay in same lane for entire race - applies to all strokes

Individual Medley

Start - Forward start

Order – Butterfly, Backstroke, Breaststroke, Freestyle

Stroke, kick, turn, and finish - rules apply for each stroke including 15M rule for fly, back, and free.

Transitions are finishes followed by starts

Butterfly to Back - two hand touch on breast - leave wall on back

Back to Breast - touch on the back - leave wall on breast

Breast to Free - two hand touch on breast - leave wall in any position

Freestyle - may NOT be a legal version of the previously swam strokes

Finish - some part of the body must touch the wall.

Medley Relay

Start - Backstroke start

Order – Each Swimmer must swim $\frac{1}{4}$ of distance, Backstroke, Breaststroke, Butterfly, Freestyle

Stroke, kick, turn, and finish rules apply for each stroke including 15M rule for fly, back, and free.

Freestyle - may NOT be a legal version of the previously swam strokes

Freestyle Relay

Freestyle rules apply

Each Swimmer must swim $\frac{1}{4}$ of distance.

Relay Takeoffs:

Observe the feet of the swimmer on the block. When the swimmer's feet leave the block, look down to observe the incoming swimmer

Circle if the incoming swimmer has touched the wall, X if the incoming swimmer has not touched the wall.

Do not immediately raise your hand, When all takeoffs for all lanes have occurred, if the outside RTO judge has a violation, they must raise their hand. The CJ will check for dual confirmation with the second RTO judge observing the same lanes.

BENEFIT OF THE DOUBT GOES TO THE SWIMMER * CALL WHAT YOU SEE AND SEE WHAT YOU YCALL.

Jewelry, Tape and Sportsmanship

Jewelry –So while the jewelry rule has been lifted this year. Fit Bit, and similar watches, are electronic devices and should not be worn. The correct penalty for wearing an electronic device is DQ and removal from the rest of the meet -- obviously a very severe penalty.

Swimmer may wear - One swim suit, Cap(s) - may have multiple caps but no club names or other logos allowed to be shown. High school team and blank caps allowed American flag is ok. Goggles. That's it! Warn first and allow to comply. Failure to comply will result in a disqualification.

Tape - not allowed unless a Doctor's note is provided to the Referee. In general - any medical anomaly the swimmer has must be addressed with the Referee prior to the start of the meet.

Sportsmanship - clear penalties for taunting, foul language, disrespect of meet officials, disrespect of fellow competitors or coaches, etc. Bring to attention of CJ or Referee.