

The referee's point of view

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THE START

Logistics and officials (judges)

Whistles and swimmers' actions

THE START

“Movement on the block” ... or not

Started before the starting signal

Who calls the DQ?

THE RACE

Remain and finish in the same lane as started

@Turn - make physical contact with the wall

Standing in freestyle is allowed,
walking and pushing off the bottom NOT

THE RACE

Pulling on the lane rope not allowed

Tape on the body not allowed

Let's talk about pacing

FREESTYLE SWIMMING

Did not touch the wall at the turn

Head must surface @ or before the 15m

Totally submerged, except for first 15m

Walked or pushed off the bottom of pool

Pulling on the lane rope not allowed

Any stroke goes (only in freestyle, not IM)

BACKSTROKE SWIMMING

Using a ledge, both feet must touch the wall

Swimmer not on the back, except @turn

The TURN: when turned on the breast, immediate continuous arm(s) pull to initiate the turn

Totally submerged, except 15m from start or turn off the wall (talk about the finish)

BACKSTROKE SWIMMING

Must leave the wall on the back

Did not touch the wall @turn

Did not finish on the back | **past the 90°**

Stood on the bottom of the pool

BUTTERFLY SWIMMING

Body on the breast, except at turn

Arms brought forward OVER the water (simultaneously)

Simultaneous leg movement (not alternating - did the feet cross?)

BUTTERFLY SWIMMING

No breaststroke kick allowed

The touch - two hands simultaneous, hands apart (thumbs over?)

15m mark or totally submerged

BUTTERFLY SWIMMING

More than one arm pull under water following start or turn

Stood on the bottom of the pool

BREASTSTROKE SWIMMING

The start, one butterfly kick

Let's talk about the breaststroke start

The head must surface when

Arm movements not on the same horizontal plane

Arm movements not simultaneous

BREASTSTROKE SWIMMING

Body not on the breast | at turn? | leaving the wall?

Hands not pushed forward together from the breast

Hands brought back beyond the hip line, except

Elbows over the water, or not? except... and the hands?

BREASTSTROKE SWIMMING

Movement of the legs not simultaneous
Alternating movement of the legs

Feet not turned outward in the propulsive part of the kick

Executed a downward butterfly kick (after breaststroke kick), except

BREASTSTROKE SWIMMING

Stroke cycle - one arm stroke followed by one kick, except (exception at the turn or finish)

Head did not break the surface during each complete cycle

The Touch - both hands, simultaneous, separated (thumbs crossing?)

Swimmer stood on the bottom of the pool

MEDLEY SWIMMING & RELAYS

Incorrect stroke order in IM

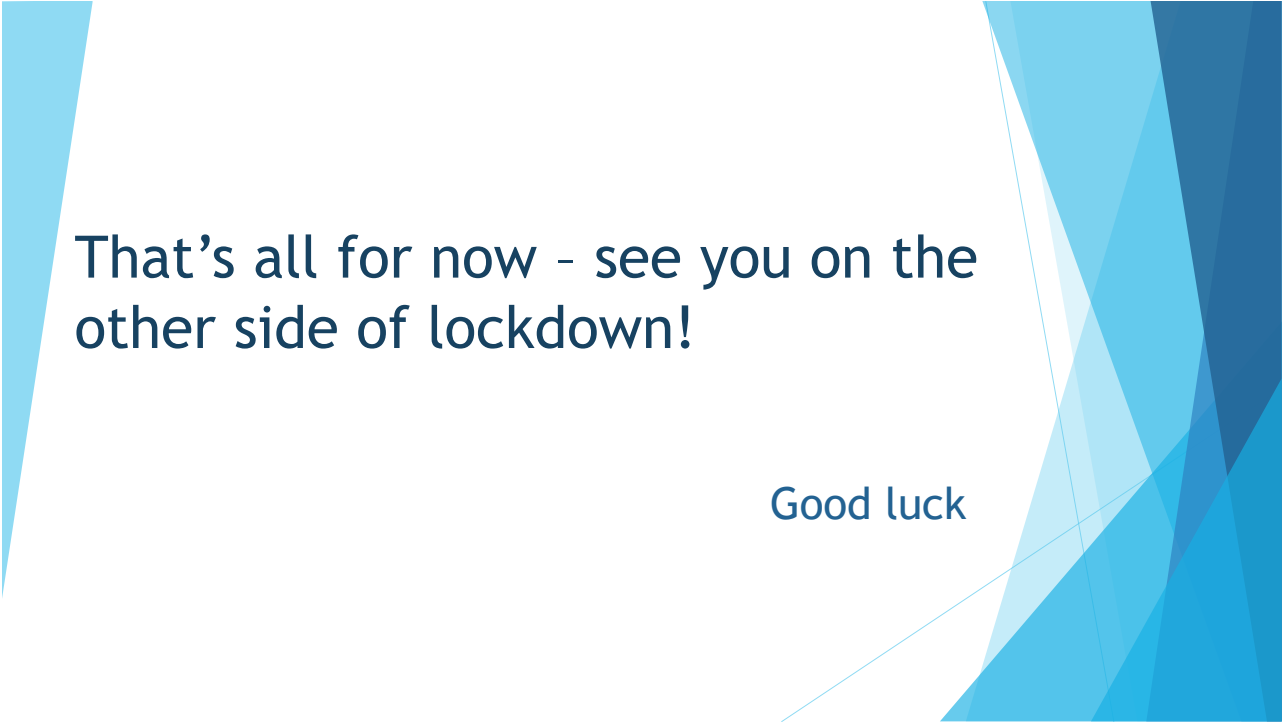
Incorrect stroke order in MEDLEY RELAY events

Finish the particular stroke in the stroke's finish

Swimmers in correct order

Leaving the block - hands must touch first

Leave the pool when safe - DQ?

The slide features abstract blue geometric shapes. On the left, a light blue triangle points downwards. On the right, a complex arrangement of overlapping triangles in various shades of blue (light, medium, and dark) forms a vertical, somewhat rectangular shape. The text is positioned in the white space between these two blue elements.

That's all for now - see you on the
other side of lockdown!

Good luck