



CCSL S&T Officials' Briefing



Call what you see, not what you don't see

Butterfly

<ul style="list-style-type: none">• Start/Turn/Finish<ul style="list-style-type: none">○ Break surface of water by 15m mark○ Watch feet leave wall, then look at shoulders (must be past vertical towards breast)○ Touch is made with both hands simultaneously○ Beware of brush touch at turns - legal○ Under water recovery is not permitted• Body position<ul style="list-style-type: none">○ Must swim on breast from beginning of 1st stroke after start/turn	<ul style="list-style-type: none">• Stroke<ul style="list-style-type: none">○ One arm pull under water, which must bring swimmer to the surface○ Arms must be brought forward over the water and pulled back simultaneously• Kick<ul style="list-style-type: none">○ All up and down movement of feet and legs must be simultaneous○ Feet and legs may not alternate○ Scissor or breaststroke kick is not permitted○ Watch feet, toes should be turned inwards
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Backstroke

<ul style="list-style-type: none">• Start/Turn/Finish<ul style="list-style-type: none">○ Feet must be below the lip of the gutter (far end judge should signal to the starter)○ Break surface of water by 15m mark○ Watch feet leave wall, then look at shoulders (must be past vertical towards back)○ Any part of of the body may touch the wall at a turn or finish.○ The swimmer may turn onto the breast while executing the turn if the motion is continuous. One single or double simultaneous arm pull allowed after turning past vertical towards breast.○ May be fully submerged at finish but not before touch (can only be determined prior to shifting eyes to judge the	<ul style="list-style-type: none">• Body position<ul style="list-style-type: none">○ Must swim on the back, except for turns• Stroke<ul style="list-style-type: none">○ Any style may be used• Kick<ul style="list-style-type: none">○ Any kick style may be used
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finishing touch)	
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Breaststroke

<ul style="list-style-type: none"> • Start/Turn/Finish <ul style="list-style-type: none"> ○ Head must break surface by the widest part of the second arm pull. ○ Watch feet leave wall, then look at shoulders (must be past vertical towards breast) ○ Touch is made with both hands simultaneously ○ Beware of brush touch at turns • Body position <ul style="list-style-type: none"> ○ Must swim on breast from beginning of 1st stroke after start/turn ○ May have one pull and kick while fully submerged after start/turn ○ 1st pull may be past hips (submerged doesn't matter) ○ One butterfly kick with or following the first pull is allowed, must be followed by a breaststroke kick 	<ul style="list-style-type: none"> • Stroke <ul style="list-style-type: none"> ○ Arms and legs shall move simultaneously and in the same horizontal plane ○ Hands recovered under, on, or over the water (elbows must be in contact with the water, except at touch of turns and finish) ○ Cycle is arm pull followed by kick • Kick <ul style="list-style-type: none"> ○ All movement must be simultaneous ○ Scissor, flutter, or downward butterfly kick is not permitted (one exception) ○ Watch feet, toes should be turned outwards during the propulsive part of the kick
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Freestyle

<ul style="list-style-type: none"> • Start/Turn/Finish <ul style="list-style-type: none"> ○ Break surface of water by 15m mark ○ Any part of of the body may touch the wall at a turn or finish. • Body position <ul style="list-style-type: none"> ○ No restrictions 	<ul style="list-style-type: none"> • Stroke <ul style="list-style-type: none"> ○ Any stroke may be used • Kick <ul style="list-style-type: none"> ○ Any kick style may be used
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Individual Medley

<ul style="list-style-type: none"> • Order <ul style="list-style-type: none"> ○ Butterfly, Backstroke, Breaststroke, Freestyle ○ Freestyle is anything but Butterfly, Backstroke, and Breaststroke • Start/Turn/Finish 	<ul style="list-style-type: none"> • Body position <ul style="list-style-type: none"> ○ Rules for each stroke apply • Kick <ul style="list-style-type: none"> ○ Rules for each stroke apply
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<ul style="list-style-type: none"> ○ Rules for each stroke apply ○ Intermediate turns must conform to rules of that stroke ○ Transition turns must conform to the finish rule for that stroke 	
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Relay

<ul style="list-style-type: none"> • Relay takeoff <ul style="list-style-type: none"> ○ Feet/foot must maintain contact with starting platform until incoming swimmer has touched wall ○ Judge by first looking at feet leave the block, then at incoming swimmer 	<ul style="list-style-type: none"> • Medley relay order <ul style="list-style-type: none"> ○ Backstroke, Breaststroke, Butterfly, Freestyle ○ Freestyle is anything but Butterfly, Backstroke, and Breaststroke
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Jurisdiction

<ul style="list-style-type: none"> ○ Stroke – Flag to Flag ○ Turn – Flag to Wall to Flag ○ Meet Referee has final decision on jurisdiction based on available officials 	<p>Call what you see, not what you don't see</p>
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