

## RACCSL OFFICIALS BRIEFING

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SUMMER 2019

### GENERAL INFO/PROTOCOL:

- Rules conform to USA Swimming Rules with exception of 6 & Unders
- Confer with RACCSL representative and other judges at each meet start
- Positions determined by judges/RACCSL reps before each meet
- Raise hand with call
- A raised hand does not necessarily commit to a DQ
- Swimmers get the benefit of the doubt
- If you're not sure, don't call it
- Remember 6 and under exceptions (marked below with \*)
- Record DQ/infractions when attention allows (when swimmer not in your jurisdiction)
- Scoring heats (main events) are the only judged heats.

### BREASTSTROKE

**Start:** Forward start.

**Stroke:**

- \*Body kept on breast.
- Stroke cycle is one arm pull and one leg kick in that order.
- Head must break the surface during each cycle.
- Simultaneous arm movement in same horizontal plane.
- Head must break surface at widest part of second pull after start and turn.
- Recovery by the hands from the breast-on, under, or over the water.
- Elbows under water except last stroke before turn or finish
- \*Hands may not be brought past hip line except after 1<sup>st</sup> stroke at start and turn

**Kick:**

- \*Simultaneous, vertical and horizontal movements of the legs.
- \*Feet turned out during propulsive part of kick.
- \*No alternating, scissors or downward butterfly except a single butterfly kick is permitted during or at the completion the first arm pull after the start and each turn which must be followed by a breaststroke kick.

### **Turns/ Finish/Pullout**

- \*Simultaneous, separated two hand touch at, above, or below the water surface.
- Head may be submerged at turn or finish provided it broke surface during last complete or incomplete stroke cycle prior to touch.
- At the start and turn pullout, swimmer is allowed one arm stroke to hip line, a single butterfly kick, followed by breaststroke kick. Head must surface by widest point of second pull.
- Shoulders are at or toward breast when feet leave wall at turn

### **BUTTERFLY**

**Start:** Forward start.

**Stroke:**

- Body kept on breast.
- Multiple kicks permitted but one arm pull must bring swimmer to the surface.
- May be submerged after start and each turn for not more than 15 meters where head must break surface.
- Arms brought forward over water and pulled back simultaneously.

**Kick:**

- Simultaneous up and down movement.
- No alternating, scissors, or breaststroke kicking movements.
- Position on same level not required but no alternating in relation to each other

**Turns/ Finish:**

- Shoulders at or past vertical toward breast when feet leave wall.
- Simultaneous, separated two hand touch 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.

### **Stroke:**

- \*Any style as long as swimmer remains on back with some part of body on 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.

### **Turn:**

- 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.
- Swimmer must have shoulders past vertical toward back when feet leave the wall.

### **Finish:**

- May be completely submerged at the finish but NOT before.
- \*Some part of swimmer must touch the wall while on the back.

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### **FREESTYLE**

**Start:** Forward start.

**Stroke/ Kick:**

- Any style may be used.
- 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/ Finish:**

- Some part of swimmer must touch the wall at completion of each length or required distance.

### **RELAYS**

**Takeoffs:**

- Swimmers feet/foot must remain in contact with the starting platform until the incoming swimmer has touched the finish wall or pad.
- **Finish:** Ensure completion conforms to finish rules.

**Stroke (Medley):**

- Stroke rules apply for start and finish of each leg
- Freestyle leg may not be any of the other 3 strokes.
- Turns conform to the rules of the stroke.

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**6 & UNDER EXCEPTIONS:**

**Remember 6 & unders need to finish race to rope unassisted in first heats.**

**Backstroke:**

Swimmer may roll temporarily on breast as long as there is no propulsion

Swimmer may touch at finish on breast during last reach for wall. DQ if they pull or kick

Foot position at start is not restrictive...some part of foot must be in the water.

**Breaststroke:**

One hand touch is allowed EXCEPT AT CHAMPIONSHIP MEET

Kick rules don't apply as long as they are attempting proper stroke

Swimmer may roll temporarily on back as long as no propulsion.

Hands may go beyond hipline.