

SSL New S&T Class 2023

Class Registration

- Registration for this class by putting the following information in the Chat box
 - Name
 - Team (the pool name, not the mascot)
 - Phone number
 - Email
- Email and phone number are not published and are needed to communicate to you
- Availability for Time Trials & Champs will be through the SSL website and/or email.

SSL Officials Training

- Must attend a yearly SSL Officials class to work as a Referee, Starter, or Stroke and Turn Judge at dual meets, Time Trials, and Champs
- Classes are tailored to Referees and Starter, Experienced S&T, and New S&T
- This class is for new S&T officials, or officials with only a year or two experience

SSL Officials Training

- This class is the first step to becoming a S&T official
- There are no tests to take
- After this class, work on deck as much as your can – it is the only way to gain experience
- Shadow other officials
- Get yourself a mentor to ask questions and discuss what you are seeing on deck

SSL 2023

- SSL Website
- Two divisions in 2023:
 - Red has 8 teams
 - Blue is 9 teams
- Red division teams will swim 7 dual meets- July 5 is the bye date.
- Blue division - 8 teams swim 7 meets with one off date and one team swims 8 meets
- At the end of the season, decision will be made for 2 or 3 divisions in 2024

SSL 2023

- Four nights of Time trials (July 16 to 21) and Champs on July 22
- Sign up will be communicated later
- 13 & Over at Skyline Sunday July 16
- 11-12 at North Star Monday July 17
- 9-10 at Nottingham Green Tuesday July 18
- 8 & Under at Wedgewood Wednesday July 19
- Championships at Western Y Saturday July 22

SSL 2023 Rule Changes

- Three levels of officials training classes:
 - Referee / Starter
 - Experienced S&T
 - New S&T
- Referees and Starters must attend a Referee / Starter class
- S&T officials must attend any of the 3 classes
- Experienced S&T is for officials with 3 years SSL experience or currently certified YMCA or USA-S official

SSL 2023 Rule Changes

- Added the position of Chief Judge – Not a required position but may be used at the option of the home team
 - A Chief Judge is an assistant to the Referee
 - Collecting DQ slips from S&T officials, communicating the information about the potential DQ to the Referee, and informing coaches of DQs

SSL 2023 Rule Changes

- To attend a Referee/Starter class, the official must
 - Have one year SSL experience, or
 - Be a currently certified USA-S or YMCA official, or
 - Have attended a SSL new S&T class that season
- To attend an Experienced S&T class, the official must
 - Have 3 years SSL experience or
 - Be a currently certified USA-S or YMCA official

SSL 2023 Rule Changes

- The New S&T class is for any new or experienced official
- To officiate as a Chief Judge, the official must have attended a Referee / Starter Class or an Experienced S&T class during the current season.

Reason for Officials

- To ensure a level playing field for all swimmers
- We want all swimmers to have fun, but swimming is like other sports in that there are rules to be followed
- The role for officials is to make sure the rules are applied equally to all swimmers
- You will be an SSL Official, not a club official

At a Meet

- Arrive 30 minutes before the meet start
- Attend a meeting with the Referee
- Come prepared to work the entire meet
- Sun glasses, hat, sun screen, water
- Dress – white collared shirt required. Prefer navy blue shorts, slacks, skirts, etc., but not required for dual meets (are required for TT and Champs)

At a Meet

- S&T officials role is to observe all swimmers in your jurisdiction and inform the Referee if you observe any swimmers who are not complying with the Rules
- Raise your hand above your head for 5 seconds or until recognized by the Referee when you believe you have seen an illegal stroke that does not comply with the Rules

At the Meet

- After you raise your hand, be ready to answer the 3 questions:
 - What did you see?
 - What rule was violated?
 - Where were you positioned to make the call?
- The Referee will determine if there is a Disqualification or not
- Benefit of the doubt goes to the swimmer

At the Meet

- Signal a potential DQ if you observe the swimmer perform an action that is not in accordance with the Rules
 - Make the call based on the technical rules, not aesthetics
 - Ugly is not illegal
- Do not signal a potential DQ if you do not observe the swimmer perform the required actions
- Example – if you see a swimmer in the Breaststroke only touch with the right hand and you observe that the left hand never came closer to the wall than 6 inches, make the call. If you never saw where the left hand was, no call.

During the Meet

- Observe the swimmers in the lanes you are assigned
 - The Referee should make officials assignments, how the pool will be covered, how to rotate, when to rotate
 - Which officials will observe relay takeoffs
- Make calls within your jurisdiction
 - If you are not sure if the swimmer was in your jurisdiction, make the call and let the Referee decide on jurisdiction

During the Meet

- Observe your lanes equally, even if there is an empty lane
 - Keep your eyes on the pool
- Walk with the swimmers if working from the side of the pool
- Be in position to observe starts, turns, and finishes
- Priority to the lead swimmer, then go back to watch trailing swimmers

Videos

- Watch a video on each stroke, then discuss
- Differences between videos and current rules:
 - Backstroke – When approaching the finish of the race, after some part of the swimmers head passes the flags closest to the end wall, the swimmer may be submerged.

Videos

- Watch a video on each stroke, then discuss
- Differences between videos and current rules:
 - Breaststroke
 - The butterfly kick after the start and each turn may occur anytime before the first breaststroke kick. The butterfly kick may be before, during, or after the first arm pull.
 - The arm pulls and leg kicks do not have to be in the same horizontal plane.

Registration

- Attendance will be by putting the following information in the Chat box. You can send it only to the instructor
 - Name
 - Team (not Dolphins, Gators) Club Name
 - Phone number and email
 - Communication will be by email
 - Availability for TT / Champs will Time Trials & Champs will be through the SSL website and/or email

SSL Rule Interpretations

- 6&Under and 8&Under Swimmers
 - Review the document SSL Stroke & Turn Interpretations - 2023
- Butterfly arm recovery
- Touches in Breaststroke and Butterfly
- 15 Meter Marks
- Handicapped and Disabled Swimmers

Other Topics

- False Starts are the responsibility of the Referee and Starter, not the S&T Judge
- DQs must be recorded on a DQ slip
 - Print your name
 - Referee must sign and deliver to the score table
 - DQs **MUST** go through the Referee

Other Topics

- If a coach asks about a DQ call, refer them to the Referee
 - It is acceptable to answer coaches questions about which lane was signaled for a potential DQ, but challenges must be answered by the Referee
- Rule 8.v – USA Swimming restriction on suits applies only during Time Trials and Champs
- No flotation devices or in-water helpers

Other Topics

- Relay take offs – make sure you know who is responsible
 - Position yourself so you can look across all lanes in your jurisdiction – typically from the corner of the pool, even during medley relays
 - Signal early take off immediately
 - Watch top down (when departing swimmer leaves the wall, look at the incoming swimmer to determine if they have touched)
 - No running or step up starts

Other Topics

- In water relay starts
 - Departing swimmer must contact the wall after the incoming swimmer touches
 - If the departing swimmer loses contact with the wall, then regains contact before leaving, not an early take off
 - Pushing off the bottom is not a DQ
 - Don't over officiate the first stroke in butterfly
 - Only the first swimmer in MR can use a backstroke start – others must face down the pool with one hand and one or two feet on the wall (Medley and Free relays)

Other Topics

- SSL Rules and SSL guidelines are available on the SSL website, or from your Team Rep
 - <https://.suburbanswim.club/>
- Have fun
- Thank you for being an SSL official
- Make sure you are registered for this class

Questions

- Don't forget to put contact info in the Chat box
- Have fun
- Ask questions and work hard at being a good official
- Remember that we are all here for the children