

SSL Experienced S&T Class 2024

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, Chief Judge, 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 experienced S&T officials
- The list of officials who attend training is on the SSL website

SSL 2024

- SSL Website <https://suburbanswim.club/>
- Two divisions in 2024:
 - Red has 8 teams
 - Blue is 9 teams
- First meet is June 15. Last dual meet is July 13.
- Red division teams will swim 7 dual meets- July 2 is the bye date.
- Blue division – All teams swim 8 meets (Saturday's and Wednesday's.) The 9th competition date will be decided by the teams involved.
- The SSL Rules were changed to have two divisions – this is a permanent change

SSL 2024

- Time trials July 14 to 16 and Champs on July 20.
- Sign up will be communicated later
- 9-10 & 11-12 at Penn Acres Sunday July 14
- 13 & Over at Oakwood Valley Monday July 15
- 8 & Under at Nottingham Tuesday July 16
- Championships at Western Y Saturday July 20

SSL 2024 Rule Changes

- Two divisions – Red and Blue
 - Administrative changes because only two divisions
 - E.g. Rules committee has 1 representative from each division and a third representative.

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

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 are 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 touches 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
- Be in position to observe starts, turns, and finishes
- Priority to the lead swimmer, then go back to watch trailing swimmers

Officials Positioning

- Backstroke turns and finishes – at the end of the pool
- For all strokes, at the edge of the pool - on side or at the end
 - Get wet
- When working from the end of the pool, in the middle of the lanes in your jurisdiction
 - Same position if 1, 2 or 3 swimmers

Review of the Strokes

- Review the 2024 SSL guideline Stroke and Turn Officials – changes in Backstroke and Breaststroke in 2023
 - Backstroke
 - Butterfly
 - Freestyle
 - Breaststroke
 - Individual Medley
 - Relays
- The USA Swimming stroke videos are available on SSL website Officials page

Backstroke

- Must remain on back except when turning (not past the vertical)
- Head must break the surface before backstroke flags after start and turn, or end of the pool in 20 yard pools (15 meters in USA Swimming)
- Any kick or stroke. Backstroke is defined by body position.

Backstroke

- Backstroke turns
 - The USA-S rules require that if the swimmer turns past the vertical to the breast the swimmer must immediately initiate the turn with a continuous single of simultaneous double arm pull. “Continuous” means that when the arms are at the swimmers sides that the swimmer must “initiate the turn” – this can be with an immediate downward motion of the head followed by the flip turn or the turn can be initiated by lifting the head and the head then continuously moves down, followed by the flip turn. The up and down motion of the head must be continuous into the flip.

Backstroke

- Can complete that length on the back – do not have to do the “flip turn”. Can then turn in any manner
- If the swimmer touches on the back, they may do flip turn
- When feet leave the wall, must be at or past vertical toward the back.

Backstroke

- Finish – must finish on the back – not past vertical toward the breast.
- In SSL if a swimmer stands on the bottom and touches without walking and without turning around, NO DQ.
- Prior to the finish, once some part of the swimmer's head has passed the backstroke flags the swimmer maybe completely submerged prior to the touch.

Butterfly

- Must swim on the breast. Not past the vertical toward the back
- No stroke to kick ratio
- Head must break the surface before backstroke flags after start and turn, or end of the pool in 20 yard pools (15 meters in USA Swimming)

Butterfly

- First stroke must bring the swimmer to the surface
- No limit on number of kicks underwater
- Arm movement must be simultaneous
- Any part of the arm from wrist to the shoulder must break the surface when brought forward (SSL interpretation) – No underwater recovery

Butterfly

- The kick must be simultaneous up and down movement
 - May be on different horizontal levels but no alternating kick
 - No breaststroke, scissors, or alternating kick
 - One foot may be on top of the other
 - Knees may be separated
 - Propulsion with the top of the feet

Butterfly

- The touch at the end of each length and the finish must be simultaneous and separated (not stacked on top of each other)
- Touch at, above or below the surface
- Body must be on the breast (i.e. not past the vertical) shoulders can roll from the horizontal
- After the turn, body must be on the breast when the feet leave the wall

Breaststroke

- Must swim on the breast. Not past the vertical toward the breast.
- Defined by a stroke cycle – an arm pull followed by a breaststroke kick
- Arm movement simultaneous- do not have to be in the same horizontal plane
- Hands brought back simultaneously

Breaststroke

- The arms may not be pulled beyond the hipline, except during the first stroke cycle.
- Hands must be pushed forward from the breast on, under, or over the water –
 - No butterfly recovery
 - Elbows must remain underwater during the recovery

Breaststroke

- The head must break the surface during each complete or incomplete stroke cycle
- One stroke cycle allowed underwater after the start and each turn. The first pull may be beyond the hipline (underwater or at the surface)
- The head must break the surface before the hands turn inward at the widest part of the second stroke

Breaststroke

- During the kick, the feet must be turned outward during the backward push
- The legs must kick simultaneously – do not have to be in the same horizontal plane
- No butterfly, scissors, or alternating kick
- Propulsion with the inner surface of the feet
- One downward butterfly kick is allowed after the start and each turn prior to the first breaststroke kick

Breaststroke

- The touch at the end of each length and the finish must be simultaneous and separated (not stacked one on top of the other)
- A single or partial stroke prior to the touch is permitted as long as the head breaks the surface during the incomplete stroke cycle
- The head may be submerged after the last stroke prior to the touch
- Shoulders must be at or past the vertical when the feet leave the wall after the turn

Freestyle

- In a freestyle event (individual or relay) any form may be used
- In the freestyle leg of the Individual Medley or Medley Relay, the stroke may not be Backstroke, Breaststroke, or Butterfly (even if not swum legally)
 - After the start or turn, the swimmer must be vertical or toward the breast before the first arm pull or leg kick (first propulsive movement)

Individual Medley

- One length each Butterfly, Backstroke, Breaststroke, Freestyle in that order
- All stroke rules apply to each stroke
- Freestyle may not be Fly, Back or Breast
- Finish rules apply at the end of each length.
- Start rules apply at the start of each stroke
- SSL swims 100 y/m IM's, so no intermediate turns

Medley Relays

- Backstroke, Breaststroke, Butterfly, and Freestyle in that order
- All stroke rules apply the same as in individual events (start, turn, finish)
- Freestyle may not be Back, Breast, or Fly

Freestyle and Medley Relays

- 2nd, 3rd, and 4th swimmers must be in contact with the wall when the previous swimmer finishes their leg of the race
- When observing the exchange, watch feet of departing swimmer then look to see if the incoming swimmer has touched (Top Down)
- The departing swimmer may be in motion but must maintain contact until the incoming swimmer has touched
- No step forward or running starts
- In water starts on a later slide

SSL Stroke & Turn Rule Interpretations

- See SSL guideline Stroke & Turn Interpretations 2024
- One change in 2022 for 8&Under and 6&Under Backstrokers
 - At the finish, the swimmer may roll slightly past vertical as the touch is made. A clear rollover to the breast followed by the touch is not allowed. Benefit of the doubt goes to the swimmer.
- 6 &Under and 8 &Under Swimmers Interpretations
 - Applies to dual meets only, not Time Trials and Championships
 - Applies to all meets, same for the last meet as the first

Stroke & Turn Rule Interpretations

- All swimmers
 - Butterfly arm recovery
 - Touches in Breaststroke and Butterfly
 - 15 Meter Marks
 - Handicapped and Disabled Swimmers

DQs

- 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

DQs

- When communicating a potential DQ to the Referee, first tell the Referee the event and the lane.
- Three questions to answer to the Referee
 - What did you see?
 - What rule was violated?
 - Where were you positioned to make the call?

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
- SSL Rule 8.v – USA Swimming restriction on suits applies only during Time Trials and Champs
- No flotation devices or in-water helpers

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

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)

Questions

- Don't forget to register and include 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
- Thank you for being an SSL official