

# SSL Referee 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 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 9<sup>th</sup> 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.

# SSL 2023 Rule Changes

- Rule 8.b - Swimmers in both the Red and the Blue Divisions may enter and swim in any combination of three (3) events, or may enter and swim in four (4) events providing two (2) of the four events are relays.

# SSL 2022 Rule Changes retained for 2024

- Coaches must assign lanes on the rosters submitted to the scoring table. Can change with Change Cards.
- Each team provides a Clerk of Course to the common ready bench.
- SSL Rules are on the website. Please review to refresh your memory and see administrative changes.

# SSL 2022 Interpretation Changes

- 8 & Under and 6 & Under – Backstroke finishes
  - The swimmer is “allowed to roll slightly past the vertical as the touch is made. A clear rollover to the breast followed by the touch is disallowed.”
    - Benefit of the doubt, but will be called more tightly than in the past. More like breast stroke and butterfly finishes
- 8 & Under Medley Relay Freestyle swimmers
  - They may roll onto their back to rest or breath.
  - When on their back they may scull or kick so they don’t sink, but they may not “swim backstroke – e.g. no alternating arm pulls”

# SSL 2022 Interpretation Changes

- 8 & Under Relays
  - If a swimmer remains in the pool at the completion of their leg of the relay and does not exit the pool immediately, there should be no DQ for not exiting the pool immediately.
  - If the swimmer remaining in the pool causes another swimmer to violate the rules, the DQ should be called.

# 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
- There may be a Starter Class Saturday June 8 in the morning at Nottingham. It is to train officials on how to start and actually start some races before the first meet.
  - This does not count as the required SSL officials class.

# At the Meet

- For any potential DQ, the 3 questions for the S&T Judge are:
  - 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
- The Chief Judge can ask these questions, fill out the DQ card, and provide the information to the Referee. The Referee may accept the call based on information from the Chief Judge or may discuss the call with the S&T Judge before making a decision to accept the DQ.

# At the Meet

- 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
- USA Swimming form or the SSL DQ form



# At the Meet

- S&T officials should make a DQ call based on what they saw, not what they didn't see.
- 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.

# At the Meet

- S&T officials should make a DQ call based on what they saw and
  - What is allowed by the rule
  - What is required by the rule
- There can be many different ways to perform each of the 4 strokes. Expect to see many of them in summer swimming
- Ugly is not illegal

# During the Meet

- Things to discuss during the meeting
  - Review jurisdictions
  - Rotation of officials: when to rotate and which direction
  - Assignments for Relay Takeoffs, and positioning
  - Walking the side in 'L' or 'Z' shaped pools
  - S&T Officials only officiate their assigned jurisdiction – they are not to “coach” other officials or tell them what they should be calling – no communication between S&T officials

# Officials Positioning and Jurisdiction – New in 2023

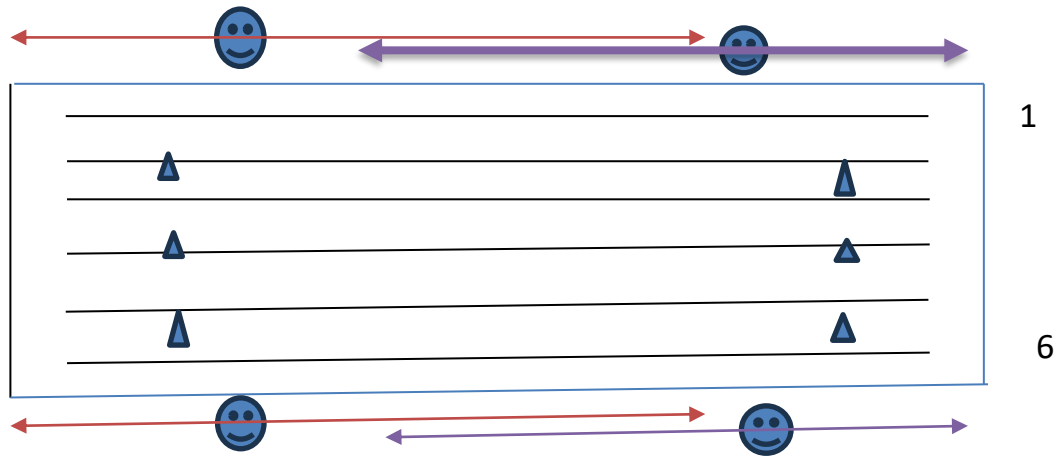
- SSL has prepared a guidance document on positioning and jurisdiction of S&T officials
- The entire document is posted on the SSL website
- The guidance must be used at all pools so the officiating is consistent
- This will be a change for some pools
- Different jurisdictions causes confusion for less experienced officials

# Officials Positioning and Jurisdiction – New in 2023

- Straight Pools – OV, SP, A, Y, but not Western Y
  - 4 S&T officials assigned to 4 quadrants
  - Each has jurisdiction of assigned lanes and “half” the length of the pool
  - Must be at the corner or around the end (Backstroke) to observe turns
  - Priority is for starts, turns, finishes, relay take offs
  - The 2 officials on the same side work together as a team, moving up and down the pool

# Officials Jurisdiction

## Straight Pool



# Officials Positioning and Jurisdiction – New in 2023

- Straight Pools - Western Y
  - 2 S&T officials on each end, 3 lanes each
  - Each has jurisdiction of assigned lanes for “half” the length of the pool. Half the length of the pool goes beyond the middle of the pool
    - If the S&T is not sure if the swimmer is in their jurisdiction, signal the potential DQ and the Referee will determine if the swimmer was in the S&T officials jurisdiction when the potential DQ was observed

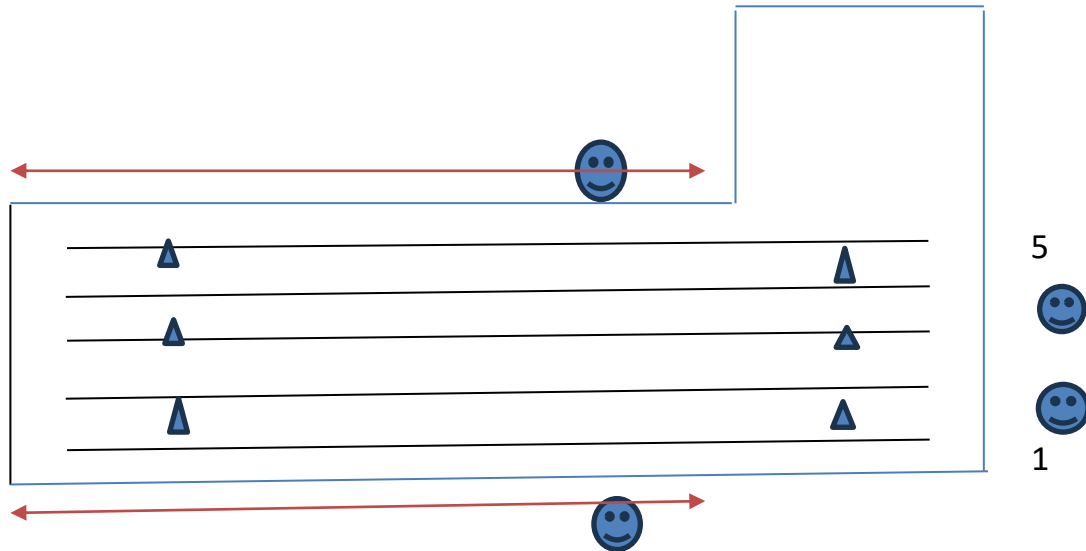
# Officials Positioning and Jurisdiction – New in 2023

- L-shaped Pools
  - 2 S&T officials at the start end and 2 S&T officials walking the sides
  - The 2 officials at the start end have jurisdiction for 2 or 3 lanes
    - Jurisdiction is from the starting end wall to the closest backstroke flags or until the swimmer surfaces after the start or turn if the swimmer is underwater when they pass the closer backstroke flags



# Officials Jurisdiction

## L-Shaped Pool



# Officials Positioning and Jurisdiction – New in 2023

- L-shaped Pools
  - The 2 officials at the start end
    - When officiating 2 lanes, positioned between the 2 lanes
    - When officiating 3 lanes, positioned in the middle of the 3 lanes
    - This applies even if there are empty lanes – observe all lanes equally
    - The only exception is if the S&T official is also observing relay take offs when they must be positioned at the corner of the pool, watching all lanes for relay take offs and stroke violations

# Officials Positioning and Jurisdiction – New in 2023

- L-shaped Pools
  - The 2 officials walking the sides
    - Have jurisdiction for 2 or 3 lanes
    - Jurisdiction is from the flags closest to the start end to the turn end of the pool
    - The official must be at the corner of the pool to observe the touches at the turns at both ends and at the finishes (for 25 yard races)
    - Both officials may only walk the same length of the pool
  - For 5 lane pools, the officials observing the 2 official lanes next to the exhibition lane may observe the exhibition swimmer if they can do so without reducing observation of the official swimmers. Potential DQs must be signaled and documented

# Officials Positioning and Jurisdiction – New in 2023

- Z-shaped Pool –Skyline
  - When working with 4 S&T officials, follow the guidance for Western Y – each official jurisdiction is “half” the length of the pool
- When working with 6 S&T officials, there should be 2 officials at each end and 2 officials walking the sides.
  - The officials on the ends have 3 lanes each with jurisdiction from the end of the pool to the closest back stroke flags. This is the same as the officials in a L-shaped pool at the start end.
  - The officials on the sides can walk only along the length of the pool between the corners, so each official walks only the same length. Their jurisdiction is from flag to flag

# Referee Positioning

- When using both a Referee and a Starter, the Referee must be positioned next to the Starter to observe the start of the race
- The Referee should then move away from the Start end to observe swimmers and officials throughout the race
  - For IM's, observing the transitions, especially backstroke to breaststroke, is good practice
- Deal with issues at the scorer's table only between events, not with swimmers in the water

# USA Swimming Technical Rule Changes

- These are changes from 2023. No new changes in 2024.
- 101.2 Breaststroke
  - 101.2.2 All movements of the arms shall be simultaneous ~~and in the same horizontal plane~~ without alternating movement
  - 101.2.3 ... all movements of the legs shall be simultaneous ~~and in the same horizontal plane~~ without alternating movement.

# USA Swimming Technical Rule Changes

- 101.4 Backstroke

- 101.4.2

- Stroke — The swimmer shall push off on his back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it is permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface of the water. Additionally, once some part of the head of the swimmer has passed the 5 meter mark (long course and short course meters) or 5 yard mark (short course yards) immediately prior to reaching the finish, the swimmer may be completely submerged prior to the touch

# USA Swimming Technical Rule Changes

- Starting Commands
- The starting command is now “Take your marks.” This is changed in several locations in the Rule Book.

Do the best you can. If the Starter says “Take your mark” and there are no issues, start the race. Experience has been that only saying “mark” has not been a problem in SSL, YMCA, or USA-S.



# SSL Stroke & Turn Rule Interpretations

- See SSL guideline Stroke & Turn Interpretations 2024 – no changes from 2023
- 6 & Under and 8 & Under Swimmers
  - Applies to dual meets only, not Time Trials and Championships
  - Applies to all dual meets – the entire season

# Stroke & Turn Rule Clarifications

- 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 move down, followed by the flip turn. The up and down motion of the head must be continuous into the flip.

# Stroke & Turn Rule Clarifications

- Breaststroke kicks
  - One butterfly kick is allowed after the start and each turn which must be performed before the first breaststroke kick.
  - To determine that a swimmer has performed a second butterfly kick, the official must observe a downward propulsive motion of the legs by flexing of the hips or knees. An undulating motion of the body as part of the breaststroke is not a butterfly kick. This undulating motion is most often seen on the first arm pull when the hands turn inward under the breast and push back, beyond the hips, to the full extension of the arms. This is legal.
  - Some breaststrokers use an undulating body motion throughout the race. The up and down motion of the legs and feet is legal as part of the body motion. It is not legal if it is a downward propulsive motion.

# Other Topics

- If there are any Sportsmanship issues, please notify your Team Rep and email the SSL President and me with the details. If warranted, the Team Rep can submit a Code of Conduct Resolution Form.
- Concussion Protocol – address any possible head injuries
  - If in doubt, sit them out – safety is top priority

# Situations

- At a dual meet, a swimmer reports to the start of a race wearing a tight fitting suit that covers the arms and shoulders.
- At a dual meet, a swimmer reports to the start of the race wearing a loose fitting T-shirt

# Situations

- After the meet starts, you observe a timer using a cell phone from behind the swimmers as they are starting taking pictures or videoing the start.

# Situations

- Backstroke turns
  - A swimmer in the 100 yard backstroke at the end of 50 yards swims all the way to the wall on their back and touches the wall with their hand. The swimmer then rolls to their stomach and does a flip turn, puts both feet on the wall and pushes off on their back.
  - Is this legal?

# Situations

- Backstroke turns
  - Same situation but after touching with their hand, the swimmer pulls their feet under their body and pushes off the wall while on their breast, but twists and rolls to their back as they extend their legs.
  - Is this legal?



# Situations

- Backstroke turns
  - Same situation but after touching with their hand, the swimmer drops their legs under their body so they are vertical in the water, spins to face the wall, and swims away without placing their feet on the wall.
  - Is this legal?

# Situations

- Backstroke turns
  - In a 100 yard backstroke, when approaching the second turn after swimming 50 yards, the swimmer lunges toward the wall while on their back and resubmerges before their hand touches the wall. They hang on the wall for several seconds until the coach yells at them and they then push off the wall on their back and finish the race
  - Is this legal?

# Situations

- Backstroke turns
  - Same as the previous slide, but the timers tell the swimmer they only swam 50 yards and to keep swimming. Is this allowed?
  - Same as the previous slide, but the swimmer looks at the Referee and asks if they should keep swimming. What should the Referee do?

# Situations

- Backstroke turns
  - Same as the previous slide, but the swimmer starts to climb out of the pool. They get to the point where only their legs are in the water. They then get back into the pool and swim legally the remaining 50 yards.
  - Is this legal? What does the Referee do?

# Situations

- Individual Medley
  - At the end of the back stroke leg of the race, the swimmer resubmerges before contacting the wall.. They then flip straight back, put their feet on the wall, and push off on the breast in a horizontal position.
  - Is this legal?

# Situations

- First meet of the season, working with a Referee and a Starter, in the first heat of 13&O 50 freestyle, after the start the Starter reports to the Referee they observed a false start in lane 2 and wants to confirm that with the Referee.

# Situations

- In the 100 y/m Individual Medley, the Referee observes a swimmer at the beginning of the 4<sup>th</sup> leg push off the wall on their back and take several butterfly kicks before rolling to the breast and swimming crawl with alternating legs and arms.

# Situations

- In the 200 Medley Relay, at the intermediate turn of the 4<sup>th</sup> swimmer, the swimmer pushes off the wall on their back, then rolls to the vertical body position before taking their first stroke. The rolling is initiated by changing the relative position of the legs.



# SSL Philosophy

- The SSL is a summer league with swimmers of all levels:
  - Novice and beginner swimmers at all ages
  - Swimmers who are competitive in year round programs at various levels and in Delaware high schools, from the best to the least competitive
  - Olympic gold medalist

# SSL Philosophy

- The SSL league is intended to be fun for all swimmers
- For officials, that means
  - Be consistent and fair, but don't over officiate
  - Understand that we have officials who only officiate in SSL and officials who officiate at the national level, but no official needs to prove they are better
  - Not criticizing or demeaning less experienced officials
    - answer questions professionally
  - Maintain focus on your responsibilities during a meet

# 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