

USA SWIMMING

RECOMMENDED STROKE AND TURN JURISDICTIONS

BACKSTROKE

- Turn Judge
- Turning action must be continuous
 - Full jurisdiction inside the backstroke flags
 - On back until touch at finish and at end of backstroke leg in IM & Medley Relay
 - May be assigned to watch feet after start
- Stroke Judge
- Between the flags, the swimmer remains on back
 - No Pulling on lane lines
 - Head must break surface by 15m mark
 - Judge walks between 15m marks

BREASTSTROKE

- Turn Judge
- At start/leaving on turns
 - Stroke/kick through first "head up" including widest arc of the 2nd arm pull
 - On entering a turn/finish
 - Last stroke in - head breaking surface
 - Arms on same horizontal plane from beginning of the 1st arm pull
 - Elbows underwater, except last stroke at turn/finish
 - After last pull, arms need not be on same plane
 - Simultaneous hand touch
 - Proper arm stroke-kick cycle into turn/finish
- Stroke Judge
- Kick & stroke after head breaks surface through next to last arm stroke into wall
 - Responsible for kick all the way into the wall
 - Elbows underwater during recovery phase

BUTTERFLY

- Turn Judge
- Kick through 1st arm pull
 - Body toward the breast when feet leave wall
 - Body on breast by 1st arm pull
 - Last stroke in (underwater recovery)
 - Simultaneous hand touch
- Stroke Judge
- Kick and stroke after 1st arm stroke through next to last arm stroke into wall
 - Kick all the way into wall at turns/finish
 - 15 m heads up mark

FREESTYLE

- Turn Judge
- Full jurisdiction, observe turns/touches
- Stroke Judge
- 15 m heads up mark

Note: When only turn judges are used their jurisdiction will cover their lanes to the mid point of the pool length.