

Penn Del 2023-24 Referee Clinic

Penn Del Referee Clinic

- Required yearly to work as a Referee at a Penn Del dual or championship meet.
- Must be a Level II with one year's experience as a deck official to be a Penn Del Referee
- No Cost for 2023-24 because Penn Del is not supplying USA Swimming Mini-Rule books
- Officials must download their own USA Swimming rulebooks – not available for purchase
- Reason for the class – to improve the level of officiating at Penn Del meets

Topics

- Penn Del Rule Changes
- USA- Swimming Rule Changes
- YMCA Rule Changes
- Situations
- Questions or Issues from 2022-23 season

Penn Del 2023-24 Season

- Dual meets are same format but different events than last season.
- No changes to championship format
 - Divisional Championship Meets Feb 3 & 4, Madison TBD
 - Distance Meet January 27 & 28 North Penn
 - Charlie Hartley (Feb 24, 2024)
- The dual meet season will start October 14 to allow teams more flexibility in scheduling dual meets and to compete in invitational meets

Penn Del 2023-24 Season

- Penn Del Website is fully functioning.
 - <https://www.gomotionapp.com/team/penndelymca/page/home>
 - Thanks to Kelly Burk and Erik Nelson

Penn Del 2023-24 Season

- Change to dual meet format
 - Based on experience with two formats in 2022-23 season, this season there will be one format of events. This is the same as prior seasons.
 - There are options to swim some events as longer distances with the agreement of both coaches.
 - By mutual agreement of the coaches, 15-21 Medley and Freestyle relays can be 400 yard; also, can swim 400 IM instead of 500 free.

Penn Del Dual Meet Events	
15-21	200 Medley Relay
13-14	200 Medley Relay
11-12	200 Medley Relay
9-10	200 Medley Relay
8 & under	100 Medley Relay
15-21	200 Free
13-14	200 Free
11-12	200 Free
15-21	50 Free
13-14	50 Free
11-12	50 Free
9-10	50 Free
8 & under	25 Free
15-21	100 Backstroke
13-14	100 Backstroke
11-12	50 Backstroke
9-10	50 Backstroke
8 & under	25 Backstroke
15-21	100 Breaststroke
13-14	100 Breaststroke
11-12	50 Breaststroke
9-10	50 Breaststroke
8 & under	25 Breaststroke
15-21	500 Freestyle
8 & under	50 Freestyle
9-10	100 Freestyle
11-12	100 Freestyle
13-14	100 Freestyle
15-21	100 Freestyle

15-21	100 Freestyle
8 & under	25 Butterfly
9-10	50 Butterfly
11-12	50 Butterfly
13-14	100 Butterfly
15-21	100 Butterfly
9-10	100 IM
11-12	200 IM
13-14	200 IM
15-21	200 IM

8 & under	100 Free Relay
9-10	200 Free Relay
11-12	200 Free Relay
13-14	200 Free Relay
15-21	200 Free Relay
Optional:	
13-21	400 IM
9-10	200 Freestyle
9-12	100 Butterfly
13-21	200 Butterfly
9-12	100 Backstroke
13-21	200 Backstroke
9-12	100 Breaststroke
13-21	200 Breaststroke

Penn Del Rule Changes

- 1.9 – Each team is responsible to have a current copy of the USA Swimming Technical Rules. *Penn Del is no longer providing a copy of the USA Swimming Rules. This can be the full Rule Book or a Mini-Rule Book. The Rule Book can be electronic. (Change from last season)*
- Other changes are clean up and administrative

Proposed Penn Del Rule

1.6 - TEAM/ASSOCIATION DUTIES

D. Each Team should appoint an Official's Representative. The Official's Representative is responsible for keeping an accurate accounting of the team's current YMCA and or USA Level 1, Level 2, and Administrative Officials. It should also include Penn Del Certified Referees, Administrative Officials and Meet Manager Operators. Each entry should, at a minimum, include the certification expiration date, email address, and a contact phone number. All correspondence pertaining to USA swimming rules or Penn Del rules will be sent to the Official's Representative who will ensure that all information is forwarded to the appropriate people. The Penn Del League may request this information if necessary.

Review of Penn Del Rule 2.9

- The Home team is responsible for having PD certified officials as Referee, AO, MM Operator but they do not have to be from the Home team. If the Home team does not provide certified officials, the Referee will assign another person to fill the vacant role and the Home team will be fined.
- If there is no PD certified official available, the Referee will assign someone to handle the vacant position and the Home team will be fined

Review of Penn Del Rule 2.9

- To be a Referee at a PD meet, the official must
 - Be a certified Level II official and
 - Attend an Annual PD Referee's clinic for the current season.

Review of Penn Del Rule 2.9

- To be a Administrative Official at a PD meet
 - Must be a YMCA certified AO, a YMCA Level II official, or a USA Swimming Admin Official and
 - Attend an Annual PD Admin Official's clinic for the current season.

Review of Penn Del Rule 2.9

- To be a Meet Manager Operator at a PD meet
 - Must attend an Annual PD MM Operators clinic for the current season.
 - There are 2 levels of PD MM Operator clinics
 - Initial training which is an online, full MM class actually using Meet Manager
 - Refresh training which will be conducted via a test
- All officials must be at least 21 years of age. Anyone under 21 must be recommended by coach or team rep.

Penn Del Referee Check List

- Referee responsibility to confirm all officials have proper YMCA certification and attended Penn Del clinics
 - Referee – YMCA Level II and PD Referee Clinic
 - Starter - Level II or USA certified
 - S&T officials – Level I or USA certified
 - Admin Officials – YMCA AO certification or Level II or USA certified and annual Penn Del AO clinic
 - Meet Manager Operator – Annual Penn Del Meet Manager clinic

Penn Del Referee Check List

- Officials Briefing
 - Assign positions to S&T, define jurisdictions, when and which direction to rotate
 - Do a stroke briefing – especially important at early meets as some officials may not have officiated for 9 months
- Place judges
 - Lane numbering
 - Calling ties

Penn Del Referee Check List

- Timers briefing
 - Roles and responsibilities
 - Positioning - Timers will get wet
 - Report times from the watches, not from the score board
 - Do NOT report bad times – timers can make mistakes

**PENN-DEL SWIMMING LEAGUE
REFEREE'S CHECKLIST 2022-2023**

DATE: _____ DIVISION : _____

HOME TEAM: _____ AWAY TEAM: _____

Coaches agree to use Event Template #1 or #2 # 1 / # 2

Coaches agree to swim 15 & Over Relays as: 200 / 400

Coaches agree to combined Heat Sheets: Yes / No

Coaches asked if any swimmer has special needs: Yes / No

Coaches agree to running scores on meet results: Yes / No

Verify that Ref, AO and Meet Manager Operator have attended PD
Clinics this year: Yes / No

Officials' credentials checked: Yes / No

Scorers Printed Initial Coaches Entry Report: Yes / No

Reviewed exception reports before meet:

- Maximum Entries Exceptions Yes / No Ref Init ____
- Ages Not Correct Exceptions Yes / No Ref Init ____
- Check Relay Ages Exceptions Yes / No Ref Init ____
- Event / Athlete Age / Sex Mismatch
Exceptions Yes/No Ref Init ____

Reviewed exception reports after meet:

- Maximum Entries Exceptions Yes / No Ref Init ____
- Check Relay Ages Exceptions Yes / No Ref Init ____
- Event / Athlete Age / Sex Mismatch
Exceptions Yes/No Ref Init ____
- Event / Athlete Age / Sex Mismatch
Exceptions Yes/No Ref Init ____

Post Meet Exception Reports resulted in Score Changes? Yes / No

Referee _____

Penn Del Referee Meet Close Out

- Document the names of all officials who worked the meet per instructions in the meet instructions
 - Coaches and email
 - Referee and email (if a mentor and mentee, list both and role)
 - Starter
 - S&T Judges
 - Admin Official and email
 - Scorers
 - Meet Manager Operator
 - Console Operator

Penn Del Rules

Questions?

USA Swimming Rule Changes

- FINA is now World Aquatics
- In FINA, rules could be changed every 4 years
- In World Aquatics, rules can be changed more frequently
- Because the USA-S Rule Book is only published once a year, when rules change USA-S will inform all USA-S officials.
- For Penn Del, we will notify all Y officials and Penn Del coaches of any rule changes during the season.
- Rules may change in the middle of the Penn Del and YMCA season, so communications will be essential.

Rule Changes in 2023 Rule Book

- 101.2 Breaststroke
- 101.2.2
 - All movements of the arms shall be simultaneous ~~and in~~ the same horizontal plane without alternating movement
- 102.2.3
 - ... all movements of the legs shall be simultaneous ~~and in~~ the same horizontal plane without alternating movement

This makes the rule less stringent. The words shown as strike-through are not in the USA-S Rule Book. Scissors kick is NOT permitted. The feet must be turned outward during the propulsive part of the kick.

Rule Changes not in 2023 Rule Book

– 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.

This makes the rule less stringent

Rule Changes not in 2023 Rule Book

– 101.1.3A

- ~~Any swimmer starting before the starting signal is given shall be disqualified.~~ Any swimmer initiating a start before the signal may be disqualified if the Referee independently observes and confirms the Starter's observation that a violation occurred. Swimmers remaining on the starting blocks shall be relieved from their starting positions with the "stand up" command and may step off the blocks.

This does NOT make any changes to how false starts are determined

Rule Changes not in 2023 Rule Book

- 101.4 Backstroke
- 101.4.1 Start — The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips. Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start, is prohibited. When using a backstroke ledge at the start, ~~the toes~~ at least one toe of both feet must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.

This does NOT make any changes to the required placement of feet when using a backstroke ledge.

Rule Changes not in 2023 Rule Book

- Rule 102.8.1E
- No swimmer is permitted to wear or use any device, substance or swimsuit to help his/ her speed, pace, buoyancy or endurance during a race (such as webbed gloves, flip-pers, fins, power bands, adhesive substances, etc.). The use of technology and automated data collection devices is permissible for the sole purpose of collecting data. Automated devices shall not be utilized to transmit data, sounds, or signals to the swimmer and may not be used to aid their speed. Goggles may be worn, and rub-down oil applied if not considered excessive by the Referee. Therapeutic elastic tape is prohibited. Any other kind of tape on the body is not permitted unless approved by the Referee.

This does NOT make any changes to the rule as now interpreted.

Rule Changes not in 2023 Rule Book

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

This does NOT make any changes to how races are started.

USA-Swimming Rules

- Swimwear
 - Article 102.8.1F – 12 & Under swimmers may not wear Technical Suits in sanctioned, approved, or observed meets, effective Sept. 1, 2020.
 - Penn Del dual meets are none of the above. Divisional championships and YMCA meets are approved meets.
 - Technical suit is one that
 - Has bonded or taped seams
 - Has woven fabric below the hips

USA-Swimming Rules

- Swimwear
 - USASwimming.org - search on Technical Suits
 - Watch the video
 - Wearing a legal suit is primarily the responsibility of the coach.
 - Officials are not suit cops. If you observe a suit that is obviously illegal, talk to the coach. Do NOT approach the swimmer – the coach should talk to the swimmer and check the suit.

USA-Swimming Rules

- Tape on the body
 - Not permitted by USA-S rules
 - If tape on the body is observed after Referee blows the whistle to signal the start of the race, let the swimmer swim and DQ them. The time does not count
 - At Penn Del dual meets, the practice has been to allow swimmers to compete with tape knowing they will be DQ'd. Not an exhibition swim. The time does not count.

USA-Swimming Rules

Questions?

YMCA Rules

- No changes

Rule Books

- Download the USA-S rulebook (mini or full)
- Usaswimming.org
 - On the top line, Officials / Rules & Regulations
 - 2023 Rulebook PDF or 2023 Mini Rulebook
 - Download the Rulebook

Note that the link in YMCA LCDC for rule books shows the books are not available.

Points of Emphasis & Situations

- When working with S&T officials, review that they are to call potential DQs based on what they observed the swimmer doing, not what they could not see.
 - Call what you see, not what you don't see
- Ugly is not illegal
 - The swimmer does not have to perform the strokes with the best techniques to be legal. Officials role is to determine if the stroke is legal.

Points of Emphasis & Situations

- S&T officials must observe all lanes equally, even when there are empty lanes within the S&T officials jurisdiction. If the S&T official has only one swimmer, then watch all lanes equally.

Points of Emphasis & Situations

- When working from the end of the pool, the S&T official should be positioned in the middle of the lanes in their jurisdiction.
 - For example, if responsible for lanes 1, 2, 3, and 4, the official should be position over the lane line between 2 and 3. If there are swimmers only in lanes 3 and 4, remain in the same position watch all 4 lanes equally. Observe all turns as the swimmers only get one chance at each turn but multiple chances at each stroke and kick.

Points of Emphasis & Situations

- When working from the end of the pool in an 8 lane pool with 3 S&T officials, each should be observing 3 lanes.
 - One official observes and makes call on lanes 1, 2, and 3. They are positioned over lane 2.
 - The second official observes 3, 4, and 5, but makes calls only on lanes 4 and 5. They are positioned between lanes 4 and 5.
 - The third official observes and makes call on lanes 6, 7 and 8. They are positioned over lane 7.

Points of Emphasis & 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?

Points of Emphasis & 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?

Points of Emphasis & 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?

Points of Emphasis & 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?

Points of Emphasis & 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?

Points of Emphasis & 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?

Points of Emphasis & Situations

- Butterfly
 - In an 8 and under 25 yard butterfly, a swimmer is swimming a “typical” butterfly but after about 15 yards when recovering the arms, the hand and arm from the wrist to the elbow remain under water during the recovery.
 - Is this legal?

Points of Emphasis & Situations

- Breaststroke
 - As a swimmer approaches the wall for a turn, they roll their body so it is at a 45° angle to the surface of the water. They then take a stroke with one arm stroking up and one down, recover and touch the wall with the hands vertically above each other when they touch the wall.
 - Is this legal?

Points of Emphasis & 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?

Points of Emphasis & Situations

- When the Referee blows the single whistle for the female swimmers to get onto the blocks, the Referee and Starter see that a swimmer is wearing a suit that covers the entire body from the neck to the wrists and ankles.
- What do the officials do?
- Same except the Starter observes the swimmer after the Referee has blown the short chirps but before the long whistle?

Points of Emphasis & Situations

- Don't over officiate
 - Call potential DQs when the S&T official clearly observes the swimmer taking an action that is not in conformance with the USA Swimming technical rules
 - The S&T official must be clear on the action taken by the swimmer – an action different than normally observed is not a DQ
 - The S&T official must be in a position to observe the action that is a potential DQ

Points of Emphasis & Situations

- Someone is taking pictures of the swimmers when they are on the starting blocks from behind the swimmers. Is this acceptable?
- A coach / swimmer / photographer is taking pictures or videoing the swimmers in the water
 - From the side of the pool - Allowed
 - From the turn end - Allowed
 - From behind the blocks after the race has started and the swimmers are in the water – Not allowed

Penn Del Referee Clinic

- Questions?
- Make sure you have registered
- Please go into the Chat room and enter your name, YMCA affiliation, and email

Penn Del Referee Clinic

- I will email your Attendance Card
- Have fun
- Thanks for being a YMCA Official and a Penn Del Referee