



TURN JUDGE

What is the role of a Turn Judge? (L2 & up galas)

Turn Judges are there to ensure swimmers follow the legal Turn rules of World Aquatics (formerly FINA).

Reporting for Gala duty:

At a gala that requires you to cover this role, the following are the steps you should take to ensure you start off right.

1. On the day/session, present yourself by signing the "Sign-in" sheet at the Announcer's desk (or another place as specified). The sheet will confirm which lane you have been allocated for the session (eg. Lane 1, Lane 2, etc).
2. Present yourself for Official briefing with the Referee at the allocated time (normally 15-20 minutes before races begin). The Referee will explain all the different turns at that meeting & steps to be taken if you spot an infringement.
3. At the Referee's prep signal (series of short whistles), stand up at your lane behind your swimmer.
4. At the start beep, immediately move forward to the starting platform to observe that the swimmer has completed a correct start. Once you're satisfied with it, come back to your seat behind the block.
5. As the swimmer in your lane approaches the 15m mark from the wall, return to the edge of the pool to observe the turn or finish.
6. If satisfied with the race, a slight nod to the referee will indicate no infringement & the next Heat can proceed.



Backstroke

Breaststroke

Butterfly

Freestyle

Below is a link to all 7 competitive swim turns.

<https://www.youtube.com/watch?v=xdFDsKJqe1w>

Following are the World Aquatics rules for turns & finish for each stroke:

1. Backstroke

- At the Start whistle by the Referee, the swimmers will dive into the water on their backs & streamline till max. 15m mark.
- During the **turn**, the shoulders may be turned over the vertical to the breast after which an immediate continuous single arm pull may be used to initiating the tumble turn. The swimmer must have returned to the position on the back upon leaving the wall.
- Upon the finish of the race the swimmer must touch the wall while on the back in his/her respective lane.



2. Breaststroke

- At the Start whistle by the Referee, the swimmers will dive off the blocks & be on their breast on entry into the water.
- Swimmers glide in streamline & are allowed 1 butterfly kick & 1 double arm pull back, before surfacing above water to start the full stroke.
- At each turn and at the finish of the race, the touch shall be made with both hands separated and **simultaneously** at, above, or below the water level.
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3. Butterfly

- At the Start whistle by the Referee, the swimmers will dive off the blocks & be on their breast on entry into the water, doing multiply butterfly kicks while in streamline.
- At each turn and at the finish of the race, the touch shall be made with both hands separated and **simultaneously** at, above, or below the water level.



4. Freestyle (frontcrawl)

- At the Start whistle by the Referee, the swimmers will dive off the blocks & be on their breast on entry into the water, doing multiply butterfly kicks while in streamline.
- At each turn and at the finish of the race, the touch shall be made with any part of the body but is generally with the hand.



5. Individual Medley

This is a sequence of all 4 strokes done in a single race – Butterfly, Backstroke, Breaststroke & Frontcrawl.

- At the Start whistle by the Referee, the swimmers will dive off the blocks & be on their breast on entry into the water, doing multiply butterfly kicks while in streamline.
- Turn & Finish of each stroke will be in accordance to the respective stroke.

The Referee will go through all these steps in the briefing – don't worry, it's easier than it sounds 😊
