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USA Swimming Officials Newsletter

September 2017

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### Maxwell Excellence Award

Please continue to send in your Maxwell Excellence Awards Nominations. The form can be found in the recognition section of the Officials page on the USASwimming.org website.

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## Rules Change for Medley Swimming

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Please review this rules change memo issued by Jay Thomas, Rules Chair regarding Medley Swimming and **effective 9-21-17**.

[Rule change for medley.](#)

## Poolside Paper Reduction

*Mary Jo Swalley, Southern California Swimming*

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The good old days—remember when there was an entry card for every swimmer, typed heat sheets, manual seeding, three watches recorded for each swim, a table full of workers doing results by heat, then manually combining for each event? There were lots of five part forms (was it white, yellow, pink, green and blue?) consumed, later to be replaced by printers and copy machines.

Slosh forward – electronic entry is now processed on computer, psych sheets previewed and then posted online, meet management software seeds the meet, electronic timing results feed to on deck computer and may be viewed live with final results available shortly after last heat finishes.

And yet, reams, if not cases, of paper, plus no show slips, DQ forms, and other assorted forms are still consumed before the meet ends. How does a meet start reducing paper?

What is not going away: posted heat sheets whether in public areas or team areas (hard to replace with a smart device for swimmers who are wet and drippy); heat sheets for coaches and officials, DQ slips for stroke/relay violations requiring judge signature.

What can go away: single sided printing for anything other than posting copies (double sided is 50% reduction), single column printing (double column displays enough information to run the deck, albeit sometimes truncated long names, and club codes instead of full club names), coaches will also accept triple column, with enough information to know who and when.

Other places to reduce paper: Tighten estimates on how many heat sheets are needed for a given session. Suggest that every official

does not need a heat sheet. With electronic timing, lane slips should be by event, not heat. No show slips and the use of DQ slips for declared false starts can easily be replaced by using a one event per page referee heat sheet, with no shows and declared false starts being called in via radio as they occur and event closure in-person with admin after the event.

Many steps to reduce paper consumption depend on reliable radio communication that includes admin on the channel. Clear and concise radio communication can be an important tool in paper reduction. Include radio use and protocol in your officials' training.

Enjoy the trees in your neighborhood and help meet hosts waste fewer trees at your meets!

## **The Six Requirements of a Legal Breaststroke Kick** *Jay Thomas, Rules & Regulations Committee Chair*

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The breaststroke kick is the most specifically defined kick in our rules. Even with this specific definition, there are a wide variety of different executions by swimmers that look quite different, but are all completely legal.

Article 101.2.2 states that throughout the race, the stroke cycle must be one arm stroke and one leg kick in that order. It should be noted that the leg kick that is referenced is the breaststroke kick. Article 101.2.3 states that After the start and each turn, at any time prior to the first breaststroke kick a single butterfly kick is permitted. This statement specifically permits this butterfly kick to occur prior to the first breaststroke pull and kick.

There are six components of a legal breaststroke kick.

1. **All movements of the legs shall be simultaneous.** The glossary definition of simultaneous is **Occurring at the same time.**
2. **All movements shall be in the same horizontal plane.** The glossary definition of horizontal is Level with the surface of the water. NOTE: There is no requirement for the permitted butterfly kick to be on the horizontal plane. Depending on the timing of that kick – it may be impossible for the kick not to be on the horizontal plane.
3. **Alternating movements are not permitted.** Alternating would mean that one foot is moving up while the other foot is moving down. One foot slightly streamlining up while the other foot does not appear to move would not normally be judged as alternating.
4. **The feet must be turned outwards during the propulsive part of the kick.** When the feet are turned outward, propulsive force is created by the instep or bottom of the foot as opposed to the top of the foot. Compliance with this clause sets this kick apart from the butterfly kick.
5. **Scissors kicks are not permitted.** A scissors kick exists when the propulsive part of the kick is performed by the bottom of one foot and the top of the other foot.
6. **Downward butterfly kicks are not permitted.** After the breaststroke kick is completed, it is legal for the feet to rise up and even break the surface of the water. After rising, the feet may even travel downward provided that the downward movement is in conjunction with the recovery phase of the kick as the knees draw the legs forward. The kick becomes

an illegal downward butterfly kick when at the end of the legal breaststroke kick, the legs move upward – then move downward and stop – prior to the knees pulling the feet forward during the recovery phase of the breaststroke kick. See the USA Swimming Officials Training Video Series – Breaststroke – at 3:00 min. for examples.

When making an observation of an illegal downward butterfly kick, resist the temptation to focus on just the legs. You must ensure you observe the actual downward butterfly kick and not the water turbulence which is sometimes caused by an illegal kick – but may also be caused by a **completely legal** kick.

As always, call what you actually see – not what you think you might have seen. Always give the benefit of the doubt to the swimmer.

### **Maxwell Award Winner**

*Dave Coleman, Hawaiian Swimming*

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Each LSC may submit a candidate that is deserving of recognition, and the winning officials are selected by the National Officials Committee to be recognized in Swimming World magazine every two months. August's recognition goes to Dave Coleman of Hawaiian Swimming.



Dr. Dave Coleman has been the glue that has held Hawaiian Swimming together for over 26 years. He has served in many roles for Hawaiian Swimming including Officials Chair, Administrative Vice Chair, General Chair, and currently Finance Vice Chair.

Dave is a professor of religious studies at Chaminade University. He has always found time to come help officiate at all levels of meets. Whether it be the LSC championships or a B/C meet, Dave will be there with his radiant smile.

Dr. Coleman has mentored almost all of the officials in Hawaii, keeping everything positive while mentoring. He is considered to be one of the best mentors to Hawaii's local officials, and his calm demeanor is reflected in the excellent way he speaks to everyone about the love of officiating.

Dave's outlook of "what's best for the athletes" is contagious, setting an excellent example for the other officials in his LSC.