

## VHSL REFEREE REMINDERS

The referee should anticipate problems and see potential issues and head them off so that they never become actual problems and do not impact the meet

Be on time and be ready to be flexible—call together coaches and team captains before warm-ups and remind about warm-up and meet safety procedures

During warm-ups, wander about and meet coaches—find out about any unusual circumstances or issues

Jewelry—remind any swimmer you see wearing jewelry that it must be removed before competing

Apparel—only ONE swimsuit is allowed for competition and technical suits are restricted. Also look for potential logo problems and be prepared to solve before the meet

Sportsmanship—equally important to exhibit good sportsmanship as well as avoid bad sportsmanship

“Step into the pool” command means exactly and precisely that. Any jumps, leaps, cannonballs, etc. merit a disqualification which is recorded as a false start

Break after 50 free (typically event 8)—15 minutes or other time agreed to by coaches—get the agreement BEFORE the meet begins

Jumping into any lane before all swimmers in the pool finish race merits a disqualification—referee must continue to watch until ALL lanes are done

Lap Counters—orange at 450y not “69” which is considered offensive by some; the latter is an unsportsmanlike call that not only disqualifies the competitor, but also removes the swimmer doing the counting from the remainder of the meet. [Note in a meter pool, the distance freestyle is 400 meters and while USA Swimming uses neither a lap counters nor a bell lap signal, NFHS rules require both]

Many, but not all high school swimmers swim year-round in programs using the USA Swimming rules. There are some differences—a reminder ahead of time may prevent an unfortunate disqualification

The entry (seed) times for entry into any VHSL sanctioned meet must have been earned by the swimmer or team in actual VHSL competition in the current year.

Referee Motto—*Semper Gumby*—Always flexible