VIRGINIA SWIMMING RECOMMENDED STROKE & TURN JURISDICTIONS

В	
A	Turn Judge - Turning action must be continuous
C	 Full jurisdiction inside backstroke flags
K	- On back until touch at finish and at end of
\mathbf{S}	Backstroke leg in IM & MR
T	- Toes after start (Lanes 1&8 move to side)
R	Stroke Judge - Between flags, swimmer remains on back
O	- No pulling on lane lines or pool edge
K	- Head must break surface by 15M
${f E}$	•
	o Walk between 15M marks (LC) or flags (SC)
	Turn Judge - At start & leaving on turns
	o Stroke/kick through initial head up, including:
В	
R	- On breast
\mathbf{E}	- Up prior to widest arc of the second arm pull
A	- Arms in horizontal plane at beginning of 1st pull
\mathbf{S}	 On entering a turn/finish: last stroke into wall
T	- Head breaking surface
\mathbf{S}	- Proper stroke cycle into turn/finish
T	- Elbows under water, except last stroke at finish
R	- After last pull, arms need not be on same plane
O	- Simultaneous 2 hand touch
K	
\mathbf{E}	Stroke Judge - Kick & stroke
	o From head breaks surface through next to last stroke
	 Responsible for kick all the way into the wall
	- Elbows under water during the recovery phase
	Turn Judge - At start & leaving on turns
В	
U	o Kick/stroke through the first arm pull
T	- On breast
Ť	- On entering turn/finish
E	 Last stroke in
R	- Over-water recovery
F	- Simultaneous 2 hand touch
Ĺ	Stroke Judge - Kick and arm stroke through next to last stroke
	o Responsible for kick all the way into the wall
Y	Head must break surface by 15M
	o fred Hast Steak Surface by 1514
F	Turn Judge ? Full Jurisdiction, observes turns/finishes
R	Stroke Judge ? Stand at 15M marks, 1 per side, diagonally
E	- Head must break surface by 15M
\mathbf{E}	 May be assigned to operate recall rope
	S

VIRGINIA SWIMMING RECOMMENDED STROKE & TURN JURISDICTIONS

	RECOMMENDED STROKE & TORN JURISDICTIONS
B A C K S T R O K E	Turn Judge - Turning action must be continuous O Full jurisdiction inside backstroke flags On back until touch at finish and at end of Backstroke leg in IM & MR Toes after start (Lanes 1&8 move to side) Stroke Judge - Between flags, swimmer remains on back No pulling on lane lines or pool edge Head must break surface by 15M Walk between 15M marks (LC) or flags (SC)
B R E A S T S T R O K	Turn Judge
B U T T E R F L	Turn Judge - At start & leaving on turns Kick/stroke through the first arm pull On breast On entering turn/finish Last stroke in Over-water recovery Simultaneous 2 hand touch Stroke Judge - Kick and arm stroke through next to last stroke Responsible for kick all the way into the wall Head must break surface by 15M
F R E E	Turn Judge ? Full Jurisdiction, observes turns/finishes Stroke Judge ? Stand at 15M marks, 1 per side, diagonally - Head must break surface by 15M o May be assigned to operate recall rope