

**VIRGINIA SWIMMING
RECOMMENDED STROKE & TURN JURISDICTIONS**

- B
A
C
K
S
T
R
O
K
E**
- Turn Judge - Turning action must be continuous
 - 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
E**
- Turn Judge - At start & leaving on turns
 - Stroke/kick through initial head up, including:
 - On breast
 - Up prior to widest arc of the second arm pull
 - Arms in horizontal plane at beginning of 1st pull
 - On entering a turn/finish: last stroke into wall
 - Head breaking surface
 - Proper stroke cycle into turn/finish
 - Elbows under water, except last stroke at finish
 - After last pull, arms need not be on same plane
 - Simultaneous 2 hand touch
 - Stroke Judge - Kick & stroke
 - 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
-

- B
U
T
T
E
R
F
L
Y**
- 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
 - May be assigned to operate recall rope

**VIRGINIA SWIMMING
RECOMMENDED STROKE & TURN JURISDICTIONS**

- B
A
C
K
S
T
R
O
K
E**
- Turn Judge - Turning action must be continuous
 - 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
E**
- Turn Judge - At start & leaving on turns
 - Stroke/kick through initial head up, including:
 - On breast
 - Up prior to widest arc of the second arm pull
 - Arms in horizontal plane at beginning of 1st pull
 - On entering a turn/finish: last stroke into wall
 - Head breaking surface
 - Proper stroke cycle into turn/finish
 - Elbows under water, except last stroke at finish
 - After last pull, arms need not be on same plane
 - Simultaneous 2 hand touch
 - Stroke Judge - Kick & stroke
 - 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
-

- B
U
T
T
E
R
F
L
Y**
- 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
 - May be assigned to operate recall rope