



JUDGE of STROKE (JOS) INFORMATION SHEET

PREPARATION

- Report to the Referee at least 30 minutes prior to the start of the meet.
- Attend the officials briefing (sign in if at SAALC)
- Collect a program, pen.

Judges of Stroke

- There are 4 Judges of Stroke [JOS], 2 on each side of the pool. They are numbered 1, 2, 3 and 4. JOS 1 & 2 are positioned on the same side as the Referee, with JOS 1 closest to the Referee. JOS 3 & 4 shall be positioned on the opposite side of the pool. JOS 1 & 4 are positioned opposite each other, as are JOS 2 & 3.
- Each JOS shall observe the 5 lanes in a 10 lane pool (4 lanes in an 8 lane pool) on their side of the pool.
- JOS 1 should ensure they do not walk in front of the Referee at the start or finish of a race.
- If you have an infraction to report, where possible, let your partner JOS know that you are moving around to see the Referee but do not stop and discuss the infraction.
- Judges of Stroke shall report any infractions directly to the Referee as soon as they are observed. If the Referee accepts the report, they will then complete the infraction card.

Freestyle

- At the start of each race, each pair of JOS on both sides of the pool should be positioned at the 15m mark from the start to observe swimmers' head breaking the surface of the water.
- All stand at the Referee's whistle.
- In 50m and 100m freestyle events, each JOS should remain standing throughout the race and remain at the 15m mark from each end of the pool until the last swimmer passes the 15m mark on the last length. When the last swimmer passes the 15m mark on the last length, JOS 2 & 3 will follow the swimmers to the 15m mark from the start end where they will join JOS 1 & 4.
- For 200m or longer individual freestyle events, each JOS should sit once the last swimmer has passed the 65m mark and remain seated at the 15m mark from each end of the pool until the last swimmer passes the 15m mark on the last length. When the last swimmer passes the 15m mark on the last length, JOS 2 & 3 will follow the swimmers to the 15m mark from the start end where they will join JOS 1 & 4.



Backstroke & Butterfly:

- All stand at the Referee's whistle.
- JOS 1 & 4 will proceed to 8-10m from the start end while JOS 2 & 3 stand at the 15m mark from the start end of the pool.
- After the start of the race, JOS 1 & 4 will follow swimmers to the 15m mark to assist their colleagues to observe swimmers' heads breaking the surface of the water.
- All JOS will then walk along the side of the pool observing the swimmers. JOS 2 & 3 shall be slightly behind the lead swimmers, whereas JOS 1 & 4 will follow the tail swimmers.
- At the turn end, JOS 2 & 3 will stop approximately 5m from the end of the pool to observe the turns. JOS 1 & 4 will stop at the 15m mark from the turn end of the pool to ensure all swimmers break the surface of the water at or before the 15m mark after the turn.
- After the turn, on the 2nd length, all JOS will walk along the side of the pool, observing the swimmers. JOS 1 & 4 shall be slightly behind the lead swimmers, while JOS 2 & 3 will follow the tail swimmers. If there is another turn at the start end (eg races of more than 100m), the reverse will apply.

Breaststroke:

- All stand at the Referee's whistle.
- JOS 1 & 4 will proceed to approximately 5m from the start end. JOS 2 & 3 will proceed to 10m from the start end.
- Once the race has started, all JOS will walk along the side of the pool observing the swimmers. JOS 2 & 3 shall be slightly behind the lead swimmers, whereas JOS 1 & 4 will follow the tail swimmers.
- At the turn end, JOS 2 & 3 will stop approximately 5m from the end of the pool to observe the turns. JOS 1 & 4 will stop approximately 10m from the end.
- After the turn on the 2nd length, all JOS will walk along the side of the pool, observing the swimmers. JOS 1 & 4 shall be slightly behind the lead swimmers, while JOS 2 & 3 will follow the tail swimmers. If there is another turn at the start end (eg races of more than 100m), the reverse will apply.

THANK YOU FOR VOLUNTEERING