

## **COSA Technical Officials Report – January 2013.**

Congratulations to Rachel Sampson on passing her Judge of Strokes accreditation at the 2012 Qld State Championships.

Congratulations to everyone involved in the 2013 CQ Sprint Meet at Biloela.

From an officiating point of view, I believe the multi-ageing of the strokes was a benefit to not only all the officials, but most importantly the swimmers. It gave them an opportunity to swim against swimmers older or younger than themselves but with a similar time. I see this as a win/win for all the swimmers.

Seeing heat after heat full of swimmer was great.

It also made for a more efficient meet.

Once again, well done everyone.

Disqualification examples from the Sprint Meet:- Breaststroke

- ◆ Started before the starting signal.
- ◆ Leg movement not simultaneous (or alternating movement)
- ◆ Hands brought back beyond the hip line (after the 1<sup>st</sup> stroke following the start or turn.)
- ◆ Leg movements not in the same plane.....*most common infraction.*
- ◆ Touch at the finish or turn with one hand, or touch not simultaneous.
- ◆ Feet not turned out in the propulsive part of the kick.
- ◆ More than 1 dolphin kick at the start.

Disqualification examples from the Sprint Meet:- Butterfly

- ◆ Alternating movement of the feet or legs.

See `ya.

Dean Rodgers.