



Resources for Technical Officials

Reviewed: July, 2021

1. **Swimming NZ** (SNZ) - www.swimmingnz.org.nz

Click **Member Resources** then **Technical Officials** for -

- Regional Qualifications
- Para Swimming
- Backstroke Ledge video
- Video Resources for freestyle, backstroke, breaststroke, butterfly, IM and, relay videos

Click **Swimming Rules** for –

- SNZ Swimming Rules (Pool) also includes Para Swimming Rules
- SNZ Open Water Swimming Rules
- FINA Rules 2017 – 2021 (FINA is the International Organisation for swimming)
- Officials' reference cards and forms

2. **Swimming Counties Manukau** (SCM) - www.countiesmanukau.swimming.org.nz

Click **Officials and Technical** for –

- Technical Official Roles and Pathways
- SNZ Regulations and Rules
- SNZ Technical Officials Guide (August 2018)
- FINA Swim Rules 2017-2021
- FINA Swim Rules Card
- SNZ Quick Reference Infraction Card
- SNZ Disqualification Form
- Questions for Regional IOT, Starter, Judge of Stroke and, Referee Qualifications
- Official Training Clips (videos) for all strokes
- Backstroke Ledge Procedure

3. **Backstroke Turns**

Search **YouTube** for -

- Backstroke Open or Touch turn
- Backstroke Flip turn

4. **Individual Medley (IM) Backstroke to Breaststroke Turns**

Search **YouTube** for -

- Backstroke to breaststroke Bucket turn
- Backstroke to breaststroke Cross-over turn

Remember, if you are not sure please ask.