



FEDERATION OF
INTERNATIONAL
LOG ROLLING



KEY LOG
ROLLING



UNITED STATES
AQUATICS LOG ROLLING
ORGANIZATION

Training Officials for your Tournament

You're hosting a log rolling tournament, and you want to train officials! Don't fear, you do not need experienced log rollers to find and train good log rolling officials. If you're a community program, we suggest reaching out to parents, lifeguards, or other staff members. If you're a campus rec program, your Intramural officials and lifeguards a great place to start!

You will need about 40-60 minutes to put on an officiating clinic. This can be done a few hours before the tournament, or prior to the day of the tournament. If the officiating clinic is more than a week before the tournament, we suggest having a mandatory officiator meeting for about 15 minutes immediately preceding the tournament.

1. Prior to the clinic, we suggest that you send the trainees the [USA Log Rolling Rules and Regulations](#) to review, as well as the following videos:
 - a. <https://www.youtube.com/watch?v=z3QNG1106eo>
 - b. <https://www.youtube.com/watch?v=524ALMgwABY>
2. This may seem obvious, but first, you should explain to your officials what a log rolling match is! If they are brand new to the sport, they may not even realize that it's a match, that both competitors are on the same log, and that the winner is whoever is the last to stay on.
3. Go over the **5 Main Concepts of a log rolling competition**.
 - a. Be sure to stop and ask if participants have questions or need clarification!
4. Go through the **Detailed Match Procedure & Determining the winner/loser of a fall**
 - a. Be sure to stop and ask if participants have questions or need clarification!
5. If the clinic participants are brand new to log rolling, give them a quick, basic log rolling lesson. This will give them a better idea of what the competitors are experiencing, and will help them to understand when a log is steady (see [Key Log Rolling Instructional Manual](#) for more details on teaching beginner log rolling and/or view this video: <https://www.youtube.com/watch?v=hgoVfHNc1ok&t=625s>).
6. Here are a few quick reminders on teaching beginners:
 - a. **Safety** - no diving, 10-foot fall zone.
 - b. **Stance** - feet hip-width apart, knees bent, look over your shoulder at

the opposite end of the log (ie don't look down at your feet or in the water or straight out in front).

- c. **Step** - super small, quick steps in place.
 - d. How to get onto the log.
7. Teach them how to hold the log
 - a. Firm but flexible, don't be too rigid, allow the log to spin slightly with the participant.
 - b. Let go slowly.
 8. Have everyone role play, giving everyone an opportunity to play each role.
 - a. Roles
 - i. 1 Head official - this official should also be a log holder
 - ii. 2 Assistant officials - one should be a log holder, the other should be a timer/scorekeeper
 - iii. 2 competitors
 - b. Practice calling out the starting cadence and making calls to determine the winners of each fall.
 - i. Starting cadence:
 1. "Ready, Steady" - signaling to the rollers to get under control, and ready to roll.
 2. "Roll" - called when rollers are deemed to be 'under control' and the log is released by the holders.
 3. "Time In" - indicating to the timer when the log has been released and to start the clock.