

USA Swimming Officials Re-Certification Test 2001/2002
Stroke and Turn Judge

Multiple Choice/True-False

BREASTSTROKE

- [1] If the hands recover over the water, the following part of the body must be under the water:
- the hands.
 - the arms.
 - the elbows.
- [2] After the start and each turn, a downward butterfly kick is permitted:
- once.
 - twice.
 - at any time.
 - never.
- [3] At the turns and the finish, it is permissible for the head to be below the water surface after the final arm pull and prior to the touch:
- only in an incomplete stroke cycle.
 - only in a complete stroke cycle.
 - provided it breaks the surface of the water during any part of the last complete or incomplete cycle preceding the touch.
- [4] At the turns and the finish, it is permissible for a shoulder to be dropped after the final arm pull and prior to the touch:
- to streamline the body for the turn.
 - in National Championships only.
 - in meets other than National Championships.
 - in all USA Swimming competition.
- [5] At the finish, the hands must touch simultaneously while the body is:
- on the breast.
 - past the vertical toward the breast.
 - in any position

BUTTERFLY

- [6] From the beginning of the first arm pull, the position of the body shall be:
- on the breast, shoulders in line with water surface.
 - shoulders past the vertical towards the breast.
 - in any position.
- [7] At the turns and the finish, while the body is on the breast, both hands must touch simultaneously:
- only at the water surface.
 - only above the water surface.
 - at, above, or below the water surface.

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- [8] At the turns and the finish, it is permissible for a shoulder to be dropped after the final arm pull and prior to the touch:
- only in yard events.
 - only in meter events.
 - in either yard or meter events.
 - never.

BACKSTROKE

- [9] If, after a legal start, a swimmer curls his toes over the lip of the gutter, he should be disqualified.
- True.
 - False.
- [10] If, after turning past vertical toward the breast to make a turn, a swimmer somersaults and fails to touch the wall with part of his body but returns to the back and resumes swimming the backstroke properly, the swimmer:
- may swim back to the wall and touch without being disqualified.
 - may scull backwards until the feet touch the wall and is not disqualified.
 - is disqualified.
- [11] During the turn, if the shoulders turn past vertical the swimmer:
- may take two arm pulls to reach the wall.
 - may take only one single or continuous simultaneous double arm pull to execute the turn.
 - must make a freestyle flip turn.
- [12] During the turn, if the shoulders turn past vertical, the swimmer:
- may glide to get into position prior to initiating an arm pull.
 - may complete the arm pull and then kick independently to initiate the turning action.
 - must be past the backstroke flags.
 - shall not kick or make an arm pull independent of the continuous turning action.
- [13] When finishing, the swimmer:
- must touch the wall while on the back.
 - must turn past vertical after passing the backstroke flags and prior to the touch.
 - may be fully submerged after passing the backstroke flags provided he stays on the back.

FREESTYLE

- [14] If a swimmer elects to swim the butterfly in an individual freestyle event, he or she:
- may alter the stroke at any time during the race.
 - must do so for the entire length of the race.
 - must do so for one complete length of the pool.
- [15] A swimmer may stop, rest, walk, or push off of the pool bottom.
- True.
 - False.
- [16] If a swimmer misses a touch on a turn and, before touching at the opposite end of the pool, swims back to the wall and touches, he or she is:
- disqualified.
 - legal.

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- c. disqualified if he or she swims past the backstroke flags.

INDIVIDUAL MEDLEY

- [17] When changing from one stroke to another in the IM, the swimmer's turns shall conform to the:
- a. turn rules for the stroke just completed.
 - b. finish rules for the stroke just completed.
 - c. freestyle rules.

RELAY EVENTS

- [18] In the freestyle leg of medley relay, a swimmer may use:
- a. crawl stroke only.
 - b. any stroke(s) other than breaststroke, butterfly, or backstroke.
 - c. any stroke(s) the swimmer chooses.

- [19] In relay races, any team member may remain in the water as long as he/she wants.
- a. True.
 - b. False.

GENERAL

- [20] If a Stroke and Turn Judge fails to raise a hand overhead upon observing an infraction in an individual event, there shall be no disqualification.
- a. True.
 - b. False.

- [21] Grasping a lane line to assist forward motion is permitted:
- a. in freestyle events.
 - b. in backstroke events.
 - c. anytime.
 - d. never.

- [22] It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yds) after the start and each turn at which time the head must have broken the surface in:
- a. butterfly.
 - b. backstroke.
 - c. freestyle
 - d. all of the above.

- [23] Except for a distance of 15 meters (16.4 yds.) at the start and each turn some part of the swimmer must break the surface of the water in:
- a. freestyle.
 - b. backstroke.
 - c. butterfly.
 - d. all of the above.

- [24] For judging swimmers with physical disabilities, a judge should:
- a. judge, in accordance with USA Swimming rules, any part of the body that is used.
 - b. not judge a part of the body that cannot be used.
 - c. base judgment on actual rule, not the swimmer's technique.

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d. all of the above.

[25] A swimmer must start and finish the race in the same lane.
a. True. b. False.