

USA Swimming Officials Test 2001/2002
Stroke & Turn Judge

Multiple Choice/True-False

BREASTSTROKE

- [1] From the beginning of the first arm stroke, the position of the body shall be kept:
- on the breast.
 - past vertical toward the breast.
 - in any position.
- [2] The hands shall be pushed forward together from the breast:
- under the water.
 - on, under, or over the water.
 - on or under the water.
- [3] If the hands recover over the water, the following part of the body must be under the water:
- the hands.
 - the arms.
 - the elbows.
- [4] The hands may be brought back beyond the hipline:
- just before each turn and finish.
 - only during the first stroke after the start and each turn.
 - anytime.
 - never.
- [5] Some part of the swimmer's head must break the water surface:
- at least once during each complete cycle of one arm stroke and one leg kick, in that order.
 - after one arm stroke or one kick.
 - at least once after each arm stroke and one or more kicks.
- [6] After the start and each turn, a downward butterfly kick is permitted:
- once.
 - twice.
 - at any time.
 - never.
- [7] 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.
- [8] At each turn and the finish, the hands must touch simultaneously:
- below the water surface only.
 - at, above or below the water surface.
 - on or below the water surface only.

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- [9] 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.
- [10] The hands shall be in line with the water surface at the touch:
- at each turn.
 - at the finish.
 - a and b.
 - none of the above.
- [11] When the swimmer leaves the wall after turns, the position of the body shall be:
- perfectly on the breast.
 - shoulders at or past vertical toward the breast.
 - in any position.
- [12] 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

- [13] After the start and each turn, before coming to the surface, the swimmer is permitted:
- one kick, one arm pull and one recovery.
 - one or more kicks, one arm pull and one recovery.
 - one kick and one arm pull.
 - one or more kicks but only one arm pull.
- [14] 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.
- [15] During the arm recovery:
- there must be air between the hands and the water.
 - both arms must be brought forward simultaneously over the water.
 - the hands must be brought forward from the breast.
 - none of the above.
- [16] The position of the feet:
- must be in the same plane.
 - must not be separated.
 - may not alternate in relation to each other.

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- [17] 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.
- [18] 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.
- [19] At the finish, a legal touch must be made:
- unevenly by the hands.
 - with both hands simultaneously, while body is on breast.
 - with one hand.
 - with any part of the swimmer's body.

BACKSTROKE

- [20] If, after a legal start, a swimmer curls his toes over the lip of the gutter, he should be disqualified.
- True.
 - False
- [21] A butterfly or dolphin kick may:
- never be used.
 - be used at any time during the race.
 - be used only after the start and after each turn.
- [22] 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.
- [23] 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.
- [24] 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.
- [25] At the turns and the finish, a legal touch may be made:
- only with the hand(s).
 - only with the head, shoulder, foremost hand or arm.
 - with any part of the swimmer's person.

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- [26] After the turn, the swimmer's shoulders must be at or past the vertical toward the back:
- before the first stroke.
 - when the swimmer leaves the wall.
 - before the feet leave the wall.
- [27] 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

- [28] 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.
- [29] In an individual freestyle event, the swimmer may use:
- crawl stroke only.
 - any style or stroke(s) other than breaststroke, butterfly or backstroke.
 - any style or stroke(s) the swimmer chooses.
- [30] A swimmer may stop, rest, walk, or push off of the pool bottom.
- True.
 - False.
- [31] 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.
 - disqualified if he or she swims past the backstroke flags.
- [32] At the turns and finish, a legal touch may be made:
- only with the hand(s).
 - the foremost hand or arm.
 - by any part of the swimmer.

INDIVIDUAL MEDLEY

- [33] The individual medley is swum in the following order:
- backstroke, butterfly, breaststroke, freestyle.
 - butterfly, backstroke, breaststroke, freestyle.
 - backstroke, breaststroke, butterfly, freestyle.
 - breaststroke, backstroke, butterfly, freestyle.
- [34] When changing from one stroke to another in the IM, the swimmer's turns shall conform to the:
- turn rules for the stroke just completed.
 - finish rules for the stroke just completed.
 - freestyle rules.

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- [35] When turning from the butterfly to the backstroke, the swimmer's shoulders must be at or past the vertical toward the back:
- immediately after the feet have left the wall.
 - when the swimmer leaves the wall.
 - before the first armstroke on the back.
- [36] When turning from the backstroke to the breaststroke, the:
- swimmer must attain the required breaststroke form before the first arm pull.
 - swimmer's shoulders must be at or past vertical toward the breast when the swimmer leaves the wall.
 - swimmer must remain on the back until touching the wall.
 - all of the above.
- [37] During the butterfly to backstroke and the backstroke to breaststroke turns, the feet must touch the wall.
- True
 - False
- [38] In the freestyle leg, a swimmer may use:
- crawl stroke only.
 - any stroke(s) other than breaststroke, butterfly or backstroke.
 - any stroke(s) the swimmer chooses.

RELAY EVENTS

- [39] The medley relay is swum in the following order:
- backstroke, butterfly, breaststroke, freestyle.
 - butterfly, backstroke, breaststroke, freestyle.
 - backstroke, breaststroke, butterfly, freestyle.
- [40] In the freestyle leg of medley relay, a swimmer may use:
- crawl stroke only.
 - any stroke(s) other than breaststroke, butterfly, or backstroke.
 - any stroke(s) the swimmer chooses.
- [41] Each swimmer in the freestyle relay may use:
- crawl stroke only.
 - any stroke(s) other than breaststroke, butterfly, or backstroke.
 - any stroke(s) the swimmer chooses.
- [42] In relay races, any team member may remain in the water as long as he/she wants.
- True.
 - False.

GENERAL

- [43] A disqualification may be made by any stroke and turn judge at any time.
- True.
 - False

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- [44] Stroke and Turn Judges must report any violations they observe to the Referee:
- over a headset.
 - by hand signal.
 - on signed slips.
- [45] If a Stroke and Turn Judge fails to raise a hand overhead with open palm upon observing an infraction in an individual event, there shall be no disqualification.
- True.
 - False.
- [46] Grasping a lane line to assist forward motion is permitted:
- in freestyle events.
 - in backstroke events.
 - anytime.
 - never.
- [47] 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:
- butterfly.
 - backstroke.
 - freestyle.
 - all of the above.
- [48] Except for a distance of 15 meters (16.4 yds.) at the start and after each turn some part of the swimmer must break the surface of the water in:
- freestyle.
 - backstroke.
 - butterfly.
 - all of the above.
- [49] For judging swimmers with physical disabilities, a judge should:
- judge, in accordance with USA Swimming rules, any part of the body that is used.
 - not judge a part of the body that cannot be used.
 - base judgment on actual rule, not the swimmer's technique.
 - all of the above.
- [50] A swimmer must start and finish the race in the same lane.
- True
 - False.