

USA Swimming Officials Test 2001/2002

Starter

Multiple Choice/True-False

ALL STARTS

- [1] The Starter shall take a position within:
 - a. five feet of the starting end of the pool.
 - b. 20 feet of the starting end of the pool.
 - c. 10 feet of the starting end of the pool.
 - d. any place comfortable to the Starter.

- [2] A swimmer who fails to appear at the starting block for the initial start of the race shall:
 - a. be permitted to swim if there is no false start.
 - b. be charged with one false start.
 - c. not be permitted to swim (disqualified).

- [3] The series of short whistles from the referee indicates to the swimmers to step up on the block.
 - a. True.
 - b. False.

- [4] In the backstroke and Medley Relay events the second long whistle signals the swimmers to return without undue delay to the starting position.
 - a. True.
 - b. False.

- [5] The referee shall signal with an outstretched arm to the starter that the swimmers are under the Starter's control.
 - a. True.
 - b. False.

- [6] The Starter may give the following optional commands:
 - a. announce the event.
 - b. advise the heat when a swimmer will be attempting to achieve a time at an initial distance.
 - c. for backstroke events give the command, "Place your feet."
 - d. all of the above.

- [7] When the starting signal is given in a forward start the swimmer must have:
 - a. at least one foot at the front of the block.
 - b. at least one foot in the middle of the block.
 - c. both feet at the front of the block.

- [8] In the forward start the swimmer may grab:
 - a. the forward edge of the starting block.
 - b. the sides of the starting block.
 - c. no part of the starting block.
 - d. any of the above.

- [9] If a swimmer does not respond promptly to the command "take your mark", the Starter shall:
 - a. give the starting signal.
 - b. wait until that swimmer assumes a start position.
 - c. instruct the swimmers to "Stand Up".

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- [10] Before the starting signal is given, the Starter, with the concurrence of the Referee, may disqualify a swimmer who delays the start by deliberately entering the water.
- True.
 - False.
- [11] Swimmers may not step off the block in response to a "stand up" command by the Starter.
- True.
 - False.
- [12] If the recall signal is activated inadvertently a swimmer shall be disqualified for a false start when the Referee, or his designated Assistant Referee, and the Starter confirm the violation.
- True.
 - False.
- [13] After an initial start has been recalled, a swimmer who missed the first start may be allowed to swim.
- True.
 - False.
- [14] If the starting signal is sounded before the disqualification is declared a swimmer shall be disqualified for a false start at the completion of the race.
- True.
 - False.
- [15] A device to recall swimmers shall be provided.
- True.
 - False.
- [16] If a recall rope is used, it shall be placed at the midpoint of the pool in:
- 25 yard pools.
 - 50 meter pools.
 - all pools.
- [17] For backstroke starts, the swimmer may grip any part of the starting block with his/her hands:
- in any USA Swimming competition.
 - in National Championship meets only.
 - in meets other than National Championships.
 - none of the above.
- [18] For all backstroke starts, the swimmer must have:
- one foot below the water surface.
 - both feet, including toes, below the water surface.
 - some part of both feet in the water.
- [19] If a swimmer elects to swim backstroke in a freestyle event he/she must:
- do a backstroke start in the water.
 - do a forward start from the block or platform.
 - do a forward start in the water.
 - none of the above.
- [20] The Starter or a designee gives a warning signal over the lead swimmer's lane two lengths and five yards/meters before the finish of all events 500 yards or longer except:
- the 1650 yard/1500 meter and relays.
 - relays.
 - the 500 yard/400 meter freestyle.
 - all of the above.

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STARTING SWIMMERS WITH DISABILITIES

- [21] It is permissible for a Blind, Disabled or Mentally Impaired swimmer to assume a starting position on the deck or in the water.
- True.
 - False.
- [22] The starting rules may be modified by the Starter to adapt them for the swimmer with a disability.
- True.
 - False.
- [23] The proper hand signal to indicate "Take your mark" to a deaf or hearing impaired swimmer is:
- raise your hand directly overhead.
 - move arm from a position directly overhead to shoulder level.
 - move arm from shoulder level down to the side of the body.
 - with your hand directly overhead, rotate the arm in a tight circular motion.
- [24] Swimmers with physical disabilities:
- may take longer to assume their starting position.
 - must assume exactly the same starting position as swimmers without disabilities.
 - may not be assisted if they start in the water.
- [25] When there is a deaf or hard of hearing swimmer in a heat the Starter shall:
- do nothing different.
 - advise the field that there is a deaf or hard of hearing swimmer in the heat.
 - advise the swimmers of the location of the strobe.