

NAME(S): _____

CLUB: _____ DATE: _____ EMAIL: _____

GRAL 2010 COACHES TEST

Please record test answer and rule book reference below (please note that more than one rule may apply).

BREASTSTROKE

- b 101.2.2 1. After the start and after each turn when the swimmer leaves the wall, the body shall be:
- a. past vertical towards the breast.
 - b. on the breast.
 - c. in any position.
2. All movements of the arms shall be simultaneous in a same horizontal plane without alternating movement.
- a. True.
 - b. False.
3. In a breaststroke turn, a swimmer touches with his left hand and then touches immediately with his right hand. The S& T judge raises their hand signaling a DQ. The Coach protests the call with the Referee that the turn is legal since both hands were on the wall at the same time. The DQ stands.
- a. True
 - b. False
4. The feet during the propulsive part of the stroke must be turned inwards.
- a. True
 - b. False
5. After the start and each turn the swimmer is permitted:
- a. a single downward butterfly kick prior to the initial arm pull back to the legs.
 - b. a single butterfly kick , must be followed by a breaststroke kick, is permitted during or at the completion of the first arm pull.
 - c. on or under the surface of the water, a single butterfly kick, followed by a complete breaststroke cycle.
 - d. a single butterfly kick after the initial arm pull that doesn't follow with a breaststroke kick prior to completing the first cycle.
6. If the hands recover over the water, the following part of the body must be under the water, with the exception for the final stroke before the turn and at the finish:
- a. the arms.
 - b. the elbows.
 - c. the shoulders.

BUTTERFLY

7. After the start and after each turn, before coming to the surface, the swimmer is permitted:
- a. one or more kicks and two arm pulls.
 - b. one kick, one arm pull and one recovery.
 - c. one or more kicks and one arm pull.
 - d. one kick and one arm pull.

- _____ 8. During the arm recovery:
- a. there must be air between the hands and the water.
 - b. both arms must be brought forward simultaneously over the water.
 - c. the hands must be brought forward from the breast.
 - d. none of the above.
- _____ 9. A swimmer in the 100 meter butterfly takes a simultaneous two-arm pull, kicks several times with their arms at their sides, brings both arms simultaneously forward over the water, keeps their arms stretched out front of them for several kicks and then does another simultaneous two-arm pull. H/she repeat this process throughout the swim. This is not a legal butterfly.
- a. True.
 - b. False.
- _____ 10. During the kick only the legs must be simultaneous.
- a. True.
 - b. False.

BACKSTROKE

- _____ 11. When finishing, the swimmer:
- a. may be submerged at the touch.
 - b. must touch the wall on the back.
 - c. may turn past the vertical towards the breast after passing the backstroke flags.
 - d. both "a" and "c".
- _____ 12. In a 50 yard backstroke, a swimmer stands up in the middle of the race. He does not walk or spring off of the bottom of the pool, and resumes swimming on his back. This should not be a DQ:
- a. True.
 - b. False.
- _____ 13. After turning past the vertical towards the breast to make a turn, a swimmer somersaults and fails to touch the wall with part of his/her body but returns to the back and resumes swimming the backstroke properly, the swimmer:
- a. a. may swim back to the wall and touch without being disqualified.
 - b. is disqualified.
 - c. may scull backwards until the feet touch the wall and is not disqualified.
- _____ 14. A swimmer approaches the turn and the swimmer moves past vertical towards the breast to make a flip turn, but finds himself in contact with the wall. Without doing a flip turn, the swimmers leaves the wall on his back. This is a legal turn:
- a. True.
 - b. False.
- _____ 15. During the turn, if the shoulders turn past vertical, the swimmer:
- a. may glide to get into position prior to initiating an arm pull.
 - b. must be past the backstroke flags.
 - c. must make any kick or a single or double arm pull in a continuous motion.
 - d. may complete a single or double arm pull and then kick to the wall.
- _____ 16. For all backstroke starts, the swimmer cannot have both feet on the gutter with the Toes curled over the lip of the gutter.
- a. True.
 - b. False.

- _____ 17. A swimmer five years old is swimming the backstroke and right before the final touch flips past the vertical towards the breast and touches the wall. This swimmer is:
- a. Not disqualified because he is only 5 years old, and the rules do not apply to someone that young.
 - b. Not disqualified because he is just too young and too cute.
 - c. Disqualified because all rules apply for everyone, regardless of age or of sex.

FREESTYLE

- _____ 18. If a swimmer missed the touch on a turn and before touching the opposite end of the pool, swims back to the wall and touches, he or she is disqualified.
- a. True.
 - b. False.
- _____ 19. A swimmer believes he has finished a 100-yard freestyle after 50-yards and walks a few steps from the wall. Then realizes he is not finished the required length, pushes off and completes the required distance, he is not disqualified.
- a. True.
 - b. False.

IM

- _____ 20. When changing from one stroke to another in the IM, the swimmer's turns shall conform to the:
- a. Freestyle rules.
 - b. Finish rule for the stroke just completed.
 - c. turn rules for the stroke just completed.

RELAYS

- _____ 21. In the last leg of the medley relay a swimmer may swim:
- a. the elementary backstroke.
 - b. any stroke(s) the swimmer chooses.
 - c. any stroke other than breaststroke, backstroke and butterfly.
 - d. a and d are correct.
- _____ GRAL 22. Advance Relays are limited to advance and/or novice swimmers and may be comprised of single sex relays and/or mixed sex relay teams. Senior Varsity relays may comprise of JV, V and/or SV swimmer. SV relays are too comprised with any combination of swimmers, as long as both sexes are represented.
- a. True.
 - b. False.
- _____ GRAL 23. It is the responsibility of the Table Workers or other qualified volunteers to verify the relay classifications for their teams.
- a. True.
 - b. False.
- _____ GRAL 24. Coaches can change relay classifications and add swimmers at any time.
- a. True.
 - b. False.
- _____ 25. At the start of the 100 yard Mite Relay, the swimmer at the starting end leaves the block on the buzzer/whistle and at the same time the swimmer of the second leg of the relay leaves the wall. This is a:
- a. False start because the swimmer of the second leg of the relay left too early.
 - b. This relay is disqualification.

MISC. Rules/ GRAL:

- _____ 26. In a legal forward start from within the water, it is permissible to:
- have only the feet touching the wall.
 - have one hand and one foot touching the wall.
 - have at least one hand touching the wall or starting platform.
- _____ 27. In pools with water depths less than 3 feet at the starting end, the swimmer must start from within the water.
- True.
 - False.
- _____ GRAL 28. If a swimmer arrives late to the clerk of the course and heat 1 of the event is in the water, the swimmer may not compete.
- True.
 - False.
- _____ 29. It is permissible for a swimmer to assume a starting position on the deck or in the Water.
- True.
 - False.
- _____ GRAL 30. The proper way to dispute a disqualification is:
- Go to the S&T Judge, argue the disqualification, then when h/she do not change it in your swimmers favor, go to the Parent Rep., then the Referee.
 - Once you see an S&T Judge raise his/her hand signaling a disqualification, politely ask the S&T judge what lane it was in and what the disqualification was. Then try and locate the DQ card, first with the Referee, then at the Table workers station or with the Referee. Discuss the disqualification and your concerns with the Referee. Once the Referee makes his/her ruling on the disqualification, then loudly complain to your team's Parent Rep. and the parents of your team complaining of the unfairness of the officials.
 - Once you see an S&T Judge raise their hand signaling a disqualification, politely ask the S&T judge what lane it was in and what the disqualification was. Then try and locate the DQ card, first with the Referee, then at the Table workers station or with the Referee. Politely discuss the disqualification and your concerns with the Referee. Once the Referee makes their ruling on the disqualification it is final, quietly resume to your Coaching duties. If you are still concerned go to your Parent Rep. and privately discuss the matter, where at that time he/she will take over.
- _____ 31. The swimmer or the swimmer's Coach is responsible for notifying the Referee prior to the beginning of the meet of any disability of the swimmer and of the requested modification.
- True
 - False.
- _____ 32. When teaching racing starts; the minimum water depth in any setting from any height starting blocks or the deck of the pool shall be 6 feet measured for a distance of 3 feet 3 ½ (1meter) to 16 feet 5 inches (5.0 meters) from the end of the wall.
- True.
 - False.

Test should be completed prior to the first meet and should be delivered to the President of GRAL (Robin Loving) via president@gralva.com , or to 8076 Pebblepath Parkway, Mechanicsville, Va. 23111.