



- \_\_\_\_\_      \_\_\_\_\_ 7. During the arm recovery:
- a. there must be air between the hands and the water.
  - b. both hands must be brought forward simultaneously over the water.
  - c. the hands must be brought forward from the breast.
  - d. none of the above.
- \_\_\_\_\_      \_\_\_\_\_ 8. A swimmer in the 100 yard butterfly takes a simultaneous two-arm pull, kicks several times with her arms at her sides, brings both arms simultaneously forward over the water, keeps her arms stretched out in front of her for several kicks and then does another simultaneous two-arm pull. She repeats this process throughout the swim. This is a legal butterfly.
- a. True
  - b. False
- \_\_\_\_\_      \_\_\_\_\_ 9. A swimmer in your jurisdiction has his right leg above his left, but all leg movements are simultaneous. On his return length back into your jurisdiction, his left leg is above his right, but all leg movements are again simultaneous. This is a DQ for an alternating kick.
- a. True
  - b. False

## **BACKSTROKE**

- \_\_\_\_\_      \_\_\_\_\_ 10. When finishing, the swimmer:
- a. must touch the wall while on the back.
  - b. may turn past vertical to the breast after passing the backstroke flags and prior to the touch.
  - c. may be submerged at the touch.
  - d. both "a" and "c."
- \_\_\_\_\_      \_\_\_\_\_ 11. During the backstroke, a butterfly or dolphin kick may:
- a. never be used.
  - b. be used at any time in the race.
  - c. be used only after the start and after each turn.
- \_\_\_\_\_      \_\_\_\_\_ 12. 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:
- a. may swim back to the wall and touch without being disqualified.
  - b. may scull backwards until the feet touch the wall and is not disqualified.
  - c. is disqualified.
- \_\_\_\_\_      \_\_\_\_\_ 13. During the 50-yard backstroke, a swimmer approaches the turn. When the swimmer moves past vertical towards the breast to make a flip turn, he finds himself in contact with the wall. Without doing a flip turn, the swimmer leaves the wall on his back. This is a legal turn.
- a. True
  - b. False

- \_\_\_\_\_ 14. 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. may complete the arm pull and then kick independently to initiate the turning action.
  - c. must be past the backstroke flags.
  - d. must make any kick or arm pull part of a continuous turning action.
- \_\_\_\_\_ 15. the turn and finish, the swimmer must touch the wall with his hand.
- a. true.
  - b. false.

### **FREESTYLE**

- \_\_\_\_\_ 16. A swimmer believes he has finished a 100-yard freestyle after 50 yards and walks a few steps from the wall. He is advised to swim 2 more lengths. He walks back to the wall, pushes off and completes the required distance. The swimmer should be DQ'd.
- a. true.
  - b. false.
- \_\_\_\_\_ 17. 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:.
- a. disqualified.
  - b. legal.
  - c. disqualified if he or she swims past the backstroke flags.
- \_\_\_\_\_ 18. If a swimmer elects to swim the butterfly in an individual freestyle event, he or she:
- a. may alter the stroke at any time during the race.
  - b. must do so for the entire length of the race.
  - c. must do so for one complete length of the pool.

### **INDIVIDUAL MEDLAY**

- \_\_\_\_\_ 19. 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.
- \_\_\_\_\_ 20. The order for I.M. Is backstroke, butterfly, breaststroke, freestyle.
- a. true.
  - b. false.

**RELAY EVENTS**

- \_\_\_\_\_ 21. In the freestyle leg of a 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.
- \_\_\_\_\_ 22. The medley relay is swum in the following order:  
a. backstroke, butterfly, breaststroke, freestyle.  
b. butterfly, backstroke, breaststroke, freestyle.  
c. backstroke, breaststroke, butterfly, freestyle.
- \_\_\_\_\_ 23. The proper way to judge a relay take-off is to confirm that the swimmer on the block has left the block, then shift your focus down to the arriving swimmer to see if he has touched the wall.  
a. true.  
b. false.

**GENERAL**

- \_\_\_\_\_ 24. 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.
- \_\_\_\_\_ 25. Toward the end of an 8&Under 25-yard freestyle, a swimmer grabs the lane line to rest and, in the process, pushes backwards (no forward momentum) toward the start end before resuming and completing the distance. This should be a DQ.  
a. true.  
b. false.
- \_\_\_\_\_ 26. In relay races a swimmer other than the first swimmer shall not start until his/her team-mate has concluded his/her leg..  
a. true.  
b. false.
- \_\_\_\_\_ 28. A disqualification can be made by any stroke and turn judge at any time.  
a. true.  
b. false.

When you observe a violation by a swimmer in your jurisdiction. Please list the correct actions (in order) that you should take:

27. \_\_\_\_\_
28. \_\_\_\_\_
29. \_\_\_\_\_
30. \_\_\_\_\_
31. \_\_\_\_\_