

**Question
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Question / Answers

Test Section: Rules&Regs:101.2-Breaststroke

In the breaststroke: When is the swimmer permitted to bring the hands back beyond the hipline in the stroke? 380.5

- ☐ A. When the athlete is ten and under and given permission to do so.
- ☐ B. During the first stroke after the start and each turn.
- ☐ C. Just before each turn and finish.
- ☐ D. Anytime during the stroke cycle.

In the breaststroke: After the start and after each turn, a swimmer uses a single downward butterfly kick followed by a breaststroke kick during or at the completion of the first arm pull. Should the swimmer be disqualified? 382.11

- ☐ A. Yes. The swimmer should take one breaststroke kick before taking the downward butterfly kick.
- ☐ B. Yes. The swimmer should take the downward butterfly kick before starting the pull.
- ☐ C. No. The swimmer is in accordance with the rules.

In the breaststroke: How shall the hands be pushed forward together from the breast? 378.4

- ☐ A. They shall be under the water.
- ☐ B. They shall be on or under the water.
- ☐ C. They may be on, under, or over the water.
- ☐ D. They shall be on the surface of the water.

After the head surfaces following the start and each turn, what characteristics shall a legal kick have in the breaststroke? 387.6

- ☐ A. The feet may break the surface of the water unless followed by a downward butterfly kick.
- ☐ B. The feet must be turned outward during the propulsive part of the kick.
- ☐ C. All movements of the legs shall be simultaneous, and in the same horizontal plane without alternating movement.
- ☐ D. All of the above.

In the breaststroke: At each turn and the finish, what is required to make a legal touch or finish? 384.7

- ☐ A. The touch shall be made simultaneously with both hands at the water level.
- ☐ B. The touch shall be made simultaneously with both hands. The shoulders must be parallel to the water level.
- ☐ C. The touch shall be made with both hands simultaneously at, above or below the water level.
- ☐ D. The touch shall be made simultaneously with both hands below the water level.

Test Section: Rules&Regs:101.3-Butterfly

In the butterfly: After the start and each turn and before coming to the surface of the water, how many kicks and pulls is the swimmer permitted? 389.4

- ☐ A. One or more leg kicks, but only one arm pull under water, which must bring the swimmer to the surface.
- ☐ B. One or more kicks, one arm pull and one recovery.
- ☐ C. One kick, one arm pull, and one recovery.
- ☐ D. One kick and one arm pull.

During the recovery phase of the butterfly, which part of the body must be brought forward simultaneously over the water, without any alternating motion? 391.4

- ☐ A. The hands.
- ☐ B. The arms.
- ☐ C. The elbows.
- ☐ D. The shoulders.

In the butterfly: What do the rules say about the position of the feet during the kick? 392.4

- ☐ A. Shall not perform a scissors or breaststroke kicking movement.
- ☐ B. Shall not alternate in relation to each other.
- ☐ C. Need not be on the same level.
- ☐ D. All of the above.

In the butterfly: At each turn and at the finish, what is required to make a legal touch? 393.6

- ☐ A. The swimmer shall touch the wall simultaneously with both hands when the shoulders are parallel to the water's surface.
- ☐ B. The swimmer shall touch the wall with both hands simultaneously at, above or below the water surface.
- ☐ C. The swimmer shall touch the wall simultaneously with both hands above the water's surface.
- ☐ D. The swimmer shall touch the wall simultaneously with both hands below the water surface.

Test Section: Rules&Regs:101.4-Backstroke

<p>In the backstroke, after a legal start, a swimmer stands in or on the gutter, or bends her or his toes over the lip of the gutter, should the swimmer be disqualified?</p> <p>___ A. If the Turn Judge raises their hand after having received jurisdiction assignments before the start of the meet from the Meet Referee.</p> <p>___ B. If the Starter makes the disqualification.</p> <p>___ C. If the Referee and the Judge both saw the infraction.</p> <p>___ D. If the place Judge observes the infraction and raises their hand.</p>	396.10
<p>In the backstroke, when can the butterfly kick be used?</p> <p>___ A. It may be used at anytime during the race.</p> <p>___ B. It may never be used.</p> <p>___ C. It may be used only after the start and after each turn.</p> <p>___ D. None of the above.</p>	397.6
<p>In the backstroke: During a turn, after the shoulders have turned past vertical toward the breast, how many pulls does the swimmer legally have as part of the turn?</p> <p>___ A. The swimmer may take multiple arm pulls and kick in any manner to initiate the turn.</p> <p>___ B. A continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn.</p> <p>___ C. The swimmer must use a freestyle flip turn to initiate the continuous turning action, therefore he can not take two arm pulls after leaving his back.</p> <p>___ D. The swimmer may take two additional arm pulls to initiate the turn.</p>	399.7
<p>In the backstroke: After turning past vertical towards the breast to make a turn, a swimmer completes the turn but fails to touch the wall with any part of the body. The swimmer will be disqualified for which infraction?</p> <p>___ A. The swimmer shall be disqualified for non-continuous turning motion at the turn.</p> <p>___ B. The swimmer shall be disqualified because after turning past vertical towards the back, the swimmer was submerged past the 15 meter mark measured from the turn end of the pool.</p> <p>___ C. The swimmer shall be disqualified for failure to touch the wall at the turn.</p> <p>___ D. All of the above.</p>	398.9
<p>In the backstroke: After executing a turn, at what point must the swimmer's shoulders be at or past vertical toward the back to continue a legal swim?</p> <p>___ A. Before the first arm stroke.</p> <p>___ B. Upon leaving the wall.</p> <p>___ C. No later than the first arm stroke, but before the 15 meter mark.</p> <p>___ D. None of the above.</p>	402.7
<p>In the backstroke: During the turn, if the shoulders turn past vertical to the breast, what do the rules permit the swimmer to do to complete a legal turn?</p> <p>___ A. The swimmer may complete the arm pull and then glide prior to initiating the body's turning action.</p> <p>___ B. The swimmer may use a continuous single arm pull or continuous simultaneous double arm pull to initiate the turn.</p> <p>___ C. The swimmer may glide to get into position prior to initiating an arm pull.</p> <p>___ D. None of the above.</p>	400.14

Test Section: Rules&Regs:101.5-Freestyle

In an individual freestyle event, what stroke(s) may the swimmer use? 405.5

- ☐ A. Any style or stroke other than breaststroke, butterfly or backstroke.
- ☐ B. Any style or stroke(s) the swimmer chooses.
- ☐ C. The crawl stroke only.

How do we judge a swimmer who elects to swim the butterfly or any other stroke during a freestyle event? 404.9

- ☐ A. We will report a disqualification for the swimmer if the swimmer fails to swim complete lengths of the pool in a single stroke.
- ☐ B. We apply the rules for the freestyle event.
- ☐ C. We apply the rules for the stroke swum during the event. In this case, we would judge the swimmer according to the butterfly rules.
- ☐ D. None of the above.

In the freestyle, 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, will the swimmer be disqualified? 441.6

- ☐ A. The swimmer will be disqualified.
- ☐ B. The swimmer will be disqualified only if he swims past the mid-pool line before returning to the previous wall for the touch.
- ☐ C. The swimmer will not be disqualified.
- ☐ D. The swimmer will be disqualified only if he swims past the backstroke flags before returning to the previous wall for the touch.

Test Section: Rules&Regs:101.6-Individual Medley

What is the required order for the strokes swum in the individual medley? 409.4

- ☐ A. First one-fourth, breaststroke; second one-fourth, backstroke; third one-fourth, butterfly; and the last one-fourth, freestyle.
- ☐ B. First one-fourth, breaststroke; second one-fourth, butterfly; third one-fourth, backstroke; and the last one-fourth, freestyle.
- ☐ C. First one-fourth, butterfly; second one-fourth, backstroke; third one-fourth, breaststroke; and the last one-fourth, freestyle.
- ☐ D. First one-fourth, backstroke; second one-fourth, butterfly; third one-fourth, breaststroke; and the last one-fourth, freestyle.

In the individual medley, which transition rules need to be followed when turning from the butterfly to the backstroke? 411.5

- ☐ A. Be at or past vertical toward the back when the swimmer leaves the wall.
- ☐ B. The swimmer must touch the wall simultaneously with both hands at, above, or below the water's surface.
- ☐ C. The swimmer must be on his breast when he touches the wall at the end of the butterfly.
- ☐ D. All of the above.

In the individual medley, which transition rules need to be followed when turning from the backstroke to the breaststroke? 412.12

- ☐ A. Be at or past the vertical towards the breast when leaving the wall.
- ☐ B. Be on the back at the finish of the backstroke leg.
- ☐ C. The prescribed breaststroke form must be attained prior to the first arm stroke.
- ☐ D. All of the above.

In the individual medley: In what style or strokes shall the last one-fourth of the individual medley be swum? 414.7

- ☐ A. The crawl stroke only.
- ☐ B. Any style or stroke(s) other than breaststroke, butterfly or backstroke.
- ☐ C. Any stroke(s) the swimmer chooses.

Test Section: Rules&Regs:101.7-Relays

In the freestyle relay what strokes may each swimmer use for his portion of the swim?	416.4
<input type="checkbox"/> A. Any stroke other than breaststroke, backstroke, butterfly.	
<input type="checkbox"/> B. Any stroke(s) the swimmer chooses.	
<input type="checkbox"/> C. The crawl stroke only.	
What is the order of the swims in the medley relay?	415.4
<input type="checkbox"/> A. Butterfly, backstroke, breaststroke, freestyle.	
<input type="checkbox"/> B. Backstroke, butterfly, breaststroke, freestyle	
<input type="checkbox"/> C. Backstroke, breaststroke, butterfly, freestyle.	
What duties may the Referee assign to the Relay Take-Off Judges?	424.10
<input type="checkbox"/> A. Stand so they can clearly see both the touch of the incoming swimmer(s) and the feet of the departing swimmer(s) as they leave the starting platform.	
<input type="checkbox"/> B. Judge whether the swimmer is in contact with the platform when the incoming swimmer touches the end of the pool.	
<input type="checkbox"/> C. Independently report infractions in writing without the use of the infraction hand signal when doing dual relay take-off judging.	
<input type="checkbox"/> D. All of the above.	