



2010 Certification

# Colonial Swimming League Official Certification

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Team: \_\_\_\_\_ Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Certification (Please Select): First Time \_\_\_\_\_ or Recertification \_\_\_\_\_

Position Seeking Certification: Stroke and Turn Starter Referee (Circle or Select one)

Certification criteria (complete and submit **not later than July 20, 2010**):

- (1) Instruction at a CSL-sanctioned clinic for the position desired
- (2) Successful completion of written open-book examination
- (3) Work three meets under direction of and to satisfaction of a certified CSL Referee (first time certification for each position)

I CERTIFY THAT I HAVE FULFILLED THE ABOVE REQUIREMENTS AND WISH TO BE CERTIFIED AS AN OFFICIAL (AS IDENTIFIED ABOVE) OF THE COLONIAL SWIMMING LEAGUE.

I PLEDGE TO CONDUCT MYSELF AS A PROFESSIONAL; TO KEEP ABREAST OF THE LATEST RULES; TO ENFORCE THE RULES FAIRLY AND IMPARTIALLY; TO REMEMBER THAT THE RULES ARE FOR THE PROTECTION OF THE SWIMMERS; AND TO MAINTAIN AN ATTITUDE OF TRUE SPORTSMANSHIP.

\_\_\_\_\_  
Applicant's signature

Clinic Date: \_\_\_\_\_ Location: \_\_\_\_\_ Test passed: \_\_\_\_\_

If first time certification, have Referee initial satisfactory completion of 3 training meet sessions:

Date	Meet	Referee
_____	_____	_____
_____	_____	_____
_____	_____	_____

Send this completed form and your test to:

Gordon Smith  
 6110 Kings Color Drive  
 Fairfax, VA 33020  
[GordonDSmith@verizon.net](mailto:GordonDSmith@verizon.net)  
 703.322.0246

**This section (Stroke and Turn) is required to be completed for ALL positions (Stroke and Turn, Starter, and Referee).**

### **FREESTYLE**

1. In an individual freestyle event, the swimmer may use:
  - a. the overhand crawl stroke only
  - b. any style or stroke(s) other than breaststroke, butterfly or backstroke
  - c. any style or stroke(s) the swimmer chooses
2. At the turns and finish, a legal touch may be made:
  - a. with hands or forearms only
  - b. with any part of the body
  - c. with the foremost hand only
3. If a swimmer elects to swim breaststroke in an individual freestyle event:
  - a. his/her head must break the surface during each stroke cycle
  - b. the arms must move simultaneously in the same horizontal plane
  - c. he/she must touch with both hands at the finish
  - d. all of the above
  - e. none of the above
4. 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?
  - a. The swimmer will be disqualified.
  - b. The swimmer will be disqualified only if he swims past the backstroke flags before returning to the previous wall to the touch.
  - c. The swimmer will not be disqualified.
  - d. The swimmer will be disqualified only if he swims past the mid-pool line before returning to the previous wall for the touch.
5. A swimmer in a freestyle event may stop, rest, then continue swimming provided he/she does not walk or push off the pool bottom.
  - a. True
  - b. False
6. 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:
  - a. in all cases
  - b. never
  - c. if he or she swims past the backstroke flags before returning to touch

### **BACKSTROKE**

7. At the turns and the finish, a legal touch may be made:
  - a. only with the hand(s)
  - b. with any part of the swimmer's body
  - c. only with the head, shoulder, or foremost hand or arm
8. A butterfly or dolphin kick may be used:
  - a. never
  - b. only after the start and after each turn
  - c. at any time during the race
  - d. only at the finish
9. After the start and each turn, the swimmer is permitted to be completely submerged for a distance of not more than:
  - a. 15 feet
  - b. 15 meters
  - c. 15 yards
  - d. the distance to the backstroke flags

10. During the turn, if the shoulders turn past vertical toward the breast before touching the wall, 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 get into proper somersault position
  - c. must be past the backstroke flags
  - d. shall not delay initiating the arm pull or delay initiating the turning action
11. In the backstroke, when can the butterfly kick be used?
  - a. It may never be used.
  - b. It may be used at anytime during the race.
  - c. It may be used only after the start and after each turn.
  - d. None of the above.
12. In the backstroke, during a turn, after the shoulders have turned past vertical toward the breast, how many arm pulls does the swimmer legally have as part of the turn?
  - a. The swimmer may take multiple arm pulls and kick in any manner to initiate the turn.
  - b. A continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn.
  - c. The swimmer may take two additional arm pulls to initiate the turn
  - d. 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.

### BREASTSTROKE

13. The position of the swimmer's shoulders must be kept parallel to the water surface at all times:
  - a. True
  - b. False
14. After each turn, the swimmer must be past vertical toward the breast when the feet leave the wall. He/she may make the first arm stroke with arms at a 45-degree angle to the water surface provided that subsequent strokes are in a horizontal plane.
  - a. True
  - b. False
15. Some part of the of the swimmer's head must break the water surface:
  - a. after one arm stroke or one kick
  - b. at least once after each arm stroke and one or more kicks
  - c. at least once during each complete cycle of one pull and one kick, in that order
  - d. by the 15 meter mark
16. 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?
  - 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.
17. The hands may be brought back beyond the hipline:
  - a. just before each turn and finish
  - b. at anytime, as long as the pull-kick cycle is maintained
  - c. never
  - d. only during the first stroke after the start and each turn
18. At each turn and finish, the hands must touch simultaneously:
  - a. under the water surface only
  - b. at or under the water surface only
  - c. at, above or below the water surface
  - d. with both hands together and parallel to the water surface
  - e. in clear view of the official

**BUTTERFLY**

19. From the beginning of the first arm pull, the position of the body shall be:
  - a. in a streamlined position
  - b. on the breast
  - c. shoulders past vertical towards the breast, with head breaking the surface
20. After the start and each turn, before coming to the surface, the swimmer is permitted:
  - a. one or more kicks, but only one arm pull
  - b. one kick, one arm pull and one recovery
  - c. one or more kicks, one arm pull, and one recovery
21. At the finish, a legal touch must be made:
  - a. with either hand
  - b. with both hands simultaneously, while body is on the breast
  - c. with both hands touching no more than  $\frac{1}{2}$  second apart
  - d. with any part of the swimmer's body
22. The position of the feet:
  - a. must be in the same horizontal plane
  - b. must not alternate in relation to each other
  - c. must not be separated
  - d. all of the above
23. During the arm recovery:
  - a. the hands must be brought forward from the breast at, above, or below the water surface
  - b. both arms must be brought forward simultaneously over the water
  - c. there must be air visible between the elbow and the water
  - d. none of the above
24. What do the rules say about the position of the feet during the kick?
  - a. Shall not alternate in relation to each other
  - b. Need not be on the same level
  - c. Shall not perform a scissors or breaststroke kicking movement
  - d. All of the above

**INDIVIDUAL MEDLEY**

25. The individual medley is swum in the following order:
  - a. backstroke, butterfly, breaststroke, freestyle
  - b. butterfly, backstroke, breaststroke, freestyle
  - c. backstroke, breaststroke, butterfly, freestyle
  - d. breaststroke, backstroke, butterfly, freestyle
26. Which transition rules need to be followed when turning from the butterfly to the backstroke?
  - 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.
27. In the freestyle leg, a swimmer may use:
  - a. the crawl stroke only
  - b. any stroke(s) other than breaststroke, butterfly, or backstroke
  - c. any stroke(s) the swimmer chooses
28. When turning from backstroke to breaststroke:
  - a. the swimmer must attain the required breaststroke form before the first arm pull
  - b. the swimmer's shoulders must be at or past vertical toward the breast when the swimmer leaves the wall
  - c. the swimmer must remain on the back until touching the wall
  - d. all of the above

29. When changing from one stroke to another in the I.M., the swimmer's turns shall conform to:
- the finish rules for the stroke leg just completed
  - the turn rules for the stroke just completed
  - the turn rules for the next stroke to be swum
  - freestyle rules

### RELAY EVENTS

30. The medley relay is swum in the following order:
- backstroke, breaststroke, butterfly, freestyle
  - backstroke, butterfly, breaststroke, freestyle
  - butterfly, backstroke, breaststroke, freestyle
31. In the freestyle leg of the medley relay, a swimmer may use:
- the crawl stroke only
  - any stroke(s) other than breaststroke, butterfly, or backstroke
  - any stroke(s) the swimmer chooses
32. In the freestyle relay, each swimmer may use:
- the crawl stroke only
  - any stroke(s) other than breaststroke, butterfly, or backstroke
  - any stroke(s) the swimmer chooses
33. If a team has only 3 swimmers for a relay, the first swimmer may also swim the fourth leg, provided he/she exits the pool promptly following the first leg and conforms to the stroke requirements for each leg.
- True
  - False

### GENERAL

34. If a Stroke & Turn Judge fails to raise a hand overhead with open palm immediately upon observing an infraction in an individual event, there shall be no disqualification.
- True
  - False
35. Grasping a lane line to assist forward motion is permitted:
- in freestyle events
  - never
  - if a swimmer swallows water
  - only in developmental meets
36. For judging swimmers with physical disabilities, a Stroke & Turn Judge should:
- judge, in accordance with the rules, any part of the body that is used
  - not judge a part of the body that cannot be used
  - base judgement on actual rule, not the swimmer's technique
  - all of the above
37. A swimmer who swallows water or whose goggles come off, may stop and stand on the bottom to get his/her breath or adjust goggles:
- never
  - in any freestyle event
  - in any event swum "on the breast"
  - only in developmental meets
38. Which of the following is considered legal?
- The swimmer assigned to Lane 3 starts in Lane 4 and finishes the race in Lane 3.
  - The swimmer assigned to Lane 3 starts in Lane 3 and finishes the race in Lane 4.
  - The swimmer assigned to Lane 3 starts and finishes the race in Lane 4.
  - None of the above.

**This section (Starter) is required to be completed for the Starter and Referee positions.**

1. The Starter shall take a position within:
  - a. 5 feet of the starting end of the pool
  - b. 15 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. The Referee should signal the swimmers that she is turning control of the heat over to the Starter by:
  - a. blowing a series of 4-5 short whistle chirps
  - b. raising a hand directly overhead and waiting for quiet
  - c. blowing a long whistle blast then extending a hand toward the Starter
  - d. none of the above
  
3. 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.
  - a. True
  - b. False
  
4. If a swimmer does not respond promptly to the command "take your mark", the Starter shall:
  - a. wait until that swimmer assumes a start position
  - b. repeat "take your mark" until the swimmer gets it
  - c. release the field by instructing the swimmers to "stand up"
  - d. give the starting signal
  
5. The Starter may charge a swimmer with a false start without concurrence of the Referee.
  - a. True
  - b. False
  
6. The starting rules may be modified to adapt them for a handicapped swimmer by the:
  - a. Starter
  - b. Referee
  - c. Clerk of Course
  - d. Team Rep
  
7. When the starting signal is given in a forward start, the swimmers must have:
  - a. both feet the same distance back from the front of the deck edge
  - b. at least one foot at the front of the deck edge
  - c. both feet at the front of the deck edge
  
8. In a backstroke start, a swimmer may grasp the legs of a teammate standing over his lane provided that the teammate:
  - a. is older and bigger than the swimmer
  - b. does not extend any part of his foot or leg past the deck edge
  - c. forms a "human chain" with other teammates to reinforce himself
  - d. all of the above
  
9. If a swimmer enters the water in response to a "stand up" command by the Starter, the swimmer:
  - a. is automatically disqualified
  - b. may be relieved by the Starter
  - c. should always be relieved to be consistent
  
10. In a backstroke start, the swimmer must:
  - a. have both hands in contact with the wall, edge of deck, or teammate's legs
  - b. face the starting end
  - c. not curl toes over the gutter lip or edge
  - d. all of the above
  
11. In the forward start the swimmer may:
  - a. grab the forward edge of the pool deck
  - b. extend arms over the front edge of the pool deck
  - c. either (a) or (b)

- d. none of the above
12. A swimmer, upon finishing the race, may be disqualified by the Starter for an incorrect starting position.
- a. True
  - b. False
13. After an initial start has been recalled, a swimmer who missed the first start but reports before the restart may be allowed to swim.
- a. True
  - b. False
14. The proper hand signal to indicate "take your mark" to a deaf or hearing impaired swimmer is:
- a. raise your hand directly overhead
  - b. move arm from shoulder level down to the side of the body
  - c. move arm from a position directly overhead to shoulder level extending toward the strobe
  - d. with your hand directly overhead, rotate the arm in a tight circular motion
15. The Starter is required to notify the swimmers:
- a. of the number of lanes swimming for a record
  - b. of the distance and the event/stroke
  - c. all of the above
  - d. where awards will be presented

**This section (Referee) is required to be completed ONLY for the Referee position.**

1. If a swimmer swims into another lane and then back into his/her own lane without interfering with the swimmer in the other lane, the swimmer must be disqualified.
  - a. True
  - b. False
2. The Referee shall give a decision on any point where the opinions of judges differ.
  - a. True
  - b. False
3. The Referee may change the order of events from that which was published.
  - a. True
  - b. False
4. The Referee shall disqualify swimmers for any rule violations that he/she personally observes.
  - a. True
  - b. False
5. The Referee may combine events by age, sex, distance, and/or stroke.
  - a. True
  - b. False
6. When dual confirmation is in effect and a relay take-off judge sees an infraction, he/she must raise a hand to signal a disqualification.
  - a. True
  - b. False
7. The Referee may disregard the fact that a Stroke and Turn Judge neglected to raise his/her hand when observing a disqualification he/she subsequently reports.
  - a. True
  - b. False
8. The Referee is responsible for instructing the Starter and Stroke and Turn Judges about accommodations to be made for a swimmer with a disability.
  - a. True
  - b. False
9. Protests affecting the eligibility of any swimmer to compete must be made verbally to the Referee before the race in question.
  - a. True
  - b. False
10. The Starter may charge a swimmer with a false start without concurrence of the Referee.
  - a. True
  - b. False
11. The Referee may prohibit the use of any device that disrupts or interferes with the meet, such as a laser pointer, bell, horn, siren or noisemaker.
  - a. True
  - b. False
12. The time card or lane timer slip for a swimmer who has set a Colonial League Record must be signed by all timers on the swimmer's lane and the Referee for the record to be considered.
  - a. True
  - b. False
13. If a swimmer uses a legal butterfly stroke in a freestyle event, the time achieved may be used to establish a butterfly record.
  - a. True
  - b. False
14. Once a meet or event has actually commenced, the Referee may suspend it for some compelling reason.
  - a. True
  - b. False
15. The Referee has full authority over all officials during the conduct of the meet.
  - a. True
  - b. False