

**S&T: Multiple Choice / True-False**

		<u>Answer</u>	<u>Technical Reference</u>
<b>BREASTSTROKE</b>			
<b>1</b>	From the beginning of the first arm stroke, the position of the body shall be kept :		
	a. on the breast.		
	b. past vertical toward the breast.		
	c. in any position.		
<b>2</b>	The hands shall be pushed forward together from the breast :		
	a. under the water.		
	b. on, under or over the water.		
	c. on or under the water.		
<b>3</b>	If the hands recover over the water, the following part of the body must be under the water, except for the final stroke before the turn, during the turn		
	a. the hands.		
	b. the arms.		
	c. the elbows.		
<b>4</b>	Some part of the swimmer's head must break the water surface :		
	a. at least once during each complete cycle of one arm stroke and one leg kick, in that order.		
	b. after one arm stroke or one kick.		
	c. at least once after each arm stroke and one or more kicks.		
<b>5</b>	After the start and each turn, a downward butterfly kick is permitted :		
	a. once during or at the completion of the first arm pull and followed by a breaststroke kick		
	b. twice during or at the completion of the first arm pull and followed by a breaststroke kick.		
	c. at any time.		
	d. never.		
<b>6</b>	The hands may be brought back beyond the hipline :		
	a. just before each turn and finish.		
	b. only during the first stroke after the start and each turn.		
	c. anytime.		
	d. never.		
<b>7</b>	At the turns and the finish, it is permissible for the head to be below the water surface after the final arm pull and prior to the touch :		
	a. only in an incomplete stroke cycle.		
	b. only in a complete stroke cycle.		
	c. provided it breaks the surface of the water during any part of the last complete or incomplete cycle preceding the touch.		
<b>8</b>	At each turn and the finish, both hands must touch simultaneously :		
	a. below the water surface only.		
	b. at, above or below the water surface.		

	c.	on or below the water surface only.		
<b>9</b>	All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement			
	a.	TRUE		
	b.	FALSE		
<b>10</b>	When the swimmer leaves the wall after turns, the position of the body shall be :			
	a.	perfectly on the breast.		
	b.	shoulders at or past vertical toward the breast.		
	c.	in any position.		
<b>11</b>	At the finish, both hands must touch simultaneously while the body is :			
	a.	on the breast.		
	b.	past the vertical toward the breast.		
	c.	in any position.		
<b>12</b>	It is permitted to roll onto the back:			
	a.	once		
	b.	twice		
	c.	at any time		
	d.	never		
<b>BUTTERFLY</b>				
<b>13</b>	After the start and each turn, before coming to the surface the swimmer is permitted :			
	a.	one kick, one arm pull and one recovery		
	b.	one or more kicks, one arm pull and one recovery		
	c.	one kick and one arm pull		
	d.	one or more kicks but only one arm pull underwater		
<b>14</b>	From the beginning of the first arm pull, the position of the body shall be			
	a.	on the breast, shoulders in line with water surface		
	b.	shoulders past the vertical towards the breast		
	c.	in any position		
<b>15</b>	During the arm recovery			
	a.	there must be air between the hands and the water.		
	b.	both arms must be brought forward over the water and pulled back simultaneously.		
	c.	the hands must be brought forward from the breast.		
	d.	none of the above.		
<b>16</b>	The position of the feet :			
	a.	must be in the same plane.		
	b.	must not be separated.		
	c.	may not alternate in relation to each other.		

<b>17</b>	At the turns and the finish, while the body is on the breast both hands must touch simultaneously		
a.	only at the water surface.		
b.	only above the water surface.		
c.	at, above, or below the water surface.		
<b>18</b>	At the turns and the finish, it is permissible for a shoulder to be dropped after the final arm pull and prior to the touch :		
a.	only in yard events		
b.	only in meter events		
c.	in either yard or meter events.		
d.	never.		
<b>19</b>	At the finish, a legal touch must be made		
a.	unevenly by the hands.		
b.	with both hands simultaneously, while body is on breast.		
c.	with one hand.		
d.	with any part of the swimmer's body.		
<b>BACKSTROKE</b>			
<b>20</b>	If after a legal start, a swimmer curls his toes over the lip the gutter, he should be disqualified :		
a.	True		
b.	False		
<b>21</b>	A butterfly or dolphin kick may:		
a.	never be used.		
b.	be used at any time during the race.		
c.	be used only after the start and after each turn.		
<b>22</b>	During the turn, if the shoulders turn past vertical, the swimmer:		
a.	may take two arm pulls to reach the wall.		
b.	may take only one continuous single arm pull or continuous simultaneous double arm pull to execute the turn.		
c.	must make a freestyle flip turn.		
<b>23</b>	At the turns and the finish, a legal touch may be made		
a.	only with the hand(s).		
b.	only with the head, shoulder, foremost hand or arm.		
c.	with any part of the swimmer's person.		
<b>24</b>	During the turn, if the shoulders turn part 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 have returned to a position on the back upon leaving the wall		

<b>25</b>	If, after turning past vertical towards the breast to make a turn, a swimmer flips 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.		
<b>26</b>	After the turn, the swimmer's shoulders must be at or past the vertical toward the back:		
a.	before the first stroke		
b.	when the swimmer leaves the wall.		
c.	before the feet leave the wall.		
<b>27</b>	When finishing, the swimmer:		
a.	must touch the wall while on the back.		
b.	must turn past vertical after passing the backstroke flags and prior to the touch.		
c.	may be fully submerged after passing the backstroke flags provided he or she stays on the back.		
<b>FREESTYLE</b>			
<b>28</b>	In an individual freestyle event, the swimmer may use:		
a.	crawl stroke only.		
b.	any style or stroke(s) other than breaststroke, butterfly or backstroke.		
c.	any style or stroke(s) the swimmer chooses.		
<b>29</b>	If the 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.		
<b>30</b>	At the turns and finish, a legal touch may be made		
a.	only with the hand(s).		
b.	the foremost hand or arm.		
c.	by any part of the swimmer.		
<b>31</b>	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.		
<b>32</b>	A swimmer may stop, rest, walk, or spring from the pool bottom.		
a.	True		
b.	False		
<b>INDIVIDUAL MEDLEY</b>			
<b>33</b>	The individual medley is swim in the following order:		
a.	backstroke, butterfly, breaststroke, freestyle.		

	b.	butterfly, backstroke, breaststroke, freestyle.		
	c.	backstroke, breaststroke, butterfly, freestyle.		
	d.	breaststroke, backstroke, butterfly, freestyle.		
<b>34</b>		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		
<b>35</b>		When turning from the butterfly to the backstroke, the swimmer's shoulders must be at or past the vertical toward the back:		
	a.	immediately after the feet have left the wall.		
	b.	when the swimmer leaves the wall.		
	c.	before the first arm stroke on the back.		
<b>36</b>		When turning from the backstroke to the breaststroke the		
	a.	swimmer must attain the required breaststroke form before the first arm pull.		
	b.	swimmer's shoulders must be at or past vertical.		
	c.	swimmer must remain on the back until touching the wall;		
	d.	all of the above		
<b>37</b>		The swimmer shall have finished the race when any part of his/her person touches the wall		
	a.	True		
	b.	False		
<b>38</b>		In the freestyle leg, 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;		
<b>RELAY EVENTS</b>				
<b>39</b>		The medley relay is swim in the following order:		
	a.	backstroke, butterfly, breaststroke, freestyle.		
	b.	butterfly, backstroke, breaststroke, freestyle.		
	c.	backstroke, breaststroke, butterfly, freestyle.		
<b>40</b>		In a relay race, a swimmer other than the first swimmer shall not start until his/her teammate has concluded the race:		
	a.	TRUE		
	b.	FALSE		
<b>41</b>		Each swimmer in the freestyle relay may use:		
	a.	crawl stroke only.		
	b.	any stroke(s) other than breaststroke, butterfly or backstroke		
	c.	any stroke(s) the swimmer chooses.		
<b>42</b>		In relay races, any team member may remain in the water as long as he/she wants.		
	a.	True		

	b.	False		
<b>GENERAL</b>				
<b>43</b>	For judging swimmers with physical disabilities, a judge should			
	a.	judge, in accordance with USA Swimming rules, any part of the body that is used.		
	b.	not judge a part of the body that is absent or cannot be used.		
	c.	base judgment on actual rule, not the swimmer's technique.		
	d.	all of the above.		
<b>44</b>	It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 M (16,4 yds) after the start and each turn at which time the head must have broken the surface in:			
	a.	butterfly.		
	b.	backstroke.		
	c.	freestyle.		
	d.	any of the above.		
<b>45</b>	Stroke and Turn Judges must report any violations they observe to the Referee:			
	a.	over a headset.		
	b.	by hand signal.		
	c.	on signed slips.		
<b>46</b>	Grasping a lane line to assist forward motion is permitted:			
	a.	in freestyle events.		
	b.	in backstroke events.		
	c.	anytime.		
	d.	never.		
<b>47</b>	If a Stroke and Turn Judge fails to raise a hand overhead with open palm upon observing an infraction in an individual event, there shall be no disqualification.			
	a.	True.		
	b.	False.		
<b>48</b>	A disqualification may be made by any stroke and turn judge at any time.			
	a.	True		
	b.	False		
<b>49</b>	Turn judges shall operate on both ends of the pool; shall ensure that after the start and when turning/finishing, the swimmer complies with the rules applicable to the applicable to the stroke used:			
	a.	TRUE		
	b.	FALSE		
<b>50</b>	A swimmer must start and finish the race in the same lane.			
	a.	True.		
	b.	False.		
<b>AS OF JUN 2016</b>				

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Month / Year.....
















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Team.....  
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**Starter: Multiple Choice / True-False**

		<u>Answer</u>	<u>Technical Reference</u>
<b>ALL-STARTS</b>			
1	The starting rules may be modified by the Starter to adapt them for the swimmer with a disability.		
a.	True		
b.	False		
2	The Starter shall take a position within:		
a.	Ten feet of the starting end of the pool.		
b.	20 feet of the starting end of the pool.		
c.	Five meters within the starting end of the pool		
d.	any place comfortable to the Starter.		
3	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)		
4	The series of short whistles from the stater indicates to the swimmers to step up on the block.		
a.	True		
b.	False		
5	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.		
6	The referee shall signal with an outstretched arm to the starter that the swimmers are under the Starter's command.		
a.	True		
b.	False		
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	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".		
9	If a false start was caused by the swimmer's reaction to the "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.		
<b>10</b>		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		
<b>11</b>		If a swimmer elects to swim backstroke in a freestyle event he/she must:		
	a.	do a backstroke start in the water.		
	b.	do a forward start from the block or platform.		
	c.	do a forward star in the water.		
	d.	none of the above.		
<b>12</b>		The Starter shall disqualify a swimmer for delaying the start or willfully disobeying an order or for other misconduct taking place at the start:		
	a.	TRUE		
	b.	FALSE		
<b>13</b>		For backstroke starts in 50 meter pool, if the water level is above the lip of the gutter, the swimmer may bend the toes over the lop of the gutter:		
	a.	TRUE		
	b.	FALSE		
<b>14</b>		Bending the toes over the lip of the gutter is authorized		
	a.	one foot below the water surface;		
	b.	both feet, including toes, below the water surface.		
	c.	some part of both feet in the water.		
	d.	never		
<b>15</b>		Before a relay event the Starter may notify all but the last swimmer that they must leave the pool.		
	a.	immediately upon completion of their leg of the race.		
	b.	after all four of the swimmers have finished the race.		
	c.	before the automatic timing is rearmed.		
<b>16</b>		The Recall Starter sees a false start and activates the recall signal. The swimmer is disqualified for the false start only if the Referee or Starter observed and confirmed the violation..		
	a.	True		
	b.	False		
<b>17</b>		If the recall signal is activated inadvertently, all swimmers shall be charged with a false start and the Starter shall restart the race upon signal by the Stroke and Turn Judge.		
	a.	True		
	b.	False		



<b>18</b>	A swimmer shall not be disqualified for an illegal starting position at the start of the race is permitted to proceed.		
a.	True		
b.	False		
<b>19</b>	Enforcement of the correct starting position is the responsibility of the Starter:		
a.	TRUE		
b.	FALSE		
<b>20</b>	Delaying the start or misconduct will be charged as a False Start:		
a.	True		
b.	False		
<b>21</b>	Swimmers reporting to the Referee and declaring their intent not to compete prior to the start of the race will be disqualified.		
a.	True		
b.	False		
<b>22</b>	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		
c.	False		
<b>STARTING SWIMMERS WITH DISABILITIES</b>			
<b>23</b>	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 a position directly overhead to shoulder level.		
c.	move arm from shoulder level down to the side of the body.		
d.	with your hand directly overhead, rotate the arm in a tight circular motion.		
<b>24</b>	Swimmers with physical disabilities:		
a.	may take longer to assume their starting position.		
b.	must assume exactly the same starting position as swimmers without disabilities.		
c.	may not be assisted if they start in the water.		
<b>25</b>	The swimmer (or swimmer's coach) is responsible for notifying the Referee, prior to the competition, of any disability of the swimmer		
a.	TRUE		
b.	FALSE		
<b>AS OF JUN 2016</b>			

<b>Head Official/Referee: Multiple Choice / True-False</b>			
		<u>Answer</u>	<u>Technical Reference</u>
<b>1</b>	The Referee has full authority over all officials during the conduct of a meet.		
	a. True		
	b. False		
<b>2</b>	The Referee may change the order of events from that which was published.		
	a. True		
	b. False		
<b>3</b>	The Referee may combine events by age, sex, distance, and/or stroke to ensure every lane in a heat is filled.		
	a. True		
	b. False		
<b>4</b>	Prior to the competition the athlete or his coach must notify the Referee of an athlete's disability.		
	a. True.		
	b. False		
<b>5</b>	The Referee may reassign lanes within a deaf or hard-of hearing swimmer's heat to ensure the athlete may easily see the strobe light or the Starter's arm signal.		
	a. True		
	b. False		
<b>6</b>	Only a single line of lane dividers between lanes shall be used in long course competition, but multiple lane lines may be used for short course competition.		
	a. True		
	b. False		
<b>7</b>	The racing lanes must always be numbered from right to left when facing the course from behind the starting blocks.		
	a. True		
	b. False		
<b>8</b>	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		
<b>9</b>	Water temperature shall be between 78 and 80 degrees Fahrenheit for competition.		
	a. True		
	b. False		
<b>10</b>	The backstroke flags must be:		

	a	5 meters from each end of the course and between 1,8 and 2,5 meters above the water in a short course meter course.		
	b	5 meters from each end of the course and between 1,8 and 2,5 meters above the water in a short course meter course.		
	c	15 feet from each end and 7 feet above the water surface in short course yards.		
	d	All of the above		
<b>11</b>		Distinctive colored floats, or markers extending around the full circumference of the floats shall be placed 15 meters from each end wall in both short course and long course pools.		
	a.	True		
	b.	False		
<b>12</b>		The front edge of a starting platform shall be no higher than 29,5 inches above the surface of the water in long course pools.		
	a.	True		
	b.	False		
<b>13</b>		A false start rope is required to recall a heat in which a deaf swimmer competes.		
	a.	TRUE		
	b.	False		
<b>14</b>		A female swimmer appears for an event wearing a 2-piece swimsuit. No action is required.		
	a.	True		
	b.	False		
<b>15</b>		The Referee may prohibit the use of any device that disrupts or interferes with the meet, such as a laser pointing device or artificial noise maker.		
	a.	True		
	b.	False		
<b>16</b>		Swimmers may use rubdown oil as long as the Referee does not consider it excessive.		
	a.	True		
	b.	False		
<b>17</b>		Officials other than the Referee may act in more than one capacity only when sufficient qualified officials are not available.		
	a	True		
	b.	False		
<b>18</b>		The Referee shall give a decision on any point where the opinions of judges differ:		
	a.	True		
	b.	False		
<b>19</b>		The Referee shall disqualify swimmers for any violations of the Rules and Regulations that are personally observed.		
	a.	True		
	b.	False		

<b>20</b>	When semi-automatic timing equipment is used to back up a fully automatic system, there must also be a third manual system consisting of at least one watch timer per lane.:		
	a. True		
	b. False		
<b>21</b>	For LSC and local records only, three additional timers may be assigned to a lane for the purposes of recording record attempts at an initial distance for an individual event, or for the lead off leg of a relay.		
	a. True		
	b. False		
<b>22</b>	If the automatic officiating equipment fails during a race, resulting in inaccurate times or placement, the swimmers must reswim the race.		
	a. True		
	b. False		
<b>23</b>	The Referee is responsible for instructing the Starter and Stroke & Turn Judges about accommodation to be made for a swimmer with a disability.		
	a. True		
	b. False		
<b>24</b>	Swimmers with physical disabilities may use flotation devices.		
	a. True		
	b. False		
<b>25</b>	The Referee may call a false start if the Starter fails to do so.		
	a. True		
	b. False		
<b>26</b>	A disqualification can be made only by the official within whose jurisdiction the infraction has been committed. Except for the Starter & Referee & Relay take-off judge when observing starts and relay take offs. If the official does not immediately raise one hand overhead, there shall be no disqualification:		
	a. True		
	b. False		
<b>27</b>	Protests against the judgment decision of starters, stroke, turn, place and relay take-off judge can only be considered by the Referee and the Referee's decision shall be final:		
	a. True		
	b. False		
<b>28</b>	Once a meet or event has actually commenced, the Referee may suspend it for some compelling reason.		
	a. True		
	b. False		
<b>29</b>	A 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		
<b>30</b>	If a swimmer swims into another lane and then back into his/her own lane, the swimmer must be disqualified.			
	a.	True		
	b.	False		
<b>31</b>	The Referee may disqualify a swimmer who obstructs another swimmer by swimming across or otherwise interfering with the swimmer;			
	a.	True		
	b.	False		
<b>32</b>	Blind or visually impaired swimmers may be notified they are approaching a turn of the finish by use of a sound device.			
	a.	True		
	b.	False		
<b>33</b>	A swimmer may have a counter in the following events.			
	a.	400 meter individual medley in a 50-meter pool.		
	b.	400 meter freestyle in a 25-meter pool.		
	c.	500 yard freestyle in a 25-yard pool.		
	d.	b & c above.		
<b>34</b>	If a counter insists on counting in descending order, the swimmer in that lane shall be disqualified.:			
	a.	True		
	b.	False		
<b>35</b>	Swim-offs must take place within 45 minutes of the last heat of any event in which either of the swimmers last participated.			
	a.	True		
	b.	False		
<b>36</b>	Relay swimmers must compete in order in which they are declared to the Clerk of Course or Head Lane Timer.			
	a.	True		
	b.	False		
<b>37</b>	Relay swimmers with physical disabilities must always exit the water promptly, the same as swimmers without disabilities.			
	a.	True		
	b.	False		
<b>38</b>	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		

<b>39</b>	If a Referee observes a relay takeoff violation which the Relay Takeoff Judge(s) fail(s) to call, the Referee shall disqualify the relay team.		
	a. True		
	b. False		
<b>40</b>	When automatic relay take-off judging is used, each swimmer must touch the pad at the end of the race in order to legally finish.		
	a. True		
	b. False		
<b>41</b>	Two place-judges (one on each side of the course) disagree as to the order of the finish. The Chief Judge or his designee must decide which judge is correct.		
	a. True		
	b. False		
<b>42</b>	Body advertising in the form of temporary tattoos or other embellishments are not allowed:		
	a. True		
	b. False		
<b>43</b>	If a swimmer uses the butterfly stroke in a freestyle event, the time achieved may be used as a qualifying butterfly time.		
	a. True		
	b. False		
<b>44</b>	Swimsuits won for competition must be non-transparent and conform to the current concept of the appropriate:		
	a. True		
	b. False		
<b>45</b>	The Referee shall disqualify a swimmer who fails to appear at the starting platform ready to swim in time for the initial start of his/her heat		
	a. True		
	b. False		
<b>46</b>	If the lead-off swimmer on a relay team sets a record but the relay team is disqualified because of an infraction in a subsequent leg, the record is valid.		
	a. True		
	b. False		
	d. never.		
<b>47</b>	When the Swimmers and Officials are ready, the Referee shall signal with an outstretched arm to the Starter that the swimmers are under the Starter's Control		
	a. True.		
	b. False.		
<b>48</b>	A disqualification is invalid unless the Referee or designated official calling the infraction informs the swimmer or coach.		
	a. True		

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 Month / Year ...../.....

	b.	False		
<b>49</b>	Any protest not involving judgmental decision but arising from the competition itself must be made to the Referee immediately after the infraction is called;			
	a.	True		
	b.	False		
<b>50</b>	Only the National Officials Committee and the USA Swimming Rules and Regulations Committee may officially interpret the technical rules under Part One of the USA Swimming rulebook..			
	a.	True.		
	b.	False.		
<b>AS OF JUN 2016</b>				