SOSL Swimming Officials Test 2022

Name:

e-mail:

Pool Affiliation:

**LEAGUE SPECIFIC (TRUE OR FALSE)**

1. Six and unders are not DQ’d in their individual events of 25 free and 25 Backstroke.
2. True
3. false

1. A swimmer can be disqualified in 8 and under events if the stroke is incorrect even if they are younger than 7.
2. True
3. False

1. For relay starts in water, all the swimmers must have a hand on the side of the pool or gutter.
2. True
3. False
4. Assisted swimming is allowed only for dual meets and must be done at the very beginning of the meet. Assisted swimmers are not allowed to swim the rest of the meet and there is no assisted swimming at Championships.
5. True
6. False
7. All swimmers must report to clerk of course for individual events.
8. True
9. False
10. A recall rope is not required for all meets.
11. True
12. False
13. Swimmers can be 19 yrs old and swim as long as they just graduated from high school

this calendar year.

1. True
2. False
3. To remain an SOSL summer only official you need to take a yearly class and pass the exam with an 75% score.
4. True
5. False
6. If you have certification in YMCA, OHSAA, NCAA or USA swimming you are exempt from this test.
7. True
8. False

**BREASTSTROKE**

10. 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.

11. For breaststroke, 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.

12. 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 except for the first stroke and kick after the start and each turn.

b. twice after one arm stroke and one kick.

c. at least once after each arm stroke and one or more kicks.

13. After the start and each turn, a downward butterfly kick is permitted:

a. once.

b. twice.

c. at any time.

d. never.

14. At each turn and the finish, the hands must touch simultaneously while not being stacked:

 a. below the water surface only.

 b. at, above or below the water surface.

 c. at or above the water surface only.

15. In the Breaststroke: A legal kick in the breaststroke will have the following characteristics:

a. all vertical and lateral movements of the legs will be simultaneous and on the same horizontal plane.

b. the feet must be turned outward during the propulsive part of the kick movement.

c. the feet may break the surface of the water followed by a downward butterfly kick.

d. Both a and b.

16. In the Breaststroke: When the swimmer leaves the wall at the turn:

a. the shoulders must be at or past vertical toward the breast.

b. the body must be on the breast, shoulders parallel to the surface of the water.

c. the swimmer may kick then complete a cycle of one arm stroke and one kick before

 the head breaks the surface.

d.Both a and c

**BUTTERFLY**

17. After the start and each turn, before coming to the surface, the swimmer is permitted:

a. one kick, one arm pulls 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.

18. From the beginning of the first arm pull, the position of the body shall be:

a. on the back.

b. such that the shoulders are at or past the vertical towards the breast.

c. in any position.

19. During the stoke with the arms:

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.

20. 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.

21. At the turns and the finish, while the body is on the breast, both hands must touch simultaneously and not be stacked:

a. only at the water surface.

b. only above the water surface.

c. at, above, or below the water surface.

22. At the turns and the finish, it is permissible for the arms to recover under the water 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.

23. At the finish, a legal touch must be made:

a. non-simultaneously 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.

**Backstroke**

24. If, after a legal start, a swimmer stands in or on the gutter, or curls her or his toes over the lip of the gutter, the swimmer should be disqualified.

a. True.

b. False.

25. 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.

\*26. 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.

27. 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 or continuous simultaneous double arm pull to execute the turn.

c. must make a freestyle flip turn.

\*28. 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 body, head, hip vertical movement, or arm pull part of a continuous turning action.

29. 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 body.

30. After the turn, the swimmer's shoulders must be at or past the vertical toward the back:

a. before the first stroke.

b. after the swimmer leaves the wall.

c. before the feet leaves the wall.

31. 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”.

**FREESTYLE**

32. 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.

33. 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.

34. 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.

35. 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.

36. In the freestyle leg of 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.

**INDIVIDUAL MEDLEY**

37. The individual medley swims in the following order:

a. backstroke, butterfly, breaststroke, freestyle.

b. butterfly, backstroke, breaststroke, freestyle.

c. backstroke, breaststroke, butterfly, freestyle.

d. breaststroke, backstroke, butterfly, freestyle.

38. 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.

39. When turning from the butterfly to the backstroke, the swimmer's shoulders must be at or past the vertical toward the back:

a. shortly after the feet have left the wall.

b. when the swimmer leaves the wall.

c. before the first arm stroke on the back.

40. When turning from the backstroke to the breaststroke, the:

a. swimmer must attain the required breaststroke form (past vertical toward the breast) before the first arm pull.

b. swimmer’s shoulders must be at or past vertical toward the breast when the

 swimmer leaves the wall.

c. swimmer must remain on the back until touching the wall.

d. all of the above.

 41. In the freestyle leg, a swimmer may leave the wall:

a. on their back as long as they do not kick or pull

b. on their back and kick only once

c. on their back and kick as many times as they want as long as he/she is on his/her breast when they surface to the water.

**RELAYS**

42. The medley relay swims in the following order:

a. backstroke, butterfly, breaststroke, freestyle.

b. butterfly, backstroke, breaststroke, freestyle.

c. backstroke, breaststroke, butterfly, freestyle.

43. 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.

**GENERAL**

44. In order for a disqualification to be upheld, the stroke and turn judge:

a. must observe the infraction that she or he is reporting.

b. must report the disqualification over a headset only.

c. shall immediately raise one hand overhead, except when the judge is acting as a

relay take-off judge in a dual confirmation relay take-off judging situation.

d. both “a” and “c”

45. Grasping a lane line to assist forward motion is permitted:

a. in freestyle events.

b. in backstroke events.

c. anytime.

d. never.

46. For judging swimmers with permanent physical disabilities, a judge should:

a. judge, in accordance with USA Swimming rules, any part of the body that is used.

b. does not judge a part of the body that cannot be used.

c. base judgment on actual rule, not the swimmer’s technique.

d. all of the above.

47. In which of the strokes shall it be permissible for a swimmer to be completely submerged for not more than 15 M (16.4 yds) after the start and each turn at which time the head must have broken the surface:

a. butterfly.

b. backstroke.

c. freestyle.

d. all of the above.

48. There should there be backstroke flags at every pool.

a. True

b. False

49. What is the proper dress for officials:

a. Blue shorts, white shirt, white shoes

b. Whatever color shirt and shorts is adequate.

c. The more colorful outfit the better. We need to be seen and loved.

50. Where was the SOSL Championship held in 2021

a. Paris, France.

b. West Carrollton

c. Honolulu, Hawaii