

Test name: KISL Stroke&Turn - Rev October 2019

Question 1 of 78

In Breaststroke, a swimmer swims an entire length of the pool with hands clenched in a fist and touches the wall with his/her knuckles on the turn.

The swimmer's touch is:

-
- A) legal if a simultaneous touch is made
 - B) disqualified even if a simultaneous touch is made.
 - C) legal only if the palms of the hands touch the wall simultaneously.

Question 2 of 78

The rule that applies to question 1 is;

-
- A) Rule 8, Section 2, Art. 2 (g)
 - B) Rule 8, Section 2, Art. 2 (d)
 - C) Rule 8, Section 2, Art. 2 (e)

Question 3 of 78

At the turns of the Breaststroke it is permissible for the head to be below the water surface after the final arm pull and prior to the turn or finish:

-
- A) True
 - B) False

Question 4 of 78

The rule that applies to questions 3 is:

-
- A) Rule 8, Section 2, Art. 2 (d)
 - B) Rule 8, Section 2, Art. 2 (c) (2)
 - C) Rule 8, Section 2, Art. 2 (g)
 - D) Rule 8, Section 2, Art. 2 (h)

Question 5 of 78

The 'stroke cycle' for the Breaststroke is one leg kick followed by one arm stroke, in that order.

-
- A) True
 B) False

Question 6 of 78

The rule that applies to question 5 is:

-
- A) Rule 8, Section 2, Art. 2 (e)
 B) Rule 8, Section 2, Art. 2 (g)
 C) Rule 8, Section 2, Art. 2 (c) (2)
 D) Rule 8, Section 2, Art. 2 (d)

Question 7 of 78

While underwater at the start of the Breaststroke, the swimmer takes a single downward Butterfly-type kick prior to initiation of the first arm pull. The swimmer should be disqualified.

-
- A) True
 B) False

Question 8 of 78

The rule that applies to question 7 is:

-
- A) Rule 8, Section 2, Art. 2 (e)
 B) Rule 8, Section 2, Art. 2 (c)
 C) Rule 8, Section 2, Art. 2 (b)

Question 9 of 78

When is the swimmer permitted to bring their hands beyond the hipline in the Breaststroke?

- _____
- A) anytime during any stoke cycle
 - B) during the first stroke after the start or turn
 - C) just before each turn and the finish

Question 10 of 78

The rule that applies to question 9 is;

- _____
- A) Rule 8, Section 2, Art. 2 (g)
 - B) Rule 8, Section 2, Art. 2 (e)
 - C) Rule 8, Section 2, Art. 2 (c)
 - D) Rule 8, Section 2, Art. 2 (b)

Question 11 of 78

At the start and/or turn of the Breaststroke and while underwater, the swimmer may take any number of leg kicks, followed one arm pull which must bring them to the surface

- _____
- A) legal
 - B) illegal

Question 12 of 78

The rule that applies to questions 11 is;

- _____
- A) Rule 8, Section 2, Art. 2 (g)
 - B) Rule 8, Section 2, Art. 2 (e)
 - C) Rule 8, Section 2, Art. 2 (c)
 - D) Rule 8, Section 2, Art. 2 (b)

Question 13 of 78

The Breaststroke kick requires the feet to be drawn up with the knees bent, the feet turned outwards during the propulsive part of the kick, and movement of the legs and feet must be simultaneous and in the same horizontal plane.

-
- A) True
- B) False

Question 14 of 78

The rule that applies to question 13 is;

-
- A) Rule 8, Section 2, Art. 2 (c)
- B) Rule 8, Section 2, Art. 2 (e)
- C) Rule 8, Section 2, Art. 2 (f)

Question 15 of 78

What is required for the arm movements in the breaststroke?

-
- A) The arms must move without any alternating movement
- B) The arms must move simultaneously
- C) The arms must move in the same horizontal plane
- D) All of the above

Question 16 of 78

The rule that applies to questions 15 is:

-
- A) Rule 8, Section 2, Art. 2 (e)
- B) Rule 8, Section 2, Art. 2 (d)
- C) Rule 8, Section 2, Art. 2 (c) (1)
- D) Rule 8, Section 2, Art. 2 (g)

Question 17 of 78

At the Breaststroke finish, a swimmer touched simultaneously with one hand above the water and one hand below the water. The finish is:

-
- A) legal
- B) illegal

Question 18 of 78

The rule that applies to question 17 is:

-
- A) Rule 8, Section 2, Art. 2 (g)
- B) Rule 8, Section 2, Art. 2 (e)
- C) Rule 8, Section 2, Art. 2 (h)
- D) Rule 8, Section 2, Art. 2 (c)

Question 19 of 78

In the butterfly event, a swimmer misjudges their distance to the wall and finishes the race by touching with his head first. The swimmer should:

-
- A) be judged legal.
- B) be judged as illegal.

Question 20 of 78

The rule that applies to question 19 is;

-
- A) Rule 8, Section 2, Art. 3 (e)
- B) Rule 8, Section 2, Art. 3 (g)
- C) Rule 8, Section 2, Art. 3 (c)

Question 21 of 78

The legal body position for Butterfly is;

- A) shoulders shall be in line with the water surface.
- B) body shall be kept on the the breast, except while executing a turn.
- C) body may be in any position.

Question 22 of 78

The rule that applies to question 21 is;

- A) Rule 8, Section 2, Art. 3 (f)
- B) Rule 8, Section 2, Art. 3 (c)
- C) Rule 8, Section 2, Art. 3 (b)
- D) Rule 8, Section 2, Art. 3 (a)

Question 23 of 78

At the finish of the Butterfly, while the body is on the breast, the hands must touch simultaneously:

- A) only at the water surface.
- B) only above the water surface.
- C) not necessarily on the same plane.

Question 24 of 78

The rule that applies to question 23 is;

- A) Rule 8, Section 2, Art. 3 (g)
- B) Rule 8, Section 2, Art. 3 (e)
- C) Rule 8, Section 2, Art. 3 (c)

Question 25 of 78

The Butterfly turn requires both hands to touch the wall simultaneously.

-
- A) True
 B) False

Question 26 of 78

The rule that applies to question 25 is;

-
- A) Rule 8, Section 2, Art. 3 (c)
 B) Rule 8, Section 2, Art. 3 (e)
 C) Rule 8, Section 2, Art. 3 (g)

Question 27 of 78

During the Butterfly, the arms must simultaneously recover over the water and be simultaneously pulled backward under the water.

-
- A) True
 B) False

Question 28 of 78

The rule that applies to question 27 is;

-
- A) Rule 8, Section 2, Art. 3 (e)
 B) Rule 8, Section 2, Art. 3 (d)
 C) Rule 8, Section 2, Art. 3 (f)
 D) Rule 8, Section 2, Art. 3 (c)

Question 29 of 78

The swimmer's feet and legs must be kept in the same horizontal plane during the Butterfly kick.

-
- A) True
 B) False

Question 30 of 78

The rule that applies to question 29 is;

-
- A) Rule 8, Section 2, Art. 3 (d)
 B) Rule 8, Section 2, Art. 3 (b)
 C) Rule 8, Section 2, Art. 3 (f)

Question 31 of 78

At the Butterfly turn the swimmer touches simultaneously under water with both hands, then reaches up to grab the side of the pool with one hand, the swimmer is illegal.

-
- A) True
 B) False

Question 32 of 78

The rule that applies to question 31 is;

-
- A) Rule 8, Section 2, Art. 3 (g)
 B) Rule 8, Section 2, Art. 3 (e)
 C) Rule 8, Section 2, Art. 3 (c)

Question 33 of 78

After the start and after every turn in the Butterfly, the swimmer is allowed one of more leg kicks but only one arm pull under water.

-
- A) True
 B) False

Question 34 of 78

The rule that applies to question 33 is;

-
- A)** Rule 8, Section 2, Art. 3 (b)
- B)** Rule 8, Section 2, Art. 3 (d)
- C)** Rule 8, Section 2, Art. 3 (f)

Question 35 of 78

During the Backstroke, a butterfly or dolphin kick may be used

-
- A)** never
- B)** at any time during the race
- C)** only after the start and after each turn

Question 36 of 78

The rule that applies to question 35 is;

-
- A)** Rule 8, Section 2, Art. 1 (b)
- B)** Rule 8, Section 2, Art. 1 (f)
- C)** Rule 8, Section 2, Art. 1 (d)
- D)** Rule 8, Section 2, Art. 1 (g)

Question 37 of 78

In a backstroke event, a male swimmer steps towards the blocks wearing a swim suit that extends from the waist to his ankles. This suit is;

-
- A)** legal
- B)** illegal

Question 38 of 78

The rule that applies to question 37 is;

-
- A) Rule 3, Section 3, Art. 2
 - B) Rule 3, Section 3, Art. 1
 - C) Rule 3, Section 3, Art. 4

Question 39 of 78

At the turns in the Backstroke, 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.

Question 40 of 78

The rule that applies to question 39 is;

-
- A) Rule 8, Section 2, Art. 1 (f)
 - B) Rule 8, Section 2, Art. 1 (c)
 - C) Rule 8, Section 2, Art. 1 (g)

Question 41 of 78

If after a swimmer was in proper starting position and after the starting signal was activated, the swimmer then bends his/her toes over the lip of the gutter he/she should be disqualified:

-
- A) True
 - B) False

Question 42 of 78

The rule that applies to question 41 is;

-
- A) Rule 8, Section 2, Art. 1 (b)
- B) Rule 8, Section 2, Art. 1 (f)
- C) Rule 8, Section 2, Art. 1 (c)

Question 43 of 78

After the backstroke turn, the swimmer must have returned to a position on the back:

-
- A) before the first stroke.
- B) before the 15 meter mark.
- C) before the feet leave the wall.

Question 44 of 78

The rule that applies to question 43 is;

-
- A) Rule 8, Section 2, Art. 1 (g)
- B) Rule 8, Section 2, Art. 1 (f)
- C) Rule 8, Section 2, Art. 1 (e)

Question 45 of 78

After the start and each turn, the swimmer in Backstroke may be completely submerged for a distance of not more than 15 meters.

-
- A) True
- B) False

Question 46 of 78

The rule that applies to question 45 is;

-
- A) Rule 8, Section 2, Art. 1 (e)
 - B) Rule 8, Section 2, Art. 1 (f)
 - C) Rule 8, Section 2, Art. 1 (g)

Question 47 of 78

During the Backstroke, as the swimmer rolls onto the breast to turn and begins the arm pull, the head does not immediately descend. The swimmer should be disqualified.

-
- A) True
 - B) False

Question 48 of 78

The rule that applies to question 47 is;

-
- A) Rule 8, Section 2, Art. 1 (g)
 - B) Rule 8, Section 2, Art. 1 (f)
 - C) Rule 8, Section 2, Art. 1 (b)

Question 49 of 78

During the turn in Backstroke, 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 get into proper flip-turn position.
 - C) must be past the backstroke flags.
 - D) All of the above.

Question 50 of 78

The rule that applies to question 49 is;

-
- A) Rule 8, Section 2, Art. 1 (g)
 - B) Rule 8, Section 2, Art. 1 (e)
 - C) Rule 8, Section 2, Art. 1 (f)

Question 51 of 78

In an individual freestyle event, the swimmer may use:

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

Question 52 of 78

The rule that applies to question 51 is;

-
- A) Rule 8, Section 2, Art. 4 (b)
 - B) Rule 8, Section 2, Art. 4 d)
 - C) Rule 8, Section 2, Art. 5

Question 53 of 78

If a swimmer elects to swim the butterfly in an individual Freestyle event, he/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.

Question 54 of 78

The rule that applies to question 53 is;

- A) Rule 8, Section 2, Art. 5
- B) Rule 8, Section 2, Art. 4 (d)
- C) Rule 8, Section 2, Art. 4 (b)

Question 55 of 78

If a swimmer elects to swim Breaststroke in an individual Freestyle event:

- A) his/her body must be on the breast except at each turn and the finish.
- B) he/she must continue to do Breaststroke for the entire event.
- C) his/her feet must move simultaneously and in the same horizontal plane.
- D) none of the above

Question 56 of 78

The rule that applies to question 55 is;

- A) Rule 8, Section 2, Art. 2 (e)
- B) Rule 8, Section 2, Art. 4 (b)
- C) Rule 8, Section 2, Art. 2 (c)

Question 57 of 78

At the finish in Freestyle, 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.

Question 58 of 78

The rule that applies to question 57 is;

- A) Rule 8, Section 2, Art. 4 (c)
- B) Rule 8, Section 2, Art. 4 (e)
- C) Rule 8, Section 2, Art. 4 (b)

Question 59 of 78

In the Individual Medley the first 3 strokes are swum in the following order;

- A) backstroke, butterfly, breaststroke.
- B) butterfly, backstroke, breaststroke.
- C) backstroke, breaststroke, butterfly.
- D) breaststroke, backstroke, butterfly.

Question 60 of 78

The rule that applies to question 59 is;

- A) Rule 8, Section 2, Art. 5
- B) Rule 8, Section 3, Art. 1
- C) Rule 8, Section 2, Art. 4 (b)

Question 61 of 78

When finishing each quarter of the Individual Medley, the swimmer must comply with:

- A) the turn rules for the stroke being completed.
- B) the finish rules for the stroke being completed.
- C) Freestyle rules.

Question 62 of 78

The rule that applies to question 61 is;

-
- A) Rule 8, Section 2, Art. 4 (b)
- B) Rule 8, Section 2, Art. 5

Question 63 of 78

In the fourth quarter of the Individual Medley, 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.

Question 64 of 78

The rule that applies to question 63 is;

-
- A) Rule 8, Section 2, Art. 5
- B) Rule 8, Section 2, Art. 4 (b)
- C) Rule 8, Section 3, Art. 1

Question 65 of 78

The Medley Relay is swum in the following order:

-
- A) backstroke, butterfly, breaststroke, any other stroke other than backstroke, breaststroke or butterfly.
- B) butterfly, backstroke, breaststroke, any other stroke other than backstroke, breaststroke or butterfly.
- C) backstroke, breaststroke, butterfly, any other stroke other than backstroke, breaststroke or butterfly.

Question 66 of 78

The rule that applies to question 65 is;

-
- A) Rule 8, Section 3, Art. 2
- B) Rule 8, Section 3, Art. 1
- C) Rule 8, Section 3, Art. 3

Question 67 of 78

In the Freestyle Relay event, a swimmer may swim more than one leg of the race.

-
- A) True
- B) False

Question 68 of 78

The rule that applies to question 67 is;

-
- A) Rule 8, Section 3, Art. 1
- B) Rule 8, Section 3, Art. 2
- C) Rule 8, Section 3, Art. 3

Question 69 of 78

Each swimmer in the Freestyle relay may use;

-
- A) the 'crawl' stroke only.
- B) any stroke(s) other than breaststroke, butterfly or backstroke.
- C) any stroke(s) the swimmer chooses.

Question 70 of 78

The rule that applies to question 69 is;

-
- A) Rule 8, Section 3, Art. 3
- B) Rule 8, Section 3, Art. 1
- C) Rule 8, Section 3, Art. 2

Question 71 of 78

Prior to stepping up on the starting block, a swimmer is observed wearing two swim suits.
This is;

-
- A) legal.
- B) illegal.

Question 72 of 78

The rule that applies to question 71 is;

-
- A) Rule 3, Section 3, Art.3 (b)
- B) Rule 3, Section 3, Art.3 (c)
- C) Rule 3, Section 3, Art.4 (a)

Question 73 of 78

A Stroke Inspector or Turn Judge should immediately raise a hand overhead upon discovering a violation of the rules for the event being swum.

-
- A) True
- B) False

Question 74 of 78

The rule(s) that apply to question 73 is/are;

-
- A) Rule 4, Section 4, Art. 2 (b)
- B) Rule 4, Section 4, Art. 2 (c)
- C) Rule 4, Section 5, Art. 2 (b)
- D) Both (a) and (c) from above.

Question 75 of 78

Upon stepping onto the starting platform, a swimmer is seen to be wearing a medical alert medal which is **not** taped to their wrist. This swimmer should be disqualified.

-
- A) True
 B) False

Question 76 of 78

The rule that applies to question 75 is;

-
- A) Rule 3, Section 3, Art. 4
 B) Rule 3, Section 3, Art. 6 [Note]
 C) None of the above

Question 77 of 78

During an event, a swimmer inadvertently interferes with the swimmer in an adjacent lane. The swimmer should be disqualified.

-
- A) True
 B) False

Question 78 of 78

The rule that applies to question 77 is;

-
- A) Rule 3, Section 6, Art. 2 (c)
 B) Rule 3, Section 6, Art. 4
 C) Rule 3, Section 6, Art. 3