

Mountain Hi Swim League 2019 Re-certification Stroke & Turn Judge Test

Name: _____ Team: _____ Division: _____

All new MHSL Stroke & Turn Judges must attend one of the League clinics. Each team must send at least one re-certifying Official to a League Stroke & Turn Judge clinic. Each re-certifying MHSL Stroke & Turn Judge may attend a League clinic; attend a team-held clinic (lead by a team representative who has attended the League Stroke & Turn Judge clinic) plus take the MHSL Stroke & Turn Judge re-certification test; or, as an individual, take the MHSL Stroke & Turn Judge re-certification test independently.

Eligibility: A re-certifying MHSL official is one who was certified in the previous year, either by MHSL or USA Swimming, for that position. If your choice requires taking the test, you must pass with at least 90% accuracy on both the questions and technical references for re-certification.

The representative who attended the League clinic (MHSL recommends it be a Referee) will be responsible for proctoring a team-held re-certification Stroke & Turn Judge's clinic. The proctor must submit each attendee's re-certification **test answer sheet** along with a complete list of all attendees to the MHSL Officials Chair by June 3rd 2019 of the current season. On the list, please clearly print the following information for each attendee: name, contact phone number, e-mail address, team affiliation, and years of experience in the re-certifying position. Have each attendee keep his/her test with the answers marked on it. Send the completed answer sheets (marked with just the A, B, C etc. coding for the answers) and attendee list information to:

David Castaneda
officials@mhsl.org

Reference Materials Needed: The reference materials for taking MHSL recertification tests are the 2019 editions of *MHSL Policies & Procedures* manual, *MHSL Rules and Guidelines for Officials and Deck Staff* booklet, *USA Swimming Rules & Regulations* book, and the current version of the USA Swimming Disqualification slip. The first two documents can be found on the MHSL website www.mhsl.org. For the USA Swimming rulebook, go to www.usaswimming.org to find the downloadable file or you may purchase the full-size book. The DQ slip has been included as part of the test. Please use the version that is included for your answers.

Directions: There is a single best choice for each question. Please select the best answer and the appropriate reference or references. Mark your answer choices (A, B, C, etc.) on the accompanying answer sheet. Turn your answer sheet in to the Proctor of your team-held clinic for processing to the League Officials Chair and fill out the necessary information on the attendees sheet.

If you are taking the test on your own, you may submit your answer sheet directly to the Officials Chair via e-mail by saving just the answer sheet pages in a separate Word file. Then e-mail it as an attachment to your message which must include your contact phone number, e-mail address, team affiliation, and years of experience in the re-certifying position. Individual test must be submitted by June 3rd 2019

Test Questions

Butterfly:

1. In the butterfly, how is the arm defined?

- A. as that area of the body that if from the fingertips to the shoulder
- B. as that area of the body from the wrist to the upper arm
- C. as that area of the body that extends from the shoulder to the wrist

There are two correct references for this question.

- A. 101.3.2
- B. USA Swimming Rulebook Glossary
- C. MHSL Rules and Guidelines 7.7
- D. MHSL Rules and Guidelines 7.5.3.4

2. In the butterfly, an athlete in Lane 3 of the 100 butterfly moves too close to the right lane line. During the recovery portion of the arm stroke, the swimmer's right arm hits the lane line causing the right arm to trail the left arm over and into the water. However, the swimmer then pulls both arms back simultaneously during the propulsive portion of the arm stroke. The S&T Judge raises a hand to signal an infraction. Should the swimmer be disqualified? If so, what is the call?

- A. yes, the swimmer should be disqualified for non-simultaneous arms on the swim
- B. no, the swimmer should not be disqualified as both arms came out of the water at the same time
- C. no, the swimmer should not be disqualified as the arms were pulled back simultaneously
- D. no, the swimmer should not be disqualified as catching the arm on the lane line was not intentional

There is one correct reference for this question.

- A. 101.3.1
- B. 101.3.2
- C. 101.3.3
- D. 101.3.4

3. In the butterfly, during the recovery portion of the arm stroke, only the fingertips of the swimmer clear the water with a simultaneous motion and are pulled back simultaneously.

Should the swimmer be disqualified?

- A. yes, the swimmer should be disqualified because some portion of the complete area from the shoulder to the wrist must be observed to break the surface of the water during the recovery portion of the arm stroke.
- B. no, the swimmer should not be disqualified since some portion of the arm has broken the surface of the water during the recovery portion of the arm stroke.
- C. yes, the elbows have not cleared the water during the recovery portion of the arm stroke so the swimmer should be disqualified.
- D. the swimmer should only be disqualified if the arm motion was judged to be non-simultaneous.

There is one correct reference for this question.

- A.101.3.2
- B. MHSL Rules and Guidelines 5.2.9
- C. MHSL Rules and Guidelines 8.4

4. In the butterfly, as a swimmer brings his arms forward, he is just barely breaking the plane of the water surface. The arms are coming out of the water together, being pushed forward together and brought back together, but are not in the same horizontal plane as the left arm is higher than the right when pushed forward. The S&T Judge raises his hand to signal a disqualification. Is this correct? If so, what should the call be?

- A. no, there is no infraction. The arms breaking the plane of the water as well as entering the water at the same time are sufficient for an over the water simultaneous recovery.
- B. yes, the call should be arms not in the same horizontal plane on the swim
- C. yes, the call should be non-simultaneous arms on the swim

There is one correct reference for this question.

- A. 101.3.5
- B. 101.3.2
- C. 101.3.1
- D. 101.3.3

5. 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?

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

There is one correct reference for this question.

- A. 101.3.1
- B. 101.3.2
- C. 101.3.3
- D. 101.3.4

6. In the butterfly, as the swimmer surfaces after the start, the S&T Judge notices that the knees are coming apart as the swimmer brings her legs down in a butterfly kick with the feet pointed down. As the swimmer brings her legs up, the knees come back together. The S&T Judge raises her hand to signal a disqualification. Is this correct? If so, what should the call be?

- A. yes, the call should be breaststroke kick on the swim
- B. yes, the call should be scissors kick on the swim
- C. no, there is no infraction. Although the knees are separating and coming back together on the up and down movement of the kick, the legs are not alternating. The swimmer is performing a legal butterfly kick.

There is one correct reference for this question.

- A. DQ slip, infraction # 1B
- B. 101.3.2

C. 101.3.3

7. In the butterfly, what do the rules say about the position of the feet during the kick?

- A. shall not perform a scissors or breaststroke kicking movement
- B. must be on the same plane
- C. may alternate in relation to each other
- D. all of the above

There is one correct reference for this question.

- A. 101.3.1
- B. 101.3.2
- C. 101.3.3
- D. 101.3.5

Backstroke:

8. As the swimmers are coming in to the wall on the finish for backstroke, the S& T Judge notices that a swimmer is approaching the wall with her body tilted at an angle and her arm reaching for the wall. The Judge focuses on the shoulders as the swimmer comes in to finish. He sees the shoulders turn past vertical toward the breast and raises his hand to signal a disqualification. Is this correct? If so, what should the call be?

- A. yes, the swimmer's shoulders rolled past vertical toward the breast before the touch on the finish was made; the call should be shoulders past vertical on the finish
- B. yes, the swimmer's shoulders rolled past vertical toward the breast before the touch on the finish was made; the call should be shoulders past vertical toward the breast prior to the finish of the backstroke
- C. no, the swimmer should get the benefit of the doubt. The S&T Judge was focusing on the shoulders and did not see when the hand touched the wall at the finish. The shoulder movement toward the breast could have happened immediately after the touch, in which case, the finish was legal.

There is one correct reference for this question.

- A. 101.4.3
- B. 101.4.4
- C. 101.4.2
- D. MHSL Rules and Guidelines for Officials 7.5.2.8

9. What is allowed for a swimmer to do when finishing a backstroke race?

- A. the swimmer must touch the wall while on the back
- B. the swimmer may submerge after passing under the backstroke flags
- C. the swimmer may roll onto the breast after touching the wall
- D. both "A" and "C"

There is one correct reference for this question.

- A. 101.4.1
- B. 101.4.2
- C. 101.4.3
- D. 101.4.4

10. In the backstroke, during the turn, if the shoulders turn past vertical toward the breast, what do the rules permit the swimmer to do to complete a legal turn?

- A. the swimmer may use a continuous single arm pull or continuous simultaneous double arm pull to initiate the turn
- B. after any part of the swimmer's head is past the backstroke flags, the swimmer may complete the arm pull and glide with or without kicking prior to initiating the body's turning action
- C. Scull back to touch the wall if they missed the touch on the flip turn
- D. some part of the swimmer's body must touch the wall
- E. Items "A", "B", and "D"

There are three correct references for this question.

- A. MHSL Rules and Guidelines booklet 7.5.2.4
- B. MHSL Rules and Guidelines booklet 7.5.2.5
- C. 101.4.3
- D. MHSL Rules and Guidelines booklet 7.5.2.6

11. In the backstroke, an athlete in Lane 4 approaches an intermediate turn. Moving past vertical towards the breast to make a flip turn, the swimmer finds herself in contact with the wall. Without doing a flip turn, the swimmer leaves the wall past vertical towards the back. What action should the S&T Judge take?

- A. the S&T Judge should take no action as the turn was legal even without the flip turn
- B. the S&T Judge should immediately raise the hand signaling an infraction for delay in initiating the pull
- C. the S&T Judge should confer with the Referee to see if the turn was legal

There is one correct reference for this question.

- A. 101.4.3, DQ slip, infraction #2L
- B. 101.4.3
- C. 101.4.4

12. After a turn on the backstroke, the S&T Judge watches as the swimmer's feet leave the wall. Then in looking up the body she observes that the shoulders are past vertical toward the breast while the swimmer is still submerged and has not yet reached the 15-meter mark. She raises her hand to signal an infraction. Is this correct? If so, what should the call be?

- A. no, the swimmer had not reached the 15-meter mark yet
- B. yes, the call should be not on the back off wall after the turn
- C. yes, the call should be resubmurgence
- D. yes, the call should be shoulders past vertical on the swim

There is one correct reference for this question.

- A. 101.4.2
- B. 101.4.3, DQ slip, infraction #2H
- C. 101.4.3, DQ slip, infraction #2L

13. In the backstroke after turning past vertical toward the breast to make a turn, a swimmer completes the turn but fails to touch the wall with any part of his body. What is the infraction for this call?

- A. the swimmer shall be disqualified for non-continuous turning motion at the turn
- B. the swimmer shall be disqualified because after turning past vertical toward the back, the swimmer was submerged past the 15-meter mark measured from the turn end of the pool
- C. the swimmer shall be disqualified for no touch at the turn
- D. all of the above

There are two correct references for this question.

- A. MHSL Rules and Guidelines 7.5.2.4
- B. 101.4.2
- C. 101.4.3
- D. 101.4.4

14. In the backstroke, a young athlete approaches the turn of the 50 backstroke. The swimmer rolls from the back to the breast, takes a single arm pull and initiates his turn. After completing one full flip turn, the swimmer returns to a position facing the wall without ever touching the wall. The swimmer looks up at the official and does another flip turn, touching the wall the second time. The athlete then leaves on the back and finishes the race. The S&T Judge makes no call. Is this correct? If not, then what should the call be?

- A. yes, the swimmer touched the wall during their turn
- B. no, the swimmer stopped to look at the official
- C. yes, the swimmer executed a legal continuous turn and left the wall on the back
- D. no, the swimmer should have been disqualified for not touching the wall with some part of his body during the turn

There is one correct reference for this question.

- A. 101.1.5
- B. 101.4.1
- C. 101.4.2
- D. 101.4.3

Breaststroke:

15. In the breaststroke, what is the required position as the swimmer leaves the wall after completing a legal turn?

- A. the swimmer may take one kick followed by a complete stroke cycle of one arm stroke and then one kick before the head must break the surface of the water
- B. the body shall be kept on the breast
- C. the body may be past vertical towards the back while still submerged
- D. the swimmer must perform their dolphin kick after the hands separate during the pullout

There is one correct reference for this question.

- A. 101.2.1
- B. 101.2.2
- C. 101.2.3
- D. 101.2.4

16. In the breaststroke, a Stroke & Turn Judge observes on the finish that the swimmer touches the wall with both hands simultaneously, with the hands stacked on top of each other

with no separation. The Official raises her hand to signal an infraction. Is this correct? If so, what should the call be?

- A. yes, the call should be one-hand touch at the finish
- B. no, separation of the hands is not required for the touch in the Mountain Hi Swim League
- C. yes, the call should be non-simultaneous touch

There is one correct reference for this question.

- A. 101.2.4, DQ slip infraction 3K
- B. MHSL Rules and Guidelines booklet 7.3
- C. MHSL Rules and Guidelines booklet 7.5.4.8
- D. MHSL Rules and Guidelines booklet 7.5.5.4

17. In the breaststroke, a Stroke & Turn Judge observes on the turn that after the swimmer leaves the wall toward the breast, is completely submerged, and begins his pull all the way down past the hipline, he is not fully on the breast at the beginning of that pull. By the beginning of the second arm stroke, the swimmer is on the breast, parallel with the water's surface. The Official raises her hand to signal an infraction. Is this correct? If so, what should the call be?

- A. yes, the call should be arms not on the same horizontal plane on the start
- B. yes, the call should be arms not on the same horizontal plane after the turn
- C. yes, the call should be not toward the breast off wall on the turn
- D. no, the swimmer was toward the breast when the first arm pull began

There are two correct references for this question.

- A. 101.2.3
- B. 101.2.2
- C. DQ slip, infraction # 3G
- D. DQ slip, infraction # 3S

18. In the breaststroke, a Stroke & Turn Judge observes during the swim that a swimmer performs one pull down to just below his waist area before pushing forward from the breast for his stroke. The Official raises his hand to signal a disqualification. Is this correct? If so, what should the call be?

- A. yes, the call should be pulling past the waist on the swim
- B. yes, the call should be pulling past the hipline on the swim
- C. no, the swimmer is allowed to perform one pull past the hipline during their pullout
- D. no, pulling just below the waist is only an infraction if the Stroke & Turn Judge clearly sees the swimmer pulling past the hipline. This swimmer should receive the benefit of the doubt.

There is one correct reference for this question.

- A. DQ slip, infraction # 3G
- B. 101.2.3
- C. DQ slip, infraction # 3C
- D. 101.2.2

19. In the breaststroke, what is the position of the head going into each turn and finish?

- A. at each turn and the finish, the head may be submerged after the last arm pull prior to the touch
- B. at each turn and the finish, the head must break the surface of the water at some point during the last complete or incomplete cycle preceding the touch
- C. both of the above

There is one correct reference for this question.

- A. 101.2.3
- B. 101.2.2
- C. 101.2.4
- D. 101.2.1

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

- A. all movements of the legs shall be simultaneous, and in the same horizontal plane without alternating movement
- B. a foot must be turned outward during the propulsive part of the kick
- C. the swimmer is allowed one downward butterfly kick
- D. all of the above

There is one correct reference for this question.

- A. 101.2.1
- B. 101.2.2
- C. 101.2.3
- D. 101.2.4

21. In the breaststroke, when is the swimmer permitted to bring the hands back beyond the hipline in the stroke?

- A. just before each turn and finish
- B. anytime during the stroke cycle
- C. during the first stroke after the start and each turn
- D. never

There is one correct reference for this question.

- A. 101.2.1
- B. 101.2.2
- C. 101.2.3
- D. 101.2.4

22. In the breaststroke, a swimmer starts off the blocks going very deep in the water. She performs one pull all the way past the hipline, followed by a butterfly kick and then a breaststroke kick. The swimmer takes a breath prior to the initiation the pull. The S&T Judge raises his hand to signal a disqualification. Is this correct? If so, what should the call be?

- A. yes, the swimmer must initiate their pull prior to taking a breath. The call should be logged on the DQ slip under Other (7T).

- B. yes, the head must break the surface of the water before the hands turn inward at the widest part of the second stroke. The call should be cycle violation on the start, head not up.
- C. no, there is no infraction; the swimmer performed the stroke legally.

There is one correct reference for this question.

- A. 101.2.1
- B. 101.2.3
- C. DQ slip, infraction # 3R

23. In the breaststroke, after the start and each turn, a swimmer has his hands extended in front of him in a streamline position with one hand on top of the other. The swimmer performs one butterfly kick. Prior to the finish of the butterfly kick, the swimmer performs his pullout. Then he does one Breaststroke kick before the second arm stroke. Should the swimmer be disqualified? If so, what is the call?

- A. yes, the swimmer should be disqualified; as there was no initiation of a pull before the butterfly kick was performed, the call is stroke out of sequence on the start and each turn
- B. no, the swimmer should not be disqualified; the swimmer had not yet surfaced
- C. yes, the swimmer should be disqualified; the call is two strokes under
- D. no, the swimmer should not be disqualified because he can perform the butterfly kick at any time prior to the first breaststroke kick.

There are two correct references for this question.

- A. 101.2.2, DQ slip, infraction #3P Other: stroke out of sequence; kick before pull
- B. 101.2.3
- C. 101.2.4
- D. MHSL Rules and Guidelines, 7.5.4.2

24. In the breaststroke, after the head breaks the surface of the water, the swimmer kicks outward with both feet; one foot has the toes pointed out while the other foot is moving in a more up and down motion with the toes pointed down. Upon observing the kick, the S&T Judge raises her hand to signal a disqualification. Is this correct? If so, what should the official state is the infraction?

- A. yes, the call should be a scissors kick on the start
- B. yes, the call should be a scissors kick on the swim
- C. yes, the call should be a downward butterfly kick on the swim
- D. no, there is no infraction

There is one correct reference for this question.

- A. 101.2.4
- B. 101.2.2
- C. 101.2.3

25. In the breaststroke, a swimmer starts off the blocks and, after entering the water, begins to swim freestyle, then realizes his error and starts swimming breaststroke with the arm stroke followed by the kick. The S&T Judge observes the swimmer and raises her hand to signal an infraction. Is this correct? If so, what should the call be?

- A. yes, except for the final stroke before the turn, during the turn, and for the final stroke at the finish. The call would be elbows recovered over water on the start.
- B. yes, all movements of the arms and legs must be simultaneous and on the same horizontal plane without alternating movement. The call would be non-simultaneous arms and alternating kick on the swim.
- C. no, when the swimmer began swimming breaststroke, she did so with an arm stroke so no disqualification is necessary

There are three correct references for this question.

- A. 101.2.2
- B. DQ slip, infraction # 3C
- C. DQ slip, infraction # 3A and # 3G
- D. 101.2.3

Freestyle:

26. At the turn of the 50 Freestyle, the swimmer puts his feet down after touching the wall on his turn, adjusts his goggles, then springs off the curved part of the wall where the wall meets the floor of the pool and finishes swimming his 50 Free. The Official raises her hand to signal a disqualification. Is this correct? If so, what is the call?

- A. no, the curve of the wall is not considered the bottom of the pool. Therefore, no infraction occurred.
- B. yes, pushing off from anywhere but the wall is a violation
- C. yes, springing off the bottom of the pool is a violation

There is one correct reference for this question.

- A. 102.22.13
- B. 102.22.5
- C. 101.5.2
- D. 101.5.3

27. On the 150 of a 200 Freestyle, a swimmer stops and starts to get out of the water. The timers tell the swimmer he has another 50 to complete. The swimmer, still having one foot in the water, drops back down into the water and continues swimming until he completes the full 200. The Official raises his hand to signal an infraction. Is this correct? If so, what is the call?

- A. yes, even though the swimmer did eventually finish the distance, he exited the water before completing the prescribed distance and should be disqualified for a Did Not Finish.
- B. yes, the swimmer is not allowed to receive help from the timers
- C. yes, even though the timers prevented the swimmer from exiting the water, the swimmer had stopped swimming and, therefore, did not finish the race as he should have.
- D. no, there is no infraction; the swimmer had not completely exited the water and, therefore, can continue swimming the event to its conclusion.

There is one correct reference for this question.

- A. 101.5.4
- B. 102.22.6
- C. 102.22.7

D. 102.22.1

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

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

There is one correct reference for this question.

- A. 101.5.2
- B. 101.5.4
- C. 101.5.3
- D. 101.5.1

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

There is one correct reference for this question.

- A. 101.5.1
- B. 101.5.2
- C. 101.5.3
- D. 101.5.4

Individual Medley:

30. In the individual medley, when changing from one stroke to another, do we apply the rules for the turns or for the finish in the stroke just completed?

- A. the swimmer may perform a crossover turn and start toward the breast
- B. freestyle rules
- C. finish rules for the stroke just completed
- D. turn rules for the stroke just completed

There is one correct reference for this question.

- A. 101.6.3A
- B. 101.6.4
- C. 101.6.2
- D. 101.6.3B

31. In the individual medley on the last one-fourth of the race, the swimmer turns past vertical toward the back to take a few breaths and rest for a moment without making any forward propulsion movements, then rolls back to his breast and continues swimming. The S&T Judge observes the movement by the swimmer and raises her hand to signal a disqualification. Is this correct? If so, what is the call?

- A. no, there is no infraction for turning on one's side and briefly resting on the freestyle leg before continuing to swim the race. The swimmer would have to turn on the back and use some method of propulsion while on the back to be swimming "in the style of" backstroke.
- B. yes, the call should be swimming backstroke on the freestyle leg of the IM
- C. yes, the call should be not on the breast during the swim for the freestyle leg of the IM
- D. yes, the call should be shoulders past vertical toward the back on the freestyle swim

There are two correct references for this question.

- A. 101.4.2
- B. 101.6.2
- C. DQ slip, infraction #5A
- D. DQ slip, infraction #6

Miscellaneous:

32. What shall be considered a violation of the Mountain Hi Swim League Code of Conduct?

- A. smoking and use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating or standing areas, and in all areas used by swimmers, during the meet or during the warm-up periods in connection with the meet
- B. alcoholic beverages are prohibited in all areas of the venue, including, but not limited to, pool deck, locker rooms, spectator seating or standing areas, and in all areas used by swimmers. Exceptions to this provision can be made only with the approval of the MHSL Board of Directors
- C. lack of cooperation at all levels from all involved participants to come to reasonable and equitable solutions to disagreements or disputes as they arise
- D. all of the above

There are three correct references for this question.

- A. MHSL Policies & Procedures 35.2
- B. MHSL Policies & Procedures 36.19
- C. MHSL Policies & Procedures 36.21
- D. MHSL Policies & Procedures 36.22

33. At the Division Preliminary session, during the 6 & Under Breaststroke, a coach jumps into the water and without touching the swimmer provides verbal encouragement to the swimmer during the race. The official for that lane raises his hand to signal a disqualification. Is this correct? If so, what is the infraction?

- A. no, this is not correct; coaches are allowed in the water to give verbal encouragement
- B. no, this is not correct; the swimmer never made contact with the coach
- C. yes, the call is correct; coaches are not allowed in the water to assist 6 & Under swimmers for the Preliminary or Final sessions of the Division Championship or All Stars

There is one correct reference for this question.

- A. MHSL Policies & Procedures 8.5

- B. MHSL Policies & Procedures 8.6
- C. MHSL Policies & Procedures 9.7.1

34. If a swimmer intentionally swims into another lane and then back into the correct lane, must the swimmer be disqualified?

- A. the swimmer is automatically disqualified because of unsportsmanlike conduct
- B. the swimmer is disqualified for failing to remain in the assigned lane
- C. the swimmer is not disqualified if there was no violation of stroke rules and there was no interference with a swimmer in the second lane
- D. the swimmer is disqualified if the infraction was independently observed by the deck referee

There are two correct references for this question.

- A. 102.22.3
- B. 102.22.5
- C. MHSL Rules and Guidelines 7.4.4
- D. 102.22.7

35. When judging swimmers with physical disabilities, what should the S&T Judge judge?

- 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 missing or cannot be used
- C. base judgment on actual rule, not the swimmer's technique
- D. all of the above

There is one reference for this question.

- A. 105.5.1
- B. 105.5.2
- C. 105.5.3

36. In the backstroke, an 8-year-old swimmer is approaching the wall for his finish and rolls to his stomach just before touching the wall with two hands. The Stroke & Turn Judge observes the disqualification in his jurisdiction and calls in the infraction (past vertical toward the breast just prior to the finish on the backstroke) over his headset to the Deck Referee. The Deck Referee accepts the disqualification and has the Scribe write up the DQ slip. When presented with the disqualification slip, the coach of the swimmer questions the call and requests that it be overturned for improper procedure on the Judge's part. Should this call be overturned? If so, why?

- A. no, the call should stand; the infraction was correctly represented on the DQ slip, the rule broken was clearly described by the S&T Judge, and the infraction happened in the jurisdiction of the official who made the call
- B. yes the call should be overturned; 8 and under swimmers are not held to the same rules as older swimmers
- C. yes, the call should be overturned; although the infraction was correctly noted and the paperwork was processed properly, the S&T Judge failed to immediately raise his hand to signal the observation of an infraction

There is one correct reference for this question.

- A. 102.22.1

- B. 102.22.2
- C. 102.23.3

37. Are 15 meter marks on the competition pool lane lines mandatory in the Mountain Hi Swim League?

- A. no, they are not mandatory.
- B. yes, they are required but only for pools hosting a preliminary or championship event
- C. yes, the 15 meter marks are mandatory for lane lines.
- D. no, but the League strongly recommends the lane lines have 15 meter marks on them.

There is one correct reference for this question.

- A. 101.3.2
- B. MHSL Policies & Procedures 5.3.3
- C. 103.16.1
- D. MHSL Policies & Procedures 5.3.6

38. Can swimmers in 6 & Under events in the Mountain Hi Swim League be disqualified?

- A. no; the League considers this category of swimmer to be developmental and does not require them to swim strokes legally
- B. yes; at any time during a MHSL meet if a 6 & Under swimmer does not make a continuous attempt to perform the stroke, the swimmer may be disqualified with the Deck Referee's concurrence.
- C. yes, if a 6 & Under swimmer has a coach in the water with the swimmer, the swimmer shall be disqualified.
- D. yes, only during Prelims when the swimmer makes no attempt to perform the stroke; for example, swims Freestyle all the way in the 25 Breaststroke

There is one correct reference for this question.

- A. MHSL Policies & Procedures 9.4
- B. MHSL Policies & Procedures 9.5
- C. MHSL Policies & Procedures 9.1
- D. MHSL Policies & Procedures 9.7.

39. When may a disqualification be made by a Stroke & Turn Judge?

- A. only if the infraction occurred within the Judge's jurisdiction and the Judge immediately raised one hand overhead
- B. if the Judge clearly saw the infraction regardless of their location on the pool deck
- C. if the Judge clearly saw the infraction but failed to raise his hand

There is one correct reference for this question.

- A. 102.22.5
- B. 102.22.7
- C. 102.22.1

Relays:

40. In relay events, how long may any team member remain in the water?

- A. the swimmer may remain in the water as long as he/she needs to recover

- B. each relay member shall leave the water immediately upon finishing his/her leg, except the last member
- C. the swimmer must exit the water before the swimmer in the following leg reaches the far end of the pool

There is one correct reference for this question.

- A. 101.7.4B
- B. 101.7.4C
- C. 101.7.4D
- D. 101.7.4E

41 This question intentionally left blank

42. When in-water starts are required for relays because of shallow water depth, what part of the swimmer's body must be in contact with the wall before the incoming swimmer touches to have a legal exchange?

- A. the swimmer must have at least one hand on the wall before the incoming swimmer touches
- B. the swimmer must have at least one foot on the wall before the incoming swimmer touches
- C. the swimmer must maintain contact with the wall with any part of his/her body before the incoming swimmer touches
- D. the swimmer does not have to maintain contact with the wall, but must return to the original starting point prior to leaving after the incoming swimmer touches

There is one correct reference for this question.

- A. 101.7.4.C
- B. 101.7.4.D
- C. 101.7.4.G
- D. 101.7.4.F

43. What duties may the Referee assign to the Relay Take-off Judges?

- A. independently report infractions in writing without the use of infraction hand signal when doing dual relay take-off judging
- B. judge whether the swimmer is in contact with the platform when the incoming swimmer touches the far end of the pool
- C. while standing behind the swimmer, observe one foot of the departing swimmer as they leave the starting platform and the touch of the incoming swimmer
- D. A and C

There is one correct reference for this question.

- A. 101.2.C
- B. 101.3.B
- C. 102.10.2
- D. 102.13.6.B



DISQUALIFICATION REPORT

EVENT # _____ HEAT _____ LANE _____

SWIMMER _____ TEAM _____

BUTTERFLY START _____ SWIM _____ TURN _____ FINISH _____

KICK: ALTERNATING (1A) _____ BREAST (1B) _____ SCISSORS (1C) _____

ARMS: NON-SIMULTANEOUS (1E) _____ UNDERWATER RECOVERY (1F) _____

TOUCH: ONE HAND (1J) _____ NOT SEPARATED (1K) _____
NON-SIMULTANEOUS (1L) _____ NO TOUCH (1M) _____

NOT TOWARD THE BREAST OFF WALL (1N) _____

HEAD DID NOT BREAK SURFACE BY 15m (1P) _____ RE-SUBMERGED (1R) _____

OTHER (1T): _____

BACKSTROKE START _____ SWIM _____ TURN _____ FINISH _____

NO TOUCH AT TURN (2A) # _____

PAST VERTICAL AT TURN:

DELAY INITIATING ARM PULL (2B) _____ DELAY INITIATING TURN (2C) _____

MULTIPLE STROKES (2D) _____

TOES OVER LIP OF GUTTER AFTER THE START (2E) _____

HEAD DID NOT BREAK SURFACE BY 15m (2F) _____ RE-SUBMERGED (2G) _____

NOT ON BACK OFF WALL (2H) _____

SHOULDERS PAST VERTICAL TOWARDS THE BREAST (2L) _____

OTHER (2T): _____

BREASTSTROKE START _____ SWIM _____ TURN _____ FINISH _____

KICK: ALTERNATING (3A) _____ BUTTERFLY (3B) _____ SCISSORS (3C) _____

ARMS: PAST HIPLINE (3D) _____ NON-SIMULTANEOUS (3E) _____

TWO STROKES UNDER (3F) _____ NOT IN SAME HORIZONTAL PLANE (3G) _____

ELBOWS RECOVERED OVER WATER (3H) _____

TOUCH: ONE HAND (3J) _____ NOT SEPARATED (3K) _____

NON-SIMULTANEOUS (3L) _____ NO TOUCH (3M) _____

NOT TOWARD THE BREAST OFF WALL (3N) _____

CYCLE: KICK BEFORE PULL (3P) _____ HEAD NOT UP (3R) _____

DOUBLE PULLS/KICKS (3S) _____

OTHER (3T): _____

FREESTYLE

NO TOUCH AT TURN (4A) # _____

HEAD DID NOT BREAK SURFACE BY 15m (4B) _____ RE-SUBMERGED (4C) _____

INDIVIDUAL MEDLEY

STROKE INFRACTION(S) (5A) # _____

OUT OF SEQUENCE (5B) _____

RELAYS

STROKE INFRACTION: (6A-D) # _____ SWIMMER # _____

EARLY TAKE OFF SWIMMER (6F-H) # _____

CHANGED ORDER (6L): SWIMMER _____ STROKE _____

OTHER (6T): _____

MISCELLANEOUS

FALSE START (7A) _____ DECLARED FALSE START (7B) _____

DID NOT FINISH (7C) _____ DELAY OF MEET (7D) _____

OTHER (7T): _____

JUDGE: _____
(print name clearly)

REFEREE: _____
(print name clearly)

NOTIFIED: _____ SWIMMER _____ COACH

rev. (5/14)

**Mountain Hi Swim League
2017 Re-certification Stroke & Turn Judge Test
Answer Sheet**

Name: _____ Team: _____ Division: _____

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Question No.	Question Answer	Required Reference #1	Required Reference #2	Required Reference #3
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**Mountain Hi Swim League
2017 Re-certification Stroke & Turn Judge Test
Answer Sheet**

Name: _____ Team: _____ Division: _____

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Question No.	Question Answer	Required Reference #1	Required Reference #2	Required Reference #3
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