

SOSL Swimming Officials Test 2010

Name: _____

Address: _____

Phone: _____

Read the following questions carefully and either circle the letter of the appropriate answer or fill in the blank as required. Please consult the USA Swimming Rules and Regulations as necessary.

Please mail the test to:

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Please contact Jay Lewis at (937) 429-3592 or (937) 689-8697 with any questions. Your results will be returned as quickly as possible.

- 1) Watches used for manual timing
 - a. must be handheld, battery powered, digital read-out type watches designed for timing purposes.
 - b. may have either digital read-outs or use a sweep second hand with hundredths markings on the face.
- 2) At the start, a timer should start the watch:
 - a. at the instant of observing the visual starting signal.
 - b. preferably at the instant of sound.
 - c. either of the above.
- 3) The Lane Timer's position at the finish is:
 - a. at the side of the pool.
 - b. directly over the assigned lane.
 - c. behind the block of the assigned lane.
- 4) When averaging two watches which result in 1000ths, the digits representing 1000ths are:
 - a. rounded up to 100ths.
 - b. dropped with no rounding.
 - c. rounded up to 100ths only if the third number exceeds 5.
- 5) When three watches on a lane are the primary timing system, the official time is:
 - a. the time of two watches that agree.
 - b. the average of all three watches.
 - c. the average of the fastest two watches.
- 6) When the times from only two watches are available, the official time is:
 - a. the slower of the two watches.
 - b. the faster of the two watches.
 - c. the average of the two watches.

Fill in the official times for a meet using only a manual timing system:

	Lane Timers: recorded manual times	Official Time
7	44.54 - 44.51 - 44.45	
8	32.57 - 32.80 - 32.57	
9	29.72 - 29.83	

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. Except for the final stroke before a turn, during the turn, and the last stroke prior to the finish, what part of the body must be underwater during the recovery phase of the breaststroke?
 - a. the hands.
 - b. the arms.
 - c. the elbows.

12. 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.

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

14. After the start and each turn, a downward butterfly kick is permitted:
 - a. once.
 - b. twice.
 - c. at any time.
 - d. never.

15. At each turn and the finish, the 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.

16. 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.
 - 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.

17. In the Breaststroke: When the swimmer leaves the wall at the turn:
- the shoulders must be at or past vertical toward the breast.
 - the body must be on the breast, shoulders parallel to the surface of the water.
 - the body may still be on the back, as long as the form described in 101.1.2 is attained prior to the first arm stroke pull.
 - the swimmer may kick then complete a cycle of one arm stroke and one kick before the head breaks the surface.

BUTTERFLY

18. After the start and each turn, before coming to the surface, the swimmer is permitted:
- one kick, one arm pull and one recovery.
 - one or more kicks, one arm pull and one recovery.
 - one kick and one arm pull.
 - one or more kicks but only one arm pull.
19. From the beginning of the first arm pull, the position of the body shall be:
- on the back.
 - such that the shoulders are at or past the vertical towards the breast.
 - in any position.
20. During the arm recovery:
- there must be air between the hands and the water.
 - both arms must be brought forward simultaneously over the water.
 - the hands must be brought forward from the breast.
 - none of the above.
21. The position of the feet:
- must be in the same plane.
 - must not be separated.
 - may not alternate in relation to each other.
22. At the turns and the finish, while the body is on the breast, both hands must touch simultaneously:
- only at the water surface.
 - only above the water surface.
 - at, above, or below the water surface.
23. 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:
- only in yard events.
 - only in meter events.
 - in either yard or meter events.
 - never.
24. At the finish, a legal touch must be made:
- unevenly by the hands.
 - with both hands simultaneously, while body is on breast.
 - with one hand.
 - with any part of the swimmer's body.

Backstroke

25. 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.
- True.
 - False.
26. A butterfly or dolphin kick may:
- never be used.
 - be used at any time during the race.
 - be used only after the start and after each turn.
27. 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:
- may swim back to the wall and touch without being disqualified.
 - may scull backwards until the feet touch the wall and is not disqualified.
 - is disqualified.
28. During the turn, if the shoulders turn past vertical, the swimmer:
- may take two arm pulls to reach the wall.
 - may take only one single or continuous simultaneous double arm pull to execute the turn.
 - must make a freestyle flip turn.
29. During the turn, if the shoulders turn past vertical, the swimmer:
- may glide to get into position prior to initiating an arm pull.
 - may complete the arm pull and then kick independently to initiate the turning action.
 - must be past the backstroke flags.
 - must make any kick or arm pull part of a continuous turning action.
30. At the turns and the finish, a legal touch may be made:
- only with the hand(s).
 - only with the head, shoulder, foremost hand or arm.
 - with any part of the swimmer's person.
31. After the turn, the swimmer's shoulders must be at or past the vertical toward the back:
- before the first stroke.
 - when the swimmer leaves the wall.
 - before the feet leave the wall.
32. When finishing, the swimmer:
- must touch the wall while on the back.
 - may turn past vertical to the breast after passing the backstroke flags and prior to the touch.
 - may be submerged at the touch.
 - both "a" and "c".

FREESTYLE

33. If a swimmer elects to swim the butterfly in an individual freestyle event, he or she:
- may alter the stroke at any time during the race.
 - must do so for the entire length of the race.
 - must do so for one complete length of the pool.

34. In an individual freestyle event, the swimmer may use:
- crawl stroke only.
 - any style or stroke(s) other than breaststroke, butterfly or backstroke.
 - any style or stroke(s) the swimmer chooses.
35. 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.
 - legal.
 - disqualified if he or she swims past the backstroke flags.
36. At the turns and finish, a legal touch may be made:
- only with the hand(s).
 - the foremost hand or arm.
 - by any part of the swimmer.
37. In the freestyle leg of medley relay, a swimmer may use:
- crawl stroke only.
 - any stroke(s) other than breaststroke, butterfly, or backstroke.
 - any stroke(s) the swimmer chooses.

INDIVIDUAL MEDLEY

38. The individual medley is swum in the following order:
- backstroke, butterfly, breaststroke, freestyle.
 - butterfly, backstroke, breaststroke, freestyle.
 - backstroke, breaststroke, butterfly, freestyle.
 - breaststroke, backstroke, butterfly, freestyle.
39. When changing from one stroke to another in the IM, the swimmer's turns shall conform to the:
- turn rules for the stroke just completed.
 - finish rules for the stroke just completed.
 - freestyle rules.
40. When turning from the butterfly to the backstroke, the swimmer's shoulders must be at or past the vertical toward the back:
- immediately after the feet have left the wall.
 - when the swimmer leaves the wall.
 - before the first arm stroke on the back.
41. When turning from the backstroke to the breaststroke, the:
- swimmer must attain the required breaststroke form before the first arm pull.
 - swimmer's shoulders must be at or past vertical toward the breast when the swimmer leaves the wall.
 - swimmer must remain on the back until touching the wall.
 - all of the above.
42. In the freestyle leg, a swimmer may use:
- crawl stroke only.
 - any stroke(s) other than breaststroke, butterfly or backstroke.
 - any stroke(s) the swimmer chooses.

RELAYS

43. The medley relay is swum in the following order:
- backstroke, butterfly, breaststroke, freestyle.
 - butterfly, backstroke, breaststroke, freestyle.
 - backstroke, breaststroke, butterfly, freestyle.
44. Each swimmer in the freestyle relay may use:
- crawl stroke only.
 - any stroke(s) other than breaststroke, butterfly, or backstroke.
 - any stroke(s) the swimmer chooses.

GENERAL

45. In order for a disqualification to be upheld, the stroke and turn judge:
- must observe the infraction that she or he is reporting.
 - must report the disqualification over a headset.
 - 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.
 - both "a" and "c"
46. Grasping a lane line to assist forward motion is permitted:
- in freestyle events.
 - in backstroke events.
 - anytime.
 - never.
47. Which of the following is a disqualification?
- The swimmer assigned to lane three starts and finishes the race in lane four.
 - The swimmer assigned to lane three starts in lane four and finishes in lane three.
 - The swimmer assigned to lane three starts in lane three and finishes in lane four.
 - both "b" and "c".
48. Stroke and Turn Judges must report any violations they observe to the Referee:
- over a headset.
 - by hand signal.
 - on signed slips.
49. For judging swimmers with physical disabilities, a judge should:
- judge, in accordance with USA Swimming rules, any part of the body that is used.
 - not judge a part of the body that cannot be used.
 - base judgment on actual rule, not the swimmer's technique.
 - all of the above.
50. In which of the strokes shall it 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:
- butterfly.
 - backstroke.
 - freestyle.
 - all of the above.