

DuPage Swim & Dive Conference Judge Test

Name: _____
Address: _____
City, State,
Zip: _____
Telephone #: _____
Swim Team: _____

Date: _____
Score: _____
0 = 100% 5 = 89% 10 = 79%
1 = 98% 6 = 87% 11 = 77%
2 = 96% 7 = 85% 12 = 75%
3 = 94% 8 = 83% 13 = 73%
4 = 92% 9 = 81% 14 = 71%
15 = Did Not Pass

BREASTSTROKE

- _____ 1. The following kick is permitted:
- a. scissors
 - b. flutter
 - c. simultaneous with feet turned inwards
 - d. simultaneous with feet turned outward
 - e. downward butterfly kick
- _____ 2. The hands shall be pushed forward from the breast:
- a. under the water.
 - b. on, under, or over the water.
 - c. on or under the water.
- _____ 3. If the hands recover over the water, the elbows must be under the water:
- a. until the touch at the turn or finish
 - b. except for the last stroke at the finish.
 - c. except for the first stroke after the start.
- _____ 4. Except after the start and each turn, 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.
 - b. after one arm pull or one kick.
 - c. after one arm pull and one or more kicks.
- _____ 5. After the start and each turn, a downward butterfly kick is permitted:
- a. once
 - b. twice
 - c. at any time
 - d. never

- _____
6. 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:
- only in an incomplete stroke cycle.
 - only in a complete stroke cycle.
 - provided it breaks the surface of the water during any part of the last complete or incomplete cycle preceding the touch.
- _____
7. At each turn and the finish, the hands must touch simultaneously:
- under the water surface only.
 - on or under the water surface only.
 - at, above, or below the water surface.
- _____
8. Except during the first stroke after the start and each turn, the hands shall not be brought beyond the:
- hipline.
 - breast.
 - shoulders.
- _____
9. When the swimmer leaves the wall after turns, the position of the body shall be:
- perfectly on the breast.
 - shoulders at or part vertical toward the breast.
 - in any position.
- _____
10. At the finish, the hands must touch simultaneously while the body is:
- on the breast.
 - past the vertical toward the breast.
 - in any position.
- _____
11. The first arm stroke allowed after the start and each turn:
- may be combined with more than one kick.
 - may extend past the hipline.
 - must bring the swimmer to the surface.

BUTTERFLY

- _____
12. 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.
- _____
13. Immediately after the start and each turn, the swimmer may remain submerged for a distance of not more than:
- 15 meters (16.4 yards)
 - half of the length of the pool.
 - the entire length of the pool – there is no limit.

- _____ 14. During the arm recovery:
- 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 pushed forward from the breast.
 - d. none of the above are correct statements.
- _____ 15. 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.
- _____ 16. At each turn and the finish, the hands must touch simultaneously:
- a. under the water surface only.
 - b. on or under the water surface only.
 - c. at, above, or below the water surface.
- _____ 17. The feet must touch the wall sometime during the turn:
- a. True
 - b. False
- _____ 18. As the swimmer touches the wall, the hands must be at the same level on the wall.
- a. True
 - b. False
- _____ 19. At the finish, a legal touch must be made:
- a. with one hand.
 - b. with any part of the swimmer's body.
 - c. separately by each hand.
 - d. with both hands simultaneously while the body is on the breast.

BACKSTROKE

- _____ 20. 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.
- _____ 21. A backstroker, after the start and each turn, may be completely submerged:
- a. for not more than 15 meters (16.4 yards).
 - b. for not more than 10 meters.
 - c. for as far as he/she can swim that way.
- _____ 22. At the turns and the finish, a legal touch may be made:
- a. only with the hand(s).
 - b. only with the head, shoulders, foremost hand or arm.
 - c. with any part of the swimmer's body.
- _____ 23. During the turn, if the shoulders turn past vertical:
- a. the swimmer may take two arm pulls to reach the wall.
 - b. the swimmer may take only one arm pull to initiate the turn.
 - c. the swimmer must make a freestyle flip turn.

- _____ 24. 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.
- _____ 25. After the turn, the swimmer's shoulders must be at or past the vertical toward the back:
- when the swimmer leaves the wall.
 - before the first stroke.
 - before the feet leave the wall.

FREESTYLE

- _____ 26. 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.
- _____ 27. If a swimmer elects to swim the Butterfly in an individual Freestyle event, he/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.
- _____ 28. If a swimmer elects to swim Breaststroke in an individual Freestyle event:
- his/her head must be above the surface at all times.
 - he/she must continue to do Breaststroke for the entire event.
 - he/she must touch with both hands at the finish.
 - none of the above.
- _____ 29. A swimmer may stop, rest, walk, or push off the pool bottom.
- True
 - False
- _____ 30. At the turns and finish, a legal touch may be made with:
- only the hand(s).
 - the foremost hand or arm.
 - any part of the swimmer.
- _____ 31. 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 for missing the wall:
- never.
 - in all cases.
 - if he or she swims past the backstroke flags.

INDIVIDUAL MEDLEY

- _____ 32. The Individual Medley is swum in the following order:
- Backstroke, Butterfly, Breaststroke, Freestyle.
 - Backstroke, Breaststroke, Butterfly, Freestyle.
 - Breaststroke, Backstroke, Butterfly, Freestyle.
 - Butterfly, Backstroke, Breaststroke, Freestyle.
- _____ 33. When changing from one stroke to another in the IM, the swimmer's turns shall conform to the:
- finish rules for the stroke just completed.
 - turn rules for the stroke just completed.
 - freestyle rules.
- _____ 34. During the transition from Backstroke to Breaststroke, a turn (on the breast) using a continuous turning action may be utilized:
- True
 - False
- _____ 35. When turning from the Butterfly to the Backstroke, the swimmer's shoulders must be at or past the vertical toward the back:
- when the swimmer leaves the wall.
 - immediately after the feet have left the wall.
 - before the first arm stroke on the back.
- _____ 36. During the Butterfly to Backstroke and the Backstroke to Breaststroke turns, the feet must touch the wall.
- True
 - False
- _____ 37. 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.

RELAY EVENTS

- _____ 38. The Medley Relay is swum in the following order:
- Backstroke, Butterfly, Breaststroke, Freestyle.
 - Butterfly, Backstroke, Breaststroke, Freestyle.
 - Backstroke, Breaststroke, Butterfly, Freestyle.
 - Breaststroke, Backstroke, Butterfly, Freestyle.
- _____ 39. In the Freestyle leg of a Medley Relay, a swimmer may use:
- crawl stroke only.
 - any stroke(s) other than Breaststroke, Butterfly, or Backstroke.
 - any stroke(s) the swimmer chooses.

- _____ 40. 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 RULES

- _____ 41. Stroke and Turn Judges must report any violations they observe:
- a. over a headset.
 - b. by hand signal.
 - c. on signed slips.
 - d. both B & C above.

- _____ 42. If a Stroke and Turn Judge fails to raise a hand overhead with an open palm upon observing an infraction, there shall be no disqualification.
- a. True
 - b. False

- _____ 43. During the Breaststroke and Butterfly, a swimmer may remove their goggles, even if this action disrupts the prescribed arm movement.
- a. True
 - b. False

- _____ 44. Swimmers:
- a. may never swim in a lane other than their assigned lane.
 - b. are not penalized for swimming in another lane.
 - c. must start and finish in their assigned lane.

- _____ 45. During the first two dual meets, age 8 & Under swimmers:
- a. are never disqualified.
 - b. are disqualified only if the infraction provides an unfair advantage.
 - c. are judged the same as all other swimmers.

- _____ 46. During the last eight dual meets, age 8 & Under swimmers:
- a. are never disqualified.
 - b. are disqualified on if the infraction provides an unfair advantage.
 - c. are judged the same as all other swimmers.

- _____ 47. A Judge may disqualify any rule infraction for:
- a. swimmers within his/her jurisdiction as set by the Referee.
 - b. any swimmer in the pool.
 - c. swimmers anywhere within the lanes closest to him/her.

- _____ 48. Finish Judges:
- a. write down the order of the finishes.
 - b. disqualify illegal finishes.
 - c. should not indicate a tie if two lanes appear to finish at the same time.
 - d. all of the above statements are true.
 - e. both A & B are true statements.