

DuPage Swim & Dive Conference
Judge Test

Name: _____ Swim Team: _____

Address: _____ Date: _____

City & Zip Code: _____ Score: _____

Telephone #: _____ Need 40/50 to Pass Test

BREASTSTROKE

- _____ 1. The following kick is permitted:
- a. scissors
 - b. simultaneous with feet turned inwards
 - c. simultaneous with feet turned outward
- _____ 2. The hands shall be pushed forward from the breast:
- a. under the water.
 - b. at, under, or over the water.
 - c. at 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. at any time
 - c. never
- _____ 6. When swimming breaststroke, the swimmer must have one pull and one kick and the head must break the surface of the water with each stroke.
- a. True
 - b. False

- _____ 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.

BUTTERFLY

- _____ 11. After the start and each turn, before coming to the surface, the swimmer is permitted:
- one kick, one arm pull, and one recovery.
 - one kick and one arm pull.
 - one or more kicks, but only one arm pull.
- _____ 12. 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 pushed forward from the breast.
- _____ 13. The position of the feet:
- must be in the same plane.
 - must not be separated.
 - must not alternate in relation to each other.
- _____ 14. 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.
- _____ 15. The feet must touch the wall sometime during the turn:
- True
 - False
- _____ 16. As the swimmer touches the wall, the hands must be at the same level on the wall.
- True
 - False

- _____ 17. At the finish, a legal touch must be made:
- with any part of the swimmer's body.
 - separately by each hand.
 - with both hands simultaneously while the body is on the breast.
- _____ 18. The butterfly/dolphin kick requires the feet to:
- move independently of one another.
 - create multiple splashes.
 - move simultaneously.

BACKSTROKE

- _____ 19. A butterfly or dolphin kick may be used:
- never.
 - at any time during the race.
 - only after the start and after each turn.
- _____ 20. At the turns and the finish, a legal touch may be made:
- only with the hand(s).
 - only with the head, shoulders, foremost hand or arm.
 - with any part of the swimmer's body.
- _____ 21. During the turn, if the shoulders turn past vertical:
- the swimmer may take two arm pulls to reach the wall.
 - the swimmer may take only one arm pull to initiate the turn.
 - the swimmer must make a freestyle flip turn.
- _____ 22. 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.
- _____ 23. 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

- _____ 24. 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.

- _____ 25. 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.
- _____ 26. 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 does not need to touch with both hands at the finish.
- _____ 27. A swimmer may stop, rest, walk, or push off the pool bottom.
- True
 - False
- _____ 28. 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.
- _____ 29. 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

- _____ 30. The Individual Medley is swum in the following order:
- Backstroke, Breaststroke, Butterfly, Freestyle.
 - Breaststroke, Backstroke, Butterfly, Freestyle.
 - Butterfly, Backstroke, Breaststroke, Freestyle.
- _____ 31. 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.
- _____ 32. During the transition from Backstroke to Breaststroke, the swimmer must touch the wall while on the back before turning onto the breast.
- True
 - False
- _____ 33. When turning from Butterfly to 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.

- _____ 34. 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

- _____ 35. The Medley Relay is swum in the following order:
- Backstroke, Butterfly, Breaststroke, Freestyle.
 - Butterfly, Backstroke, Breaststroke, Freestyle.
 - Backstroke, Breaststroke, Butterfly, Freestyle.

- _____ 36. 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.

- _____ 37. 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.

- _____ 38. A swimmer may swim more than 1 leg of any relay.
- True
 - False

GENERAL RULES

- _____ 39. Stroke and Turn Judges must report any violations they observe:
- by hand signal.
 - on signed DQ slips.
 - both A & B.

- _____ 40. 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.
- True
 - False

- _____ 41. During the Breaststroke and Butterfly, a swimmer may remove their goggles, even if this action disrupts the prescribed arm movement.
- True
 - False

- _____ 42. Swimmers:
- may never swim in a lane other than their assigned lane.
 - are penalized for swimming in another lane.
 - must start and finish in their assigned lane.

- _____ 43. A Judge may disqualify any rule infraction for:
- swimmers within his/her jurisdiction as set by the Referee.
 - any swimmer in the pool.
 - swimmers anywhere within the lanes closest to him/her.
- _____ 44. Finish Judges:
- write down the order of the finishes.
 - should not indicate a tie if two lanes appear to finish at the same time.
 - all of the above statements are true.
- _____ 45. A swimmer may pull on the lanes lines, gutters, or pool wall to propel themselves toward the finish.
- True
 - False
- _____ 46. The purpose of officiating swim meets is to:
- knock down the confidence of the swimmers.
 - provide and promote an atmosphere in which the participants can learn good sportsmanship and develop good attitudes with an emphasis on participation as opposed to winning at any cost.
 - DQ as many swimmers as possible.
- _____ 47. Qualifications of Officials include:
- act in the spirit of good sportsmanship.
 - know and review the rules, including the DSDC By-laws.
 - all of the above statements are true.
- _____ 48. Swimmers are allowed to swim a maximum of:
- 4 individual and 1 relay or 3 individual and 2 relay events.
 - 10 events.
 - as many events as they want to swim.
- _____ 49. When officiating, officials should wear:
- all white clothes.
 - a white top and blue bottoms.
 - both A & B are correct.
- _____ 50. When disqualifying a swimmer, the official should:
- shout at the top of his/her lungs.
 - raise his/her hand with an open palm high above the head.
 - run around the pool waving the DQ slip.