

**DuPage Swim & Dive Conference Judge  
Test**

Name: _____	Date: _____
Address: _____	Score: _____
City, State, Zip: _____	0 = 100%      5 = 90%      10 = 80%
_____	1 = 98%      6 = 88%      11 = 78%
_____	2 = 96%      7 = 86%      12 = 76%
Telephone #: _____	3 = 94%      8 = 84%      13 = 74%
_____	4 = 92%      9 = 82%      14 = 72%
Swim Team: _____	15 = Did Not Pass

**BREASTSTROKE**

- \_\_\_\_\_ 1. The following series of kicks are permitted:
  - a. scissors kick following which simultaneous with downward butterfly kick
  - b. flutter kick with alternating movements
  - c. a single butterfly kick following which simultaneous with feet turned inwards
  - d. a single butterfly kick following which simultaneous with feet turned outwards
  
- \_\_\_\_\_ 2. The hands shall be pushed forward "together" 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 final stroke before the turn, during the turn
  - c. except for the last stroke at the finish
  - d. b & c
  
- \_\_\_\_\_ 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, head may be submerged below the water level after the last arm pull 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 touch shall be made with both hands separated and simultaneously:
- under the water surface only
  - on or under the water surface only
  - at, above, or below the water level
- \_\_\_\_\_ 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:
- 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
  - none of the above are correct statements
- \_\_\_\_\_ 15. The position of the feet:
- must be in the same plane
  - must not be separated
  - may not alternate in relation to each other
- \_\_\_\_\_ 16. 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
- \_\_\_\_\_ 17. The feet must touch the wall sometime during the turn:
- True
  - False
- \_\_\_\_\_ 18. As the swimmer touches the wall, the hands must be at the same level on the wall:
- True
  - False
- \_\_\_\_\_ 19. At the finish, a legal touch must be made:
- with one hand
  - with any part of the swimmer's body
  - separately by each hand
  - with both hands simultaneously while the body is on the breast

## BACKSTROKE

- \_\_\_\_\_ 20. A butterfly or dolphin kick may be used:
- never
  - at any time during the race
  - only after the start and after each turn
- \_\_\_\_\_ 21. A Backstroker, after the start and each turn, may be completely submerged:
- for not more than 15 meters (16.4 yards)
  - for not more than 10 meters
  - for as far as he/she can swim that way
- \_\_\_\_\_ 22. 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
- \_\_\_\_\_ 23. During the turn, if the shoulders turn past vertical toward the breast:
- the swimmer may take two arm pulls to reach the wall
  - the swimmer may take an immediate continuous single arm pull or immediate continuous simultaneous double arm pull may be used to initiate the turn
  - 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 swimmer has turned past the vertical toward the breast an immediate continuous single arm pull or immediate continuous simultaneous double arm pull may be used to initiate the turn:
- True
  - False
- \_\_\_\_\_ 26. 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

- \_\_\_\_\_ 27. 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
- \_\_\_\_\_ 28. 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
- \_\_\_\_\_ 29. 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
- \_\_\_\_\_ 30. A swimmer may stop, rest, walk, or push off the pool bottom:
- True
  - False
- \_\_\_\_\_ 31. 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

- \_\_\_\_\_ 32. 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

- \_\_\_\_\_ 33. 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
- \_\_\_\_\_ 34. 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
- \_\_\_\_\_ 35. Once the Backstroke portion is completed, during the transition from Backstroke to Breaststroke, a turn (on the breast) using a continuous turning action may be utilized:
- True
  - False
- \_\_\_\_\_ 36. 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
- \_\_\_\_\_ 37. During the Butterfly to Backstroke and the Backstroke to Breaststroke turns, the feet must touch the wall:
- True
  - False
- \_\_\_\_\_ 38. 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

- \_\_\_\_\_ 39. 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
- \_\_\_\_\_ 40. 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
- \_\_\_\_\_ 41. 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 RULES

- \_\_\_\_\_ 42. Stroke and Turn Judges must report any violations they observe:
- over a headset
  - by hand signal
  - on signed slips
  - both b & c above
- \_\_\_\_\_ 43. 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
- \_\_\_\_\_ 44. During the Breaststroke and Butterfly, a swimmer may remove their goggles, even if this action disrupts the prescribed arm movement:
- True
  - False
- \_\_\_\_\_ 45. Swimmers:
- may never swim in a lane other than their assigned lane
  - are not penalized for swimming in another lane
  - must start and finish in their assigned lane
- \_\_\_\_\_ 46. The referee can overrule any meet official on a point of rule interpretation, or on a judgment decision pertaining to an action which the Referee has personally observed:
- True
  - False

- \_\_\_\_\_ 47. Judges shall report any violations on **signed** slips:
- a. detailing the event and the heat number
  - b. lane number
  - c. infraction observed
  - d. all of the above
- \_\_\_\_\_ 48. 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
- \_\_\_\_\_ 49. 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
- \_\_\_\_\_ 50. The purpose of officiating:
- a. to ensure fair competition among all swimmers by following the rules for competitive swimming
  - b. treat each swimmer equally under the rules for competitive swimming
  - c. to judge by the same criteria as all other officials
  - d. all of the above