



JUDGE OF STROKES & INSPECTOR OF TURNS - QUIZ

1. The Judge of Stroke has authority/responsibility to:
 - a) report any infraction of the stroke rules which she/he observes within her/his assigned zone
 - b) if directed by the Referee, inform the swimmer or his/her coach of each disqualification
 - c) advise swimmers of incorrect/inefficient technique
 - d) inform the swimmer before he completes his race that he is going to be disqualified
 - e) confer with the Referee if necessary
 - f) all of the above
 - g) a, b, e
2. The Inspector of Turns has the authority/responsibility to:
 - a) observe and judge the legality of the turn in his designated lanes from the beginning of the last arm stroke, through the turn until the completion of the first arm stroke after turning
 - b) report infractions of the turn rules which he observes within his assigned zone
 - c) serve as relay take-over judge, if so assigned
 - d) all of the above
3. The Judge of Stroke should be positioned:
 - a) along the side of the pool
 - b) at the starting or turning end of the pool, overlooking the centre lanes
 - c) at the table with the Clerk of Course
4. The Inspector of Turns should be positioned:
 - a) at the starting or turning end of the pool, overlooking the lanes to be judged
 - b) along the side of the pool
 - c) at the table with the Chief Finish Judge



5. In BREASTSTROKE events, the swimmer can legally:
 - a) swim with the head submerged for the entire race
 - b) swim with the head above the surface of the water at all times
 - c) swim with the head submerged, provided it breaks the surface of the water at least once during each complete stroke cycle
 - d) dive into the wall, submerging the head on the touch
 - e) keep the head submerged after the start or turn, providing it breaks the surface before the widest part of the second arm stroke is reached
 - f) have the elbows above the water for the final stroke before the turns, during turns and at final stroke at the finish
 - g) all of the above
 - h) a, f
 - i) b, c, d, e, f
6. In BREASTSTROKE events, the swimmer may legally:
 - a) touch with one hand before the other at the turn
 - b) touch with both hands simultaneously but at different levels
 - c) touch with both hands simultaneously above, below or at the water's surface
 - d) allow the shoulders to leave the horizontal plane before completing the touch
 - e) touch the wall with one hand on top of the other
 - f) all of the above
 - g) b, c, d
7. In BREASTSTROKE events, the judge shall report an infraction if they were to observe the swimmer:
 - a) on the side when coming out of a turn, after the feet lose contact with the wall, before beginning the first arm stroke
 - b) take two complete strokes (arm strokes and leg kicks) before breaking the surface after the start or turn
 - c) use a single butterfly kick followed by a breaststroke kick, while wholly submerged after the start and each turn
 - d) permit the heels to break the surface of the water
 - e) use the freestyle kick
 - f) use the butterfly kick throughout the race
 - g) bring the arms over the surface of the water; providing the elbows remain beneath the surface
 - h) fully extend the arms backward to the hips during each stroke cycle
 - i) all of the above
 - j) a, c, d
 - k) b, e, f, h



8. In BACKSTROKE events, the swimmer may legally:
- a) use a simultaneous double arm pull
 - b) use an alternating arm stroke
 - c) use an inverted breaststroke or butterfly kick
 - d) use an alternating kick
 - e) be submerged after the start and after each turn, provided the head breaks the surface of the water at or before the 15m mark
 - f) turn onto the breast and initiate a turn
 - g) after initiating a turn, lift the head to determine the wall's location
 - h) all of the above
9. In BACKSTROKE events, the judge shall report an infraction if they were to observe the swimmer:
- a) touch with both hands at the turn or finish
 - b) touch while on the back, roll on to the front, grab the gutter and push off on the back
 - c) turn before touching the end-wall with the foremost part of the body
 - d) turn his shoulders past the vertical at the final touch
 - e) lunge into the wall, touch below the surface while still on the back and totally submerged
 - f) be on the breast when leaving the wall after a turn, but return to the back before starting the first leg kick
 - g) kick while still submerged, after a turn
 - h) all of the above
 - i) a, b, c, e, g
 - j) d, e, f
10. In BUTTERFLY events, the swimmer may legally:
- a) take more than one kick after the start and each turn before taking the first arm pull
 - b) use alternating kick
 - c) use the breaststroke kick
 - d) alternate between butterfly and breaststroke kick at will
 - e) swim with one leg consistently higher than the other;
 - f) recover the arms underwater during the normal stroke cycle
 - g) alternate arm strokes
 - h) trail legs with no kicking
 - i) all of the above
 - j) a, e, h
 - k) b, c, d, f, g



11. In BUTTERFLY events, the judge shall report an infraction if they were to observe the swimmer:
 - a) kick into the wall for a touch with one or more correct leg kicks and the arms extended
 - b) recover the arms underwater to complete a touch
 - c) touch below the water line
 - d) touch with hands at different levels
 - e) touch with one hand before the other but at same level
 - f) touch with one hand
 - g) turn on to the side before the touch
 - h) dip one shoulder going into the turn, before the touch
 - i) be on the side coming out of a turn, before beginning the first arm pull
 - j) complete more than one underwater arm pull before returning to the surface after the start or a turn
 - k) kick while on the side before beginning the first arm pull
 - l) at the start and after each turn, swim submerged provided some part of the head breaks the surface of the water before 15m mark
 - m) b, e, f, j
 - n) a, c, d, g, h, i, j, k, l
12. In FREESTYLE events, the swimmer may legally:
 - a) touch with one hand
 - b) touch with one foot
 - c) touch with two hands
 - d) use the Breaststroke
 - e) use the dog-paddle
 - f) push off on the back after a turn
 - g) alternate strokes at will
 - h) swim submerged at the start and after each turn as long as the head breaks the water's surface at or before the 15m mark
 - i) swim butterfly, then breaststroke, then freestyle and return to butterfly
 - j) all of the above
13. In INDIVIDUAL MEDLEY, when changing from one stroke to the next, the swimmer is required to:
 - a) retain the correct form of stroke until a legal touch has been completed
 - b) attain the correct form of the next stroke in accordance with the rules when leaving the wall
 - c) be free to turn in any manner after a legal touch has been made for that stroke
 - d) all of the above
14. The last one-fourth of the distance in the INDIVIDUAL MEDLEY or MEDLEY RELAY:
 - a) may be the Front Crawl
 - b) may be the Sidestroke
 - c) shall be any stroke other than butterfly, backstroke or breaststroke
 - d) all of the above



15. The order of the strokes for the MEDLEY RELAY is:
- a) butterfly, backstroke, breaststroke, freestyle
 - b) backstroke, breaststroke, butterfly, freestyle
 - c) backstroke, butterfly, breaststroke, freestyle
 - d) butterfly, breaststroke, backstroke, freestyle
16. The order of the strokes for the INDIVIDUAL MEDLEY is:
- a) butterfly, backstroke, breaststroke, freestyle
 - b) backstroke, breaststroke, butterfly, freestyle
 - c) backstroke, butterfly, breaststroke, freestyle
 - d) butterfly, breaststroke, backstroke, freestyle
17. A Judge of Stroke/Inspector of Turns may report an infraction for any stroke or turn infraction which he personally observes:
- a) whether or not the swimmer is in his assigned zone
 - b) only if the swimmer is in his assigned zone
18. A Judge of Stroke/Inspector of Turns shall, unless otherwise instructed, report an infraction directly to the:
- a) Chief Finish Judge
 - b) Referee
 - c) Chief Timekeeper
19. The judge shall report an infraction if they were to observe the swimmer:
- a) walking on the bottom of the pool in the direction of the race
 - b) pulling on a lane marker in the direction of the race
 - c) pulling along the side of the pool in the direction of the race
 - d) leaving the water and then re-entering to complete the race
 - e) interfering with the progress of a swimmer in another lane;
 - f) pushing off the bottom in the direction of the race
 - g) all of the above
20. In a Relay Event, when a relay take-over judge observes an early take-over, they should:
- a) immediately inform the remainder of the team that they have been disqualified
 - b) wait until the end of the race before informing the team about the disqualification, if so instructed by the referee
 - c) immediately inform the Referee
 - d) inform the Referee at the end of the race
 - e) a & c
 - f) b & d



21. In relay takeovers, the next swimmer:
 - a) may be in motion before the touch is made as long as the toes are in contact with the starting platform
 - b) may return and touch the wall if he feels that his take-over was too early
 - c) all of the above
22. When judging relay takeovers, the Inspector of Turns shall:
 - a) observe the touch-out and take-off from above the lane
 - b) keep one finger in contact with the toe of the swimmer on the block
 - c) observe the take-over from the side of the pool
23. An Inspector of Turns or Judge of Strokes shall
 - a) report all potential infractions they think may have occurred to the referee and let the referee decide
 - b) report all infractions that they personally observe in their assigned area
 - c) always give the benefit of the doubt to the swimmer
 - d) all of the above
 - e) b & c