Level 1 / Stroke & Turn Judge Quiz
Revised May 1, 2023

Place a 'D' beside the following situations that would warrant a disqualification:

1. _____ A freestyler, in their turn, does not touch the end wall with their hands but pushes off with their feet.

2. _____ A breaststroker takes two full underwater pulls but only one kick before their head breaks the surface at the dive or turn.

3. _____ A breaststroker approaching the wall drops their shoulder before touching the wall.

4. _____ A freestyler turns missing the wall, stops and returns to touch the wall.

5. _____ A breaststroker leaves the wall on their back, then turns to their stomach before the first arm stroke.

6. _____ A breaststroker touches by gripping the lip of the end of the pool.

7. _____ A breaststroker leaves the wall and gives a dolphin kick.

8. _____ A butterflyer uses a "breaststroke" kick.

9. _____ A backstroker flips and kicks off in the turn without touching with anything but their feet.

10. _____ A backstroker leaves the wall on their front then turns onto their back.

11. _____ As a Stroke Judge you have been assigned lanes 1 through 4. You observe an illegal stroke in lane 8.

12. _____ A butterflyer touches with only one hand.

13. _____ The freestyler on a Medley relay team dives in, swims three strokes of legal fly, then changes to freestyle.

14. _____ A breaststroke swimmer takes an extra arm pull, without doing a kick, as their last stroke to the wall.

15. _____ A butterfly swimmer takes two kicks for each arm pull.

16. _____ A breaststroke swimmer begins their second arm pull before their head breaks the surface.

17. _____ A butterflyer gives a flutter kick after a turn.

18. _____ A butterflyer brings their arms ahead under the water to reach the finish.

19. As a Stroke and Turn Judge, you (**would / would not**) consult with your Referee or fellow Stroke and Turn Judges on questionable situations.

20. As a Stroke and Turn Judge (**you must / it is not necessary to**) report your disqualification to the Referee.

21. How many swimmers must constitute a relay team?   _____

22. List the strokes in the proper order for a medley relay.

    _____ _____ _____ _____

23. When one member of a relay team is disqualified, is the whole team disqualified?
Yes _____ No _____

24. During the race:

a] A swimmer may stand on the bottom of the pool. T_____ F _____

b] A swimmer may walk forward on the bottom of the pool. T_____ F _____

c] If a member of a relay team leaves the starting block before the
preceding swimmer has touched the wall, they may return to the
starting wall to prevent disqualification. T_____ F _____

d] As long as a swimmer does not interfere with another swimmer,
they may complete the race in a lane other than the one in which
they started. T_____ F _____

25. In **BREASTSTROKE**, the swimmer may:

a touch above the water line on turn or finish. T_____ F _____

b touch below the water line on turn or finish. T_____ F _____

c take one arm pull and one kick before coming to the surface. T_____ F_____

d hold onto the gutter while turning. T_____ F _____

26. In **BUTTERFLY**, the swimmer may:

a recover the arms under water. T_____ F _____

b use the flutter kick after the start and turn. T_____ F _____

c touch the wall below the water line. T_____ F _____

d touch the wall with one hand before the other. T_____ F _____

27. In **BACKSTROKE**, the swimmer may:

a touch the wall with two hands at the turn and finish. T_____ F _____

b touch while on their back, roll over to their front, grab the gutter and
push off on their back. T _____ F _____

28. In **FREESTYLE**, the swimmer may:

a touch the wall with one hand. T_____ F _____

b touch the wall with any part of their body. T_____ F _____

c swim breaststroke and swim it illegally. T _____ F _____

Thank you for taking the time to learn more about Competitive Summer Swimming!!!

Answers:

Disqualifications are: #s 2, 5, 10, 12, 13, 17, 18
19. Would
20. Must
21. 4
22. Back, Breast, Fly, Free
23. Yes

False Answers are: 24: b, d, 26: a, b, d,