

USA Swimming
1999/2000 Officials Test

The USA Swimming Officials Committee is pleased that your volunteer participation in your Local Swimming Committee (LSC) has brought you to the point of being ready to take the appropriate test for certification as a USA Swimming official. Tests are provided in each of the following areas of certification:

Timer
Stroke and Turn Judge
Starter
Referee
Administrative
Clerk of Course
Timing Judge

Directions: Each test is in a multiple choice/true-false format and is composed of 5 to 50 questions. The questions are based on the *1999 USA Swimming Rules and Regulations* published by USA Swimming, Inc. (ISSN 0742-7808). Upon joining USA Swimming, Inc. as a non-athlete (official) member in your LSC you will receive by mail a copy of the *Rules and Regulations*. Study the technical rules carefully in answering the questions on each test.

There is a single best choice for each question. You will be required to cite the Glossary (if applicable) or all the appropriate articles and sub-paragraphs of the technical rules for each question. Review the technical rules thoroughly, since there may be more than one citation for each question. A sample question with the proper technical reference is given below:

ANSWER & TECHNICAL REFERENCE

- [1] From the beginning of the first arm stroke, the position of the body shall be kept:
- a. on the breast.
 - b. past vertical towards the breast.
 - c. in any position.

a. 101.1.2

Each LSC may determine how it wishes to use any or all of the sections in this test. The USA Swimming Officials Committee considers this test to be an educational tool that should be used to supplement or reinforce teaching points to be presented at officials clinics; consequently, it recommends this be administered as an "open book" exam. It also recommends against giving all sections of the test to brand new officials. Conversely, since they are responsible for everything that goes on at a meet, referees should take all sections of the test, not just the **Referee** section. Individuals who are certifying for a particular position other than referee should take the appropriate specialized section and any other sections - or specific questions from other sections - that would assist them in performing their job better (e.g., a clerk of course applicant might take the **Clerk of Course** section

plus questions 14-24 inclusive as well as 49 and 50 from the **Administrative** section). The matrix at the end of this sheet indicates a recommended application of these test sections.

There is provided a separate answer page on which you are to record your letter answers and technical references. Please retain the test booklet with your answers marked on it for your reference and return the completed answer page only, in accordance with your LSC's instructions, to your LSC's Officials Chairperson (or his designee) who will let you know the results. The Officials Committee extends to you the best of luck and hopes that your volunteer service to USA Swimming will be both enjoyable and rewarding.

Recommended Application of the Test

Certifying Position	Sections						
	Timer	S&T Judge	Starter	Ref	Administrative	CofC	TJ
Referee	x	x	x	x	x	x	x
Starter	x	x	x		q #s 14-24 incl, 49 & 50	x	x
Timing Judge	x				q #s 24-26 incl.	x	x
S&T Judge	x	x					
Clerk of Course					q #s 14-24 incl, 49 & 50	x	
Timer	x						

x = entire section if new

q = question #s from that section in addition to those from the position's primary section of the test

Officials Committee-1999/2000

Effective: May 15, 1999

Ltr 2

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Timer

Multiple Choice/True-False

Answer & Technical Reference

[1] The Head Lane Timer shall:

- a. determine that the proper swimmer is in his lane.
- b. determine that relay swimmers are swimming in the order listed on the timer's card.
- c. neither of the above.
- d. both a & b.

[2] A request for the lane timers to take split times should come from:

- a. the swimmer.
- b. the coach.
- c. the Chief Timer.
- d. a parent.

[3] The number of timers required for each competitor when automatic or semiautomatic equipment is not available is:

- a. one.
- b. two or three.
- c. no less than three.

[4] When only manual timing is available, the timers may use either a dial or a digital watch.

- a. True.
- b. False.

[5] A lane timer may operate:

- a. a manual watch or button only.
- b. a manual watch and a button.
- c. two buttons.

[6] At the start, a timer should start the watch:

- a. at the instant of observing the visual starting signal.
- b. preferably at the instant of sound.
- c. either of the above.

[7] The official who assigns lane timers to their lanes is the:

- a. Chief Timer.
- b. Head Lane Timer.
- c. Timing Judge.
- d. Alternate Timer.

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Timer

[8] The Chief Timer uses his or her watch as a substitute:

- a. if a lane timer's watch fails.
- b. to replace the slowest watch on the lane.
- c. to replace a watch that is 0.3 seconds different from other watches.

[9] After the start of a relay heat, the Head Lane Timer shall change, on the lane timer's card, the first name and last name, the age and order of any relay swimmer whom a coach substitutes.

- a. True.
- b. False.

[10] In all 500-yard or longer events except for relays, the timer may be asked to sound a bell warning signal over the finish end of the lane with two lengths plus five yards/meters to go.

- a. True.
- b. False.

[11] When a semi-automatic timing system is used as the primary or secondary timing system, buttons should be pushed:

- a. at the start only.
- b. at the finish only.
- c. at both the start and finish.

[12] The Lane Timer's position at the finish is:

- a. at the side of the pool.
- b. directly over the assigned lane.
- c. behind the block of the assigned lane.

[13] Whenever semi-automatic or manual timing is used, if all three buttons or watch times disagree, the official time is:

- a. the average of all three watches or buttons.
- b. the time of the intermediate watch or button.
- c. the average of the two closest watches or buttons.

[14] When automatic timing equipment is used, lane timers consider the backstroke finished:

- a. only when the swimmer contacts the touch pad.
- b. when any part of the swimmer touches the wall.

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Timer

[15] When three watches on a lane are the primary timing system, the official time is:

- a. the time of two watches that agree.
- b. The average of all three watches.
- c. the average of the fastest two watches.

[16] The Head Lane Timer or the lane timers are responsible for reporting if a swimmer has delayed in touching or has missed a finish touch pad of an automatic timing device.

- a. True.
- b. False.

[17] When the times from only two watches are available, the official time is:

- a. the slower of the two watches.
- b. the faster of the two watches.
- c. the average of the two watches.

[18] When the primary timing system is either automatic or semi-automatic and the backup system is manual, the official time for each individual swimmer shall be determined by:

- a. the Head Lane Timer.
- b. the Chief Timer.
- c. the Timing Judge.
- d. the Recorder.

[19] Unless otherwise instructed, lane timers clear their watches:

- a. as soon as the times have been recorded.
- b. when the Referee signals that the next heat is ready to start.
- c. during the Starter's instructions to the swimmers.

[20] When averaging two watches which result in 1000^{ths}, the digits representing 1000^{ths} are:

- a. rounded up to 100^{ths}.
- b. dropped with no rounding.
- c. rounded up to 100^{ths} only if the third number exceeds 5.

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Timer

For items below [21-25] - Fill in the official times for a meet using only a manual system:

	<u>Lane Timers</u>	<u>Technical</u>	<u>Official Time</u>	<u>Reference</u>
[21]	46.54 - 46.53 - 46.45		__:__:__	_____
[22]	32.57 - 32.80 - 32.57		__:__:__	_____
[23]	54.60 - 54.90 - 54.70		__:__:__	_____
[24]	29.72 - 29.83 -		__:__:__	_____
[25]	- 1:02.23 -		__:__:__	_____

USA Swimming Officials Test 1999/2000
Stroke and Turn Judge

Multiple Choice/True-False

Answer & Technical Reference

BREASTSTROKE

- [1] From the beginning of the first arm stroke, the position of the body shall be kept:
- a. on the breast.
 - b. past vertical toward the breast.
 - c. in any position.
- _____
- [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 following part of the body must be under the water:
- a. the hands.
 - b. the arms.
 - c. the elbows.
- _____
- [4] 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, in that order.
 - b. after one arm stroke or one kick.
 - c. at least once after each arm stroke 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] The hands may be brought back beyond the hipline:
- a. just before each turn and finish.
 - b. only during the first stroke after the start and each turn.
 - c. anytime.
 - d. never.
- _____

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Stroke and Turn Judge

- [7] 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:
- a. only in an incomplete stroke cycle.
 - b. only in a complete stroke cycle.
 - c. provided it breaks the surface of the water during any part of the last complete or incomplete cycle preceding the touch.

- [8] At each turn and the finish, the hands must touch simultaneously:
- a. below the water surface only.
 - b. at, above or below the water surface.
 - c. on or below the water surface only.

- [9] At the turns and the finish, it is permissible for a shoulder to be dropped after the final arm pull and prior to the touch:
- a. to streamline the body for the turn.
 - b. in National Championships only.
 - c. in meets other than National Championships.
 - d. in all USA Swimming competition.

- 10] When the swimmer leaves the wall after turns, the position of the body shall be:
- a. perfectly on the breast.
 - b. shoulders at or past vertical toward the breast.
 - c. in any position.

- [11] At the finish, the hands must touch simultaneously while the body is:
- a. on the breast.
 - b. past the vertical toward the breast.
 - c. in any position.

- [12] The hands shall be in line with the water surface at the touch:
- a. at each turn.
 - b. at the finish.
 - c. a and b.
 - d. none of the above.

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Stroke and Turn Judge

BUTTERFLY

[13] After the start and each turn, before coming to the surface, the swimmer is permitted:

- a. one kick, one arm pull and one recovery.
- b. one or more kicks, one arm pull and one recovery.
- c. one kick and one arm pull.
- d. one or more kicks but only one arm pull.

[14] From the beginning of the first arm pull, the position of the body shall be:

- a. on the breast, shoulders in line with water surface.
- b. shoulders past the vertical towards the breast.
- c. in any position.

[15] 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 brought forward from the breast.
- d. none of the above.

[16] 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.

[17] At the turns and the finish, while the body is on the breast, both hands must touch simultaneously:

- a. only at the water surface.
- b. only above the water surface.
- c. at, above, or below the water surface.

[18] At the turns and the finish, it is permissible for a shoulder to be dropped after the final arm pull and prior to the touch:

- a. only in yard events.
- b. only in meter events.
- c. in either yard or meter events.
- d. never.

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Stroke and Turn Judge

[19] At the finish, a legal touch must be made:

- a. unevenly by the hands.
 - b. with both hands simultaneously, while body is on breast.
 - c. with one hand.
 - d. with any part of the swimmer's body.
-

BACKSTROKE

[20] If, after a legal start, a swimmer curls his toes over the lip of the gutter, he should be disqualified by:

- a. the Starter.
 - b. the Stroke and Turn Judge.
 - c. the Head Lane Timer.
 - d. no one.
-

[21] A butterfly or dolphin kick may:

- a. never be used.
 - b. be used at any time during the race.
 - c. be used only after the start and after each turn.
-

[22] During the turn, if the shoulders turn past vertical, the swimmer:

- a. may take two arm pulls to reach the wall.
 - b. may take only one continuous single or continuous simultaneous double arm pull to execute the turn.
 - c. must make a freestyle flip turn.
-

[23] At the turns and the finish, a legal touch may be made:

- a. only with the hand(s).
 - b. only with the head, shoulder, foremost hand or arm.
 - c. with any part of the swimmer's person.
-

[24] During the turn, if the shoulders turn past vertical, the swimmer:

- a. may glide to get into position prior to initiating an arm pull.
 - b. may complete the arm pull and then kick independently to initiate the turning action.
 - c. must be past the backstroke flags.
 - d. shall not kick or make an arm pull independent of the continuous turning action.
-

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BACKSTROKE (Cont.)

[25] 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:

- a. may swim back to the wall and touch without being disqualified.
- b. may scull backwards until the feet touch the wall and is not disqualified.
- c. is disqualified.

[26] After the turn, the swimmer's shoulders must be at or past the vertical toward the back:

- a. before the first stroke.
- b. when the swimmer leaves the wall.
- c. before the feet leave the wall.

[27] When finishing, the swimmer:

- a. must touch the wall while on the back.
- b. must turn past vertical after passing the backstroke flags and prior to the touch.
- c. may be fully submerged after passing the backstroke flags provided he stays on the back.

FREESTYLE

[28] In an individual freestyle event, the swimmer may use:

- a. crawl stroke only.
- b. any style or stroke(s) other than breaststroke, butterfly or backstroke.
- c. any style or stroke(s) the swimmer chooses.

[29] If a swimmer elects to swim the butterfly in an individual freestyle event, he or she:

- a. may alter the stroke at any time during the race.
- b. must do so for the entire length of the race.
- c. must do so for one complete length of the pool.

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Stroke and Turn Judge

[30] At the turns and finish, a legal touch may be made:

- a. only with the hand(s).
- b. the foremost hand or arm.
- c. by 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:

- a. disqualified.
- b. legal.
- c. disqualified if he or she swims past the backstroke flags.

[32] A swimmer may stop, rest, walk, or push off of the pool bottom.

- a. True.
- b. False.

INDIVIDUAL MEDLEY

[33] The individual medley is swum in the following order:

- a. backstroke, butterfly, breaststroke, freestyle.
- b. butterfly, backstroke, breaststroke, freestyle.
- c. backstroke, breaststroke, butterfly, freestyle.
- d. breaststroke, backstroke, butterfly, freestyle.

[34] When changing from one stroke to another in the Individual Medley, the swimmer's turns shall conform to the:

- a. turn rules for the stroke just completed.
- b. finish rules for the stroke just completed.
- c. freestyle rules.

[35] When turning from the butterfly to the backstroke, the swimmer's shoulders must be at or past the vertical toward the back:

- a. immediately after the feet have left the wall.
- b. when the swimmer leaves the wall.
- c. before the first armstroke on the back.

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[36] When turning from the backstroke to the breaststroke, the:

- a. swimmer must attain the required breaststroke form before the first arm pull.
- b. swimmer's shoulders must be at or past vertical toward the breast when the swimmer leaves the wall.
- c. swimmer must remain on the back until touching the wall.
- d. all of the above.

[37] During the butterfly to backstroke and the backstroke to breaststroke turns, the feet must touch the wall.

- a. True
- b. False

[38] In the freestyle leg, a swimmer may use:

- a. crawl stroke only.
- b. any stroke(s) other than breaststroke, butterfly or backstroke.
- c. any stroke(s) the swimmer chooses.

RELAY EVENTS

[39] The medley relay is swum in the following order:

- a. backstroke, butterfly, breaststroke, freestyle.
- b. butterfly, backstroke, breaststroke, freestyle.
- c. backstroke, breaststroke, butterfly, freestyle.

[40] In the freestyle leg of the medley relay, a swimmer may use:

- a. crawl stroke only.
- b. any stroke(s) other than breaststroke, butterfly, or backstroke.
- c. any stroke(s) the swimmer chooses.

[41] 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.

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Stroke and Turn Judge

[47] If a Stroke and Turn Judge fails to raise a hand overhead with open palm upon observing an infraction in an individual event, there shall be no disqualification.
a. True. b. False.

[48] A disqualification may be made by any stroke and turn judge at any time.
a. True. b. False.

[49] Except for a distance of 15 M (16.4 yds.) at the start and each turn some part of the swimmer must break the surface of the water in:
a. freestyle.
b. backstroke.
c. butterfly.
d. all of the above.

[50] A swimmer must start and finish the race in the same lane.
a. True. b. False.
