

**JUDGE OF STROKE, INSPECTOR OF TURNS, & HEAD LANE TIMEKEEPER
QUESTIONNAIRE**

Please circle the true statement(s) or fill in the appropriate answer(s). There may be more than one true statement for each question.

1. The Judge of Stroke has authority/responsibility to:
 - a also serve as a Inspector of Turns, if so assigned;
 - b disqualify swimmers for any infraction of the stroke rules which he observes within his assigned zone;
 - c serve as a lane timer, if so assigned;
 - d if directed by the Referee, inform the swimmer or his coach of each disqualification and provide the rationale for the DQ;
 - e advise swimmers of incorrect/inefficient technique;
 - f inform the swimmer before he completes his race that he is going to be disqualified;
 - g confer with the Referee or other Judges of Stroke as necessary.

2. The Inspector of turns has the authority/responsibility to:
 - a observe and judge the legality of the "approach", the touch and "push-off" of each turn in his designated lanes;
 - b disqualify swimmers for infractions of the Turn Rules which he observes within his assigned zone;
 - c serve as relay take-over judge, if so assigned.

3. The Judge of Stroke should be positioned:
 - a along the side of the pool, between the backstroke flags;
 - 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, between the backstroke flags;
 - c at the table with the Chief Finish Judge.

5. When serving as both Judge of Strokes and Inspector of Turns, you should be positioned:
 - a where you can move between the side and the end of the pool;
 - b mid-way along each side of the pool;
 - c high in the stands where you can observe the entire pool.

6. 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 pull 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.

7. 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.

8. In BREASTSTROKE events, the swimmer:
 - a may be on the side when coming out of a turn, after the feet lose contact with the wall, before beginning the first arm-pull;
 - b may take two complete strokes (arm pulls and leg kicks) before breaking the surface after the start or turn;
 - c may use a single dolphin kick followed by a breaststroke kick, while wholly submerged after the start and each turn;
 - d may permit the heels to break the surface of the water;
 - e may use the flutter kick;
 - f must use the dolphin kick throughout the race;
 - g may recover the arms on, under, or over the surface of the water; providing the elbows remain beneath the surface;
 - h may fully extend the arms backward during each stroke cycle;
 - i may take a complete stroke cycle under water for the purpose of returning to the correct lane.

9. In BACKSTROKE events, the swimmer may legally:
 - a use a double arm pull;
 - b use an alternating arm stroke;
 - c use an inverted frog or dolphin kick;
 - d use a flutter kick;
 - e turn his shoulders past the vertical during the stroke;
 - f be submerged after the start and after each turn, provided the head breaks the surface of the water by the 15m mark;
 - g turn onto the breast and immediately initiate a continuous turning motion;
 - h scull towards the wall, if he has missed the touch, as long as he/she did not leave the back during the turn;
 - i after indicating a continuous turn, lift the head to determine the wall's location without interrupting the "continuous" nature of the turn.

10. In BACKSTROKE events, the swimmer may:
 - 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 dive into the wall and touch below the surface while still on the back;
 - 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 kick during a continuous turn.

11. 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 flutter kick;
 - c use the frog kick;
 - d alternate between dolphin and frog 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.

12. In BUTTERFLY events, the swimmer may:
 - 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 any number of underwater arm pulls 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.

13. In FREESTYLE events, the swimmer may:
 - 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 push off the bottom after a turn;
 - h alternate strokes at will;
 - i swim submerged at the start and after each turn as long as the head breaks the water's surface at or within ~~the~~ 15m.

14. 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 by the beginning of the first stroke;
 - c be free to turn in any manner after a legal touch has been made for that stroke;
 - d remain on the surface of the water.

15. 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 the Front Crawl;
 - d shall be any stroke but the first three of the Medley.

16. The order of the strokes for the MEDLEY RELAY is:
 - a butterfly, backstroke, breaststroke, freestyle;
 - b backstroke, breaststroke, butterfly, freestyle.

17. The order of the strokes for the INDIVIDUAL MEDLEY is:
 - a butterfly, backstroke, breaststroke, freestyle;
 - b backstroke, breaststroke, butterfly, freestyle.

18. A Judge of Stroke/Inspector of Turns may disqualify a swimmer 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.

19. A Judge of Stroke/Inspector of Turns shall, unless otherwise instructed, report the disqualification directly (verbally) to the:
 - a Meet Referee;
 - b Chief Finish Judge;
 - c Session Referee;
 - d Chief Timekeeper;
 - e swimmer/coach within 15 minutes of the infraction, if so instructed by the Referee.

20. A Swimmer shall be disqualified for:
 - a standing on the bottom of the pool except in freestyle;
 - b walking on the bottom of the pool in the direction of the race;
 - c using a stroke other than that specified for that event;
 - d pulling on a lane marker in the direction of the race;
 - e pulling along the side of the pool in the direction of the race;
 - f leaving the water and then re-entering to complete the race;
 - g holding on to a lane marker or pool wall to catch his breath;
 - h interfering with the progress of a swimmer in another lane;
 - i pushing off the bottom in the direction of the race;
 - j breaking the stroke or the orientation of the stroke during the race except in freestyle.

21. In a Relay Event, when a relay take-over judge observes an early take-over, he 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;
 - c immediately inform the Referee;
 - d inform the Referee at the end of the race.

22. In relay takeovers, the next swimmer:
 - a may start from the blocks or the pool deck;
 - b may start in the water when circumstances warrant (water depth/SWAD);
 - c may be in motion before the touch is made as long as the toes are in contact with the block or side;
 - d may return and touch the wall if he feels that his take-over was too early.

23. When a Judge of Stroke/Inspector of Turns notes the details of a DQ on the swimmer's time card, he should also:
 - a indicate on the front of the card that the swimmer is DQ'd (ie. a rubber stamp, bold diagonal line);
 - b sign the card;
 - c indicate the time the disqualification occurred;
 - d record the distance at which the infraction occurred.

NOTE: IF THERE IS ANY DOUBT, DO NOT DISQUALIFY.

24. Some of the responsibilities of the Head Lane Timekeeper are to:
 - a ensure that the assigned swimmer is in his lane;
 - b ensure that the correct time card is being used for each heat;
 - c determine the finish time of the winner of each heat;
 - d ensure that the correct times are being read and recorded in his lane;
 - e determine the official time for his lane (when directed by the Chief Timekeeper);
 - f ensure that one timer takes split times;
 - g determine the placing of the swimmer in his lane;
 - h notify the Chief Finish Judge, as directed, if the swimmer has made an apparent light touch;
 - i operate the lap counters in long distance events;
 - j judge the legality of relay takeovers;
 - k act as Turn Inspector if qualified and assigned;
 - l ensure the swimmer in his lane is informed of his official time.

25. When an automatic judging and timing system is in use, the Head Lane Timekeeper should:
 - a ensure that no one inadvertently contacts the touch pad;
 - b ensure that three manual times are provided;
 - c transcribe the automatic time from the display board onto the time card.

26. In long distance events, the Head Lane Timekeeper shall:
 - a verify the tabulation of completed lengths with the Chief Timekeeper before ringing the bell;
 - b delegate responsibility for tabulating lengths and ringing the bell to another Timekeeper;
 - c advise the swimmer in his lane of the number of laps he has completed;
 - d ensure that the split time for each lap is recorded (on the time card or other official form).

27. The bell for the bell lap:
 - a shall be rung when the swimmer has two lengths and 5 meters still to be swum;
 - b shall be rung over the right-hand lane marker;
 - c shall be rung continuously as the swimmer approaches the wall (from the backstroke flags to the wall);
 - d shall be rung for 800m and 1500m events only.

28. When judging relay takeovers, the Head Lane Timekeeper 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 advise DQ'd swimmers immediately, even before the race is completed;
 - d observe the take-over from the side of the pool.

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QUESTIONNAIRE**

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- 1. a b c d e f g
- 2. a b c
- 3. a b c
- 4. a b c
- 5. a b c
- 6. a b c d e f
- 7. a b c d
- 8. a b c d e f g h i
- 9. a b c d e f g h i
- 10. a b c d e f g h
- 11. a b c d e f g h
- 12. a b c d e f g h i j k l
- 13. a b c d e f g h i
- 14. a b c d
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- 16. a b
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- 25. a b c
- 26. a b c d
- 27. a b c d
- 28. a b c d