

2008 R.M.S.L. Official's Registration
And Self Scoring Rules Test

This 5 minute test is intended to help accelerate your knowledge retention from season to season. The self scoring test should be retained for your reference.

Please indicate the correct answer to each question by circling the T or F.

Please complete and return this sheet to the Cherry Knolls Representative present at each training.

Name: _____

Team: _____

Address: _____

Home Phone: _____

Seasons as Stroke Judge: _____

Seasons as Starter/Referee: _____

Thank you for volunteering!

Rocky Mountain Swim League Rules Test

Breaststroke

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| T | F | 1. You are permitted to be on your side when you start your underwater pull. |
| T | F | 2. You may have a slight alternating movement of your pull. |
| T | F | 3. Arms pushed forward from breast must be kept underwater. |
| T | F | 4. Arms pushed forward from the breast may be pushed over the surface of the water as long as the elbows stay under the water. |
| T | F | 5. The hands shall not be brought beyond the hipline except in the 1 st stroke after the start and all turns. |
| T | F | 6. The swimmer's head needs to break the surface during a complete cycle of one arm stroke and leg kick. |
| T | F | 7. A downward butterfly is permissible. |
| T | F | 8. A scissors kick is not permissible. |
| T | F | 9. The touch shall be made with both hands simultaneously. |
| T | F | 10. The hands shall touch simultaneously and in line with the water surface during the touch of the turn. |
| T | F | 11. The shoulders must be in line with the water surface |
| T | F | 12. The shoulders shall be at or past the vertical toward the breast when the feet leave the turn wall. |

Butterfly

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| T | F | 13. Only three leg kicks are permitted under the water prior to the first arm pull after the start. |
| T | F | 14. Two arm pulls are permitted under water after the start. |
| T | F | 15. A small second under water pull is permitted in the 8 and under division. |
| T | F | 16. Arms must be brought forward over the water and pulled back simultaneously. |
| T | F | 17. A light flutter kick is allowed coming off the wall. |
| T | F | 18. The position of the legs or feet need not be the same level as long as they do not alternate in relation to each other. |
| T | F | 19. The turn requirements are the same as the breaststroke. |

Backstroke

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| T | F | 20. The toes can be curled over the gutter on the start. |
| T | F | 21. The swimmer is permitted to stand on the gutter at the start. |
| T | F | 22. A cross over freestyle flip turn done as a backstroke turn is permissible. |
| T | F | 23. The swimmer's shoulders must be at or past the vertical toward the back when the feet leave the wall. |
| T | F | 24. The breaststroke kick is legal during the backstroke as long as the swimmer swims on their back. |
| T | F | 25. The swimmer shall have finished the race when any part of the body touches the wall at the end of the course. |
| T | F | 26. Any stroke is permitted during the backstroke as long as the swimmer remains on their back. |

- T F 27. The turns require the swimmer's feet to touch the wall.
- T F 28. In executing a cross-over turn, after the swimmer's head has passed the backstroke flag, the shoulders may, but are not required to, rotate past the vertical toward the breast.
- T F 29. After executing a cross-over in preparation for a turn, the swimmer is permitted only four kicks before he/she must touch the turn wall.
- T F 30. A swimmer is permitted to grab the turn wall with both hands during a cross-over turn before pushing off his/her back.
- T F 31. A flutter kick while on the back is the only kick allowed in the backstroke.

Freestyle

- T F 32. A swimmer must swim the Australian crawl during the freestyle event.
- T F 33. The swimmer is not permitted to swim breaststroke during the 50 meter freestyle.
- T F 34. In the medley relay, a swimmer may swim butterfly, backstroke or breaststroke during the freestyle leg.
- T F 35. The hand must touch the wall prior to the turn in freestyle.

Other

- T F 36. A relay team is disqualified if any member of the team jumps into the water before all of the swimmers of all of the teams have finished.
- T F 37. A swimmer is not permitted any movement on the starting platform before his/her preceding teammate touches the wall.
- T F 38. A swimmer may be out horizontally over the water on a relay start so long as his/her toes remain on the block prior to the touch of the preceding swimmer.
- T F 39. A disqualification can be overturned if the stroke judge does not raise their hand indicating an infraction.
- T F 40. The referee may overrule a stroke judge if the referee witnesses the same action.
- T F 41. The stroke judge should not call a suspected infraction if they are not in position to make the call.
- T F 42. The stroke judge must tolerate verbal harassment from coaches who do not like their calls.

RMSL Rules and Regulations

- T F 43. A swimmer is permitted one false start.
- T F 44. After two false starts, the swimmer is disqualified from swimming the event.
- T F 45. A stroke judge only needs to write "DQ" on the deck cards when he/she observes an infraction.
- T F 46. Following a disqualifying infraction, the stroke judge must write "DQ" on the front of the deck card, describe the infraction on the back of the card, (or check the appropriate infraction). And write their initials or the disqualification may be reversed.