

**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.*

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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 in fractions 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. the elbows shall be under the water except for the last stroke.
  
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 may:
  - a. be on the side when coming out of a turn, after the feet lose contact with the wall and before beginning the first arm-pull;
  - b. take two complete strokes (arm pulls and leg kicks) before breaking the surface after the start or turn;
  - c. use the dolphin kick;
  - d. permit the heels to break the surface of the water;
  - e. use flutter kick;
  - f. move both legs simultaneously and in the same horizontal plane;
  - g. recover the arms on, under, or over the surface of the water; providing the elbows remain beneath the surface
  - h. fully extend the arms backward during each stroke cycle;
  - i. 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. at the start and after each turn, the head must break the surface of the water by the 15 m mark;
  - g. turn onto the breast and immediately initiate a continuous turning motion;
  - h. after the turn, the swimmer may scull towards the wall, if he has missed the foot 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 until some part of the head breaks the surface of the water within the 15m area.
  
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 the 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. the 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;
  - 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.
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, etc);
  - 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 and leaves the wall (from the backstroke flags to the backstroke flags);
  - 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.



**JUDGE OF STROKE, INSPECTOR OF TURNS,  
& HEAD LANE TIMEKEEPER ANSWER SHEET**

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

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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
  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 j k
  14. a b c d
  15. a b c d
  16. a b
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  18. a b
  19. a b c d e
  20. a b c d e f g h i j
  21. a b c d
  22. a b c d
  23. a b c d
  24. a b c d e f g h i j k l
  25. a b c
  26. a b c d
  27. a b c d
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