

Test: GKALSA ST Test - rev 19May2021

Question 1 of 78

In Breaststroke, a swimmer swims an entire length of the pool with hands clenched in a fist and touches the wall with his/her knuckles on the turn or finish.

The swimmer's touch is:

- ☐ A) legal if a simultaneous touch is made
- ☐ B) disqualified even if a simultaneous touch is made.
- ☐ C) legal only if the palms of the hands touch the wall simultaneously.

Question 2 of 78

The rule that applies to question 1 is;

- ☐ A) 101.2.2
- ☐ B) 101.2.4
- ☐ C) 101.2.3

Question 3 of 78

At the turns of the Breaststroke it is permissible for the head to be below the water surface after the final arm pull and prior to the touch:

- ☐ A) never
- ☐ B) provided it breaks the surface of the water during any part of the last complete or incomplete cycle
- ☐ C) in championship meets only

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The rule that applies to question 3 is:

- ☐ A) 101.2.2
- ☐ B) 101.2.3
- ☐ C) 101.2.4

Question 5 of 78

The 'stroke cycle' for the Breaststroke is one leg kick followed by one arm stroke, in that order.

- ☐ A) True
- ☐ B) False

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The rule that applies to question 5 is:

- ☐ A) 101.2.2
- ☐ B) 101.2.3
- ☐ C) 101.2.4

Question 7 of 78

At the start or turn of the Breaststroke, the swimmer may take a single downward Butterfly-type kick anytime prior to the first Breaststroke kick

- ☐ A) True
- ☐ B) False

Question 8 of 78

The rule that applies to question 7 is;

- ☐ A) 101.2.2
- ☐ B) 101.2.3
- ☐ C) 101.2.4

Question 9 of 78

When is the swimmer permitted to bring their hands beyond the hipline in the Breaststroke?

- ☐ A) anytime during any stroke cycle
- ☐ B) during the first stroke after the start or turn
- ☐ C) just before each turn and the finish

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The rule that applies to question 9 is;

- ☐ A) 101.2.2
- ☐ B) 101.2.3
- ☐ C) 101.2.4

Question 11 of 78

At the start of the **Breaststroke** and while underwater, the swimmer may take any number of leg kicks, followed one arm pull which must bring them to the surface

- ☐ A) True
- ☐ B) False

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The rule that applies to question 11 is;

- ☐ A) 101.2.2
- ☐ B) 101.2.3
- ☐ C) 101.2.4
- ☐ D) both (A) and (B)

Question 13 of 78

During the Breaststroke, the swimmer's hands and feet may not break the surface of the water during any part of the stroke cycle

- ☐ A) True
- ☐ B) False

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The rule that applies to question 13 is;

- ☐ **A)** 101.2.2
- ☐ **B)** 101.2.3
- ☐ **C)** 101.2.4
- ☐ **D)** Both (A) and (B)

Question 15 of 78

What is required for the arm movements in the breaststroke?

- ☐ A) The arms must move without any alternating movement
- ☐ B) The arms must move simultaneously
- ☐ C) The arms must move in the same horizontal plane
- ☐ D) All of the above

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The rule that applies to questions 15 is:

- ☐ A) 101.2.2
- ☐ B) 101.2.3
- ☐ C) 101.2.4

Question 17 of 78

At the Breaststroke finish, a swimmer touched simultaneously with one hand above the water and one hand below the water. The finish is:

- ☐ A) legal
- ☐ B) illegal

Question 18 of 78

The rule that applies to question 17 is:

- ☐ A) 101.2.2
- ☐ B) 101.2.3
- ☐ C) 101.2.4

Question 19 of 78

In the butterfly event, a swimmer misjudges the wall and finishes the race by touching with his head first. The swimmer should:

- ☐ A) be judged legal.
- ☐ B) be disqualified.

Question 20 of 78

The rule that applies to question 19 is;

- ☐ A) 101.3.2
- ☐ B) 101.3.3
- ☐ C) 101.3.4
- ☐ D) 101.3.5

Question 21 of 78

From the beginning of the first arm stroke in the Butterfly, the swimmer's

- ☐ A) shoulders shall be in line with the water surface.
- ☐ B) body shall be kept on the the breast.
- ☐ C) body may be in any position.

Question 22 of 78

The rule that applies to question 21 is;

- ☐ A) 101.3.2
- ☐ B) 101.3.3
- ☐ C) 101.3.4
- ☐ D) 101.3.5

Question 23 of 78

At the finish of the Butterfly, while the body is on the breast, the hands must touch simultaneously:

- ☐ A) only at the water surface.
- ☐ B) only above the water surface.
- ☐ C) at, above or below the water surface.

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The rule that applies to question 23 is;

- ☐ A) 101.3.2
- ☐ B) 101.3.3
- ☐ C) 101.3.4
- ☐ D) 101.3.5

Question 25 of 78

The feet must touch the wall some time during the Butterfly turn

- ☐ A) True
- ☐ B) False

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The rule that applies to question 25 is;

- ☐ A) 101.3.2
- ☐ B) 101.3.3
- ☐ C) 101.3.4
- ☐ D) 101.3.5

Question 27 of 78

During the Butterfly, the arms must be brought forward over the water and pulled back simultaneously

- ☐ A) True
- ☐ B) False

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The rule that applies to question 27 is;

- ☐ A) 101.3.2
- ☐ B) 101.3.3
- ☐ C) 101.3.4
- ☐ D) 101.3.5

Question 29 of 78

The swimmer's feet and legs must be kept at the same level during the Butterfly kick

- ☐ A) True
- ☐ B) False

Question 30 of 78

The rule that applies to question 29 is;

- ☐ A) 101.3.2
- ☐ B) 101.3.3
- ☐ C) 101.3.4
- ☐ D) 101.3.5

Question 31 of 78

At the Butterfly turn the swimmer touches simultaneously under water with both hands, then reaches up to grab the side of the pool with one hand, the swimmer is illegal.

- ☐ A) True
- ☐ B) False

Question 32 of 78

The rule that applies to question 31 is;

- ☐ A) 101.3.2
- ☐ B) 101.3.3
- ☐ C) 101.3.4
- ☐ D) 101.3.5

Question 33 of 78

You are judging lanes 1 - 4 during the Butterfly; you witness a one-hand touch in lane 5 at the finish. The judge for lanes 5 - 8 did not see the infraction. You should disqualify the swimmer.

- ☐ A) True
- ☐ B) False

Question 34 of 78

The rule that applies to question 33 is;

- ☐ A) 101.3.2
- ☐ B) 101.3.4
- ☐ C) 101.3.5
- ☐ D) 102.22.1

Question 35 of 78

During the Backstroke, a butterfly or dolphin kick may be used

- ☐ A) never
- ☐ B) at any time during the race
- ☐ C) only after the start and after each turn

Question 36 of 78

The rule that applies to question 35 is;

- ☐ A) 101.4.1
- ☐ B) 101.4.2
- ☐ C) 101.4.3
- ☐ D) Rules do not mention kicking action

Question 37 of 78

In a backstroke event, a swimmer stands up in the pool at one point after the race has begun. He/she does not walk or spring off from the pool bottom, but rests and then resumes swimming. The swimmer should:

- ☐ A) be disqualified.
- ☐ B) be judged legal.

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The rule that applies to question 37 is;

- ☐ A) 101.4.2
- ☐ B) 102.22.6
- ☐ C) 101.4.3
- ☐ D) Both (A) and (B)

Question 39 of 78

At the turns in the Backstroke, 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.

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The rule that applies to question 39 is;

- ☐ A) 101.4.1
- ☐ B) 101.4.2
- ☐ C) 101.4.3
- ☐ D) 101.4.4

Question 41 of 78

If after a swimmer was in proper Backstroke starting position and after the starting signal was activated, the swimmer then bends his/her toes over the lip of the gutter he/she should be disqualified:

- ☐ A) True
- ☐ B) False

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The rule that applies to question 41 is;

- ☐ A) 101.4.1
- ☐ B) 101.4.2
- ☐ C) 101.4.3
- ☐ D) 101.4.4

Question 43 of 78

After the turn in the Backstroke, the swimmer must have returned to a position on the back:

- ☐ A) before the first stroke.
- ☐ B) upon leaving the wall.
- ☐ C) before the feet leave the wall.

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The rule that applies to question 43 is;

- ☐ A) 101.4.1
- ☐ B) 101.4.2
- ☐ C) 101.4.3
- ☐ D) 101.4.4

Question 45 of 78

During the Backstroke, as the swimmer rolls onto the breast to turn and begins the arm pull, the head does not immediately descend. The swimmer should be disqualified.

- ☐ A) True
- ☐ B) False

Question 46 of 78

The rule that applies to question 45 is;

- ☐ A) 101.4.1
- ☐ B) 101.4.2
- ☐ C) 101.4.3
- ☐ D) 101.4.4

Question 47 of 78

During a Backstroke 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 get into proper flip-turn position.
- ☐ C) must be past the backstroke flags.
- ☐ D) All of the above.

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The rule that applies to question 47 is;

- ☐ A) 101.4.1
- ☐ B) 101.4.2
- ☐ C) 101.4.3
- ☐ D) 101.4.4

Question 49 of 78

In an individual freestyle event, the swimmer may use:

- ☐ **A)** the 'crawl' stroke only.
- ☐ **B)** any style or stroke(s) other than breaststroke, butterfly or backstroke.
- ☐ **C)** any style or stroke(s) the swimmer chooses.

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The rule that applies to question 49 is;

- ☐ A) 101.5.1
- ☐ B) 101.5.2
- ☐ C) 101.5.3
- ☐ D) 101.5.4

Question 51 of 78

If a swimmer elects to swim the butterfly in an individual Freestyle event, he/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.

Question 52 of 78

The rule that applies to question 51 is;

- ☐ A) 101.5.1
- ☐ B) 101.5.2
- ☐ C) 101.5.3
- ☐ D) 101.5.4

Question 53 of 78

If a swimmer elects to swim Breaststroke in an individual Freestyle event:

- ☐ A) his/her head must be above the surface at all times.
- ☐ B) he/she must continue to do Breaststroke for the entire event.
- ☐ C) he/she must touch with both hands at the finish.
- ☐ D) none of the above

Question 54 of 78

The rule that applies to question 53 is;

- ☐ A) 101.5.1
- ☐ B) 101.5.2
- ☐ C) 101.5.3
- ☐ D) 101.5.4

Question 55 of 78

During Freestyle, a swimmer may stop, rest, walk or push off of the pool bottom.

- ☐ A) True
- ☐ B) False

Question 56 of 78

The rule that applies to question 55 is;

- ☐ A) 101.5.2
- ☐ B) 101.5.3
- ☐ C) 102.22.6

Question 57 of 78

At the finish in Freestyle, 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's body.

Question 58 of 78

The rule that applies to question 57 is;

- ☐ A) 101.5.1
- ☐ B) 101.5.2
- ☐ C) 101.5.3
- ☐ D) 101.5.4

Question 59 of 78

If during the Freestyle 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/she is disqualified.

- ☐ A) True
- ☐ B) False

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The rule that applies to question 59 is;

- ☐ A) 101.5.2
- ☐ B) 101.5.3
- ☐ C) 101.5.4

Question 61 of 78

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.

Question 62 of 78

The rule that applies to question 61 is;

- ☐ A) 101.6
- ☐ B) 101.6.1
- ☐ C) 101.6.2
- ☐ D) 101.6.3

Question 63 of 78

The turns when changing from one stroke to another in the Individual Medley shall conform to the:

- ☐ A) turn rules for the stroke just completed.
- ☐ B) finish rules for the stroke just completed.
- ☐ C) Freestyle rules.

Question 64 of 78

The rule that applies to question 63 is;

- ☐ **A)** 101.6.2
- ☐ **B)** 101.6.3 A
- ☐ **C)** 101.6.3 B
- ☐ **D)** 101.6.4

Question 65 of 78

In the Individual Medley, during the Butterfly to backstroke and the backstroke to Breaststroke turns, the feet must touch the wall.

- ☐ A) True
- ☐ B) False

Question 66 of 78

The rule that applies to question 65 is;

- ☐ A) 101.6.3 B (1)
- ☐ B) 101.6.3 B (2)
- ☐ C) Rules do not mention feet touching the wall

Question 67 of 78

In the Freestyle leg of the Individual Medley, a swimmer may use:

- ☐ A) the 'crawl' stroke only.
- ☐ B) any stroke(s) other than breaststroke, butterfly or backstroke.
- ☐ C) any stroke(s) the swimmer chooses.

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The rule that applies to question 67 is;

- ☐ A) 101.6.2
- ☐ B) 101.6.3
- ☐ C) 101.6.4
- ☐ D) 101.5.2

Question 69 of 78

The Medley Relay is swum in the following order:

- ☐ A) backstroke, butterfly, breaststroke, freestyle.
- ☐ B) butterfly, backstroke, breaststroke, freestyle.
- ☐ C) backstroke, breaststroke, butterfly, freestyle.

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The rule that applies to question 69 is;

- ☐ A) 101.7.1
- ☐ B) 101.7.2
- ☐ C) 101.7.3

Question 71 of 78

In a relay event, a swimmer may swim more than one leg of the race.

- ☐ A) True
- ☐ B) False

Question 72 of 78

The rule that applies to question 71 is;

- ☐ A) 1101.7.1
- ☐ B) 101.7.2
- ☐ C) 101.7.4 A
- ☐ D) 101.7.4 C

Question 73 of 78

Each swimmer in the Freestyle relay may use;

- ☐ A) the 'crawl' stroke only.
- ☐ B) any stroke(s) other than breaststroke, butterfly or backstroke.
- ☐ C) any stroke(s) the swimmer chooses.

Question 74 of 78

The rule that applies to question 73 is;

- ☐ A) 101.5.2
- ☐ B) 101.7.1
- ☐ C) None of the above
- ☐ D) Both (A) and (B)

Question 75 of 78

Grasping a lane line to assist forward motion is permitted:

- ☐ A) in Freestyle events.
- ☐ B) in Backstroke events.
- ☐ C) during any event.
- ☐ D) Never.

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The rule that applies to question 75 is;

- ☐ A) 102.22.5
- ☐ B) 102.22.6
- ☐ C) 102.22.11

Question 77 of 78

If a Stroke and Turn Judge fails to raise a hand overhead upon observing an infraction in an individual event, there shall be no disqualification.

- ☐ A) True
- ☐ B) False

Question 78 of 78

The rule that applies to question 77 is;

- ☐ A) 102.22.1
- ☐ B) 102.22.3
- ☐ C) 102.22.4