



# Colonial Swimming League Official Certification

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Team: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Certification (Please Select):  
 First Time (Initial) \_\_\_\_\_  
 Recertification \_\_\_\_\_

Position Seeking Certification (Please Circle One):    Stroke and Turn    Starter    Referee

**Initial referee certification requires Team Representative endorsement.**

_____ Team Representative Name	_____ Team Representative Signature
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Certification criteria (complete and submit **not later than July 18, 2024**):

- (1) Instruction at a CSL-sanctioned clinic for the position desired
- (2) Successful completion of written open-book examination using the 2023 USA Swimming rule book and current CSL meet rules
- (3) Work three meets under direction of and to satisfaction of a certified CSL Referee (first time certification for each position)
- (4) Alternative for S&T only-** Complete online USA Swimming University “Foundations of Officiating” and “Stroke and Turn Certification Course and Assessment”. Submit course completion credentials along with application. First time officials must also complete step (3) above.

I CERTIFY THAT I HAVE FULFILLED THE ABOVE REQUIREMENTS AND WISH TO BE CERTIFIED AS AN OFFICIAL (AS IDENTIFIED ABOVE) OF THE COLONIAL SWIMMING LEAGUE. I PLEDGE TO CONDUCT MYSELF AS A PROFESSIONAL; TO KEEP ABREAST OF THE LATEST RULES; TO ENFORCE THE RULES FAIRLY AND IMPARTIALLY; TO REMEMBER THAT THE RULES ARE FOR THE PROTECTION OF THE SWIMMERS; AND TO MAINTAIN AN ATTITUDE OF TRUE SPORTSMANSHIP.

\_\_\_\_\_  
Applicant's signature

Clinic Date: \_\_\_\_\_      Concussion Training Complete (referee only) \_\_\_\_\_

If first time certification, have Referee initial satisfactory completion of 3 training meet sessions:

Date	Meet	Referee
_____	_____	_____
_____	_____	_____
_____	_____	_____

Send this completed form and your test to:

Mike Strange, 20588 Cutwater Place, Potomac Falls, VA 20165  
[Mstrange1217@gmail.com](mailto:Mstrange1217@gmail.com) 703.447.0524

Name \_\_\_\_\_

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**This section (Stroke and Turn) is required to be completed for ALL positions (Stroke and Turn, Starter, and Referee).**

### **FREESTYLE**

1. 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 disqualified:
  - a. in all cases
  - b. never
  - c. if he or she swims past the backstroke flags before returning to touch
2. In the freestyle, 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, will the swimmer be disqualified?
  - a. The swimmer will be disqualified.
  - b. The swimmer will not be disqualified.
  - c. The swimmer will be disqualified only if he swims past the backstroke flags before returning to the previous wall to the touch.
  - d. The swimmer will be disqualified only if he swims past the mid-pool line before returning to the previous wall for the touch.
3. At the turns and finish, a legal touch may be made:
  - a. with hands or forearms only
  - b. with the foremost hand only
  - c. with any part of the body
4. In an individual freestyle event, the swimmer may use:
  - a. the overhand crawl stroke only
  - b. any style or stroke(s) the swimmer chooses
  - c. any style or stroke(s) other than breaststroke, butterfly or backstroke
5. How do we judge a swimmer who elects to swim the butterfly or any other stroke during an event designated as freestyle?
  - a. We will report a disqualification for the swimmer if the swimmer fails to swim complete lengths of the pool in a single stroke.
  - b. We apply the rules for the stroke swum during the event. In this case, we would judge the swimmer according to the butterfly rules
  - c. We apply the rules for the freestyle event.
  - d. None of the above.
6. A swimmer in a freestyle event may stop, rest, then continue swimming provided he/she does not walk or push off the pool bottom.
  - a. True
  - b. False

### **BACKSTROKE**

7. At the turns and the finish, a legal touch may be made:
  - a. with any part of the body
  - b. only with the hands
  - c. only with the head, shoulder, or foremost hand or arm
8. After the start and each turn, the swimmer is permitted to be completely submerged for a distance of not more than:
  - a. the distance to the backstroke flags
  - b. 15 feet
  - c. 15 meters
  - d. 15 yards
9. In the backstroke, when can the butterfly kick be used?
  - a. It may never be used.
  - b. It may be used at anytime during the race.
  - c. It may be used only after the start and after each turn.
  - d. None of the above.

10. At the finish, once some part of the head of the swimmer has reached the backstroke flags, and immediately prior to reaching for the finish, the swimmer may be completely submerged prior to the touch.
- True
  - False
11. In the backstroke, during a turn, after the shoulders have turned past vertical toward the breast, how many arm pulls does the swimmer legally have as part of the turn?
- The swimmer may take multiple arm pulls and kick in any manner to initiate the turn.
  - The swimmer may take two additional arm pulls to initiate the turn
  - An immediate single arm pull or an immediate simultaneous double arm pull may be used to initiate the turn.
  - The swimmer must use a freestyle flip turn to initiate the turning action, therefore he cannot take two arm pulls after leaving his back.
12. During the turn, if the shoulders turn past vertical toward the breast before touching the wall, the swimmer:
- may glide to get into position prior to initiating an arm pull
  - may complete the arm pull and then kick independently to get into proper somersault position
  - shall not delay initiating the arm pull or delay initiating the turning action
  - must be past the backstroke flags

### BREASTSTROKE

13. The position of the swimmer's shoulders must be kept parallel to the water surface at all times:
- True
  - False
14. When is a single butterfly kick permitted?
- A single butterfly kick is not permitted after the start and each turn, until after the initiation of the first arm pull.
  - A single butterfly kick is permitted after the start and each turn, at any time prior to the first breaststroke kick.
  - A single butterfly kick is not permitted at any time during the breaststroke event.
15. After the start, and after each turn when the swimmer leaves the wall, the body shall be kept on the breast.
- True
  - False
16. Some part of the of the swimmer's head must break the water surface:
- after one arm stroke or one kick
  - by the 15 meter mark
  - at least once after each arm stroke and one or more kicks
  - at least once during each complete cycle of one pull and one kick, in that order
17. The hands may be brought back beyond the hipline:
- only during the first stroke after the start and each turn
  - just before each turn and finish
  - at anytime, as long as the pull-kick cycle is maintained
  - never
18. At each turn and finish, what is required to make a legal touch or finish?
- The touch shall be made with both hands separated and simultaneously below the water level.
  - The touch shall be made with both hands separated and simultaneously at, above or below the water level.
  - The touch shall be made with both hands separated and simultaneously. The shoulders must be parallel to the water level.
  - The touch shall be made with both hands separated and simultaneously at the water level.

19. In the breaststroke: How shall the hands be pushed forward together from the breast?
- They may be under the water.
  - They may be on the water.
  - They may be over the water.
  - Any of the above.

### **BUTTERFLY**

20. During the kick, the position of the legs or the feet:
- must be in the same horizontal plane
  - shall not alternate in relation to each other
  - must not be separated
  - all of the above
21. From the beginning of the first arm pull, the position of the body shall be:
- on the breast, except at the turn after the touch and before leaving the wall.
  - in a streamlined position
  - shoulders past vertical towards the breast, with head breaking the surface
22. After the start and each turn, before coming to the surface, the swimmer is permitted:
- one kick, two arm pulls and one recovery
  - one or more kicks, one arm pull, and one recovery
  - one or more kicks, but only one arm pull which must bring the swimmer to the surface
23. At the finish, a legal touch must be made:
- with either hand
  - with both hands simultaneously, while body is on the breast
  - with both hands touching no more than  $\frac{1}{2}$  second apart
  - with any part of the swimmer's body
24. What do the rules say about the position of the feet during the kick?
- Shall not alternate in relation to each other
  - Need not be on the same level
  - Shall not perform a scissors or breaststroke kicking movement
  - All of the above
25. During the arm recovery:
- the hands must be brought forward from the breast at, above, or below the water surface
  - both arms must be brought forward simultaneously over the water
  - there must be air visible between the elbow and the water
  - none of the above

### **INDIVIDUAL MEDLEY**

26. After the transition from the breaststroke to the freestyle, the rule requires that the swimmer's body must return to the breast before any kick or stroke.
- True
  - False
27. Which transition rules need to be followed when turning from the butterfly to the backstroke?
- Be at or past vertical toward the back when the swimmer leaves the wall.
  - The swimmer must touch the wall simultaneously with both hands separated at, above or below the water's surface.
  - The swimmer must be on the breast when touching the wall at the end of the butterfly.
  - All of the above.
28. The individual medley is swum in the following order:
- backstroke, butterfly, breaststroke, freestyle
  - butterfly, backstroke, breaststroke, freestyle
  - backstroke, breaststroke, butterfly, freestyle
  - breaststroke, backstroke, butterfly, freestyle
29. When turning from backstroke to breaststroke:
- the swimmer must remain on the back until touching the wall
  - the swimmer's shoulders must be at or past vertical toward the breast when leaving the wall
  - a and b

30. When changing from one stroke to another in the I.M., the swimmer's turns shall conform to:
- the turn rules for the stroke just completed
  - the finish rules for the stroke leg just completed
  - the turn rules for the next stroke to be swum
  - freestyle rules

**RELAY EVENTS**

31. If a team has only 3 swimmers for a relay, the first swimmer may also swim the fourth leg, provided he/she exits the pool promptly following the first leg and conforms to the stroke requirements for each leg.
- True
  - False
32. The medley relay is swum in the following order:
- backstroke, breaststroke, butterfly, freestyle
  - backstroke, butterfly, breaststroke, freestyle
  - butterfly, backstroke, breaststroke, freestyle
33. In the freestyle relay, each swimmer may use:
- the crawl stroke only
  - any stroke(s) other than breaststroke, butterfly, or backstroke
  - any stroke(s) the swimmer chooses
34. When judging a relay for an early take-off, the judges should
- Watch the feet of the departing swimmer leave the deck before looking to see if the arriving swimmer had touched
  - Watch the arriving swimmer's touch before looking to see if the departing swimmer left early

**GENERAL**

35. According to Colonial Swim League Meet Rules, a competitor may not compete in a cap of another swim team during a meet. The responsibility of notification to the swimmer is the Referee's responsibility.
- True
  - False
36. Grasping a lane line to assist forward motion is permitted:
- in freestyle events
  - only for young swimmers
  - if a swimmer swallows water
  - never
37. If an official fails to raise a hand overhead with open palm upon observing an infraction in an individual event, there shall be no disqualification.
- True
  - False
38. For judging swimmers with physical disabilities, a Stroke & Turn Judge should:
- judge, in accordance with the rules, any part of the body that is used
  - not judge a part of the body that cannot be used
  - base judgement on actual rule, not the swimmer's technique
  - all of the above
39. A swimmer who swallows water or whose goggles come off, may stop and stand on the bottom to get his/her breath or adjust goggles:
- never
  - in any freestyle event as doing so in any other event would violate the rules for that stroke
  - in any event swum "on the breast"
  - only in developmental meets
40. Which of the following is considered legal?
- The swimmer assigned to Lane 3 starts in Lane 4 and finishes the race in Lane 3.
  - The swimmer assigned to Lane 3 starts in Lane 3 and finishes the race in Lane 4.
  - The swimmer assigned to Lane 3 starts and finishes the race in Lane 4.
  - None of the above.

**This section (Starter) is required to be completed for the Starter and Referee positions.**

1. If an announcer is not used or cannot be heard by the swimmers the Starter is required to notify the swimmers:
  - a. the event number, distance, stroke, and heat
  - b. of the number of lanes swimming for a record
  - c. all of the above
  - d. where awards will be presented
2. In the forward start the swimmer may:
  - a. grab the forward edge of the pool deck
  - b. extend arms over the front edge of the pool deck
  - c. none of the above
  - d. either (a) or (b)
3. The Starter shall take a position within:
  - a. 15 feet of the starting end of the pool
  - b. 10 feet of the starting end of the pool
  - c. any place comfortable to the Starter
  - d. Approximately 5 Meters of the starting end of the pool
4. When the starting signal is given in a forward start, the swimmers must have:
  - a. both feet the same distance back from the front of the deck edge
  - b. at least one foot at the front of the deck edge
  - c. both feet at the front of the deck edge
5. If a swimmer does not respond promptly to the command "take your marks", the Starter shall:
  - a. wait until that swimmer assumes a start position
  - b. repeat "take your marks" until the swimmer gets it
  - c. release the field by instructing the swimmers to "stand up"
  - d. give the starting signal
6. The Referee should signal the swimmers that she is turning control of the heat over to the Starter by:
  - a. blowing a series of 4-5 short whistle chirps
  - b. raising a hand directly overhead and waiting for quiet
  - c. blowing a long whistle blast then extending a hand toward the Starter
  - d. none of the above
7. The Starter may charge a swimmer with a false start without concurrence (via dual confirmation) of the Referee.
  - a. True
  - b. False
8. In a backstroke start, a swimmer may grasp the legs of a teammate standing over his lane provided that the teammate:
  - a. is older and bigger than the swimmer
  - b. does not extend any part of his foot or leg past the deck edge
  - c. forms a "human chain" with other teammates to reinforce himself
  - d. all of the above
9. A swimmer who would otherwise be charged with a false start may be relieved of the charge if the false start was caused by the swimmer's reaction to the "stand up" command.
  - a. True
  - b. False
10. If the recall signal is activated, no swimmer shall be charged with a false start and the Starter shall restart the race upon signal by the Referee.
  - a. True
  - b. False

11. In a backstroke start, the swimmer must:
  - a. have both hands in contact with the wall, edge of deck, or teammate's legs
  - b. face the starting end
  - c. not place the toes above the lip of the gutter or bend the toes over the lip of the gutter
  - d. all of the above
  
12. A swimmer, upon finishing the race, may be disqualified by the Starter for an incorrect starting position.
  - a. True
  - b. False
  
13. The proper hand signal to indicate "take your marks" to a hearing impaired swimmer is:
  - a. raise your hand directly overhead
  - b. with your hand directly overhead, rotate the arm in a tight circular motion
  - c. move arm from a position directly overhead to shoulder level extending toward the strobe as the take your mark phrase is stated
  - d. move arm from shoulder level down to the side of the body
  
14. After an initial start has been recalled, a swimmer who missed the first start but reports before the restart may be allowed to swim.
  - a. True
  - b. False
  
15. The starting rules may be modified to adapt them for a handicapped swimmer by the:
  - a. Starter
  - b. Team Representative
  - c. Referee upon request by the Team Representative
  - d. Clerk of Course



**This section (Referee) is required to be completed ONLY for the Referee position.**

1. CSL Meet Rule III, Limitations of Entries – Dual Meets, para 1 allows a swimmer to enter more than one mixed age relay.
  - a. True
  - b. False
2. The Referee may prohibit the use of any device that disrupts or interferes with the meet, such as a laser pointer, bell, horn, siren or noisemaker.
  - a. True
  - b. False
3. The Starter may charge a swimmer with a false start without concurrence of the Referee.
  - a. True
  - b. False
4. The Referee may combine events by age, sex, distance, and/or stroke.
  - a. True
  - b. False
5. The Referee has full authority over all officials during the conduct of the meet.
  - a. True
  - b. False
6. If a swimmer uses a legal butterfly stroke in a freestyle event, the time achieved may be used to establish a CSL butterfly record.
  - a. True
  - b. False
7. If a swimmer swims into another lane and then back into his/her own lane without interfering with the swimmer in the other lane and without violating the rules of the stroke, the swimmer must be disqualified.
  - a. True
  - b. False
8. When dual confirmation is in effect and a relay take-off judge sees an early take-off, they must raise a hand to signal a disqualification.
  - a. True
  - b. False
9. The Referee may disqualify a swimmer(s) for any violation of the rules that the Referee personally observes and, except for false starts, shall at the same time raise one hand overhead.
  - a. True
  - b. False
10. The Referee may disregard the fact that a Stroke and Turn Judge neglected to raise his/her hand when observing a disqualification the Referee subsequently reports.
  - a. True
  - b. False
11. The Referee is responsible for instructing the Starter and Stroke and Turn Judges about accommodations to be made for a swimmer with a disability.
  - a. True
  - b. False
12. Protests affecting the eligibility of any swimmer to compete must be made verbally to the Referee before the race in question.
  - a. True
  - b. False
13. The time card or lane timer slip for a swimmer who has set a Colonial League Record must be signed by all timers on the swimmer's lane and the Referee for the record to be considered.
  - a. True
  - b. False
14. Once a meet or event has actually commenced, the Referee may suspend it for some compelling reason.
  - a. True
  - b. False
15. The results of an A-Meet are must be signed by the referee verifying the results of the meet.
  - a. True
  - b. False