



## **JUDGE OF STROKE**

### **TRAINING EXERCISES**

THE SWIMMING NSW TRAINING EXERCISES ARE TO BE USED IN CONJUNCTION WITH THE SWIMMING NSW TRAINING NOTES TO IMPROVE CANDIDATES UNDERSTANDING OF POLICIES AND PROCEDURES.

BOTH THE TRAINING NOTES AND TRAINING EXERCISES ARE RESOURCES TO ASSIST CANDIDATES ATTEMPTING THE SWIMMING AUSTRALIA ACCREDITATION PROCESS. THESE TRAINING EXERCISES WILL BE COMPLETED PRIOR TO THE ASSESSMENT.

## JUDGE OF STROKE

1. BY WHAT TIME SHOULD YOU ARRIVE AT THE POOL?

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2. TO WHICH OFFICIAL SHOULD YOU REPORT ON ARRIVAL?

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3. WHY DO YOU REPORT TO THAT PERSON?

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4. WHAT EQUIPMENT SHOULD YOU BRING TO THE MEET TO ACT EFFICIENTLY AS A JUDGE OF STROKES?

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5. HOW IS THE START MADE FOR ALL STYLES IN A FREESTYLE SCRATCH RACE?

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6. HOW IS THE START MADE FOR A BACKSTROKE SWIMMER IN A FREESTYLE HANDICAP RACE?

a) *WHERE BACKSTROKE IS NOT NOMINATED?*

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b) *WHERE BACKSTROKE IS NOMINATED?*

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7. DETAIL WHICH RULES YOU ARE OBSERVING AT THE START OF A BACKSTROKE RACE?

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8. WHAT IS MEANT BY NORMAL POSITION ON THE BACK IN RELATION TO BACKSTROKE SWIMMING?

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9. WHEN IS A BACKSTROKE SWIMMER ALLOWED TO LEAVE THE NORMAL POSITION ON THE BACK?

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10. IN WHAT CIRCUMSTANCES CAN A SWIMMER IN A FREESTYLE SCRATCH RACE BE DISQUALIFIED

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11. (a) DURING A FREESTYLE RACE, IS A SWIMMER PERMITTED TO STAND ON THE BOTTOM?

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(b) WHAT RESTRICTIONS APPLY?

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12. DO YOUR ANSWERS TO QUESTION 11 APPLY TO FORM STROKES?

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13. YOU HAVE PERSONALLY OBSERVED A VIOLATION OF THE RULES. WHO WOULD YOU REPORT TO?

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14. IS IT PERMISSABLE FOR THE ELBOWS TO BE OUT OF THE WATER AT ANY TIME DURING A BREASTSTROKE RACE?

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15. ACCORDING TO THE BREASTSTROKE RULE DETAIL THE POSITION OF THE HEAD AT ALL TIMES?

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16. DEFINE WHAT IS MEANT BY "TURNED OUTWARDS" IN RELATION TO THE BREASTSTROKE KICK?

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17. WHAT IS THE BODY POSITION IN BUTTERFLY SWIMMING ACCORDING TO THE RULE?

18. a) IS A BUTTERFLY SWIMMER PERMITTED TO SWIM ON THE SIDE AT ANY TIME?

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b) QUALIFY YOUR ANSWER

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19. DURING A BUTTERFLY RACE WHAT DOES THE RULE STATE REGARDING  
MOVEMENTS OF THE ARMS?

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20. DURING A BUTTERFLY RACE WHAT DOES THE RULE STATE REGARDING  
MOVEMENTS OF THE LEGS?

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21. WOULD YOU ALLOW BREASTSTROKE KICKING IN A BUTTERFLY RACE?

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22. (a) IS A SWIMMER PERMITTED TO WEAR ANY DEVICE TO AID SPEED, BUOYANCY  
OR ENDURANCE?

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(b) GIVE AN EXAMPLE OF SUCH DEVICES.

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(c) IS IT PERMITTED TO WEAR CAPS, GOGGLES OR NOSE CLIPS IN COMPETITION?

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23. (a) GIVE AN EXAMPLE OF FOUL SWIMMING?

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(b) WHAT IS THE PENALTY FOR FOUL SWIMMING?

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24. IF A SWIMMER WISHES TO APPEAL A DECISION YOU HAVE MADE OR SUBMIT A  
PROTEST, WHAT WOULD YOU DO?

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