ALL STARTS

[1] The Starter shall take a position within:
   a. five feet of the starting end of the pool.
   b. 20 feet of the starting end of the pool.
   c. 10 feet of the starting end of the pool.
   d. any place comfortable to the Starter.

[2] A swimmer who fails to appear at the starting block for the initial start of the race shall:
   a. be permitted to swim if there is no false start.
   b. be charged with one false start.
   c. not be permitted to swim (disqualified).

[3] The series of short whistles from the referee indicates to the swimmers to step up on the block:
   a. True.        b. False.

[4] In the backstroke and Medley Relay events the second long whistle signals the swimmers to return without undue delay to the starting position:
   a. True.        b. False.

[5] The referee shall signal with an outstretched arm to the starter that the swimmers are under the Starter’s control:
   a. True.        b. False.

[6] The Starter may give the following optional commands:
   a. announce the event.
   b. advise the heat when a swimmer will be attempting to achieve a time at an initial distance.
   c. for backstroke events give the command, “Place your feet.”
   d. all of the above.

[7] When the starting signal is given in a forward start the swimmer must have:
   a. at least one foot at the front of the block.
   b. at least one foot in the middle of the block.
   c. both feet at the front of the block.

[8] In the forward start the swimmer may grab:
   a. the forward edge of the starting block.
   b. the sides of the starting block.
   c. no part of the starting block.
   d. any of the above.

[9] If a swimmer does not respond promptly to the command “take your mark”, the Starter shall:
   a. give the starting signal.
   b. wait until that swimmer assumes a start position.
   c. instruct the swimmers to "Stand Up".
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[10] Before the starting signal is given, the Starter, with the concurrence of the Referee, may disqualify a swimmer who delays the start by deliberately entering the water.
   a. True.    b. False.

[11] Swimmers may not step off the block in response to a “stand up” command by the Starter.
   a. True.    b. False.

[12] If the recall signal is activated inadvertently a swimmer shall be disqualified for a false start when the Referee, or his designated Assistant Referee, and the Starter confirm the violation.
   a. True.    b. False.

[13] After an initial start has been recalled, a swimmer who missed the first start may be allowed to swim.
   a. True.    b. False.

[14] If the starting signal is sounded before the disqualification is declared a swimmer shall be disqualified for a false start at the completion of the race.
   a. True.    b. False.

[15] A device to recall swimmers shall be provided.
   a. True.    b. False.

[16] If a recall rope is used, it shall be placed at the midpoint of the pool in:
   a. 25 yard pools.
   b. 50 meter pools.
   c. all pools.

[17] For backstroke starts, the swimmer may grip any part of the starting block with his/her hands:
   a. in any USA Swimming competition.
   b. in National Championship meets only.
   c. in meets other than National Championships.
   d. none of the above.

[18] For all backstroke starts, the swimmer must have:
   a. one foot below the water surface.
   b. both feet, including toes, below the water surface.
   c. some part of both feet in the water.

[19] If a swimmer elects to swim backstroke in a freestyle event he/she must:
   a. do a backstroke start in the water.
   b. do a forward start from the block or platform.
   c. do a forward start in the water.
   d. none of the above.

[20] The Starter or a designee gives a warning signal over the lead swimmer’s lane two lengths and five yards/meters before the finish of all events 500 yards or longer except:
   a. the 1650 yard/1500 meter and relays.
   b. relays.
   c. the 500 yard/400 meter freestyle.
   d. all of the above.

Effective May 15, 2001
STARTING SWIMMERS WITH DISABILITIES

[21] It is permissible for a Blind, Disabled or Mentally Impaired swimmer to assume a starting position on the deck or in the water.
   a. True.       b. False.

[22] The starting rules may be modified by the Starter to adapt them for the swimmer with a disability.
   a. True.       b. False.

[23] The proper hand signal to indicate “Take your mark” to a deaf or hearing impaired swimmer is:
   a. raise your hand directly overhead.
   b. move arm from a position directly overhead to shoulder level.
   c. move arm from shoulder level down to the side of the body.
   d. with your hand directly overhead, rotate the arm in a tight circular motion.

[24] Swimmers with physical disabilities:
   a. may take longer to assume their starting position.
   b. must assume exactly the same starting position as swimmers without disabilities.
   c. may not be assisted if they start in the water.

[25] When there is a deaf or hard of hearing swimmer in a heat the Starter shall:
   a. do nothing different.
   b. advise the field that there is a deaf or hard of hearing swimmer in the heat.
   c. advise the swimmers of the location of the strobe.