**SWIM COMPETITION QUIZ Name……………….**

 1. What is the maximum distance you can travel underwater at a start and turn (excluding Breaststroke)?

Answer:

2. What is the order of an INDIVIDUAL MEDLEY (IM)?

Answer:

3. Describe the underwater phase of BREASTSTROKE?

Answer:

4. How far from wall are the BACKSTROKE flags?

Answer:

5. Write 3 ways you can get disqualified (DQ’d) in a BUTTERFLY race?

Answer:

6. How must you do a BACKSTROKE to BREASTSTROKE turn in an IM?

Answer:

7. Are you allowed to climb over the electronic touch pads to get out the pool?

Answer:

8. How many dolphin kicks can you do on a BREASTSTROKE start or turn?

Answer:

9. When the referee blows the whistle before a race what must all swimmers on the poolside do?

Answer:

10. What is the outcome of starting before the signal in a race?

Answer:

11. What 5 things can you get DQ’d for in a BACKSTROKE race?

Answer:

12. How can you get DQ’d in a FREESTYLE race?

Answer:

13.Can your toes be out of the water on a BACKSTROKE start?

Answer:

14. What is the stroke order of a MEDLEY relay?

Answer:

15. Can your hands be stacked (on top of each other) on a two-handed touch turn?

Answer: