

Sport and Lifestyle– SWIMMING course
100st questions with correct answers

1. Which of the following swimmers is *not* an Olympic champion?

László Cseh

2. What is the correct order of strokes in the individual medley?

Butterfly – Backstroke – Breaststroke – Freestyle

3. What is the name of the newest and most commonly used breaststroke technique?

Sliding

4. Which is the longest swimming event in the Olympic pool?

1500 m

5. In backstroke, with which part of the hand does the swimmer catch the water?

Little finger

6. According to the Olympic rules, what does the regulation specify about freestyle technique?

The swimmer may use any style other than breaststroke, backstroke or butterfly.

7. In a 50-metre pool, after the start and turn, how far can a swimmer stay fully submerged?

15 m

8. What are the rules for turns and finishes in freestyle?

In freestyle, the swimmer may touch the wall with any part of the body.

9. After the start and turns in breaststroke, is a dolphin kick allowed?

One dolphin kick is allowed after the arm pull-down.

10. How accurately are results measured and recorded at swimming competitions?

To one-hundredth of a second

11. Who is the most successful Hungarian swimmer considering Olympic and World Championship titles?

Katinka Hosszú

12. In which swimming strokes are flip turns permitted according to the World Aquatics (FINA) rules?

Backstroke and Freestyle

13. In backstroke, how must a swimmer finish the race according to the competition rules?

The swimmer must touch the wall while remaining on the back.

14. Which statement is true about the butterfly stroke technique?

In butterfly, two leg kicks must be performed for each arm cycle.

15. What does it mean when a swimming competition is called “short course”?

It refers to races held in 25-metre pools.

16. What is the name of the international swimming federation (formerly FINA)?

World Aquatics

17. What does “flying start” mean?

In relay races, the next swimmer may take off only after the teammate has touched the wall, but may begin motion before contact.

18. How many lanes are used in Olympic swimming pools?

10 lanes

19. Who won Hungary’s first modern Olympic gold medal in swimming?

Alfréd Hajós

20. What are the individual freestyle events in the Olympic pool?

50 m, 100 m, 200 m, 400 m, 800 m, 1500 m

21. What does the rule say about the use of arms at the start when diving?

The arm position is not important.

22. In butterfly, how many dolphin kicks are allowed after the start before the first arm stroke?

There is no specific rule.

23. What is meant by “catch” in swimming?

The phase when the hand pulls outward and downward to the point before propulsion begins.

24. According to the rules, where may the hands be brought forward in breaststroke?

- **The hands may be brought forward under, on, or above the surface of the water.**

25. What is the correct position of the feet during backstroke kicking?

The feet are slightly turned inward.

26. What are the rules for breathing in breaststroke?

The swimmer must take a breath during every arm stroke.

27. How much does the arm movement and leg kick contribute to speed in swimming (excluding long-distance)?

In breaststroke about 70/30% in favour of leg movement; in the other three strokes, 60/40% in favour of arm movement.

28. What is the optimal hand position when swimming?

Slightly open fingers.

29. Which sports belong under the jurisdiction of World Aquatics (formerly FINA)?

Swimming, diving, high diving, artistic swimming and water polo.

30. Who has won the most Olympic titles in history?

Michael Phelps

31. Which Hungarian swimmer holds the most national records?

Katinka Hosszú

32. During the arm stroke in breaststroke, may the elbows rise above the surface?

The elbows must remain under water except during the final stroke before the finish.

33. In freestyle, will a swimmer be disqualified for touching or standing on the bottom of the pool?

he swimmer is not disqualified for touching or standing on the bottom.

34. Within 15 m after the start and turns, in which strokes is it allowed to use a leg motion different from the stroke's normal kick?

One dolphin kick allowed in breaststroke; multiple dolphin kicks allowed in backstroke and freestyle.

35. What is a 4x100 mixed medley relay?

A relay consisting of two male and two female swimmers.

36. How many beats are performed by the legs per arm cycle in backstroke?

Six-beat kick for all distances.

37. In butterfly, what is the hand and arm position when entering the water?

Arms slightly bent with palms facing outward, entering thumb-first.

38. How are swimmers started in freestyle, breaststroke and butterfly events?

One long whistle, "Take your mark," then start signal.

39. In freestyle, is the swimmer allowed to take a step on the bottom of the pool?

No, that results in disqualification.

40. In freestyle, is it allowed to push off from the bottom of the pool?

The swimmer may touch the bottom but not push off.

41. In short-course freestyle (25 m pool), is it legal to swim the full 25 m underwater?

No, because after the start and each turn, the swimmer may stay underwater for a maximum of 15 m.

42. How should a swimmer position themselves in the water for a backstroke start?

Both hands must hold the grips, facing the block, with both feet against the wall.

43. When was the International Swimming Federation (Fédération Internationale de Natation, FINA) founded?

1908

44. When was the Hungarian Swimming Federation (MÚSZ) founded?

1907

45. What does "MÚSZ" stand for?

Hungarian Swimming Federation

46. What is “water safety”?

The ability to behave safely and self-rescue in the water.

47. What does “body position in the water” mean?

The correct horizontal floating posture in the water.

48. In which strokes must the wall be touched by hand during turns and finishes?

In breaststroke and butterfly.

49. What does “basic swimming skill” mean?

Proper floating, gliding, breathing and one stable swimming stroke.

50. Which stroke has the greatest resistance?

Breaststroke

51. Why is it important to synchronize breathing with arm movement?

Because breathing should not disrupt the rhythm of movement.

52. At which modern Olympics did swimming first appear?

Athens, 1896

53. Which country has been the most successful in Olympic swimming?

USA

54. Who is the most successful male swimmer of all time considering Olympic and World Championship titles?

Michael Phelps (USA)

55. Who is the most successful female swimmer in the world?

Katie Ledecky (USA)

56. When were women’s swimming events first included in the Olympics?

1912, Stockholm – 100 m freestyle and 4x100 m freestyle relay

57. What was the very first swimming event ever held in the modern Olympic Games?

100 m men’s freestyle, 1896 Athens

58. Is it allowed to use a dolphin kick while swimming backstroke?

Yes, after the turn, but only up to 15 m.

59. Is it legal in butterfly to perform one leg kick per arm stroke?

No, two leg kicks must be performed per arm stroke.

60. Is it allowed to rotate the torso during backstroke?

Yes, but the rotation must not exceed 90 degrees.

61. What signals does the referee give at the start of a backstroke race?

Two long whistles (first: enter the water, second: grab the bar), "Take your mark," then start signal.

62. Is it allowed to perform two leg kicks per arm stroke in breaststroke?

No, one arm stroke and one leg kick form a complete cycle.

63. Is it allowed to breathe every second arm stroke in breaststroke?

No, the head must break the surface before the hands reach the widest point of the second stroke.

64. Is head position important in backstroke?

Yes. Head position determines the rest of the body's position in the water (e.g., if the head is too high, the hips sink, increasing resistance and slowing speed).

65. In which stroke does the head remain above water for the entire race (except at start and turns)?

Backstroke

66. Why is a horizontal body position important in freestyle?

Because it decreases drag and increases speed.

67. What type of leg kick is used in butterfly?

Dolphin kick (legs moving together)

68. During which phase of breaststroke is breathing performed?

During the outward arm pull, when the head rises.

69. What movement characterizes the arms in butterfly swimming?

Simultaneous, symmetrical arm strokes

70. How many false starts result in disqualification in a competition?

After a single false start

71. How many strokes are there in an individual medley (IM - individual medley)?

4

72. How many referees monitor the swimmers' technique at different points in the pool?

Several referees (turn referees, style referees) in different positions

73. What movement is not allowed in breaststroke?

Alternating leg movements or arm strokes.

74. In mixed relays, what does the competition rules specify regarding the gender of the participants?

The four-person relay team must consist of two male and two female competitors.

75. What sprint events can there be in a short course swimming competition?

50m, 100m, 200m, 400m

76. What breaststroke events can be held in a swimming competition in a 50m pool?

50m, 100m, 200m

77. What backstroke events can be held at a swimming competition in a 50m pool?

50m, 100m, 200m

78. What butterfly events can be held in a swimming competition in a 50m pool?

50m, 100m, 200m

79. What distances can be included in a freestyle competition in a 50m pool?

50m, 100m, 200m, 400m, 800m, 1500m

80. In a mixed relay, what do the competition rules say about the number of participants?

All 4 registered swimmers must swim the distance

81. What should be considered regarding the position of the head and arms during a dive?

The arms should be held high, with the upper arms behind the ears and the head bent forward.

82. Which organ system develops most as a result of regular swimming?

Circulatory and respiratory systems

83 Which statement is true about the effect of swimming on breathing?

Increases vital capacity and strengthens the respiratory muscles

84) Which muscle groups work hardest during swimming?

Almost all the muscles in the body

85. What effect does swimming have on posture?

Improves posture and strengthens the core muscles

86. In which swimming style is Kristóf Milák an Olympic champion?

Butterfly

87. Who was the first to swim the 100m freestyle under 1:00.00?

Johnny Weissmuller (Tarzan)

88. Where will the Olympic Games be held in 2028?

Los Angeles

89. Who is Hungary's youngest Olympic swimming champion?

Krisztina Egerszegi

90. Who is an open water Olympic champion?

Kristóf Rasovszky

91. Which swimming stroke is the youngest?

butterfly

92. In which swimming event are József (Joe) Szabó, Ágnes Kovács, and Dániel Gyurta Olympic champions?

200m breaststroke

93. At which Olympics did the Hungarian swimming team win the most gold medals?

1952, Helsinki

94. Is it allowed to change relay team members between heats and finals?

Yes

95. How many swimmers with an Olympic “A” qualifying time from the same country can participate in the same individual Olympic event?

2

96. What does the Olympic “A” standard mean?

The official qualifying time that grants the swimmer the right to participate in the Olympics.

97. What water temperature does World Aquatics (WA) prescribe for official pool competitions?

25–28°C

98. How many Olympics did László Cseh compete in?

5

99. Which of the following is a para swimmer?

Zsófia Konkoly

100. What is the order of swimming styles by speed?

Freestyle, butterfly, backstroke, breaststroke