



## Study Guide for Association/Regional Figures Level 2F Judges Exam 2018

This is an **open book test with a two hour time limit.** You will need the following:

- **USA Synchro Rulebook (Jan. 2018)**  
This is found on the Members Only section of the USA Synchro website. You may download it to your personal device or print it out completely.
- **FINA Synchronized Swimming Manual for Judges, Coaches and Referees 2017-21**  
This is in .pdf form on the FINA website:  
<https://www.fina.org/content/development-publications>
- **FINA Synchronized Swimming Handbook 2017-21 (FINA Rulebook)**  
May be downloaded from the FINA.org website using the link below:  
<https://www.fina.org/content/fina-rules-regulations>

### **Figures - Study & Know:**

- General Regulations & Guidelines (*USA Synchro Rulebook & FINA Manual*)
- Basic Body Positions (*USA Synchro Rulebook & FINA Manual*)
- Basic Transitions and Movements – including Spins, Thrusts & Twists (*USA Synchro Rulebook*)
- Officials and Duties, Rule IV (*USA Synchro Rulebook*)
- Application of Penalties (*USA Synchro Rulebook*)
- All Novice, Intermediate, 12-U & 13-15 Age Group (*USA Synchro Rulebook*)
- Difficulty in Transitions (*FINA Manual*)
- Evaluation of a Figure Performance (which swimmer is better?)
- FINA Manual Height Chart
- Body Positions for the following figures

\*\*Figure questions will be limited to the Novice, Intermediate, 12-Under & 13-15 Junior Olympic figures listed for the 2017-2021 Quadrennium.

### **Test Content:**

True/False  
Short Answer  
Figures - Most Weighted Transition for all 13-15  
FINA Manual Height Chart