



2021-22 NFHS Swimming & Diving Exam

1. The referee shall signal by:
 - A. Raising one hand over the head with open palm immediately upon discovering any swimming violation, except on relay takeoffs and no-recall false starts using dual confirmation.
 - B. Raising two hands over the head with open palm immediately upon discovering any swimming violation, except on relay takeoffs and no-recall false starts using dual confirmation.
 - C. Raising one hand over the head with open palm immediately and blowing a whistle upon discovering any swimming violation, except on relay takeoffs and no-recall false starts using dual confirmation.
 - D. Raising one hand over the head for a stroke violation after the event is completed.

2. If one or more starting platforms are not securely attached to the deck or end wall, the following option(s) may be used provided the water depth rule is not violated.
 - A. All swimmers shall start in the water.
 - B. All swimmers shall start on the deck.
 - C. Any affected lane(s) may be excluded with prior mutual consent.
 - D. All of the above.

3. The official time is recorded to the:
 - A. Tenth of a second.
 - B. Hundredth of a second.
 - C. Thousandth of a second.
 - D. All of the above.

4. A swim-off should be conducted, when possible, no later than how many minutes after the last heat of the last event in which any of the swimmers with disputed qualifications have competed during that session of the meet?
 - A. 15 minutes.
 - B. 25 minutes.
 - C. 35 minutes.
 - D. 45 minutes.

5. What is the minimum number of competitors or relay teams seeded in any preliminary heat or timed final heat?
 - A. 2.
 - B. 3.
 - C. 4.
 - D. 5.

6. In order to make a legal turn in either the butterfly or breaststroke, a swimmer must have:
- A. A simultaneous touch with both hands.
 - B. A simultaneous touch with both hands on the same plane.
 - C. The body regain its legal position prior to the second arm pull.
 - D. All of the above.
7. In meets when dual confirmation is not able to be utilized and no electronic relay judging equipment is available:
- A. Relays may not be conducted.
 - B. Takeoff judges shall be positioned at the starting end of the pool to judge takeoffs and observe departing swimmers' feet only.
 - C. Takeoff judges shall record any violation and immediately discuss the decision with the referee.
 - D. Upon seeing a violation, the takeoff judge shall indicate by raising one hand overhead with an open palm.
8. When starting platforms are used:
- A. They shall be securely attached to the end walls and the maximum height of the top front edge of the platforms shall not exceed 30 inches above the water level.
 - B. Backstroke starting ledges must be securely attached to the platforms.
 - C. The minimum water depth is measured at the anticipated point of entry.
 - D. The top surface shall be flat and the back-to-front slope shall not exceed 25 degrees from horizontal.
9. Visible markings, which are located 16.4 yards/15 meters from each end wall, shall be:
- A. Provided on one side of the deck.
 - B. Permanently constructed on the deck.
 - C. Provided on both sides of the pool.
 - D. Must be red or black in color.
10. When an official discovers a competitor in violation of suit coverage prior to the start of the competitor's event, the official shall:
- A. Disqualify the competitor from the meet.
 - B. Disqualify the competitor from the event.
 - C. Notify the coach to make the attire legal.
 - D. Notify the competitor to make the attire legal.
11. When a competitor is observed wearing illegal attire after the race officially begins, the official shall allow the competitor's time to stand and notify the coach to make attire legal.
- A. True.
 - B. False.
12. When automatic timing/judging equipment is used, the swimmer must contact the touchpad.
- A. True.
 - B. False.

13. For the backstroke, the finish requires completion of the required distance and contact with the touchpad or finish end by any part of the swimmer with some part of the body at or above the surface while still on the back.
- A. True.
 - B. False.
14. A legal breaststroke finish is one in which the swimmer contacts the touchpad or finish end with:
- A. One hand.
 - B. Both hands simultaneously.
 - C. Shoulder.
 - D. Any part of the body.
15. The freestyle finish requires completion of the required distance and contact with the touchpad or the finish end by any part of the swimmer.
- A. True.
 - B. False.
16. A fulcrum can be moved and set at varying positions between:
- A. 5 feet, 6 inches and 7 feet, 10 inches from the rear of the diving board.
 - B. 5 feet, 1 inch and 7 feet, 6 inches from the rear of the diving board.
 - C. 5 feet, 10 inches and 7 feet, 10 inches from the rear of the diving board.
 - D. 5 feet, 10 inches and 7 feet, 6 inches from the rear of the diving board.
17. While in the straight position:
- A. The body shall not be bent either at the knees or the hips.
 - B. The feet shall be together, and the toes pointed.
 - C. The position of the arms is at the option of the diver.
 - D. All of the above.
18. While in the tuck position:
- A. The body shall be compact.
 - B. The body shall be bent at the knees and hips, with the knees and feet close together within the bodyline of the shoulders.
 - C. The hands shall be on the lower legs and the toes pointed.
 - D. All of the above.
19. For the backstroke start, after the command "stand up," swimmers may:
- A. Release from the starting position.
 - B. Leave the starting area.
 - C. Delay a new start.
 - D. Leave the water.

20. A triple-dual meet consists of:
- A. Three teams (Team A vs. Team B, Team A vs. Team C).
 - B. Three teams (Team A vs. Team B, Team A vs. Team C and Team B vs. Team C).
 - C. Two teams (Team A vs. Team B).
 - D. Three teams that compete for the same points.
21. The scoring system used in a triple-dual meet is:
- A. Only two relay teams may score for each team in each relay event.
 - B. Based on the number of entries per team.
 - C. By prior mutual consent the two, three or four entries per team-scoring systems may be used.
 - D. All of the above.
22. When manual timing is used, which of the following is INCORRECT?
- A. With three watches present, use the middle time.
 - B. With two watches present, use the average time.
 - C. Use watch times recorded to the thousandths.
 - D. When two watch times are identical, that time is official.
23. In backstroke, which of the following is true?
- A. Any stroke is permitted and the swimmer must be on the back except when executing a turn.
 - B. Standing in or on the gutter or curling toes over the gutter at the start is not permitted.
 - C. The swimmer may be submerged for a distance of not more than 15 meters after the start and each turn.
 - D. All of the above.
24. The backup timing system must be operative for all races, but shall be used only for lanes in which:
- A. The referee disagrees with the order of finish for competitors.
 - B. The competitor contacts a part of the end wall in his or her lane that is not covered by the touchpad.
 - C. A difference of more than 0.3 occurs between the automatic and backup times, indicating a potential malfunction.
 - D. B and C are correct.
25. The end wall is:
- A. The vertical portion of the pool.
 - B. The contiguous surface of the deck and overflow gutter.
 - C. The touchpad at the end of the course.
 - D. The front of the starting platform.
 - E. All of the above.
26. A dive session is:
- A. A series of dives culminating with the end of the meet.
 - B. A series of dive rounds culminating in a break.
 - C. The completion of one dive by each participant.
 - D. None of the above.

27. Suits worn by divers shall be limited to the following requirements:
- A. Individual barcodes.
 - B. The USA-approved checkmark.
 - C. The FINA mark.
 - D. None of the above.
28. The official time (computed to the hundredth) can be registered by:
- A. Touchpad.
 - B. Button(s).
 - C. Stopwatch(es).
 - D. Any of the above.
29. A potential malfunction in the automatic timing system may be indicated when:
- A. There is a difference of less than 0.2 seconds between automatic and backup times.
 - B. There is a difference of 0.2 seconds between automatic and backup times.
 - C. There is a difference of 0.3 seconds between automatic and backup times.
 - D. There is a difference of more than 0.3 seconds between automatic and backup times.
30. The backup system, using at least one manual timing for each lane, shall be operative for all races but shall be used only for:
- A. Odd lanes.
 - B. Even lanes.
 - C. Lanes in which the automatic equipment malfunctions or time is not properly recorded.
 - D. Lanes in which a coach challenges the order of finish.
31. In championship meets, the diver officially becomes a participant when the official entry:
- A. Bears the diver's first and last name.
 - B. Bears the event and school affiliation.
 - C. Is submitted by the designated time and place.
 - D. All of the above.
32. The following is not considered to be a second manufacturer's logo or a form of advertising:
- A. The FINA mark.
 - B. Individual barcodes.
 - C. The USA approved checkmark.
 - D. All of the above.
33. A scratch is:
- A. The withdrawal of a competitor from the remainder of his/her events in the meet.
 - B. The withdrawal of a competitor from an event in a meet.
 - C. The same as a declared false start.
 - D. The withdrawal of a competitor from that event, allowing the competitor to enter another event.

34. When a recall rope is used, it should be:
- A. Placed at the 10-meter mark.
 - B. Placed at the 15-meter mark.
 - C. Placed beyond the 15-meter mark.
 - D. Connected to the backstroke flags at the non-starting end of the pool.
35. If the host team does not provide backstroke flags which meet rule specifications:
- A. Only the host school will swim events involving backstroke.
 - B. The points for any event involving backstroke will be awarded to the visiting team in proportion to the number of its submitted entries, and the events are not swum.
 - C. Only the visiting school will swim events involving backstroke.
 - D. The meet will be postponed until the flags meet specifications.
36. If a host school does not provide enough visual lap counters for the visiting team's 500-yard/400-meter swimmers:
- A. The host team shall be disqualified from scoring in the event.
 - B. Only the visiting team will swim in the event.
 - C. Counters will be asked to share the lap counters.
 - D. The host team will scratch its 500-yard/400-meter swimmers from all remaining events.
37. In a championship meet, unless conference or league rules determine otherwise, each team shall be permitted:
- A. A maximum of four entries in an individual event and one team in a relay event.
 - B. A maximum of three entries in an individual event and three teams in a relay event.
 - C. A maximum of three entries in an individual event and one team in a relay event.
 - D. An unlimited number of entries in an individual event and one team in a relay event.
38. The order of events for all meets shall be as follows:
- A. 100-yard butterfly following the 100-yard freestyle.
 - B. 400-yard freestyle relay following the 400-meter/500-yard freestyle.
 - C. 100-yard breaststroke following the 100-yard backstroke.
 - D. 200-yard individual medley following the 50-yard freestyle.
39. The referee determines there is a timing malfunction in Lane 5. The referee should:
- A. Make an adjustment based on using the average difference of backup and primary times.
 - B. Use the valid backup time.
 - C. Give no time.
 - D. Allow the software operator to decide the time.
40. A consolation finalist shall not place higher than the highest contested place in the consolation finals regardless of time.
- A. True.
 - B. False.

41. A false start occurs when a swimmer:
- A. Unnecessarily delays in reporting for the start.
 - B. Unnecessarily delays in assuming a starting position.
 - C. Leaves the mark before the starting signal.
 - D. All of the above.
42. A relay team may be disqualified if:
- A. The lead-off swimmer, after stepping up on the block after the long whistle by the referee, steps down and changes position with another team member.
 - B. The second swimmer moves from the back of the starting platform to the front before the previous swimmer is finished.
 - C. The third swimmer in the medley relay swims the butterfly.
 - D. The swimmers do not swim in the same order in finals as they swam in preliminaries.
43. A diving scoresheet requires the signatures of the:
- A. Diver.
 - B. Coach.
 - C. Parent.
 - D. Both A and B.
44. The duties of the meet committee do NOT include:
- A. Making decisions on matters not specifically covered by the rules book.
 - B. Making decisions on misapplications of a rule.
 - C. Making decisions regarding judgment calls made by the officials.
 - D. All of the above are duties of the meet committee.
45. In butterfly, which of the following is true?
- A. Arms must be simultaneous and corresponding points on both hands shall be in the same horizontal plane.
 - B. The kick requires legs and feet move up and down simultaneously.
 - C. The turn/finish requires simultaneous touch with both hands not necessarily on the same plane.
 - D. All of the above.
46. The individual medley includes which of the following requirements:
- A. A forward start.
 - B. Strokes in the order of butterfly, backstroke, breaststroke and freestyle.
 - C. Strokes in the order of butterfly, backstroke, breaststroke and any stroke other than those three for the last $\frac{1}{4}$ of the race.
 - D. A and C.
47. In a championship meet, the default method for determining the order of the diving competition shall be by:
- A. 11-dive score.
 - B. Lot.
 - C. A combination of lot and seeding.
 - D. Score after the first five rounds.

48. If a referee is also the starter, upon observing a false start, which of the following is the proper procedure?
- A. Raise a hand as soon as possible after the start.
 - B. Recall the heat.
 - C. At completion of the race, notify the swimmer and/or coach of the disqualification.
 - D. A and C.
49. Which of the following is a disqualification in the judgment of the diving referee:
- A. Diver behaves in an unsporting manner.
 - B. Diver unnecessarily delays the performance of a dive.
 - C. The diver did not make a sincere attempt to perform a dive.
 - D. All of the above.
50. After the heat officially starts, the referee notices the swimmer in lane No. 1 is wearing an illegal cap. The referee:
- A. Asks the swimmer in lane No. 1 to turn the cap inside out.
 - B. Asks the swimmer to remove the cap.
 - C. Notifies the swimmer that he or she is disqualified for illegal attire at the conclusion of the race.
 - D. All swimmers are asked to step down from the blocks and the swimmer in lane No. 1 is disqualified for illegal attire.
51. In the 500-yard/400-meter freestyle event, the use of a lap counter is:
- A. Required.
 - B. Optional but lap counter must count in ascending order.
 - C. Optional but lap counter may count in ascending or descending order.
 - D. Optional but lap counter may use only verbal count.
52. Turn judges shall:
- A. Monitor 15-meter violations from the starting end of the pool.
 - B. Determine the order of finish for the field.
 - C. Observe for violations of legal turns.
 - D. Order an event to start without delay when a contestant fails to report promptly.
53. For relay takeoffs, a side judge shall be assigned to observe:
- A. The departing swimmer's feet, then the touch of the incoming swimmer.
 - B. The incoming swimmer's touch, then the departing swimmer's feet.
 - C. Both the incoming swimmer's touch and the departing swimmer's feet simultaneously.
 - D. Takeoffs for all lanes.
54. On-site shaving is permitted only under the following conditions:
- A. In the locker room during championship meets.
 - B. On-site shaving is never permitted.
 - C. In the showers during championship meets.
 - D. In the showers using a disposable razor during championship meets.

55. Electronic devices may be used to verify or review officials' decisions made during the meet.
- A. True.
 - B. False.
56. A declared false start is defined as:
- A. The withdrawal of a competitor from a specific event.
 - B. The withdrawal of a competitor from the remainder of his/her events in the meet.
 - C. Done when the starter has called the heat and the competitor is on the starting blocks.
 - D. The withdrawal of a competitor from the next two events.
57. The score of a forfeited meet shall be 15-0.
- A. True.
 - B. False.
58. There are 33 swimmers in the prelims of an event at a championship meet held in an eight-lane pool. How many swimmers are in Heat #1, Heat #2, Heat #3, Heat #4 and Heat #5?
- A. 8, 8, 8, 6, 3.
 - B. 2, 7, 8, 8, 8.
 - C. 5, 7, 7, 7, 7.
 - D. 3, 6, 8, 8, 8.
59. A dive is officially completed:
- A. When the diver contacts the water surface.
 - B. When the diver comes to the surface.
 - C. When the judges' scores are read.
 - D. When the diver passes below the surface of the water.
60. A race officially ends:
- A. When the last swimmer finishes the race.
 - B. When the swimmer finishes his/her race.
 - C. When the times are posted.
 - D. When the timing device is stopped in the individual lane.
61. A dive considered "good" should receive a score between:
- A. $2\frac{1}{2}$ - 4.
 - B. $4\frac{1}{2}$ - $5\frac{1}{2}$.
 - C. 5 - $6\frac{1}{2}$.
 - D. 7-8.
62. In timed final events, the fastest-seeded competitors will swim as a group in the last heat.
- A. True.
 - B. False.

63. A legal butterfly finish is one in which the swimmer contacts the touchpad or finish end with:
- A. One hand.
 - B. Both hands simultaneously.
 - C. Shoulder.
 - D. Any part of the body.
64. An infraction/false start occurs when a swimmer:
- A. Steps into the water feet first for an in-water start.
 - B. Immediately assumes a starting position.
 - C. Dives into the water for an in-water start.
 - D. Remains stationary immediately prior to the start signal.
65. All of the following are considered unsporting conduct EXCEPT:
- A. On-deck removal of a drag suit or sweats if a competition suit lies beneath.
 - B. Interfering with meet officials in the performance of their duties.
 - C. Use of alcohol or any form of tobacco product.
 - D. Making insulting or derogatory remarks, gestures or acts including taunting.
66. An automatic timing system consists of:
- A. Two digital watches that start and stop by hand.
 - B. Two digital watches and two backup buttons that start and stop by hand.
 - C. A system that starts automatically with the starter's device and stops automatically when a competitor touches the touchpad.
 - D. A system that starts automatically with the starter's device and is stopped by hand when a competitor touches the touchpad.
67. Before each dive, along with the competitor's name, the diving announcer should announce the dive, number, position and degree of difficulty.
- A. True
 - B. False
68. In a backstroke relay event the second, third and fourth swimmers:
- A. Must start in the water.
 - B. Can swim underwater.
 - C. Shall use the forward start.
 - D. Can use two arm pulls before turning to their back.
69. In championship meets, the five voluntary dives shall come from:
- A. Each of the five groups with the assigned dd and sum total not to exceed 9.0.
 - B. Four of the five groups with the assigned dd and sum total not to exceed 9.0.
 - C. The five groups with the assigned dd and sum total to be at least 9.0.
 - D. Any of the dives listed on the diving form with the assigned dd and sum total not to exceed 9.0.

70. A team shall consist of two or more competitors.
- A. True.
 - B. False.
71. Exhibition competitors may not:
- A. Score points.
 - B. Be disqualified.
 - C. Use their performance as a qualifying time/diving score.
 - D. Establish a new meet record.
72. Exhibition competitors:
- A. May compete unless state association policy determines otherwise.
 - B. Must adhere to rules regarding event form, starting, judging, timing and conduct.
 - C. May use their performance as a qualifying time/diving score.
 - D. All of the above.
73. Seeding is the process of assigning competitors into events by:
- A. Time in swimming.
 - B. Score in diving.
 - C. Lot in diving.
 - D. All of the above.
74. A dive round is the competition of one dive by each participant.
- A. True.
 - B. False.
75. The 16.4 yards/15 meters markings located on the lane lines take precedence over the deck markings.
- A. True.
 - B. False.
76. Visible markings, which are located 16.4 yards/15 meters from each end wall shall be provided:
- A. On the deck on one side of the pool.
 - B. On the deck on both sides of the pool.
 - C. On every other lane line.
 - D. On the bottom of the pool in the center of the pool.
77. When water conditions do not meet the water conditions as defined in the rules, the meet referee:
- A. May reschedule the meet in accordance with the referee's schedule.
 - B. May order two hour delay in the start of the meet.
 - C. May declare that the meet will not be conducted.
 - D. May declare all swimmers will start in the water.

78. When starting platforms are used, and the water is more than 4 feet deep at the point of entry, the platforms may be no more than a maximum of _____ above the water.

- A. 15 inches
- B. 20 inches.
- C. 25 inches.
- D. 30 inches.

79. Backstroke ledges:

- A. Are permitted in high school competition.
- B. Are not permitted in high school competition.
- C. Must be used in high school competition.
- D. Must be tested prior to each competition.

80. Timing devices, whether manual, semiautomatic or automatic, shall be calibrated to:

- A. One-tenth (0.1) of a second.
- B. One-hundredth (.01) of a second.
- C. One-thousandth (.001) of a second.
- D. All of the above.

81. When automatic electronic timing is used in competition:

- A. A manual timing device shall be used for each lane as backup.
- B. A manual timing device is not required.
- C. A manual timing device can be used at the option of the referee.
- D. A manual timing device can be used if the host school so desires.

82. Once the order is declared on the relay card, all swimmers must stay in their designated order.

- A. True.
- B. False.

83. In order for a lead-off swim to be considered an official time and be used for other purposes such as a qualifying time, the swimmer's coach:

- A. Must provide three times to the referee immediately following the race, so that those times may be recorded.
- B. Does not need to notify the referee as the automatic timing system will record lead-off time.
- C. Must notify the referee before the meet begins.
- D. Must notify the referee at the designated time and place prior to the start of the event.

84. A swimmer is observed wearing a suit that ties in the back. This is not observed until the competitors are in the water during an event. The referee should take what action?

- A. Disqualify the swimmer from this event only due to wearing illegally constructed attire and inform the coach to make the swimmer legal before the swimmer's next event.
- B. Disqualify this swimmer from further competition in this meet due to wearing illegal attire.
- C. Issue a warning to the competitor and coach after the event for wearing illegal attire and inform them that the swimmer must be legally dressed before the swimmer's next event.
- D. Referee should take no action.

85. Suits worn for religious reasons must:
- A. Not aid in buoyancy.
 - B. Be 100% permeable except for one post construction logo.
 - C. Be constructed of a woven/knit textile material.
 - D. All of the above.
86. When a non-conforming suit is worn for religious reasons, what action does the referee take?
- A. Not allow the athlete to compete.
 - B. Disqualify the athlete following the event.
 - C. Notify the coach of the illegal suit.
 - D. Notify the state association following the conclusion of the meet.
87. Adhesives are allowed under the following circumstances:
- A. By swimmers during swim competition.
 - B. By divers when they are competing in a swim event.
 - C. By divers during dive competition.
 - D. Adhesives are never allowed in swim or dive competition.
88. Adhesives are not allowed for swimmers or divers.
- A. True.
 - B. False.
89. A competitor may be disqualified from an event in which the competitor pushes off the bottom of the pool.
- A. True.
 - B. False.
90. A time achieved during a swim-off can be used for all of the following purposes except:
- A. To set a new local, state or national record.
 - B. To improve an athlete's seeding in the next round of competition, if the swim-off time is faster than the preliminary time.
 - C. To achieve a qualifying time for a state championship meet.
 - D. To qualify an athlete for a final or consolation heat.
91. During the backstroke turn, the wall must be contacted by the swimmer's:
- A. Feet.
 - B. Any part of the swimmer's body.
 - C. Hand.
 - D. Head.

92. During the final round of the diving competition, the board visibly cracks and is unable to be replaced or repaired in a timely manner. The referee shall:

- A. Determine places by using the last full round completed.
- B. Disqualify the host team and awards points to the visiting team(s).
- C. Stop the competition and not score the diving event.
- D. Divide the total diving points among all of the teams.

93. The visiting team has eliminated diving due to a lack of a facility. The proper procedure would be:

- A. The host team competes in the diving event (and all teams with diving entries) and is awarded points accordingly.
- B. Diving is not conducted at this competition.
- C. Diving is run as an optional event with no points awarded.
- D. The visiting team notifies the host team two weeks in advance and no points are awarded at the competition.

94. Practice dives, with or without water entries, are permitted:

- A. Anytime during the meet.
- B. After a break of 10 minutes or more.
- C. After a break of 15 minutes or more.
- D. None of the above.

95. If a diver elects to perform a standing forward takeoff, the diver shall declare intent to the diving referee before performing the dive.

- A. True.
- B. False.

96. If the dive executed is listed properly on the diving scoresheet but misread by the announcer, the following should occur:

- A. The dive is considered a failed dive.
- B. A two-point deduction will be taken from each of the judge's scores.
- C. The dive is judged as a correct dive and considered an announcer's error.
- D. The referee requires the dive to be repeated.

97. When an announcer makes an error while reading a dive, the diver:

- A. Must complete the dive as it was announced.
- B. Must correct the announcer before executing the dive.
- C. May execute the intended dive provided the DD is higher than the one announced.
- D. Will be allowed to perform the correct dive.

98. During a standing dive, athletes:

- A. Shall stop oscillating the board just before or after the starting position is assumed.
- B. Shall not oscillate the board more than four times.
- C. Shall not permit a foot or both feet to leave the board during an oscillation prior to the final spring from the board.
- D. All of the above are true of the standing dive.

99. The back/inward takeoff requires that divers:

- A. Shall not oscillate the board more than four times.
- B. Shall not permit a foot or both feet to leave the board during an oscillation.
- C. A and B.
- D. None of the above.

100. During a championship meet a diver changes the position of a voluntary dive. At the conclusion of the competition, it is noticed that the voluntary degree of difficulty was over 9.0 after the change was made. The correct procedure is to:

- A. Deduct two points from each judge's score on that dive.
- B. Disqualify the diver.
- C. Fail the last voluntary dive that caused the diver to exceed 9.0.
- D. Lower the degree of difficulty on the voluntary dive that caused the diver to exceed 9.0 to bring the diver into compliance.