



2022-23 NFHS Diving Exam

1. 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.

2. A diving scoresheet requires the signatures of the:
 - A. Diver.
 - B. Coach.
 - C. Parent.
 - D. Both A and B.

3. 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.

4. 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.

5. 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.

6. In championship meets, the five voluntary dives shall come from:
 - A. Each of the five groups with the assigned dd having the 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.

7. 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.
8. 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.
9. 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 5 minutes or more.
 - D. None of the above.
10. 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.
11. During a dive utilizing a standing takeoff, 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.
12. 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.
13. 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.

14. 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.
15. 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.
16. 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.
17. 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.
18. Before each dive, along with the competitor's name, the diving announcer should announce the dive, including number, position and degree of difficulty.
- A. True
 - B. False
19. During dual meets, the one-meter diving event can be held as follows:
- A. Before the 200-yard medley relay.
 - B. After the 400-yard freestyle relay.
 - C. After the 50-yard freestyle and before the 100-yard butterfly.
 - D. All of the above.
20. The visiting coach complains that the board's nonskid material is insufficient for safe diving. The referee shall:
- A. Make a determination of the adequacy of the surface.
 - B. Allow diving to be held, if safe, and score positions accordingly, even if the visiting divers do not participate.
 - C. Not hold diving, if deemed unsafe by the referee, but score the visiting team's divers.
 - D. All are possible answers.

21. When diving is not conducted because of inadequate water depth, written notice should be given to the opponents at least:

- A. Three days prior to the first home meet or date specified by the state association.
- B. One week prior to the first home meet or date specified by the state association.
- C. Two weeks prior to the first home meet or date specified by the state association.
- D. Three weeks prior to the first home meet or date specified by the state association.

22. When the diver and coach sign the diving sheet and turn it in to the diving referee, it confirms:

- A. Only the accuracy of the sheet.
- B. That the diver is intending to perform the dives listed on the sheet.
- C. Accuracy of the sheet and that the diver can perform the dives listed.
- D. The diver's intent to enter competition.

23. In dual meets, divers will be allowed:

- A. At least three practice dives immediately prior to the start of competition.
- B. Two practice approaches, with or without a water entry, immediately prior to the start of competition.
- C. At least 10 minutes of warm-up time.
- D. At least one practice dive for each dive being done in competition.

24. The announcer announces Dive 302A. The diver requests a change to tuck position because of an error and will perform a:

- A. Reverse somersault, straight.
- B. Reverse dive, straight.
- C. Reverse somersault, tuck.
- D. Reverse dive, tuck.

25. The degree of difficulty for Dive No. 102, Forward 1 SS, in the tuck position is:

- A. 1.3.
- B. 2.0.
- C. 1.2.
- D. 1.4.

26. A diver lists the following dives on the scoresheet. Which dive is not permitted to be performed?

- A. 5152 C.
- B. 204 B.
- C. 5142 B
- D. 312 B.

27. During a dual meet, 11 dives may be performed provided:

- A. The first dive is the voluntary dive dictated by the state association schedule.
- B. There is prior mutual consent of all competing teams.
- C. There is no maximum degree of difficulty for voluntary dives.
- D. All dives are performed prior to the start of swimming events.

28. A diver walks to the end of the board and, in the process of assuming a starting position, loses balance and takes a small step to regain balance. The referee:
- A. Calls a balk.
 - B. Calls an unsatisfactory dive.
 - C. Imposes no penalty.
 - D. Instructs judges to deduct 1/2 to 2 points.
29. Before each dive the announcer shall announce the name of the diver:
- A. And no further information.
 - B. And the description of the dive being performed, number, position, degree of difficulty.
 - C. The school and the description of the dive being performed and current score of the team.
 - D. The school and the diver's score.
30. A diver performing a dive with a DD of 1.8 at a meet with seven judges scores 5.0, 5.5, 6.0, 6.0, 4.5, 5.0 and 5.5. With three scores used, what is the total score for the dive?
- A. 26.80
 - B. 28.80
 - C. 48.60
 - D. 37.50
31. In the referee's opinion, a dive is failed if the diver:
- A. Executes a dive other than that given on the diving scoresheet.
 - B. Falls into the water.
 - C. Repeats a previous dive.
 - D. All of these situations result in a failed dive.
32. The dive is judged deficient if the diver partially alters the position of the dive during flight.
- A. True
 - B. False
33. A diver does three-step forward approach followed by a culminating hurdle and bounces twice on the end of the board. The referee:
- A. Calls an infraction of the forward approach and deducts two points from each judge's score.
 - B. Imposes no penalty.
 - C. Fails the dive.
 - D. Calls an unsatisfactory dive and a maximum award of two points.
34. A diver performs a Back Dive ½ Twist and doesn't stop the board oscillations before the starting position. What is the required deduction per individual judge?
- A. ½ to 1 point.
 - B. 1 to 3 points.
 - C. ½ to 2½ points.
 - D. ½ to 2 points.

35. If a diver is disqualified from the diving event because of two failed dives:
- A. The diver may complete the remainder of dives even though the diver may not score team points.
 - B. The diver may complete remainder of dives if mutually agreed upon by all coaches and officials.
 - C. The diver is not allowed to finish the diving event after the second failed dive.
 - D. The diver's total score for the event is used in computing the competitor's final place and points awarded toward the team score.
36. A dive is failed if the diving referee determines the diver executes a twist, as determined by the position of the diver's shoulders, that is greater or less by more than 90 degrees of what is on the scoresheet when the diver's feet/hands contact the water.
- A. True
 - B. False
37. A diver receives two failed dives due to errors on the diving sheet. Because these are written errors, the diver is permitted to remain in the diving competition.
- A. True.
 - B. False.
38. The diving referee instructs judges to award no more than two points when a diver does an unsatisfactory dive.
- A. True
 - B. False
39. The water depth at any point 2 to 5 feet in front of the end of the diving board must be 12 feet for pools constructed after January 1987.
- A. True
 - B. False
40. In championship meets, the meet director shall determine the order of diving:
- A. Only by lot.
 - B. Based only on each diver's best submitted competitive 11 dive score submitted.
 - C. Based on each diver's best submitted competitive 6 dive score.
 - D. Either by lot or each diver's best submitted competitive 11 dive score.
41. The order of divers in a dual meet shall be determined by:
- A. The state association.
 - B. The visiting team choosing odd or even positions.
 - C. Seed score from previous competition.
 - D. Competitor choice.
42. In a dual meet at a six-lane pool, the number of diving entries shall be:
- A. The same number as in the individual swimming events for the meet.
 - B. Dictated by the meet management.
 - C. The number required to achieve a full complement of competitors.
 - D. A maximum of three.

43. There is no penalty for failing to submit a completed diving scoresheet at the specified time and place, as long as the coach submits it prior to the end of the meet.
- A. True
 - B. False
44. In a championship meet, divers shall submit a diving scoresheet containing:
- A. All five groups represented in the first eight rounds.
 - B. A listing of the five voluntary dives.
 - C. All 11 dives listed.
 - D. All of the above.
45. During the first round of diving in a championship meet, it is discovered that the diver has only four dive groups represented in the first eight dives. Since this was not discovered prior to the competition, no action is taken.
- A. True.
 - B. False.
46. The dives to be performed (in any order) in the semifinal round of competition are:
- A. Two voluntary dives and three optional dives.
 - B. Two voluntary dives and two optional dives.
 - C. One voluntary dive and two optional dives.
 - D. Two voluntary dives and one optional dive.
47. The forward starting position includes good posture and arms in a position of the diver's choice.
- A. True
 - B. False
48. Which of the following is considered an unsatisfactory dive?
- A. A diver does not assume a starting position.
 - B. The diver does not attempt to come out from the tuck or pike position.
 - C. A diver is assisted by another person.
 - D. The diver partially alters the position of the dive during flight.
49. A diver may withdraw from the diving competition by giving notice to the diving referee or designee.
- A. True
 - B. False
50. In non-championship meets, by prior mutual consent of competing teams, the diving event may be held:
- A. First.
 - B. Last.
 - C. Simultaneously with the swimming events.
 - D. All of the above.

Video Question 51 Link - - <https://nfhs.box.com/s/br2yabo3phuqpu9nth023uqh1dtv8ch7>

51. This diver demonstrates:

- A. A legal number of oscillations.
- B. An excessive number of oscillations and is deficient. This should result in a maximum score of 4.5.
- C. An excessive number of oscillations and the referee should deduct two points from each judge's award.
- D. An excessive number of oscillations and each judge shall deduct between 1/2-two points from the score.

Video Question 52 Link - - <https://nfhs.box.com/s/mm84g81s03m3fbwx4zpr8rcdbx7vmanw>

52. This diver demonstrates a dive in which the feet leave the board prior to the back takeoff. Which of the following is true:

- A. Each judge should judge the dive as performed.
- B. The diver should receive a maximum score of 4.5.
- C. The referee should deduct two points from judge's award.
- D. Each judge should deduct between 1/2 - two points from their score.

Video Question 53 Link - - <https://nfhs.box.com/s/27g7b18xkftm6u5u1mag8tg8f02c38sp>

53. Identify the error in this diver's performance:

- A. Commits a balk.
- B. Commits excessive oscillations.
- C. Enters the water with one or both hands above the shoulders on a dive requiring a feet-first entry.
- D. Does not attempt to come out from the tuck or pike position.

Video Question 54 Link - - <https://nfhs.box.com/s/15h6hsnp43tzhgmz4g6hgvxcsb9x5am>

54. Identify the error in this diver's performance:

- A. Commits a balk.
- B. Commits excessive oscillations.
- C. Enters the water with one or both hands above the shoulders on a dive requiring a feet-first entry.
- D. Does not attempt to come out from the tuck or pike position.

Video Question 55 Link - - <https://nfhs.box.com/s/p91fsl0xoy39ft7ifgjj4hyk6ge4vqz>

55. Identify the error in this diver's performance:

- A. Commits a balk.
- B. Commits excessive oscillations.
- C. Enters the water with one or both hands above the shoulders on a dive requiring a feet-first entry.
- D. Does not attempt to come out from the tuck or pike position.