



2022-23 NFHS Swimming Exam

1. 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.

2. The official time (computed to the hundredth of a second) can be registered by:
 - A. Touchpad.
 - B. Button(s)
 - C. Stopwatch(es).
 - D. Any of the above.

3. A scratch is:
 - A. The withdrawal of a competitor from the remainder of the competitor's 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.

4. 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.

5. 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.

6. 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.

7. The order of events for all dual 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.
8. 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.
9. A false start occurs when a swimmer:
- A. Unnecessarily delays in reporting for the start.
 - B. Does not step into the water feet-first for an in-water start.
 - C. Leaves the mark before the starting signal.
 - D. All of the above.
10. 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.
11. 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 to 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.
12. 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.
13. If a referee is also the starter, upon observing a false start, which of the following is the proper procedure when dual confirmation is not being used?
- A. Recall the heat.
 - B. Raise a hand as soon as possible after the start.
 - C. At completion of the race, notify the swimmer and/or coach of the disqualification.
 - D. B and C.

14. 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 of disqualification 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.
15. 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.
16. 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 possible violations of legal turns.
 - D. Order an event to start without delay when a contestant fails to report promptly.
17. 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.
18. 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 the competitor's events in the meet.
 - C. 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.
19. 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.
20. A race officially ends:
- A. When the last swimmer finishes the race.
 - B. When an individual swimmer finishes the race.
 - C. When the times are posted.
 - D. When the timing device is stopped in the individual lane.

21. 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.
22. 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.
23. 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 backs.
24. 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.
25. 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.
26. 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.
27. 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.

28. 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 identify the lead-off swimmer to the referee as the automatic timing system will record lead-off time.
 - C. Must identify the lead-off swimmer and the three other swimmers to the referee before the meet begins.
 - D. Must identify the lead-off swimmer and the three other swimmers to the referee at the designated time and place prior to the start of the event.
29. 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.
30. 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.
31. 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.
32. 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.
33. A consolation finalist:
- A. Shall not place higher than the highest contested place in the consolation finals.
 - B. Does not have to swim to score points.
 - C. Is awarded six points regardless of finish.
 - D. Can earn a maximum of 20 points.

34. Which of the following is true about pool marking changes recommended for pools newly constructed or renovated after January 1, 2023:
- A. The width of the line on the pool bottom is 0.2 to 0.3 meters wide.
 - B. The length of the cross line is 1.0 meter.
 - C. The cross line terminates from the end wall at 2.0 meters.
 - D. All of the above.
35. 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.
36. The backup system, using at least one manual timing device 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.
37. 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.
38. 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.
39. 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.
40. The championship format can be used in the following meets:
- A. Championship.
 - B. Invitational.
 - C. Multi-team.
 - D. All may use championship format.

41. Rules regarding water depth, starting platform height and backstroke flags:
- A. Can be waived by the host team.
 - B. Can be waived by mutual consent.
 - C. Shall not be waived by mutual consent.
 - D. Can be waived by mutual consent and state association's consent.
42. When water conditions do not meet the rule specifications, 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.
43. The coach shall submit to the referee or designee the name of the lead-off swimmer for the relay:
- A. Any time prior to the beginning of the meet.
 - B. Any time during the meet.
 - C. At the conclusion of the relay event.
 - D. At the specified time and place prior to the start of the event.
44. 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.
45. Team personnel shall be disqualified from participation when a referee deems that unsporting conduct has been displayed at a competition. The actions may include but are not limited to:
- A. Demonstration of disgust or interfering with an official's decision.
 - B. Gestures that include taunting an opponent or meet official.
 - C. Interfering with officials' performance of their duties.
 - D. All are unsporting conduct.
46. Electronic devices may be used to verify or review officials' decisions made during the meet.
- A. True.
 - B. False.
47. The meet score can be reviewed and errors corrected within how many hours of the completion of the meet?
- A. 12 hours
 - B. 24 hours
 - C. 48 hours
 - D. Meet scores cannot be changed once the referee has signed the scoresheet.
48. The score of a forfeited meet shall be 15-0.
- A. True.
 - B. False.

49. For a backstroke start, the swimmer's feet, including the toes:
- A. Shall not be above the lip of the gutter or the edge of the pool.
 - B. Shall not be curled over the lip of the gutter or the edge of the pool.
 - C. Shall not stand in or on the gutter.
 - D. All of the above.

50. 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.

Video Question 51 Link - - <https://nfhs.box.com/s/30jix24h3n6j4o001w4uqgfyn448066x>

51. The starter is properly demonstrating the appropriate forward start hand signals for hearing impaired swimmers.
- A. True
 - B. False

Video Question 52 Link - - <https://nfhs.box.com/s/7qn4qojke9lfqj0q1jw9h6z790fm79wy>

52. During the backstroke to breaststroke turn in a 200-yard IM, this swimmer:
- A. Demonstrates a legal turn.
 - B. Demonstrates an illegal turn because the body does not remain on the back before contact with the wall is made.
 - C. Demonstrates an illegal turn because the swimmer kicks for too long into the turn.
 - D. Demonstrates an illegal turn because the body is submerged too long during the breaststroke pullout.

Video Question 53 Link - - <https://nfhs.box.com/s/tp9glq4emfb3mecpukc1nmctx8tkrzga>

53. This relay start is:
- A. Illegal because the back foot is behind the wedge.
 - B. Legal because there is at least one foot in contact with the surface of the starting platform in front of the wedge during takeoff.
 - C. Illegal because the swimmer is moving from the back to the front of the block.
 - D. Illegal because the heel is on the wedge.

Video Question 54 Link - - <https://nfhs.box.com/s/pqf5so80y63didpmwuh4j56w8nm9kp2n>

54. This relay start is:
- A. Legal because the start begins with the back foot behind the wedge.
 - B. Legal because there is at least one foot in contact with the surface of the starting platform in front of the wedge during takeoff.
 - C. Illegal because there is not at least one foot in contact with the surface of the starting platform in front of the wedge during takeoff.
 - D. Illegal because both heels are on the wedge.

Video Question 55 Link - - <https://nfhs.box.com/s/cg9fi46w6oh2r2liwcmxsnzqgwwxnqp09>

55. The butterfly finish shown in this video is:
- A. Illegal because the swimmer is completely submerged before the finish.
 - B. Illegal because the swimmer does not touch the finish end with both hands simultaneously.
 - C. Illegal because the swimmer's hands are not on the same plane when the finish end is contacted.
 - D. Illegal because the swimmer executed an illegal stroke just prior to the finish.