1. At the start of the 100 backstroke, the referee notices a medical alert bracelet taped to the wrist on the swimmer in Lane 5. The swimmer is disqualified.
   A. True
   B. False

2. 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.

3. In the individual medley, when changing from one stroke to another, the rules for the completion of each stroke shall be:
   A. Turn rules for the stroke just completed.
   B. Freestyle rules.
   C. Finish rules for the stroke just completed.
   D. None of the above.

4. If a swimmer elects to swim backstroke in a freestyle event, which of the following starting methods CANNOT be used?
   A. Forward start from the deck.
   B. Backstroke start in the water.
   C. Forward start in the water.
   D. Forward start from the starting platform.

5. In the breaststroke, the stroke and turn official observes a swimmer who moves his/her hands in a sculling motion at the end of the first arm stroke. The official shall:
   A. Signal a disqualification.
   B. Obtain dual confirmation from the starter.
   C. Obtain dual confirmation from the referee.
   D. Do nothing since the observation does not violate the rules.

6. When should the referee schedule a swim-off?
   A. At the discretion of the referee.
   B. At any time prior to both athletes swimming their next event.
   C. Within 30 minutes of the last heat of an event in which any of the swimmers involved are competing.
   D. The swimmers involved shall have a 25-minute period between the swim-off and any other event in which they are a participant.
7. In a swim-off for the 200-yard medley relay, who may be a participant?
   A. The same four competitors who initially swam the event shall compete in the swim-off.
   B. At least two of the same competitors shall compete in the swim-off.
   C. Any team member may compete in the swim-off.
   D. Any team member listed on the relay entry card may compete in the swim-off.

8. A swimmer places a towel over the starting platform for the start of an event.
   A. Legal
   B. Illegal

9. During the 200-yard individual medley, the referee discovers the starting platform in Lane 5 has become loose and is not securely attached to the deck. The host team is unable to repair the platform. The referee requires all swimmers in all lanes to use the deck or in-water start for the remainder of the meet.
   A. Correct procedure.
   B. Incorrect procedure.

10. Prior to the meet, the coach shall verify with the meet referee that all his/her competitors are legally attired.
    A. True
    B. False

11. When one or more swimmers have obtained an unfair advantage at the start, the race shall:
    A. Continue without recall.
    B. Be recalled once swimmers reach the other end of pool.
    C. Be recalled and the swimmer(s) in violation disqualified.
    D. Be recalled, swimmer(s) warned and race re-started.

12. Rules regarding pool dimensions, markings and/or construction:
    A. Can be waived with prior mutual consent, unless the state association determines otherwise.
    B. Can be modified by each hosting facility.
    C. Shall not be waived.
    D. Can be waived but must be reported to the state association.

13. When the meet referee determines water conditions do not meet rule specifications:
    A. The teams may choose to compete with unanimous consent.
    B. The meet referee may declare that the meet will not be conducted.
    C. The meet shall be conducted.
    D. None of the above.

14. A legal uniform may consist of two caps.
    A. True
    B. False
15. A competitor wearing a small digital device completes his/her race. The referee shall:
   A. Ignore the digital device since the race has been completed.
   B. Disqualify the swimmer from that race and from further participation in the meet.
   C. Give the swimmer a warning since the device wasn't noticed prior to the start.
   D. None of the above.

16. Before the long whistle, the referee notices swimmer "A" wearing tape on both knees. The referee shall:
   A. Disqualify the swimmer after the race.
   B. Ignore the wearing of the tape.
   C. Disqualify the swimmer before the race.
   D. Request documentation allowing the athlete to wear the tape while competing.

17. A competitor shall be disqualified from an event for:
   A. Competing in the wrong lane.
   B. Re-entering the water before all relay teams have finished.
   C. Exiting the pool across a lane still occupied by a competitor with the race still in progress.
   D. All of the above.

18. Electronic devices shall not be used to verify or review officials' decisions made during the meet.
   A. True
   B. False

19. The penalty for unsporting conduct is to:
   A. Disqualify the swimmer from that event only.
   B. Disqualify the swimmer from further competition (previous performances are not nullified).
   C. Allow the results of that event to stand, but disqualify from further competition in the meet.
   D. Disqualify from further participation, including all events in which the competitor previously qualified.

20. 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.

21. Swimmer A, using the forward start, comes down, grabs the block, becomes stationary, then leaves before the starting signal. Swimmers B and C dive into the water because of Swimmer A's movement. The start signal was never sounded. The false start is charged to:
   A. Swimmer A.
   B. Swimmer B.
   C. Swimmers A and B.
   D. The field.
22. Dive 103 B, Forward 1 1/2 SS Pike is announced. The diver performs the dive and enters feet first. Judge A awards a 6, Judge B awards a 5.5 and Judge C awards a "0." Which is correct?
   A. All awards are recorded and used for computation.
   B. The diver is permitted to redo the dive.
   C. Judges A and B are permitted to have their scores recorded and used for computation.
   D. The diving referee should announce a failed dive and have all scores recorded as zero.

23. 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

24. The changing of a swimsuit is not permitted in which area?
   A. Locker room
   B. The deck
   C. Temporary locker room
   D. Bathroom

25. A referee notices a swimmer using a towel to change swimsuits on the deck. What action should the referee take?
   A. Issue an unsporting conduct penalty.
   B. No penalty is given.
   C. Warn the swimmer.
   D. Take no action and notify the state association.

26. 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.

27. While reviewing dive sheets, the referee notices a diver has listed dive 5337 D on his/her sheet. The diving referee:
   A. Informs the diver he/she is not permitted to perform the dive because it is not listed in the diving table.
   B. Allows the dive to be performed.
   C. Fails the dive.
   D. Changes the dive to a 5335D.
28. A diver walks to the end of the board and, in the process of assuming a starting position, loses her balance and takes a small step to regain her 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. 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 deducts two points from each judge’s score.

30. The final leg of the individual medley and the medley relay requires the swimmer to be:
   A. On the back before any stroke, kick or propulsive motion.
   B. In any position and use any stroke.
   C. At or past vertical toward the breast before any stroke, kick or propulsive motion.
   D. Toward the breast immediately after the feet leave the wall.

31. A diver lists the following dives on his diving scoresheet. Which dive is not permitted to be performed?
   A. 5152 C
   B. 204 B
   C. 5142 B
   D. 312 B

32. 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.

33. For championship meets there shall be:
   A. At a minimum, ONE stroke inspector positioned where he/she can best see the competitors.
   B. At least two stroke inspectors.
   C. A minimum of four stroke inspectors.
   D. At least two stroke inspectors stationed at the far end of the pool.
34. Stroke inspectors shall:
   A. Examine only the last stroke prior to the turn.
   B. Signal a violation by raising one hand overhead with an open palm when all competitors are finished.
   C. Notify the referee of any violations at the conclusion of the meet.
   D. Signal by raising one hand overhead with open palm immediately upon discovering a violation of the legal swimming stroke.

35. Prior to the start of the meet, the chief timer shall instruct each timer:
   A. How to time a race.
   B. How to read the watch.
   C. How to reset a watch.
   D. All of the above.

36. The order of events for all meets shall be as follows:
   A. 100 butterfly following the 100 freestyle.
   B. 400 freestyle relay following the 400m/500yd. freestyle.
   C. 100 breaststroke following the 100 backstroke.
   D. 200 individual medley following the 50 freestyle.

37. The ballot system requires:
   A. Four finish judges.
   B. Finish judges with stopwatches to back up the lane times.
   C. Two finish judges.
   D. Automatic timing which is working and doesn't fail.

38. 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.

39. As a result of a swimmer in the championship heat withdrawing due to injury just prior to the championship finals, the swimmer that wins the consolation heat is:
   A. Awarded the last place points in the championship finals heat.
   B. Awarded the points for the winning time in the consolation finals as well as the points for the last place in the championship finals.
   C. Awarded the points corresponding to the highest place in the consolation finals.
   D. Allowed to swim in the championship heat but may not score points.
40. For relay takeoffs, a 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. Each exchange in their lane independently from another official who is watching the lane exchange from the end of the pool.

41. 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

42. Diving is not conducted at a pool because of inadequate water depth. The visiting team did not receive a written notice at least two weeks prior to the meet that diving would not be conducted due to inadequate water depth. Because of this, the visiting team shall be awarded points in proportion to its number of entries, and the host team will not score.
   A. True
   B. False

43. 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

44. In championship meets, the diving referee may consult with a designated member of the judging panel concerning a possible failed dive.
   A. True
   B. False

45. An in-water start must be used when the water depth is:
   A. 5 feet or more.
   B. 4 feet or more.
   C. Less than 4 feet.
   D. Less than 4½ feet.

46. Timing devices, whether manual, semiautomatic or automatic, shall be calibrated to:
   A. .001.
   B. .01.
   C. .005.
   D. .05.

47. The withdrawal of a competitor from a specific event is called a:
   A. Scratch.
   B. Disqualification.
   C. Declared False Start.
   D. Forfeit.
48. The meet management shall provide for a software operator who will:
   A. Report to the referee.
   B. Produce and deliver the heat sheets to spectators.
   C. Determine the start time of the meet.
   D. Inspect the touch pad equipment prior to the start of competition.

49. The referee shall signal by 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.
   A. True
   B. False

50. In nonchampionships meets, the diving event must always be after the 50 freestyle.
   A. True
   B. False

51. When water conditions do not meet rule specification, by prior mutual consent, coaches can agree to conduct the meet.
   A. True
   B. False

52. A swimmer in the 50-yard freestyle swallows some water but continues to swim using the breaststroke. The swimmer finishes the race and should be disqualified for failure to maintain the freestyle stroke.
   A. True
   B. False

53. After the start and after the turn, the butterfly swimmer is allowed one or more arm pulls and leg kicks under water.
   A. True
   B. False

54. In backstroke, the body shall remain on the back to the degree the shoulders do not turn over beyond the vertical plane except while executing a turn.
   A. True
   B. False

55. In a championship meet, a declared false start is the withdrawal of a competitor from a specific event.
   A. True
   B. False

56. When there is no indication of timing malfunction, the pad time is official.
   A. True
   B. False
57. An infraction/false start occurs when a swimmer:
   A. Steps into the water feet first for an in-the-water start.
   B. Immediately assumes a starting position.
   C. Dives into the water for an in-the-water start.
   D. Remains stationary immediately prior to the start signal.

58. 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.

59. 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 that 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.

60. The championship format can be used in the following meets:
   A. Championship.
   B. Invitational.
   C. Multi-team.
   D. All may use championship format.

61. Dual confirmation for relay takeoffs is:
   A. Required for relays.
   B. Required for championship meets.
   C. Required in multi-team meets.
   D. Required in all meets.

62. The side judge observes a relay takeoff violation. The takeoff judge assigned to the lane does not confirm. Electronic relay judging equipment is not being used. The referee shall:
   A. Disqualify the relay team.
   B. Review the videotape.
   C. Make no call.
   D. Overrule the takeoff judge and disqualify the relay team.

63. The referee’s authority begins as he/she is available on deck, which shall be:
   A. At least 30 minutes before the meet begins.
   B. At least 20 minutes before the meet begins.
   C. At least 15 minutes before the meet begins.
   D. At least 10 minutes before the meet begins.
64. 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.

65. During an invitational meet using electronic timing and watches as backup, the electronic system shows the order of finish as 4-5-6-3-2-1. The referee, in his/her opinion, changes the order of finish to 5-4-6-3-2-1. Which is the correct procedure?
   A. This is allowed as the referee makes the “order of finish” determination.
   B. This is allowed if there is a declared timing malfunction in lanes 4 and 5.
   C. This is allowed with dual confirmation.
   D. This is permitted if the referee determines there is a malfunction of primary timing system and decides it is necessary to integrate backup times, which will result in a changed order of finish.

66. A swimmer pushes off the pool bottom after mistakenly thinking the 500-yard freestyle had concluded. The swimmer pushed off the bottom vertically and gained no forward momentum. The swimmer should:
   A. Be disqualified for stopping.
   B. Have a second subtracted from his/her time, but be allowed to finish the race.
   C. Have the pushoff be ignored because, in the judgment of the referee, the mistake was not made for the purpose of gaining an advantage.
   D. Be scratched from any remaining events.

67. Shaving is permitted on-site in the following location:
   A. On the deck with a properly disposed razor.
   B. In the locker-room shower with a properly disposed razor.
   C. In the locker-room stall with a properly disposed razor.
   D. Shaving is not permitted in any location on the site of the meet.

68. Team personnel may use electronic devices to:
   A. Verify an official’s decision.
   B. Review an official’s decision.
   C. Transmit information to a competitor during a race or dive.
   D. Transmit and record a competitor’s performance.

69. In a championship meet, each team shall be permitted a maximum of:
   A. Three entries in an individual event and two teams in relay events.
   B. Two entries in an individual event and two teams in relay events.
   C. Three entries in an individual event and one team in relay events.
   D. Four entries in an individual event and one team in relay events.

70. For the 400-meter/500-yard freestyle event in a dual meet, the host school management realizes that they only have six sets of lap-counting devices. There are eight lanes and eight swimmers entered. The referee should:
   A. Conduct the event, but only the two host school swimmers with lap counters can score.
   B. Require that two of the host school swimmers participate without lap counters so that the visiting team can use the equipment.

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C. Not conduct the event giving the visiting team the maximum points.
D. Distribute the six sets of counting devices evenly among both teams, realizing that one swimmer from each team will not have counting devices.

71. The host team backstroke flags are old and some lanes only have two pennants above the lane. The referee shall:
   A. Disqualify home team medley relays.
   B. Disqualify home team backstroke swimmers.
   C. Disqualify home team individual medley swimmers.
   D. All should be applied and the events not swum.

72. The starting signal should be loud enough to ensure a fair start. It is recommended that the starting signal:
   A. Consist of a pistol capable of discharging live ammunition.
   B. Activate only a strobe light to indicate the start for manual timers and hearing-impaired swimmers.
   C. Involve both an audible starting signal and an optical signal.
   D. Be composed of a hand signal from the starter.

73. For a championship meet the side takeoff judge may observe a violation of the takeoff of a departing swimmer. The side judge shall:
   A. Record the violation of the order number of the swimmer and the lane in which it occurred.
   B. Not consult first with the other judge.
   C. Raise his/her hand, with open palm, to indicate a violation after the last competitor is in the water.
   D. All should be done.

74. A proper recall device in a swim meet is:
   A. A recall rope placed beyond 15 meters to the starting end of the pool.
   B. An air horn.
   C. The starting console horn.
   D. All may be used.

75. The maximum height of the top front edge of the starting platform with water depth of 4 feet or more at the point of entry is:
   A. 24 inches.
   B. 30 inches.
   C. 36 inches.
   D. 42 inches.

76. 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.
77. 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.

78. 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.

79. 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.

80. 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.

81. 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.

82. 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.

83. A swimmer may start a race in the water if he/she:
   A. Has at least one hand in contact with the starting platform or end wall.
   B. Has obtained permission from the referee/starter.
   C. Does not use the backstroke start.
   D. All of these are requirements for a forward in-water start.
84. The turn judge shall:
   A. Examine the last two strokes prior to the turn.
   B. Examine the exit from the turn until the completion of the first full stroke.
   C. Determine the order of finish of the swimmer in his or her lane(s).
   D. Report any violation immediately to the scoring table.

85. The head lane timer shall do which of the following during the meet?
   A. Always start a watch at the start signal.
   B. Record the times for the assigned lane.
   C. Discharge a sounding device when the swimmer has two lengths remaining in the 400m/500yd events.
   D. Determine the finish order of the heat.

86. Unless determined otherwise by a state association policy, a suspended meet is resumed from the point of suspension with:
   A. The score and entries the same as when suspended.
   B. A mutually agreeable consent from all coaches to reschedule the meet and start over.
   C. A declared forfeit for the host team if the meet cannot continue due to a power failure.
   D. The meet being declared complete at the time of suspension.

87. A competitor shall be disqualified from an event and the rest of the meet for:
   A. Entering the water before a race without the referee’s approval.
   B. Ridiculing a competitor while standing behind the blocks for his or her race.
   C. Re-entering the water while others are still swimming in the race.
   D. Interfering with another swimmer during the race.

88. An official may not use tobacco:
   A. On site prior to the start of the meet.
   B. On site during the break after the fifth event.
   C. On site after the meet results have been announced.
   D. All of the above.

89. Taunting is considered:
   A. An attempt to demean or embarrass an opponent.
   B. Making an insulting remark to an opponent.
   C. Displaying negativity towards an opponent through a gesture.
   D. All of the above.

90. When a spectator becomes unruly at a meet, the referee shall:
   A. Proceed with the meet and conduct it as expeditiously as possible.
   B. Call the police.
   C. Ask the home team coach or meet director to resolve the situation before continuing.
   D. Speak with the unruly individual and attempt to calm the person down.
91. State associations may determine meets that shall be considered as culminating meets which utilize the championship format. The championship format prescribes specific rules. All rules apply except:
   A. Dual confirmation.
   B. A maximum of four entries in an individual event.
   C. The dive which shall be performed first by all competitors.
   D. A maximum of one team in a relay event.

92. Using starting block wedges for relay takeoffs is acceptable when:
   A. The second swimmer stands on the wedge during his or her takeoff.
   B. The third swimmer stands on the wedge during his or her takeoff.
   C. The fourth swimmer stands on the wedge during his or her takeoff.
   D. None of the above.

93. The forward approach of a diver may consist of:
   A. Three steps followed by a hurdle and a takeoff.
   B. Five steps followed by a hurdle and a takeoff.
   C. Two hops followed by one step, a hurdle and a takeoff.
   D. All of the above are legal.

94. Which of the following is not a proper sequence for a lap counter when the competitor makes each turn at the starting end of the pool:
   A. Changing the lap counter from 13 to 15.
   B. Changing the lap counter from 15 to 13.
   C. Changing the lap counter from 5 to the “Orange” card.
   D. Changing the lap counter from 17 to the “Orange” card.

95. What items are NOT acceptable in a visual lap counting system:
   A. A card with a white background for the numerals.
   B. A card with black numerals.
   C. A card with 12-inch numerals.
   D. A card with 14-inch numerals.

96. A lap counting system may not utilize:
   A. A solid fluorescent orange card.
   B. A solid fluorescent safety green card.
   C. Visual counters used in ascending order.
   D. Visual counters used in descending order.
97. Culminating meets, utilizing a championship meet format, may now be determined by:
   A. A league commissioner.
   B. A coaches association.
   C. A state association.
   D. A regional or sectional association.

98. In relay events, the second, third and fourth swimmers:
   A. Must have both feet in contact with the starting platform in front of the starting block wedge during takeoff.
   B. Cannot use starting block wedges.
   C. Must have both feet at the front of the starting platform during takeoff.
   D. Are prohibited from taking off with both feet from the top of the starting block wedge.

99. In championship meets:
   A. Dual confirmation is required.
   B. Dual confirmation is not required.
   C. Three judges must be assigned to each lane.
   D. The referee may not serve as a takeoff judge.

100. Consistent language has been established for all NFHS sports that describe what information is permitted on the uniform. Not permitted is:
   A. A competitor's name on his or her warm-up jacket.
   B. A number on the competitor's parka.
   C. An emblem recognizing "State Team" on the competitor's cap.
   D. A school nickname on the competitor's suit.