



# 2018-19 NFHS Swimming and Diving Rules Exam

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 head lane timer include:
  - A. Record the times for the assigned lane.
  - B. Keep a written tally of the number of laps completed in the 400-meter/500-yard freestyle.
  - C. Deliver the time card to the chief timer.
  - D. All of the above.
  
3. Water conditions shall:
  - A. Be clear such that the bottom markings can be visible from the end of the pool.
  - B. Be such that the level of the water is at the overflow rim of the pool.
  - C. Meet standards set by the American Red Cross.
  - D. Be between 75 and 85 degrees.
  
4. A competitor shall be disqualified from an event for:
  - A. Failing to swim in his/her assigned lane.
  - B. Contacting the bottom of the pool for the purpose of gaining an advantage.
  - C. Willfully failing to follow the directions of a meet official.
  - D. All of the above.
  
5. The changing of a swimsuit is not permitted in which area?
  - A. Locker room.
  - B. The deck.
  - C. Temporary locker room.
  - D. Bathroom.
  
6. 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.

7. 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.
8. 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 as written.
  - C. Fails the dive.
  - D. Changes the dive to a 5335D.
9. 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.
10. 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.
11. 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.
12. A diver lists the following dives on his/her diving scoresheet. Which dive is not permitted to be performed?
- A. 5152 C.
  - B. 204 B.
  - C. 5142 B.
  - D. 312 B.
13. 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.

14. 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 three stroke inspectors stationed at the far end of the pool.
15. 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.
16. 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. When to reset a watch.
  - D. All of the above.
17. 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.
18. 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.
19. 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.

20. As a result of a swimmer taking a declared false start just prior to the championship finals, the swimmer who 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.
21. For relay takeoffs, a relay takeoff judge shall assume a position:
- A. Opposite the starting end.
  - B. At the side of the pool 10 feet from the starting end.
  - C. There is not a specific area where the relay takeoff judge is required to stand.
  - D. At the starting end or at the side of the pool at the starting end.
22. 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.
23. 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.
24. 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.
25. 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.
26. Which of the following is correct regarding timing devices?
- A. The use of manual electronic timing is recommended for all swimming meets.
  - B. The use of semiautomatic electronic timing is recommended for all swimming meets.
  - C. The use of automatic electronic timing is recommended for all swimming meets.
  - D. The timing device shall be calibrated to (.05) of a second.

27. The withdrawal of a competitor from a specific event is called a:

- A. Scratch.
- B. Disqualification.
- C. Declared False Start.
- D. Forfeit.

28. The Meet Management Software Operator responsibilities include:

- A. Determining the end time for the meet.
- B. Ensuring that the electronic timing system starts properly.
- C. Producing heat sheets in preliminaries and finals meets.
- D. Operating or directing an assistant to operate the visible scoring device.

29. 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 after the event is completed.

30. In nonchampionships meets, the diving event must always be after the 50 freestyle.

- A. True.
- B. False.

31. When water conditions do not meet rule specification, by prior mutual consent, coaches can agree to conduct the meet.

- A. True.
- B. False.

32. 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.

33. 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.

34. 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.

35. When there is no indication of timing malfunction, the pad time is official.
- A. True.
  - B. False.
36. For the forward start, after the command "Stand up," swimmers may not unnecessarily:
- A. Enter the water.
  - B. Step off the starting platform.
  - C. Delay a new start.
  - D. All of the above.
37. 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.
38. 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.
39. The championship format can be used in the following meets:
- A. Championship.
  - B. Invitational.
  - C. Multi-team.
  - D. All may use championship format.
40. Dual confirmation for relay takeoffs is:
- A. Required for dual meets.
  - B. Required for championship meets.
  - C. Required in multi-team meets.
  - D. Required in all meets.
41. 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 lane takeoff judge and disqualify the relay team.

42. The referee's authority begins as he/she is 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.
43. 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.
44. 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 was a malfunction of the primary timing system and decides it is necessary to integrate backup times, which will result in a changed order of finish.
45. A swimmer pushes off the pool bottom in the 500-yard freestyle. The swimmer gained no advantage by doing so. The referee should:
- A. Disqualify the swimmer for stopping.
  - B. Add a second to the swimmer's time, but permit the swimmer to finish the race.
  - C. Ignore the push off the bottom because the mistake was not made for the purpose of gaining an advantage.
  - D. Scratch the swimmer from any remaining events.
46. 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.
47. 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.

48. 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.
49. 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.
  - 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.
50. 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.
51. 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.
52. 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 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.
53. 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.

54. 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.
55. 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.
56. 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.
57. 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.
58. 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.
59. 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.
60. 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.

61. For the backstroke start, the swimmer's feet, including the toes:
- A. Shall not be above the lip of the gutter or pool deck.
  - B. Shall not be curled over the lip of the gutter or pool deck.
  - C. Shall not be placed in or on the gutter.
  - D. All of the above.
62. 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.
63. 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.
64. The head lane timer shall always do the following during the meet:
- A. 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 400-meter/500-yard freestyle events.
  - D. Determine the finish order of the heat.
65. 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 completed at the time of suspension.
66. A competitor shall be disqualified from an event and the remainder 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/her race.
  - C. Re-entering the water while others are still swimming in the race.
  - D. Interfering with another swimmer during the race.
67. 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.

68. 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.

69. 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.

70. State associations may determine meets that shall be considered as culminating meets which utilize the championship format. The championship format prescribes specific rules. All championship rules apply except:

- A. Dual confirmation for false starts.
- B. A maximum of four entries in an individual event.
- C. The dive group which shall be performed first by all competitors.
- D. A maximum of one team in a relay event.

71. Using starting block wedges for relay takeoffs is acceptable when:

- A. The second swimmer stands on the wedge during his/her takeoff.
- B. The third swimmer stands on the wedge during his/her takeoff.
- C. The fourth swimmer stands on the wedge during his/her takeoff.
- D. None of the above.

72. 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.

73. 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.

74. 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 on it.
- D. A card with 14-inch numerals on it.

75. 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.
76. 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.
77. 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.
78. 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.
79. 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.
80. The order of events for all meets shall be as follows:
- A. 200-yard individual medley following the 200-yard freestyle.
  - B. 200-yard freestyle relay following the 100-yard backstroke.
  - C. 100-yard freestyle following the 500-yard freestyle.
  - D. 500-yard freestyle following the 200-yard freestyle.
81. In championship meets, an infraction/false start is subject to the discretion of the:
- A. Meet director and starter.
  - B. Referee and meet scorer.
  - C. Starter and meet scorer.
  - D. Referee and starter.

82. The meet management shall provide a software operator who will:

- A. Report to the meet director.
- B. Ensure final results include diving results in meet score, if applicable.
- C. Record the official time, order of finish, contestant(s) name, team and points scored for each event.
- D. Assist in the tabulation of diving scores.

83. During the 100-yard backstroke, the official appropriately disqualifies a swimmer for not surfacing before the 16.4-yard (15 meters) mark as determined by:

- A. The deck marking.
- B. The lane marking.
- C. The backstroke flags.
- D. None of the above.

84. The referee's authority begins as he/she is available on deck, which shall be at least 30 minutes before the meet. The referee shall:

- A. Conduct a pre-meet conference with the starter, a captain and a coach from each team.
- B. See that the pool is properly marked.
- C. See that all equipment necessary for proper conduct of the meet is in the proper place and condition.
- D. All of the above.

85. 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.

86. Exhibition competitors:

- A. May compete if permitted by state association policy.
- B. Must adhere to rules regarding event form, starting, judging, timing and conduct.
- C. Shall not be counted in the number of official entries per event allowed each team.
- D. All of the above.

87. Seeding is the process of distributing swimmers into heats and lanes, and divers into their diving order.

- A. True.
- B. False.

88. 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. The format adheres to 9-4-2.
- D. All dives are performed prior to the start of swimming events.

89. The referee may determine whether the duties of stroke inspectors and turn/finish judges may be combined.
- A. True.
  - B. False.
90. Which of the following is NOT permitted on the competitor's attire:
- A. A swim club name or logo.
  - B. A picture of the school mascot.
  - C. A school name.
  - D. The name of the competitor.
91. What should the referee do when a competitor is discovered wearing illegal attire?
- A. When observed prior to the start of the heat, notify the competitor to make attire legal.
  - B. When observed after the heat begins, disqualify the competitor at the completion of the heat.
  - C. Disqualify the competitor from the rest of the meet.
  - D. A and B
92. Which item is NOT part of an automatic timing system?
- A. Touch pads.
  - B. A system that starts automatically with the starter's sounding device.
  - C. A system that stops automatically when a competitor finishes the race with a touch on the finish pad.
  - D. A visible scoreboard.
93. 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.
94. The stroke inspector raises his/her hand to signal a stroke violation and then indicates which lane the violation occurred in by pointing at the lane. The referee:
- A. Shall overrule the violation because of an incorrect signal by the stroke inspector.
  - B. Advises the stroke inspector not to indicate the lane in future signals.
  - C. Disqualifies the swimmer and removes the officials from his/her assignment.
  - D. None are correct.
95. When utilizing the backup judging system, the order of finish is official, regardless of times, if:
- A. The decisions of both judges agree.
  - B. The coaches have backup times.
  - C. The stroke and turn judge recorded the order of finish.
  - D. Someone has video footage of the finish.

96. A butterfly swimmer inadvertently catches one arm on the lane line. This causes the swimmer to fail to have both arms recover simultaneously. The swimmer does not pull on the lane line.
- A. This is legal and the swimmer is NOT disqualified.
  - B. This is illegal and the swimmer IS disqualified.
  - C. The swimmer receives a warning at the end of the race.
  - D. The heat must be re-swum.
97. During the breaststroke turn, a swimmer may take a single butterfly kick:
- A. While underwater, before turns.
  - B. Only after the initiation of the arm stroke.
  - C. Any time before the breaststroke kick after the turn.
  - D. All could be legal.
98. The freestyle start requires:
- A. The forward start to be used.
  - B. All competitors to start with both hands in contact with the starting platform.
  - C. All competitors to place both feet at the front edge of the platform or pool deck before the starting command, "Take your mark."
  - D. Any competitor starting in the water to have at least one hand and one foot in contact with the starting platform or end wall.
99. The individual medley order of strokes is:
- A. Backstroke, breaststroke, butterfly and any other stroke.
  - B. Backstroke, butterfly, breaststroke and any other stroke.
  - C. Butterfly, breaststroke, backstroke and any other stroke.
  - D. Butterfly, backstroke, breaststroke and any other stroke, other than the butterfly, backstroke or breaststroke.
100. Backstroke ledges are not permitted in high school competition.
- A. True
  - B. False`