



## 2020-21 NFHS Swimming & Diving Exam

1. The duties of the head lane timer include:
  - A. Record the times for his/her 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.
  
2. Water conditions shall:
  - A. Be clear so 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.
  
3. 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.
  
4. 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.
  
5. 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.
  
6. Which of the following is correct regarding timing devices?
  - A. The use of manual timing is recommended for all swimming meets.
  - B. The use of semiautomatic timing is recommended for all swimming meets.
  - C. The use of automatic timing is recommended for all swimming meets.
  - D. The timing device shall be calibrated to (.05) of a second.

7. 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 for meets having preliminaries and finals.
  - D. Operating or directing an assistant to operate the visible scoring device.
8. 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.
9. 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.
10. 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.
11. 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.
12. 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.

13. The referee's authority begins as he/she is available on deck, which shall be at least 30 minutes before the meet begins. 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.
14. 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.
15. Seeding is the process of assigning competitors into heats and lanes, and/or dive order by time or score.
- A. True.
  - B. False.
16. 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.
17. The referee may determine whether the duties of stroke inspectors and turn/finish judges may be combined.
- A. True.
  - B. False.
18. 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.
19. What should the referee do when a competitor is discovered wearing two suits?
- 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

20. 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.
21. 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.
22. 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.
23. 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.
24. 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 start and each turn.
  - D. All could be legal.
25. 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.

26. 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.
27. Backstroke ledges are permitted in high school competition.
- A. True.
  - B. False.
28. 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.
29. 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.
30. 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.
31. 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.
32. 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.

33. 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.
34. 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.
35. 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.
36. 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. On each lane marker.
37. 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.
38. 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.
39. When automatic timing/judging equipment is used, the swimmer must contact the touchpad.
- A. True.
  - B. False.

40. 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.

41. 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. Head.

42. The freestyle finish requires completion of the required distance and contact with the touchpad or the finish end by and part of the swimmer.

- A. True.
- B. False.

43. 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.

44. 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.

45. 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.

46. 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.

47. 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.
48. 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.
49. 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.
50. 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.
51. 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.
52. 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.
53. 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.

54. 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.
55. The official time (computed to the hundredth) can be registered by:
- A. Touchpad.
  - B. Button(s).
  - C. Stopwatch(es).
  - D. Any of the above.
56. 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.
57. 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.
58. 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 to the meet manager.
  - D. All of the above.
59. 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.
60. 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.

61. 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.
62. 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.
63. 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.
64. 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.
65. 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.
66. 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.
67. A consolation finalist shall not place higher than the highest contested place in the consolation finals regardless of time.
- A. True.
  - B. False.

68. 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.
69. 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.
70. A diving scoresheet requires the signatures of the:
- A. Diver.
  - B. Coach.
  - C. Parent.
  - D. Both A and B.
71. 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.
72. 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.
73. 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.
74. 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.

75. 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.
76. 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.
77. 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.
78. During a back/inward takeoff, a diver is permitted to:
- A. Unlimited oscillations of the board after the starting position is assumed.
  - B. Oscillate the board up to four times before the arms move from the starting position.
  - C. Have a foot or both feet leave the board during an oscillation prior to the final spring.
  - D. Oscillations so large as to disrupt the tempo and smoothness of the dive.
79. 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.
80. 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.
81. 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.

82. 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.
83. 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.
84. In an 11-dive competition at a championship meet, at least two practice approaches **MUST** be permitted as follows:
- A. Between the semifinals and finals sessions.
  - B. Immediately prior to the start of the preliminary session.
  - C. Following both the preliminary and semifinal sessions.
  - D. None of the above.
85. Electronic devices may be used to verify or review officials' decisions made during the meet.
- A. True.
  - B. False.
86. 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.
87. The score of a forfeited meet shall be 15-0.
- A. True.
  - B. False.
88. 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.

89. 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.
90. 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.
91. 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.
92. In timed final events, the fastest-seeded competitors will swim as a group in the last heat.
- A. True.
  - B. False.
93. 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. Head.
94. 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.
95. 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.

96. 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 finish pad.
- D. A system that starts automatically with the starter's device and is stopped by hand when a competitor touches the finish pad.

97. 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.

98. 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

99. 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.

100. 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.