

Place	Question	Answer Choice 1	Answer Choice 2	Answer Choice 3	Answer Choice 4	Answer Choice 5	Answer Choice 6
1	The end wall is:	The vertical portion of the pool.	The contiguous surface of the deck and overflow gutter.	The touchpad at the end of the course.	The front of the starting platform.	All of the above.	
2	Exhibition competitors may not:	Score points.	Be disqualified.	Use their performance as a qualifying time/diving score.	Establish a new meet record.		
3	A scratch is:	The withdrawal of a competitor from the remainder of his/her events in the meet.	The withdrawal of a competitor from an event in a meet.	The same as a declared false start.	The withdrawal of a competitor from that event, allowing the competitor to enter another event.		
4	A race officially begins when swimmers are called to the starting platforms by the:	Announcer calling the event.	Four short whistles.	Referee's/starter's long whistle.	Starter stating "step up" or "step in."		
5	A race officially ends:	When the last swimmer finishes the race.	When the swimmer finishes his/her race.	When the times are posted.	When the timing device is stopped in the individual lane.		
6	An automatic timing system consists of:	Two digital watches that start and stop by hand.	Two digital watches and two backup buttons that start and stop by hand.	A system that starts automatically with the starter's device and stops automatically when a competitor touches the touchpad.	A system that starts automatically with the starter's device and is stopped by hand when a competitor touches the touchpad.		
7	Rules regarding water depth, starting platform height and backstroke flags:	Can be waived by the host team.	Can be waived by mutual consent.	Shall not be waived by mutual consent.	Can be waived by mutual consent and state association's consent.		
8	The 16.4 yards/15 meters markings located on the lane lines take precedence over the deck markings.	True.	False.				
9	When water conditions do not meet the water conditions as defined in the rules, the meet referee:	May reschedule the meet in accordance with the referee's schedule.	May order two hour delay in the start of the meet.	May declare that the meet will not be conducted.	May declare all swimmers will start in the water.		
10	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.	15 inches.	20 inches.	25 inches.	30 inches.		
11	Backstroke ledges are not permitted in high school competition.	T	F				
12	When starting platforms are used:	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.	Backstroke starting ledges must be securely attached to the platforms.	The minimum water depth is measured at the anticipated point of entry.	The top surface shall be flat and the back-to-front slope shall not exceed 25 degrees from horizontal.		
13	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.	All swimmers shall start in the water.	All swimmers shall start on the deck.	Any affected lane(s) may be excluded with prior mutual consent.	All of the above.		
14	When a recall rope is used, it should be:	Placed at the 10-meter mark.	Placed at the 15-meter mark.	Placed beyond the 15-meter mark.	Connected to the backstroke flags at the non-starting end of the pool.		

15	If the host team does not provide backstroke flags which meet rule specifications:	Only the host school will swim events involving backstroke.	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.	Only the visiting school will swim events involving backstroke.	The meet will be postponed until the flags meet specifications.		
16	If a host school does not provide enough visual lap counters for the visiting team's 500-yard/400-meter swimmers:	The host team shall be disqualified from scoring in the event.	Only the visiting team will swim in the event.	Counters will be asked to share the lap counters.	The host team will scratch its 500-yard/400-meter swimmers from all remaining events.		
17	When automatic electronic timing is used in competition:	A manual timing device shall be used for each lane as backup.	A manual timing device is not required.	A manual timing device can be used at the option of the referee.	A manual timing device can be used if the host school so desires.		
18	The coach shall submit to the referee or designee the name of the lead-off swimmer for the relay:	Any time prior to the beginning of the meet.	Any time during the meet.	At the conclusion of the relay event.	At the specified time and place prior to the start of the event.		
19	Any contestant exhibiting signs, symptoms, or behaviors consistent with a concussion shall be removed from participation and shall not return until cleared by an appropriate health-care professional.	T	F				
20	After the heat officially starts, the referee notices the swimmer in lane No. 1 is wearing an illegal cap. The referee:	Asks the swimmer in lane No. 1 to turn the cap inside out.	Asks the swimmer to remove the cap.	Notifies the swimmer that he or she is disqualified for illegal attire at the conclusion of the race.	All swimmers are asked to step down from the blocks and the swimmer in lane No. 1 is disqualified for illegal attire.		
21	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?	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.	Disqualify this swimmer from further competition in this meet due to wearing illegal attire.	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.	Referee should take no action.		
22	The following is not considered to be a second manufacturer's logo or a form of advertising:	The FINA mark.	Individual barcodes.	The USA approved checkmark.	All of the above.		
23	A single visible manufacturer's logo/trademark/reference, no more than 2 1/4 square inches with no dimension more than 2 1/4 inches is permitted on each item of the uniform (suit and cap(s)).	T	F				
24	One American flag, not to exceed 2 inches by 3 inches, may be worn on each item of uniform apparel.	T	F				
25	The swimsuit shall be permeable, except for one post-construction, impermeable school name and/or logo which shall not exceed 9 square inches.	T	F				
26	Suits worn for religious reasons must:	Not aid in buoyancy.	Be 100% permeable except for one post construction logo.	Be constructed of a woven/knit textile material.	All of the above.		
27	A competitor may wear a gold necklace during a race.	T	F				
28	In the 500-yard/400-meter freestyle event, the use of a lap counter is:	Required.	Optional but lap counter must count in ascending order.	Optional but lap counter may count in ascending or descending order.	Optional but lap counter may use only verbal count.		

29	All of the following are considered unsporting conduct EXCEPT:	On-deck removal of a drag suit or sweats if a competition suit lies beneath.	Interfering with meet officials in the performance of their duties.	Use of alcohol or any form of tobacco product.	Making insulting or derogatory remarks, gestures or acts including taunting.		
30	The penalty for unsporting conduct is to disqualify from further participation including all events in which the competitor previously qualified.	T	F				
31	In a championship meet, the meet committee shall make decisions:	On the misapplication of a rule during the meet.	On whether the jewelry rule has been violated a subsequent time by the same competitor.	Confirming a disqualification of a relay team for an early takeoff when relay takeoff pad system is used.	On disqualification of a diver if the diving scoresheet was not signed by both coach and diver.		
32	Electronic devices may be used to verify or review officials' decisions made during the meet.	True.	False.				
33	If a referee is also the starter, upon observing a false start, which of the following is the proper procedure?	Raise a hand as soon as possible after the start.	Recall the heat.	At completion of the race, notify the swimmer and/or coach of the disqualification.	A and C.		
34	The meet score can be reviewed and errors corrected within how many hours of the completion of the meet?	12 hours	24 hours	48 hours	Meet scores cannot be changed once the referee has signed the scoresheet.		
35	One of the starter's responsibilities is to:	Discharge a sounding device for the lead swimmer during the 400-meter/500-yard freestyle when the lead swimmer has 2 lengths plus five yards remaining.	Assist in the judging of diving.	Check to see that each swimmer takes the proper lane.	Order an event to start without delay when a contestant fails to report promptly.		
36	Turn judges shall:	Monitor 15-meter violations from the starting end of the pool.	Determine the order of finish for the field.	Observe for violations of legal turns.	Order an event to start without delay when a contestant fails to report promptly.		
37	Relay takeoff judges shall:	Assume a position at the 15-meter mark.	Assume a position at the starting end or side of the pool.	Assume a position at the turn end.	None of the above.		
38	For relay takeoffs, a side judge shall be assigned to observe:	The departing swimmer's feet, then the touch of the incoming swimmer.	The incoming swimmer's touch, then the departing swimmer's feet.	Both the incoming swimmer's touch and the departing swimmer's feet simultaneously.	Takeoffs for all lanes.		
39	The order of events for all meets shall be as follows:	100-yard butterfly following the 100-yard freestyle.	400-yard freestyle relay following the 400-meter/500-yard freestyle.	100-yard breaststroke following the 100-yard backstroke.	200-yard individual medley following the 50-yard freestyle.		
40	A time achieved during a swim-off can be used for all of the following purposes except:	To set a new local, state or national record.	To improve an athlete's seeding in the next round of competition, if the swim-off time is faster than the preliminary time.	To achieve a qualifying time for a state championship meet.	To qualify an athlete for a final or consolation heat.		
41	When manual timing is used, which of the following is INCORRECT?	With three watches present, use the middle time.	With two watches present, use the average time.	Use watch times recorded to the thousandths.	When two watch times are identical, that time is official.		
42	The official time (computed to the hundredth) can be registered by:	Touchpad.	Button(s).	Stopwatch(es).	Any of the above.		

43	A potential malfunction in the automatic timing system may be indicated when:	There is a difference of less than 0.2 seconds between automatic and backup times.	There is a difference of 0.2 seconds between automatic and backup times.	There is a difference of 0.3 seconds between automatic and backup times.	There is a difference of more than 0.3 seconds between automatic and backup times.		
44	The backup system, using at least one manual timing for each lane, shall be operative for all races but shall be used only for:	Odd lanes.	Even lanes.	Lanes in which the automatic equipment malfunctions or time is not properly recorded.	Lanes in which a coach challenges the order of finish.		
45	The referee determines there is a timing malfunction in Lane 5. The referee should:	Make an adjustment based on using the average difference of backup and primary	Use the valid backup time.	Give no time.	Allow the software operator to decide the time.		
46	A consolation finalist:	Shall not place higher than the highest contested place in the consolation finals.	Does not have to swim to score points.	Is awarded six points regardless of finish.	Can earn a maximum of 20 points.		
47	To perform a forward start in the water, a swimmer must:	Receive permission from the referee/starter.	Step into the water feet first.	Be stationary.	All of the above are required.		
48	For a backstroke start, the swimmer's feet, including the toes:	Shall not be above the lip of the gutter or the edge of the pool.	Shall not be curled over the lip of the gutter or the edge of the pool.	Shall not stand in or on the gutter.	All of the above.		
49	A false start occurs when a swimmer:	Unnecessarily delays in reporting for the start.	Unnecessarily delays in assuming a starting position.	Leaves the mark before the starting signal.	All of the above.		
50	An infraction/false start occurs when a swimmer:	Steps into the water feet first for an in-water start.	Immediately assumes a starting position.	Dives into the water for an in-water start.	Remains stationary immediately prior to the start signal.		
51	For the backstroke start, after the command "stand up," swimmers may:	Release from the starting position.	Leave the starting area.	Delay a new start.	Leave the water.		
52	During the backstroke turn, the wall must be contacted by the swimmer's:	Feet.	Any part of the swimmer's body.	Hand.	Head.		
53	Which statement best reflects the backstroke finish?	The competitor may re-submerge after some part of the head has passed the 5-yard mark immediately prior to reaching the finish.	The finish requires completion of the required distance and contact with the touchpad/finish end of the swimmer by any body part.	A and B.	Competitors must touch the touch pad with their hands only and may not have their head submerged below water.		
54	In order to make a legal turn in either the butterfly or breaststroke, a swimmer must have:	A simultaneous touch with separated hands at, above or below the water surface.	A simultaneous touch with both hands on the same plane.	The body regain its legal position prior to the second arm pull.	All of the above.		
55	A legal breaststroke finish is one in which the swimmer contacts the touchpad or finish end with:	One hand.	Both hands separated simultaneously.	Shoulder.	Any part of the body.		
56	In butterfly, which of the following is true?	Arms must be simultaneous and corresponding points on both hands shall be in the same horizontal plane.	The kick requires legs and feet move up and down simultaneously.	The turn/finish requires simultaneous touch with separated hands not necessarily on the same plane.	B and C.		

57	A legal butterfly finish is one in which the swimmer contacts the touchpad or finish end with:	One hand.	Both hands seperated simultaneously.	Shoulder.	Any part of the body.		
58	The freestyle finish requires completion of the required distance and contact with the touchpad or the finish end by any part of the swimmer.	True.	False.				
59	The proper order of swimming strokes of the individual medley are:	Butterfly, backstroke, breaststroke, any stroke other than the butterfly, backstroke or breaststroke.	Breaststroke, butterfly, backstroke, any stroke other than the breaststroke, butterfly or backstroke.	Backstroke, breaststroke, butterfly, any stroke other than the backstroke, breaststroke or butterfly.	Breaststroke, backstroke, butterfly, any stroke other than the breaststroke, backstroke or butterfly.		
60	The first swimmer of a relay team, once called to the starting platform by the referee, shall not change his/her swimming order in the relay event with any teammate.	T	F				