

2023 Swimming & Diving Study Guide

1. After the race officially starts, the referee notices the swimmer in Lane 1 is wearing an illegal cap. The referee:
 - A. Asks the swimmer in Lane 1 to turn the cap inside out.
 - B. Asks the swimmer to remove the cap.
 - C. Notifies the swimmer of disqualification for illegal attire at the conclusion of the race.
 - D. Asks all swimmers to step down from the blocks and the swimmer in Lane No. 1 is disqualified for illegal attire.
2. In the 500-yard/400-meter freestyle event, the use of a lap counter is:
 - A. Required.
 - B. Optional but the lap counter must count in ascending order.
 - C. Optional but the lap counter may count in ascending or descending order.
 - D. Optional but the lap counter must count in descending order.
3. Turn judges shall:
 - A. Monitor 15-meter violations from the starting end of the pool.
 - B. Determine the order of finish for the field.
 - C. Observe for possible turning rule violations.
 - D. Order an event to start without delay when a contestant fails to report promptly.
4. 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.
5. 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.
6. An infraction/false start occurs when a swimmer:
 - A. Steps into the water feet first for an in-water start.
 - B. Immediately assumes a starting position.
 - C. Dives into the water for an in-water start.
 - D. Remains stationary immediately prior to the start signal.

7. An automatic timing system consists of:
- A. Two digital watches that start and stop by hand.
 - B. Two digital watches and two backup buttons that start and stop by hand.
 - C. A system that starts automatically with the starter's device and stops automatically when a competitor touches the touchpad.
 - D. A system that starts automatically with the starter's device and is stopped by hand when a competitor touches the touchpad.
8. In a backstroke relay event the second, third and fourth swimmers:
- A. Must start in the water.
 - B. Can swim underwater.
 - C. Shall use the forward start.
 - D. Can use two arm pulls before turning to their backs.
9. Visible markings, which are located 16.4 yards/15 meters from each end wall, shall be provided:
- A. On the deck on one side of the pool.
 - B. On the deck on both sides of the pool.
 - C. On every other lane line.
 - D. On the bottom of the pool in the center of the pool.
10. When starting platforms are used, and the water is more than 4 feet deep at the point of entry, the front edge of the platform may be no more than a maximum of _____ above the water.
- A. 15 inches.
 - B. 20 inches.
 - C. 25 inches.
 - D. 30 inches.
11. Backstroke ledges:
- A. Are permitted in high school competition.
 - B. Are not permitted in high school competition.
 - C. Must be used in high school competition.
 - D. Must be tested prior to each competition.
12. When automatic electronic timing is used in competition:
- A. A manual timing device shall be used for each lane as backup.
 - B. A manual timing device is not required.
 - C. A manual timing device can be used at the option of the referee.
 - D. A manual timing device can be used if the host school so desires.

13. In order for a lead-off swim to be considered an official time and be used for other purposes such as a qualifying time, the swimmer's coach:
- A. Must provide three timers whose split times may be recorded.
 - B. Does not need to identify the lead-off swimmer to the referee as the automatic timing system will record lead-off time.
 - C. Must identify the lead-off swimmer and the three other swimmers to the referee before the meet begins.
 - D. Must identify the lead-off swimmer to the referee at the designated time and place prior to the start of the event.
14. A swimmer is observed wearing a suit that ties in the back. This is not observed until the competitors are in the water during an event. The referee should take what action?
- A. Disqualify the swimmer from this event only due to wearing illegally constructed attire and inform the coach to make the swimmer legal before the swimmer's next event.
 - B. Disqualify this swimmer from further competition in this meet due to wearing illegal attire.
 - C. Issue a warning to the competitor and coach after the event for wearing illegal attire and inform them that the swimmer must be legally dressed before the swimmer's next event.
 - D. Referee should take no action.
15. Suits worn for religious reasons must:
- A. Not aid in buoyancy.
 - B. Be 100% permeable except for one post-construction logo.
 - C. Be constructed of a woven/knit textile material.
 - D. All of the above.
16. When a non-conforming suit is worn for religious reasons, what action does the referee take?
- A. Not allow the athlete to compete.
 - B. Disqualify the athlete following the event.
 - C. Notify the coach of the illegal suit.
 - D. Notify the state association following the completion of the contest.
17. Adhesives are allowed under the following circumstances:
- A. By swimmers during swim competition.
 - B. By divers when they are competing in a swim event.
 - C. By divers during dive competition.
 - D. Adhesives are never allowed in swimming or diving competition.
18. A time achieved during a swim-off can be used for all of the following purposes except:
- A. To set a new local, state or national record.
 - B. To improve an athlete's seeding in the next round of competition, if the swim-off time is faster than the preliminary time.
 - C. To achieve a qualifying time for a state championship meet.
 - D. To qualify an athlete for a final or consolation heat.

- 19 . The visiting team has eliminated diving due to a lack of water depth. What is the proper procedure?
- A. The host team competes in the diving event (and all teams with diving entries) and is awarded points accordingly.
 - B. Diving is not conducted at this competition.
 - C. Diving is run as an optional event with no points awarded.
 - D. The visiting team notifies the host team two weeks in advance and no points are awarded at the competition.
- 20 . Practice dives, with or without water entries, are permitted:
- A. Anytime during the meet.
 - B. After a break of 10 minutes or more.
 - C. After a break of 5 minutes or more.
 - D. None of the above.
- 21 . When an announcer makes an error while reading a dive, the diver:
- A. Must complete the dive as it was announced.
 - B. Must correct the announcer before executing the dive.
 - C. May execute the intended dive provided the DD is higher than the one announced.
 - D. Will be allowed to perform the correct dive.
- 22 . During a dive utilizing a standing takeoff, athletes:
- A. Shall stop oscillating the board just before or after the starting position is assumed.
 - B. Shall not oscillate the board more than four times.
 - C. Shall not permit a foot or both feet to leave the board during an oscillation prior to the final spring from the board.
 - D. All of the above are true of the standing dive.
- 23 . 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.
- 24 . Which of the following is true about pool markings recommended for pools newly constructed or renovated after January 1, 2023:
- A. The width of the line on the pool bottom is 0.2 to 0.3 meters wide.
 - B. The length of the cross line is 1.0 meter.
 - C. The cross line terminates from the end wall at 2.0 meters.
 - D. All of the above.

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- 25 . This diver demonstrates:
- A. A legal number of oscillations.
 - B. An excessive number of oscillations and is deficient. This should result in a maximum score of 4.5.
 - C. An excessive number of oscillations and the referee should deduct two points from each judge's award.
 - D. An excessive number of oscillations and each judge shall deduct between 1/2-two points from the score.

<https://exam-creator.s3.amazonaws.com/swimming-diving/Swim.Dive 2 Hearing Impaired Hand Signals Forward Start.MOV-ae6f44b3a6394e8c8a66b8e0aa73d3b7.mp4>

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

<https://exam-creator.s3.amazonaws.com/swimming-diving/Swim.Dive 3.I.M. Not on back at finish of Back.mov-8da3039b35d744b989f748481655bde0.mp4>

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

<https://exam-creator.s3.amazonaws.com/swimming-diving/Swim.Dive 4.203B 6.5-5.0 Illegal Crow Hop-48f861b2dd07407d90b329024d46acca.mp4>

- 28 . This diver demonstrates a dive in which the feet leave the board prior to the back takeoff. Which of the following is true:
- A. Each judge must judge the dive as performed.
 - B. The diver must receive a maximum score of 4.5.
 - C. The referee must deduct two points from judge's award.
 - D. Each judge must deduct between 1/2 - two points from their score.

<https://exam-creator.s3.amazonaws.com/swimming-diving/Swim.Dive 5.Relay Start Legal Step Over.MOV-f2b6e85ef046437ba88efd7bf448fdd3.mp4>

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

- 30 . State associations may authorize uniform accommodations except in the following cases:
- A. Participants with special needs or disabilities.
 - B. Participants with unique and extenuating circumstances.
 - C. Participants provided the suit does not aid speed, buoyancy or body compression.
 - D. Participants who wish to wear a two-piece suit for comfort.

- 31 . Which statement below is FALSE in determining legal suits in Rule 3-3-2?
- A. Males shall wear suits which cover the buttocks and not extend above the waist or below the top of the kneecap.
 - B. When an official discovers a competitor wearing illegal attire after the heat/dive officially begins, the official shall disqualify the competitor at the completion of the heat/dive.
 - C. Females shall wear suits which cover the buttocks and breasts and shall not extend beyond the shoulders or below the top of the kneecap, nor cover the neck.
 - D. Suit evaluation is the coach's responsibility; officials have no say in the matter.
- 32 . An infraction occurs when the swimmer:
- A. Leaves the mark before the starting signal and there is dual confirmation by the referee and starter.
 - B. Leaves the mark before the starting signal and there is written dual confirmation by the referee and starter.
 - C. Leaves the mark before the starting signal and there is written confirmation by the referee.
 - D. All of the above.
- 33 . Which statement best reflects the backstroke finish?
- A. The competitor may re-submerge after some part of the head has passed the 5-yard mark immediately prior to reaching the finish.
 - B. The finish requires completion of the required distance and contact with the touchpad/finish end of the swimmer by any body part.
 - C. A and B.
 - D. Competitors must touch the touch pad with their hands only and may not have their head submerged below water.
- 34 . Which dive below is not permitted in high school competition?
- A. 104A Forward 2ss Straight.
 - B. 304A Reverse 2ss Straight.
 - C. 402A Inward 1ss Straight.
 - D. All the above.
- 35 . Which of the following is not an unsatisfactory dive in the Diving Referee's opinion?
- A. The diver's head is unsafely close to the diving board.
 - B. Diver does not attempt to come out of the twist.
 - C. The diver does not declare a standing takeoff.
 - D. The diver spreads knees outside the shoulders in the tuck position.
- 36 . A swimmer approaching the wall during the backstroke may not re-submerge prior to the wall in which of the following situations:
- A. Once some part of the swimmer's head has passed the 5-yard/5-meter mark prior to the finish of the backstroke event.
 - B. Once some part of the swimmer's head has passed the 5-yard/5-meter mark prior to the turn of the backstroke event.
 - C. Once some part of the swimmer's head has passed the 5-yard/5-meter mark prior to the finish of the backstroke leg of the individual medley.
 - D. Once some part of the swimmer's head has passed the 5-yard/5-meter mark prior to the finish of the backstroke leg of the medley relay.

- 37 . In butterfly, which of the following is NOT true?
- A. Arms must simultaneously pull backward under water with corresponding points on both hands in the same horizontal plane.
 - B. The kick requires legs and feet to move up and down simultaneously.
 - C. The turn/finish requires simultaneous touch with both hands separated.
 - D. On the turn, the shoulders must be at or past vertical towards the breast when the feet leave the wall.
- 38 . If a referee is also the starter, upon observing a false start, which of the following is the proper procedure when dual confirmation is not being used?
- A. Recall the heat.
 - B. Raise a hand as soon as possible after the start.
 - C. At completion of the race, notify the swimmer and/or coach of the disqualification.
 - D. B and C.
- 39 . A diver may withdraw from a diving competition by giving notice to:
- A. The diving coach.
 - B. The diving judge.
 - C. The announcer.
 - D. The diving referee.
- 40 . After the preliminary session of a championship meet, the number of qualifiers shall be:
- A. One more to the number of places to be scored.
 - B. Two more to the number of places to be scored.
 - C. Three more to the number of places to be scored.
 - D. Four more to the number of places to be scored.
- 41 . When one or more swimmers have obtained an unfair advantage at the start of the race, the race shall:
- A. Be stopped immediately with a recall signal.
 - B. Continue without recall.
 - C. Both A and B.
 - D. None of the above.
- 42 . The proper order of swimming strokes of the individual medley are:
- A. Butterfly, backstroke, breaststroke, any stroke other than the butterfly, backstroke or breaststroke.
 - B. Breaststroke, butterfly, backstroke, any stroke other than the breaststroke, butterfly or backstroke.
 - C. Backstroke, breaststroke, butterfly, any stroke other than the backstroke, breaststroke or butterfly.
 - D. Breaststroke, backstroke, butterfly, any stroke other than the breaststroke, backstroke or butterfly.
- 43 . The lead-off swimmer on a relay may be credited with an official time for the relay leg except when:
- A. There is an entry rule violation under Rule 3-2.
 - B. A subsequent relay competitor is disqualified for a violation during the race.
 - C. The relay team is disqualified for unsporting conduct in Rule 3-6-1.
 - D. Both A and C.

- 44 . To perform a forward start in the water, a swimmer must:
- A. Receive permission from the referee/starter.
 - B. Step into the water feet first.
 - C. Be stationary.
 - D. All of the above are required.
- 45 . In non-championship meets, by prior mutual consent of competing teams, the diving event may be held as:
- A. The first event.
 - B. The last event.
 - C. Simultaneously with the swimming events.
 - D. Any of the above.
- 46 . Regardless of when the diving event in a dual meet is held, a break for a minimum of _____minutes shall be held before the next event.
- A. 10 minutes with at least 5 minutes warmup in the water.
 - B. 15 minutes with at least 10 minutes warmup in the water.
 - C. 20 minutes with at least 15 minutes warmup in the water.
 - D. None of the above.
- 47 . Relay takeoff judges shall:
- A. Assume a position at the 15-meter mark.
 - B. Assume a position at the starting end or side of the pool.
 - C. Assume a position at the turn end.
 - D. None of the above.
- 48 . Swimmers shall qualify for finals on the basis of:
- A. Finishing place.
 - B. Official time.
 - C. All of the above.
 - D. None of the above.
- 49 . A swim-off, when possible, should be conducted no later than ____minutes after the last heat of the last event of the participants in that session.
- A. 30 minutes.
 - B. 45 minutes.
 - C. 40 minutes.
 - D. 30 minutes.
- 50 . 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.

- 51 . In championship meets, the five voluntary dives shall:
- A. Represent four of the five groups.
 - B. Have the assigned degree of difficulty sum total of 9.5 or less.
 - C. Be completed before the end of the semifinals.
 - D. Have the assigned degree of difficulty sum total of 9.0 or less.
- 52 . A dive is determined to be unsatisfactory if:
- A. The diver does not attempt to come out of a tuck or pike position.
 - B. The diver partially alters the position of the dive.
 - C. The diver enters the water with one or both hands above his/her shoulders on a feet-first dive.
 - D. On a twisting dive, the diver twists the shoulders 90 degrees before leaving the board.
- 53 . A race officially begins when swimmers are called to the starting platforms by the:
- A. Announcer calling the event.
 - B. Four short whistles.
 - C. Referee's/starter's long whistle.
 - D. Starter stating "step up" or "step in."
- 54 . 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.
- 55 . Culminating meets, utilizing a championship meet format, may be determined by:
- A. A league commissioner.
 - B. A coaches association.
 - C. A state association.
 - D. A regional or sectional association.