



2026-27 NFHS Swimming & Diving Study Guide

<https://exam-creator.s3.amazonaws.com/swimming-diving/Swim.Dive 2 Hearing Impaired Hand Start-c663614ca165463aa9905aa5bffa347.mp4>

1. 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-7ccdc5e989694267a3717e12b8bfd249.mp4>

2. 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 5.Relay Start Legal Step Over-4ce7e48f48fa4949a07a8634c95d12a4.mp4>

3. 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.
4. Visible markings:
 - A. Shall be located 16.4 yards/15 meters from each end wall.
 - B. Shall be provided on the deck on both sides of the pool.
 - C. May be placed on each lane marker.
 - D. All of the above.
5. When starting platforms are used:
 - A. The minimum water depth shall be measured for a distance from the end wall to a minimum of 16 feet, 5 inches from the end wall.
 - B. The maximum height at the top front edge of the starting platform is 30 inches above the water.
 - C. If one or more starting platforms are not securely attached to the deck or end wall, swimmers must start from the deck, in the water, or any affected lanes may be excluded with prior mutual consent.
 - D. All of the above.
6. Which of the following is NOT allowed as a starting signal?
 - A. A signal loud enough to ensure a fair start.
 - B. Use of a strobe or optical signal in addition to a signal sound located on the side or end of the pool.
 - C. A pistol or closed-barrel starter's pistol.
 - D. A starter's console horn.

- 7 . 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.
- 8 . The penalty for incorrectly listing the name of the lead-off swimmer for a relay is:
- A. The relay is disqualified.
 - B. There is no penalty for incorrectly listing the name of the lead-off swimmer for a relay.
 - C. All of the swimmers in the relay are disqualified in all remaining races for the rest of the meet.
 - D. The lead-off swimmer is disqualified in all remaining races for the rest of the meet.
- 9 . When wearing a suit that provides full-body coverage for religious reasons:
- A. The athlete must receive permission prior to competition.
 - B. The suit must meet requirements of 3-3-4b(1-3).
 - C. The athlete will be disqualified.
 - D. All of the above.
- 10 . It is noticed that a male swimmer standing behind the blocks is wearing a brief that ties at the waist. This suit is:
- A. Illegal and the competitor must change prior to competing.
 - B. Legal as a waist tie is not considered a fastening system.
 - C. Illegal and the competitor is disqualified from all competition.
 - D. Illegal and the competitor is disqualified from that event.
- 11 . When using a visual lap counter, which of the following is true:
- A. The numbers may be advanced in descending order.
 - B. The numbers may be advanced in ascending order.
 - C. The lap counter should change the number when the swimmer turns at the start end.
 - D. All of the above.
- 12 . Tape may be used by a swimmer in the following circumstances:
- A. The swimmer has a note from an appropriate healthcare professional.
 - B. The referee approves of it.
 - C. The competitor is a diver participating in a swimming event.
 - D. Never.
- 13 . When dual confirmation is not utilized, the takeoff judge shall report violations to the referee:
- A. At the end of the meet.
 - B. As soon as the violation occurs.
 - C. Immediately following the race.
 - D. Only if the referee asks.

- 14 . Turn judges shall examine:
- A. The last stroke prior to the turn of the competitors in their assigned lane(s).
 - B. The turn of the competitors in their assigned lane(s).
 - C. The exit from the turn until completion of the first full stroke of the competitors in their assigned lane(s).
 - D. All of the above.
- 15 . For the backstroke start prior to the command "Take your marks" and until the feet leave the wall at the starting signal, the following are prohibited:
- A. Placing the toes above the lip of the gutter.
 - B. Standing in or on the gutter.
 - C. Curling the toes over the lip of the gutter.
 - D. All of the above.
- 16 . The meet referee may declare a dual meet a forfeit when a:
- A. Team, without prior notification to the host team, is not ready to start the meet within 30 minutes of the scheduled starting time.
 - B. Team refuses to continue competition after the meet has started.
 - C. Coach has been requested to leave and no authorized school personnel is present to assume responsibility for the team.
 - D. All of the above.
- 17 . The visiting team does not have a diving program due to its facility not meeting the water depth standard. As a result:
- A. The diving event is conducted as normal for teams with diving entries and points are awarded accordingly.
 - B. Diving should be canceled for this competition.
 - C. The diving event is canceled if the visiting team notified the host team of their lack of entries two weeks in advance.
 - D. The diving event is conducted as an exhibition event only.
- 18 . Practice approaches, with or without water entries, are permitted:
- A. After a break of 10 minutes or more.
 - B. After a break of five minutes or more.
 - C. Immediately prior to the start of diving competition.
 - D. A and C.
- 19 . The freestyle relay is swum by a team of:
- A. Two competitors.
 - B. Four competitors.
 - C. Six competitors.
 - D. Eight competitors.

- 20 . The diving announcer states the diver is performing dive 405c. How should the referee and the judges assess this dive?
- A. The dive is satisfactory and the dive should be awarded 5 to 6 ½ points.
 - B. The dive is unsatisfactory and the dive should be awarded ½ to 2 points.
 - C. The dive is failed and the dive should be awarded 0 points.
 - D. The diving referee shall deduct two points from each judge's award.
- 21 . When conducting relay starts from the deck, prior to the previous swimmer finishing, which of the following statements is true of the second, third and fourth swimmers?
- A. They must start from a stationary position.
 - B. Both feet must be stationary at the front edge of the deck.
 - C. One foot is stationary at the edge of the deck and the other foot may be in motion.
 - D. There is no requirement dictating foot positioning.

- 22 . Judges should score this diver's performance taking into account which error:
- A. Feet leaving the board prior to the back takeoff.
 - B. Does not attempt to come out from the tuck or pike position.
 - C. Commits excessive oscillations.
 - D. Does not contact the water with the head or hands first on a head-first dive.
- 23 . When backstroke ledges are used by state adoption, the water depth must be:
- A. At least 4 feet, measured from the starting end wall and extended to 16 feet, 5 inches from the starting end wall.
 - B. At least 5 feet, measured from the starting end wall and extended to 16 feet, 5 inches from the starting end wall.
 - C. At least 6 feet, measured from the starting end wall and extended to 16 feet, 5 inches from the starting end wall.
 - D. The same as starting block water depth criteria.
- 24 . The backstroke ledge shall be placed within ____ cm above or below the water line.
- A. Two.
 - B. Three.
 - C. Four.
 - D. Five.
- 25 . A host facility can provide backstroke ledges for some but not all lanes. A possible course of action by the referee is:
- A. Allow the visiting team to utilize the ledges they brought with them.
 - B. Direct that ledges are not to be used.
 - C. The referee may reseed the backstroke events to only utilize the lanes that have backstroke ledges for the medley relay and backstroke events.
 - D. B and C are correct.

- 26 . A race officially ends:
- A. When the last swimmer finishes the race.
 - B. When an individual swimmer finishes the race.
 - C. When the times are posted.
 - D. When the timing device is stopped in the individual lane.
- 27 . A scratch is:
- A. The withdrawal of a competitor from an event in a meet.
 - B. The withdrawal of a competitor from the remainder of the competitor's events in the 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.
- 28 . When a dual meet between two teams ends with both teams having an equal number of points then:
- A. The meet shall be declared a tie.
 - B. The winner will be determined by which team has claimed the greater number of first place finishes during the meet.
 - C. The two teams will agree to swim an extra event by random draw.
 - D. The home team will be declared the winner.
- 29 . An automatic timing device 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 device that starts automatically with the starter's device and stops automatically when a competitor touches the touchpad.
 - D. A device that starts automatically with the starter's device and is stopped by hand when a competitor touches the touchpad.
- 30 . 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 more than 0.3 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 0.2 seconds between automatic and backup times.
- 31 . In a swim-off for the 200-yard medley relay, who may be a participant?
- A. The same four competitors who initially swam the event shall compete in the swim-off.
 - B. At least two of the same competitors shall compete in the swim-off.
 - C. Any team member listed on the relay entry card may compete in the swim-off.
 - D. Any team member may compete in the swim-off.
- 32 . During a dive utilizing the back/inward starting position, the diver:
- 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 back/inward dive.

- 33 . The referee/starter may recall the entire heat when:
- A. Two or more swimmers have obtained an unfair advantage.
 - B. One swimmer has obtained an unfair advantage.
 - C. The starter or referee determines the race did not start properly.
 - D. A backstroke swimmer releases too early.
- 34 . In a meet utilizing an 11-dive format, a diver's scoresheet must:
- A. List six optional dives on the diving sheet.
 - B. Have the total dd not exceed 9.0 for the voluntary dives.
 - C. Have all diving groups represented in the first eight dives.
 - D. All of the above.
- 35 . A diver performs a Back Dive $\frac{1}{2}$ Twist and doesn't stop the board oscillations before the starting position. What is the required deduction by each judge?
- A. $\frac{1}{2}$ to 1 point.
 - B. 1 to 3 points.
 - C. $\frac{1}{2}$ to $2\frac{1}{2}$ points.
 - D. $\frac{1}{2}$ to 2 points.
- 36 . A false start occurs, subject to the referee's discretion, when a swimmer:
- A. Unnecessarily delays in reporting for the start.
 - B. Does not step into the water feet-first for an in-water start.
 - C. Leaves the mark before the starting signal.
 - D. All of the above.
- 37 . Following the breaststroke turn, a swimmer may:
- A. Take a single butterfly kick while underwater before the breaststroke kick.
 - B. Take a single butterfly kick, only after the initiation of the arm stroke.
 - C. Take a single butterfly kick after a breaststroke kick.
 - D. All would be legal.
- 38 . When manual timing is used, which of the following is INCORRECT?
- A. When three watches record different times, use the middle time.
 - B. When two watches record different times, use the average time.
 - C. Use watch times recorded to the thousandths.
 - D. When two watch times are identical, that time is official.

- 39 . 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.
- 40 . A dive is officially completed:
- A. When the diver passes below the surface of the water.
 - B. When the diver comes to the surface.
 - C. When the judges' scores are read.
 - D. When the diver contacts the water surface.
- 41 . A swim team arrives to the meet with new team suits that have taped seams. What is the appropriate call by the referee?
- A. Send swimmers to the locker room to remove the suits and use an alternate suit for competition.
 - B. Allow the suit to be worn for competition with no penalty.
 - C. Contact the coach about their improper attire prior to the competition in order to allow them to change prior to the race.
 - D. Allow the swimmer to compete and disqualify them after the conclusion of the race.
- 42 . During the 100-yard butterfly, a swimmer is about to finish the fourth length. The head passes the 5-yard mark above the water and while reaching for the finish, the swimmer becomes completely submerged. The referee shall:
- A. Meet with the starter to confirm dual confirmation of the disqualification.
 - B. Check with the head lane timer to confirm if the swimmer is disqualified.
 - C. Disqualify the swimmer and provide the disqualification slip to the swimmer's coach.
 - D. Consider this as legal and take no action.
- 43 . During the state championship meet, the diving referee allows six divers in addition to the number that are scored to advance to the semifinal round of competition. The diving referee is:
- A. Incorrect. After the preliminary session, the number of qualifiers shall be four more than the number of places scored.
 - B. Correct, if the state association approved an adoption to increase the number of qualifiers to be six more than the number of places scored.
 - C. Incorrect. All 32 divers should advance to the semifinal round.
 - D. Incorrect. Diving referees are required to reduce the field of divers after two dives.
- 44 . During dual meets, with prior mutual consent of competing teams, 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.

- 45 . Which of the following best describes the NFHS rule regarding electronic devices during competition?
- A. Competitors may wear audio or video devices if they are not actively recording.
 - B. Competitors are prohibited from wearing any audio (microphone) or video (camera) device during a race or dive.
 - C. Competitors may wear audio devices, but video devices are prohibited.
 - D. Competitors may wear devices if approved by the meet referee prior to competition.
- 46 . Which of the following best describes the number of dives contested in state championship meets?
- A. An 11-dive format is mandated for state championship competition.
 - B. The meet referee may adjust the number of dives based on time constraints.
 - C. State associations may modify the number of dives for their state championship series through state adoption.
 - D. Coaches may mutually agree to change the number of dives prior to the meet.
- 47 . Dive 103 B, Forward 1½ SS Pike is announced. The diver performs the dive and enters feet first. Judge A awards a 6, Judge B awards a 5½ and Judge C awards a "0." Which is correct?
- A. All awards are recorded and used for computation.
 - B. The diver is permitted to redo the dive.
 - C. Judges A and B are permitted to have their scores recorded and used for computation.
 - D. The diving referee should announce a failed dive and have all scores recorded as zero.
- 48 . When diving is not conducted because of inadequate water depth, written notice shall 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.
- 49 . A diving scoresheet requires the signatures of the:
- A. Diver.
 - B. Coach.
 - C. Parent.
 - D. Both A and B.
- 50 . A diver walks to the end of the board, turns around for a back takeoff but loses balance. The diver steps forward to regain balance and then completes the dive. The referee should:
- A. Declare a balk.
 - B. Declare an unsatisfactory dive.
 - C. Impose no penalty.
 - D. Instruct judges to deduct ½ to 2 points.
- 51 . 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.

- 52 . 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.
- 53 . In a dual, double-dual, and triple-dual meet, which of the following is the correct relay scoring?
- A. Only one relay per team can score.
 - B. Only two relays per team can score.
 - C. A maximum of three relays per team can score.
 - D. All relays per team can score.
- 54 . 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.
- 55 . When it is observed that a competitor is wearing a suit that is not compliant with Rule 3-3-2 prior to the start of the heat/dive, the official shall:
- A. Notify the competitor to make the suit legal before becoming eligible to compete.
 - B. Notify the coach of the competitor to make the suit legal before becoming eligible to compete.
 - C. Disqualify the competitor.
 - D. Announce the disqualification on the public-address system.
- 56 . As an official I am required to complete the Disqualification (DQ) form within 48 hours?
- A. True
 - B. False
57. After a disqualification has taken place, I must notify the following:
- A. Player
 - B. Coach
 - C. AD/Site supervisor
 - D. All of the above
58. A DQ is the same as a game ejection?
- A. True
 - B. False

59. Coaches/AD's are permitted to terminate a game at any time?
- A. True
 - B. False
60. Which of the following eligibility checks do I need to complete before I can officiate a contest?
- A. Register with the NJSIAA
 - B. Background Check
 - C. Pass the officials test
 - D. Complete the concussion course
 - E. Completed the Implicit bias course
 - F. All of the above
61. The sportsmanship statement only needs to be read to the captains and coaches at varsity contests.
- A. True
 - B. False
62. According to the NJSIAA rules regarding leaving the bench area, if an official sees a player that has left the bench but does not participate in any unsportsmanlike behavior, the player should not receive a DQ.
- A. True
 - B. False
63. The NJSIAA will use video from a contest for the following reasons:
- A. To ensure that disqualifications are correctly identified
 - B. To identify if a violation of our sportsmanship policy has occurred
 - C. To correctly identify players that have left the bench
 - D. All of the above

64. Based on the NJSIAA's Conflict of Interest Policy, Officials should not accept any assignments if the following applies to them:
- A. You are currently employed in the school district
 - B. You have been employed in the school district within the past 10 years
 - C. You have a close relative who is employed in the school district
 - D. You have a child attending any school within the district
 - E. All of the above
65. When noticing a student wearing illegal jewelry or hair adornments, the Official should immediately talk to the head coach only
- A. True
 - B. False