

Place	Question	Answer Choice 1	Answer Choice 2	Answer Choice 3	Answer Choice 4	Answer Choice 5	Answer Choice 6	Rule Reference	Mandatory
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.		1-1-1	
2	Exhibition competitors may not:	Score points.	Be disqualified.	Use their performance as a qualifying time/diving score.	Establish a new meet record.			1-2-3	
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.			1-4-12	
4	A declared false start is defined as:	The withdrawal of a competitor from a specific event.	The withdrawal of a competitor from the remainder of his/her events in the meet.	Done when the starter has called the heat and the competitor is on the starting blocks.	The withdrawal of a competitor from the next two events.			1-4-13	
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.			1-4-3b	
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.			1-5-3	
7	The 16.4 yards/15 meters markings located on the lane lines take precedence over the deck markings.	True.	False.					2-4-5	
8	Visible markings, which are located 16.4 yards/15 meters from each end wall shall be provided:	On the deck on one side of the pool.	On the deck on both sides of the pool.	On every other lane line.	On the bottom of the pool in the center of the pool.			2-4-5	
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.			2-6-2	
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.			2-7-2	
11	Backstroke ledges are not permitted in high school competition.	T	F					2-7-2b	
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.			2-7-2b	
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.			2-7-2c	
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.			2-7-4	
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.			2-7-5 PENALTY	

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.			2-7-6 PENALTY	
17	Timing devices, whether manual, semiautomatic or automatic, shall be calibrated to:	One-tenth (0.1) of a second.	One-hundredth (.01) of a second.	One-thousandth (.001) of a second.	All of the above.			2-7-7	
18	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.			2-7-7	
19	Once the order is declared on the relay card, all swimmers must stay in their designated order.	True.	False.					3-2-5	
20	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:	Must provide three times to the referee immediately following the race, so that those times may be recorded.	Does not need to notify the referee as the automatic timing system will record lead off time.	Must notify the referee before the meet begins.	Must notify the referee at the designated time and place prior to the start of the event.			3-2-5	
21	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					3-2-7	x
22	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.	No. 1 is disqualified for illegal attire.	All swimmers are asked to step down from the blocks and the swimmer in lane No. 1 is disqualified for illegal attire.		3-3-2 PENALTY 2	
23	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.			3-3-3 NOTE, 3-3-4c	
24	The USA approved checkmark is not considered to be a second manufacturer's logo or form of advertising.	T	F					3-3-3 Note; 3-3-4c	
25	A swim club name or logo is permitted on the competitor's attire.	T	F					3-3-3a	
26	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					3-3-3c	
27	One American flag, not to exceed 2 inches by 3 inches, may be worn on each item of uniform apparel.	T	F					3-3-3d	
28	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					3-3-4b(2)	
29	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.			3-3-4b(2), 3-3-5	
30	When a non-conforming suit is worn for religious reasons, what action does the referee take?	Not allow the athlete to compete.	Disqualify the athlete following the event.	Notify the coach of the illegal suit.	Notify the state association following the conclusion of the meet.			3-3-5 NOTE	
31	A competitor may wear a gold necklace during a race.	T	F					3-3-7	
32	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.			3-4	
33	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.			3-6-1	
34	The penalty for unsporting conduct is to disqualify from further participation including all events in which the competitor previously qualified.	T	F					3-6-1 Penalty	
35	Electronic devices may be used to verify or review officials' decisions made during the meet.	True.	False.					4-1-6	
36	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.			4-2-2d	
37	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.			4-5-2	

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.			4-6-1, 4-6-4a	
39	In meets when dual confirmation is not able to be utilized and no electronic relay judging equipment is available:	Relays may not be conducted.	Takeoff judges shall be positioned at the starting end of the pool to judge takeoffs and observe departing swimmers' feet only.	Takeoff judges shall record any violation and immediately discuss the decision with the referee.	Upon seeing a violation, the takeoff judge shall indicate by raising one hand overhead with an open palm.			4-6-4	
40	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.			5-1-1	
41	The official time is recorded to the:	Tenth of a second.	Hundredth of a second.	Thousandth of a second.	All of the above.			6-1-1	
42	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.			6-2-2	
43	The official time (computed to the hundredth) can be registered by:	Touchpad.	Button(s).	Stopwatch(es).	Any of the above.			6-3-2	
44	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.			6-3-4	
45	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.			6-3-4	
46	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 times.	Use the valid backup time.	Give no time.	Allow the software operator to decide the time.			6-4-1b	
47	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.			8-1-3	
48	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.			8-1-3b	
49	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.			8-1-6	
50	When automatic timing/judging equipment is used, the swimmer must contact the touchpad.	True.	False.					8-1-7	
51	During the backstroke turn, the wall must be contacted by the swimmer's:	Feet.	Any part of the swimmer's body.	Hand.	Head.			8-2-1	
52	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.	True.	False.					8-2-1g	
53	In order to make a legal turn in either the butterfly or breaststroke, a swimmer must have:	A simultaneous touch with both hands.	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.			8-2-2g, 8-2-3e	
54	A legal breaststroke finish is one in which the swimmer contacts the touchpad or finish end with:	One hand.	Both hands simultaneously.	Shoulder.	Any part of the body.			8-2-2h	
55	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 both hands not necessarily on the same plane.	All of the above.			8-2-3	
56	A legal butterfly finish is one in which the swimmer contacts the touchpad or finish end with:	One hand.	Both hands simultaneously.	Shoulder.	Any part of the body.			8-2-3g	
57	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.					8-2-4e	

58	The individual medley includes which of the following requirements:	A forward start.	Strokes in the order of butterfly, backstroke, breaststroke and freestyle.	Strokes in the order of butterfly, backstroke, breaststroke and any stroke other than those three for the last ¼ of the race.	A and C.			8-2-5	
59	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					8-3-3	
60	In relay events, the second, third and fourth swimmers must have both feet in contact with the starting platform in front of the starting block wedge during takeoff.	T	F					8-3-5c	
61	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.			8-1-2	
62	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.			4-2-3	
63	Team personnel shall be disqualified from participation when a referee deems that unsporting conduct has been displayed at a competition. The actions may include but are not limited to:	Demonstration of disgust or interfering with an official's decision	Gestures that include taunting an opponent or meet official	Interfering with officials' performance of their duties.	All are unsporting conduct.			3-6-1 Penalty	
64	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.			3-3-2, 3-3-4b(4)	