

2025-26 NFHS Swimming Exam

Video Url	Question Position	Question	Answer1	Answer2	Answer3	Answer4	Answer5	Answer6
https://exam-creator.s3.amazonaws.com/swimming-diving/Swim.Dive.2.Hearing.Impaired.Hand.Start-e94f984acbe147c387a5faef0ed9b51d.mp4	1	The starter is properly demonstrating the appropriate forward start hand signals for hearing impaired swimmers.	True.	False.				
https://exam-creator.s3.amazonaws.com/swimming-diving/Swim.Dive.3.I.M.Not.on.back.at.finish.of.Back-bbfe39098843fca8007fb654e203e9.mp4	2	During the backstroke to breaststroke turn in a 200-yard IM, this swimmer:	Demonstrates a legal turn.	Demonstrates an illegal turn because the body does not remain on the back before contact with the wall is made.	Demonstrates an illegal turn because the swimmer kicks for too long into the turn.	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-29712cf14e64466ba5ea79d6937bdcc5.mp4	3	This relay start is:	Illegal because the back foot is behind the wedge.	Legal because there is at least one foot in contact with the surface of the starting platform in front of the wedge during takeoff.	Illegal because the swimmer is moving from the back to the front of the block.	Illegal because the heel is on the wedge.		
https://exam-creator.s3.amazonaws.com/swimming-diving/Swim.4.Relay.Start.Illegal.Takeoff.From.Wedge-7b61d7241151489b942ef9ff96e130ac.mp4	4	This relay start is:	Legal because the start begins with the back foot behind the wedge.	Legal because there is at least one foot in contact with the surface of the starting platform in front of the wedge during takeoff.	Illegal because there is not at least one foot in contact with the surface of the starting platform in front of the wedge during takeoff.	Illegal because both heels are on the wedge.		
https://exam-creator.s3.amazonaws.com/swimming-diving/Swim.5.Butterfly.Underwater.Finish-d792cdc72b8449bf9dd98d2338df5e3a.mp4	5	The butterfly finish shown in this video is:	Illegal because the swimmer is completely submerged before the finish.	Illegal because the swimmer does not touch the finish end with both hands simultaneously.	Illegal because the swimmer's hands are not on the same plane when the finish end is contacted.	Illegal because the swimmer is required to recover over the water. The swimmer executed an illegal stroke just prior to the finish.		
	6	Which of the following statements is not true in regard to suit accommodations that can be permitted by state associations?	Accommodations may be permitted to participants with a disability.	Accommodations may be permitted to participants who wish to wear a two-piece suit for comfort.	Accommodations may be permitted if the suit does not aid speed, buoyancy or body compression.	Accommodations may be permitted to participants with unique and extenuating circumstances.		
	7	Which statement below is FALSE regarding suit legality?	Males shall wear suits which cover the buttocks and do not extend above the waist or below the top of the kneecap.	When an official discovers a competitor wearing an illegal suit after the heat/dive officially begins, the official shall disqualify the competitor at the completion of the heat/dive.	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.	Suit evaluation is the coach's responsibility; officials have no say in the matter.		
	8	In butterfly, which of the following is NOT true?	Arms must simultaneously pull backward under water with corresponding points on both hands in the same horizontal plane.	The kick requires legs and feet to move up and down simultaneously in the vertical plane.	The turn/finish requires simultaneous touch with both hands separated.	On the turn, the shoulders shall be at or past vertical toward the breast when the feet leave the wall.		
	9	The proper order of swimming strokes of the individual medley is:	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.		
	10	The lead-off swimmer on a relay may be credited with an official time for the relay leg except when:	There is an entry rule violation under Rule 3-2.	A subsequent relay competitor is disqualified for a violation during the race.	The relay team is disqualified for unsporting conduct in Rule 3-6-1.	Both A and C.		
	11	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.		
	12	In non-championship meets, by prior mutual consent of competing teams, the diving event may be held as:	The first event.	The last event.	Simultaneously with the swimming events.	Any of the above.		
	13	In championship meets, prior to the 100-yard butterfly, what is the appropriate minimum break in the swimming competition before the next swimming event?	Ten minutes, with at least a five-minute warmup in the water.	Fifteen minutes, with at least a 10-minute warmup in the water.	Twenty minutes, with at least a 15-minute warmup in the water.	None of the above.		
	14	Relay takeoff judges shall:	Assume a position at the 15-meter mark.	Assume a position at the starting end or at the side of the pool at the starting end.	Assume a position at the turn end.	None of the above.		

	15 Swimmers shall qualify for finals on the basis of:	Finishing place.	Official time.	All of the above.	None of the above.		
	16 A swim-off, when possible, should be conducted no later than ___ minutes after the last heat in which any swimmers with disputed qualification have competed during that session of the meet.	Thirty.	Forty-five.	Forty.	Twenty.		
	17 Visible markings:	Shall be located 16.4 yards/15 meters from each wall.	Shall be provided on the deck on both sides of the pool.	May be placed on each lane marker.	All of the above.		
	18 Team personnel consist of:	Coaches, managers and lap counters.	Non-participating contestants.	Participating contestants.	All of the above.		
	19 The meet referee may decide not to proceed with the meet due to the following circumstances:	Water clarity.	Water level.	Water temperature.	Any of the above.		
	20 Rules regarding pool dimensions, markings and/or construction:	Can be waived with prior mutual consent, unless the state association determines otherwise.	Can be modified by each hosting facility.	Shall not be waived.	Can be waived but must be reported to the state association.		
	21 Which of the following devices should NOT be used as a recall device:	An air horn.	The starter's console horn.	A recall rope placed beyond 15-meters.	All are acceptable.		
	22 When starting platforms are used:	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.	The maximum height at the top front edge of the starting platform is 30 inches above the water.	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	All of the above.		
	23 The penalty for not providing backstroke flags which meet rule specifications is:	The backstroke events are not swum, and no points are awarded.	The backstroke events are not swum, and all points are awarded to the visiting team(s).	The backstroke events are not swum, and points are awarded to the visiting team(s) in proportion to the number of submitted entries and swimmers shall	The backstroke events are swum, points are awarded to both teams and the state association will be contacted the following day.		
	24 Which of the following is correct regarding timing devices?	The use of manual timing is recommended for all swimming meets.	The use of semiautomatic timing is recommended for all swimming meets.	The use of automatic timing is recommended for all swimming meets.	The timing device shall be calibrated to (.05) of a second.		
	25 The penalty for incorrectly listing the name of the lead-off swimmer for a relay is:	The relay is disqualified.	The lead-off swimmer is disqualified in all remaining races for the rest of the meet.	All of the swimmers in the relay are disqualified in all remaining races for the rest of the meet.	There is no penalty for incorrectly listing the name of the lead-off swimmer for a relay.		
	26 It is noticed that a male swimmer standing behind the blocks is wearing a brief that ties at the waist. This suit is:	Illegal and the competitor must change prior to competing.	Legal as it is not considered a fastening system.	Illegal and the competitor is disqualified from all competition.	Illegal and the competitor is disqualified from that event.		
	27 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 notify the competitor to make the suit legal before becoming eligible to compete.	Shall notify the coach of the competitor to make the suit legal before becoming eligible to compete.	Shall disqualify the competitor.	Shall announce the disqualification on the public-address system.		
	28 Tape may be used by a swimmer in which of the following circumstances:	If the swimmer has a note from an appropriate healthcare professional.	If the referee approves of it.	If the competitor is a diver participating in a swimming event.	Never.		
	29 When wearing a suit that provides full-body coverage for religious reasons:	The athlete must receive permission prior to competition.	The suit must meet requirements of 3-3-4b(1-3).	The athlete will be disqualified.	All of the above.		
	30 Turn judges shall examine:	The last stroke prior to the turn of the competitors in their assigned lane(s).	The turn of the competitors in their assigned lane(s).	The exit from the turn until completion of the first full stroke of the competitors in their assigned lane(s).	All of the above.		
	31 When using a visual lap counter, which of the following is true:	The numbers may be advanced in descending order.	The numbers may be advanced in ascending order.	The lap counter should change the number when the swimmer turns at the	All of the above.		
	32 The meet referee may declare a dual meet a forfeit when a:	Team, without prior notification to the host team, is not ready to start the meet within 30 minutes of the scheduled starting time.	Team refuses to continue competition after the meet has started.	Coach has been requested to leave and no authorized school personnel is present to assume responsibility for the team.	All of the above.		
	33 When dual confirmation is not utilized, the takeoff judge shall report violations:	At the end of the meet.	As soon as the violation occurs.	Immediately following the race.	Only if the referee asks.		
	34 The freestyle relay is swum by a team of:	Two competitors.	Four competitors.	Six competitors.	Eight competitors.		
	35 A scratch is:	The withdrawal of a competitor from an event in a meet.	The withdrawal of a competitor from the remainder of the competitor's events in the meet.	The same as a declared false start.	The withdrawal of a competitor from that event, allowing the competitor to enter another event.		
	36 A race officially ends:	When the last swimmer finishes the race.	When an individual swimmer finishes the race.	When the times are posted.	When the timing device is stopped in the individual lane.		
	37 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:	Placing the toes above the lip of the gutter.	Standing in or on the gutter.	Curling the toes over the lip of the gutter.	All of the above.		
	38 An automatic timing device 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 device that starts automatically with the starter's device and stops automatically when a competitor touches the touchpad.	A device that starts automatically with the starter's device and is stopped by hand when a competitor touches the touchpad.		

	39	When backstroke ledges are used by state adoption, the water depth must be:	At least four feet, measured from the starting end wall and extended to 16 feet, 5 inches from the starting end wall.	At least five feet, measured from the starting end wall and extended to 16 feet, 5 inches from the starting end wall.	At least six feet, measured from the starting end wall and extended to 16 feet, 5 inches from the starting end wall.	The same as starting block water depth criteria.		
	40	The backstroke ledge shall be placed within ___ cm above or below the water line.	Two.	Three.	Four.	Five.		
	41	A host facility cannot provide backstroke ledges for all lanes. A possible course of action by the Referee is:	Allow the visiting team to utilize the ledges they brought with them.	Direct that ledges are not to be used.	Only utilize the lanes that have backstroke ledges for the medley relay and backstroke events.	B and C are correct.		
	42	In a swim-off for the 200-yard medley relay, who may be a participant?	The same four competitors who initially swam the event shall compete in the swim-off.	At least two of the same competitors shall compete in the swim-off.	Any team member may compete in the swim-off.	Any team member listed on the relay entry card may compete in the swim-off.		
	43	When manual timing is used, which of the following is INCORRECT?	When three watches record different times, use the middle time.	When two watches record different times, use the average time.	Use watch times recorded to the thousandths.	When two watch times are identical, that time is official.		
	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.		
	45	When a dual meet between two teams ends with both teams having an equal number of points then:	The meet shall be declared a tie.	The winner will be determined by which team has claimed the greater number of first-place finishes during the meet.	The two teams will agree to swim an extra event by random draw.	The home team will be declared the winner.		
	46	A false start occurs when a swimmer:	Unnecessarily delays in reporting for the start.	Does not step into the water feet-first for an in-water start.	Leaves the mark before the starting signal.	All of the above.		
	47	The referee/starter may recall the entire heat when:	Two or more swimmers have obtained an unfair advantage.	One swimmer has obtained an unfair advantage.	The starter or referee determines the race did not start properly.	A backstroke swimmer releases too early.		
	48	During the breaststroke turn, a swimmer may:	Take a single butterfly kick while underwater, before the breaststroke kick.	Take a single butterfly kick, only after the initiation of the arm stroke.	Take a single butterfly kick after a breaststroke kick.	All would be legal.		
	49	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?	They must start from a stationary position.	Both feet must be stationary at the front edge of the deck.	One foot is stationary at the edge of the deck and the other foot may be in motion.	There is no requirement dictating feet positioning.		
	50	Exhibition competitors may not:	Score points.	Be disqualified.	Use their performance as a qualifying	Establish a new meet record.		
	51	It is recommended the pool water temperature be:	No less than 80° Fahrenheit, and no more than 84° Fahrenheit.	No less than 78° Fahrenheit, and no more than 82° Fahrenheit.	No less than 76° Fahrenheit, and no more than 80° Fahrenheit.	No less than 74° Fahrenheit, and no more than 82° Fahrenheit.		
	52	In a championship meet (unless conference or league determine otherwise), each team shall be permitted to enter:	An unlimited number of athletes in each event.	Athletes who are divers in sprint events only.	A maximum of four athletes in each individual event and one team in each relay event.	The number of athletes in each event equal to the number of lanes of competition.		
	53	After the race officially starts, the referee notices the swimmer in Lane 1 is wearing an illegal cap. The referee:	Asks the swimmer in Lane 1 to turn the cap inside out.	Asks the swimmer to remove the cap.	Notifies the swimmer of disqualification for illegal attire at the conclusion of the race.	Asks all swimmers to step down from the blocks and the swimmer in Lane No. 1 is disqualified for illegal attire.		
	54	During the backstroke, the swimmer may be submerged in which of the following situations:	Once some part of the swimmer's head has passed the five-yard/five-meter mark immediately prior to reaching for the finish.	During the turns.	After the turns for a distance of not more than 16.4 yards (15 meters).	All of the above.		
	55	The referee shall signal by:	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.	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.	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.	Raising one hand over the head after the event is completed.		