

## Mountain Hi Swim League 2019 Re-certification Starter Test

Name: \_\_\_\_\_ Team: \_\_\_\_\_ Division: \_\_\_\_\_

**All new MHSL Starters must attend one of the League clinics. Each re-certifying MHSL Starter may attend a League clinic; attend a team-held clinic lead by a team representative who has attended the League Starter's clinic plus take the MHSL Starter re-certification test (team representative must be both a certified MHSL and USA Swimming Starter); or take the MHSL Starter re-certification test.**

**Eligibility:** A re-certifying MHSL official is one who was certified in the previous year, either by MHSL or USA Swimming, for that position. If your choice requires taking the test, you must pass with at least 90% accuracy on both the questions and technical references for re-certification.

The representative who attended the League clinic will be responsible for proctoring a team-held re-certification Starter's clinic. The proctor must submit each attendee's re-certification **test answer sheet** along with a complete list of all attendees to the MHSL Officials Chair by June 3<sup>rd</sup> 2019. On the list, please clearly print the following information for each attendee: name, contact phone number, e-mail address, team affiliation, and years of experience in the re-certifying position. Have each attendee keep his/her test with the answers marked on it. Send the completed answer sheets (marked with A, B, C etc. coding for the answers) and attendee list information to:

David Castaneda  
officials@mhsl.org

**Reference Materials Needed:** The reference materials for taking MHSL re-certification tests are the 2019 editions of *MHSL Policies & Procedures* manual, *MHSL Rules and Guidelines for Officials and Deck Staff* booklet, *USA Swimming Rules & Regulations* book, and the 5/14 version of the USA Swimming Disqualification slip. The first two documents can be found on the MHSL website. For the USA Swimming rulebook, go to [www.usaswimming.org](http://www.usaswimming.org) to find the downloadable file or you may purchase the full-size book. The DQ slip has been included as part of the test.

**Directions:** There is a single best choice for each question. Please select the best answer and the appropriate reference or references. Mark your answer choices (A, B, C, etc.) on the accompanying answer sheet. Turn your answer sheet in to the Proctor of your team held clinic for processing to the League Officials Chair and fill out the necessary information on the attendees sheet.

If you are taking the test on your own, you may submit your answer sheet directly to the Officials Chair via e-mail by saving just the answer sheet pages in a separate Word file. Then e-mail it as an attachment to your message including your contact phone number, e-mail address, team affiliation, and years of experience in the re-certifying position.

## Test Questions

### Equipment:

**1. Are 15 meter marks on the competition pool lane lines mandatory in the Mountain Hi Swim League?**

- A. no, they are not mandatory. If the lane lines came without 15 meter marks on them, the League does not require a team to purchase a new set simply to have the lanes marked.
- B. no, the League strongly recommends the lane lines have 15 meter marks on them.
- C. yes, 15 meter marks are mandatory on the lane lines.

**There are two correct references for this question.**

- A. 101.3.2
- B. 103.16.2
- C. 101.5.2
- D. MHSL Policies & Procedures 5.3.6

**2. What are the correct distances for the placement of the backstroke flags from the pool ends and height above the water?**

- A. 15 feet from the end of the pool, regardless of the course length
- B. five meters (16 feet 5 inches) from each end of the course and between 5 feet 11 inches to a maximum of 8 feet 3 inches above the water in a short course meters course
- C. 15 feet from each end and 7 feet above the water surface in short course yards
- D. B & C

**There are two correct references for this question.**

- A. 103.16.1
- B. 103.17.2(a)
- C. MHSL Policies & Procedures 5.3.4.3
- D. 103.17.2B

**3. In the Mountain Hi Swim League, how high may starting blocks be?**

- A. for short course meters, the front edge of the starting platform shall be no less than 20 inches nor more than 29 and  $\frac{1}{2}$  inches above the surface of the water
- B. for any pool, regardless of the configuration, the front edge of the starting platform may be no higher than 20 inches
- C. in pools with water depth of 4 feet or more at the starting end, the front edge of the starting platform shall be no more than 30 inches above the water
- D. for short course yards, the front edge of the starting platform shall be no higher than 30 inches above the surface of the water

**There is one correct reference for this question.**

- A. 103.14.4
- B. 103.14.1
- C. 103.14.2
- D. MHSL Policies & Procedures 5.3.7.2.

**4. A device to recall swimmers shall be provided. If it is a recall rope, where shall it be placed?**

- A. at the turn end backstroke flags in a short-course pool
- B. at the midpoint of the course in a long-course pool
- C. at the midpoint of the pool or at the turn end backstroke flags
- D. none of the above; no recall device is required under the no-recall rules for false starts
- E. A, B and C

**There is one correct reference for this question.**

- A. 103.19
- B. 103.15.1
- C. 103.16
- D. MHSL Policies & Procedures 4.3.5

**5. Floating lane line dividers are manufactured in a variety of colors with a minimum diameter of 5 centimeters to a maximum of 15 centimeters. Which of the following options are also required?**

- A. at 15 meters from each end wall, distinctive color floats shall be placed in both long and short course pool
- B. the floats extending from the walls the distance of 5 meters for long course shall be distinct from the other floats
- C. the floats extending from the walls the distance of 15 feet for short course shall be distinct from the other floats
- D. all of the above

**There is one correct reference for this question.**

- A. 103.15.3
- B. 103.16.2
- C. 103.15.1

**6. What starting device(s) may be used as a Mountain Hi Swim League starting system?**

- A. the preferred means is a .22 caliber starting pistol
- B. a whistle is the preferred starting device
- C. a loudspeaker start system conforming to 103.18 with or without an underwater recall device, and an electronic strobe signal visible to all manual timers for forward and backstroke starts, shall be the preferred starting device

**There is one correct reference for this question.**

- A. 101.1.1
- B. 101.1.4
- C. 102.14.1
- D. 103.17

**Procedures:**

**7. When the starting signal is given in a forward start, how shall the feet be positioned?**

- A. with both feet at the front of the starting platform or deck
- B. with at least one foot at the front of the starting platform or deck
- C. with at least one foot in the middle of the starting platform
- D. with both feet at the rear of the platform

**There is one correct reference for this question.**

- A. 101.1.3B
- B. 101.1.2C
- C. 102.14.1

**8. In the girls 10 & Under 50 Breaststroke, the Starter has not given the command, “Take your mark,” when the swimmer in Lane 4 steps up on the block and immediately falls in the water headfirst. What shall be done?**

- A. the Starter should “Stand up” the remaining swimmers. The swimmer who entered the water should be charged with her first false start because the rule on false starts says, “Any swimmer starting before the starting signal is given shall be charged with a false start.”
- B. the swimmer should be charged with a false start for delaying the start by entering the water
- C. the Starter should “Stand up” the remaining swimmers. The swimmer who entered the water should be charged with a false start because she entered the water headfirst.
- D. first the Starter should “Stand up” the remaining swimmers. Then the Starter recommends to the Referee that no false start should be charged since in his judgment, the swimmer had slipped and had not entered the water willfully or deliberately. If the Referee agrees, the swimmer should not be charged with her first false start.

**There are two correct references for this question.**

- A. MHS Rules and Guidelines for Officials 5.8.1
- B. MHS Rules and Guidelines for Officials 4.2.2.3
- C. 101.1.5B
- D. 102.22.1

**9. What may swimmers do in response to a “Stand up” command by the Starter?**

- A. the Referee will blow another whistle which means that the swimmers are ready to take their mark
- B. the swimmers may stand or step down off the block
- C. the swimmers need to wait on the block for the next command by the Starter
- D. the Starter will ask the swimmers to remain stationary with their feet an equal distance from the front of the block for the start

**There are two correct references for this question.**

- A. 101.1.3A
- B. 101.1.2C

- C. 101.1.2D
- D. 101.1.2B

**10. The swimmer in Lane 6 false started because she heard a noise just before the activation of the starting signal. Upon Referee and Starter investigation, it was found that a noisemaker was being used by spectators. What is the ruling?**

- A. the swimmer was not stationary for the start and should be charged with her first false start
- B. with consultation of the Starter and other officials and the questioning of the swimmer constituting an appropriate investigation of the incident, the swimmer was not charged with her first false start. The spectator was found and told by the Parent Delegate not to use this artificial noisemaker.
- C. because the swimmer did false start, she should be charged with her first false start in fairness to all the other swimmers in the events

**There are two correct references for this question.**

- A. 102.11.1
- B. 102.11.4
- C. 102.11.8
- D. MHSL Rules and Guidelines for Officials 5.8.6.1

**11. Immediately after the Starter says, “Take your mark,” and before activating the starting signal, the swimmer in Lane 7 is standing with both feet 3 inches away from the front of the starting platform and does not move his feet before starting the race. The Starter starts the race and then informs the Deck Referee of a possible disqualification for illegal feet placement after the “Take your mark” instructions. What should the Deck Referee do?**

- A. the Deck Referee, with concurrence from the Starter, should disqualify the swimmer for an improper start
- B. the Deck Referee shall immediately ask the Starter to recall the heat because of an illegal start
- C. The Deck Referee should not accept the call and let the race continue
- D. the Starter has the authority to disqualify the swimmer for having an improper starting position; the Deck Referee should accept the disqualifications and request it be written up by the Scribe

**There is one correct reference for this question.**

- A. 101.1.2C
- B. 101.1.3B
- C. 101.1.2E
- D. 101.1.5A

**12. How shall the Referee signal the Starter that the swimmers are under the Starter’s control?**

- A. shall signal with an outstretched arm to the Starter
- B. shall signal to the timing table that they are to start the race manually

- C. shall ask the Starter to start the race when the Referee says “Start”
- D. shall call out to the Starter that they are ready for the start

**There is one correct reference for this question.**

- A. 101.1.2A
- B. 101.1.2D
- C. 101.1.2B

**13. If a swimmer does not respond promptly to the command “Take your mark,” what may the Starter do?**

- A. wait until that swimmer assumes a start position
- B. instruct the swimmers to “Stand up.”
- C. give the starting signal

**There is one correct reference for this question.**

- A. 101.1.2C
- B. 101.1.2A
- C. 101.1.2D
- D. 101.1.3A

**14. What does the series of short whistles from the Referee indicate to the swimmers?**

- A. to remove all clothing except for swimwear and step up on the block
- B. to assume the starting position
- C. to remove all clothing except for the swimwear
- D. to step up on the block

**There is one correct reference for this question.**

- A. 101.1.2B
- B. 101.1.2D
- C. 101.1.2C
- D. 101.1.2A

**15. In relay events, how long may any team member remain in the water?**

- A. each relay member shall leave the water immediately upon finishing his/her leg, except the last swimmer
- B. the swimmer must exit the water before the swimmer on the following leg reaches the far end of the pool
- C. the swimmer may remain in the water as long as he/she needs to recover

**There is one correct reference for this question.**

- A. 101.7.4B
- B. 101.7.4E
- C. 101.7.4C

**16. In the backstroke and medley relay events, what does the second long whistle signal the backstroke swimmers to do?**

- A. place toes on the gutter and hands on the starting grips
- B. place hands on the starting platform in anticipation of the start
- C. return without undue delay to the starting position
- D. shall immediately enter the water

**There is one correct reference for this question.**

- A. 101.1.2B
- B. 101.1.2D
- C. 101.1.2C
- D. 101.1.2A

**17. If a swimmer elects to swim backstroke in a freestyle event, which of the following methods CANNOT be used?**

- A. forward start from the deck
- B. forward start from the starting platform
- C. forward start from in the water
- D. backstroke start in the water

**There is one correct reference for this question.**

- A. 101.2.1
- B. 101.4.1
- C. 101.5.1
- D. 101.3.1

**Timers/Miscellaneous:**

**18. When should a Lane Timer start the watch at the start of the race?**

- A. if the visual signal is not observed, at the instant of hearing the sound of the starting signal
- B. at the instant of observing the visual starting signal
- C. either of the above

**There is one correct reference for this question.**

- A. 102.17.1B
- B. 102.17.2D
- C. 102.17.3A
- D. 102.17.3B

**19. This question intentionally left blank**

**20. What is the best position for the Lane Timers at the finish of the race?**

- A. at the side of the pool
- B. behind the block of the assigned lane
- C. directly over the assigned lane looking straight down to observe when any part of the swimmer's body touches the end of the course

**There is one correct reference for this question.**

- A. 102.17.2
- B. 102.17.3C
- C. 102.17.3A
- D. 102.17.3B

**21. What two timing devices may a Lane Timer operate at the same time when timing a race?**

- A. two watches
- B. a manual watch and a button
- C. two buttons
- D. a Lane Timer may not operate more than one timing device simultaneously

**There is one correct reference for this question.**

- A. 102.24.2B
- B. 102.24.2C
- C. 102.24.3A
- D. 102.17.3

**22. What shall be considered a violation of the Mountain Hi Swim League Code of Conduct?**

- A. smoking and use of other tobacco products on the pool deck, in the locker rooms, in spectator seating or standing areas, and in all areas used by swimmers, during the meet or during the warm-up periods in connection with the meet
- B. consumption of alcoholic beverages in all areas of the venue, including, but not limited to, pool deck, locker rooms, spectator seating or standing areas, and in all areas used by swimmers.
- C. lack of cooperation at all levels from all involved participants to come to reasonable and equitable solutions to disagreements or disputes as they arise
- D. all of the above

**There are three correct references for this question.**

- A. MHS� Policies and Procedures 36.19
- B. MHS� Policies & Procedures 35.2
- C. MHS� Policies & Procedures 36.21
- D. MHS� Policies & Procedures 36.22

**False Starts:**

**23. When can the Starter, with the concurrence of the Referee, charge a swimmer for a false start infraction if the swimmer delays the start by deliberately entering the water before the starting signal is given?**

- A. any swimmer starting before the starting signal is given shall be charged with his/her first false start if the Referee independently observes and confirms the Starter's observation that a violation occurred
- B. if the Starter sees any movement by the swimmers on the blocks before the starting signal is given



C. if the Starter sees a swimmer take his/her mark and then fall into the pool before the starting signal is given

**There are two correct references for this question.**

- A. 101.1.3E
- B. 101.1.3A
- C. 101.1.3B
- D. MHSL Rules and Guidelines 5.8.6.1

**24. When a false start is observed, who is responsible for initiating the false start charge?**

- A. the Deck Referee
- B. the Starter
- C. any Relay Take-off Judge who is also observing relay exchanges
- D. all of the above

**There are two correct references for this question.**

- A. 101.1.3A
- B. 101.1.3E
- C. MHSL Rules and Guidelines 5.8.1
- D. MHSL Rules and Guidelines 5.8.6.1

**25. In order for a false start to be upheld, what are the actions that must take place?**

- A. the Starter must observe the false start, immediately recall the field if the swimmers have left the blocks, and independently mark down the appropriate lane/lanes on his/her heat sheet
- B. the Starter must approach the Deck Referee with a possible false start infraction
- C. the Referee must independently confirm the false start
- D. all of the above

**There are three correct references for this question.**

- A. 101.1.3E
- B. 101.1.3A
- C. MHSL Rules and Guidelines 5.8. 3
- D. MHSL Rules and Guidelines 5.8. 1

**Disabilities:**

**26. What is the proper hand signal to indicate “Take your mark.” to a deaf or hearing impaired swimmer?**

- A. with your hand directly overhead, rotate the arm in a tight circular motion
- B. raise your hand directly overhead

- C. move an arm from a position directly overhead to shoulder level
- D. move arm from shoulder level down to the side of the body

**There are two correct references for this question.**

- A. 105.1.4
- B. 105.3.1
- C. 105.1.2
- D. 105 Figure 1, Point C

**27. When there is a deaf or hearing impaired swimmer in a heat, what shall the Starter do?**

- A. advise the field that there is a deaf or hearing impaired swimmer in the heat
- B. have the Announcer get the spectators to be extremely quiet
- C. advise the deaf or hearing impaired swimmers of the location of the strobe
- D. do nothing different

**There is one correct reference for this question.**

- A. 105.1.2A
- B. 105.4
- C. 105.3.2
- D. 105.1.3

**28. What kinds of starting accommodations may be made for swimmers with physical disabilities?**

- A. may not assume a modified starting position
- B. may not be assisted if they start in the water
- C. may need more time to assume their starting position

**There is one correct reference for this question.**

- A. 105.3.1
- B. 105.5.1.A
- C. 105.5.2
- D. 105.5.3

**29. Who may modify the starting rules and adapt them for the swimmer with a disability?**

- A. the swimmer's coach has the authority to modify the rules for the swimmer with a disability
- B. the Meet Director has the authority to modify the rules for the swimmer with a disability
- C. the Starter has the authority to modify the rules for the swimmer with a disability
- D. the Referee has the authority to modify the rules for the swimmer with a disability

**There are three correct references for this question.**

- A. 102.11.9
- B. 105.1.2B(1) & (2)

- C. 105.1.1
- D. 105.2.2

**30. How may a blind, disabled, or cognitively disabled swimmer assume a starting position?**

- A. a cognitively disabled swimmer may be allowed to use a deck or in-the-water start
- B. a blind swimmer should feel secure starting from the block, deck, or in-the-water
- C. a swimmer with physical disabilities may start on the blocks, deck, gutter, or in the water in order to maintain balance
- D. all of the above

**There are three correct references for this question.**

- A. 105.2.1
- B. 105.2.2
- C. 105.5.1.D & E
- D. 105.4



DISQUALIFICATION REPORT

EVENT # \_\_\_\_\_ HEAT \_\_\_\_\_ LANE \_\_\_\_\_

SWIMMER \_\_\_\_\_ TEAM \_\_\_\_\_

**BUTTERFLY** START \_\_\_\_\_ SWIM \_\_\_\_\_ TURN \_\_\_\_\_ FINISH \_\_\_\_\_

KICK: ALTERNATING (1A) \_\_\_\_\_ BREAST (1B) \_\_\_\_\_ SCISSORS (1C) \_\_\_\_\_

ARMS: NON-SIMULTANEOUS (1E) \_\_\_\_\_ UNDERWATER RECOVERY (1F) \_\_\_\_\_

TOUCH: ONE HAND (1J) \_\_\_\_\_ NOT SEPARATED (1K) \_\_\_\_\_  
NON-SIMULTANEOUS (1L) \_\_\_\_\_ NO TOUCH (1M) \_\_\_\_\_

NOT TOWARD THE BREAST OFF WALL (1N) \_\_\_\_\_

HEAD DID NOT BREAK SURFACE BY 15m (1P) \_\_\_\_\_ RE-SUBMERGED (1R) \_\_\_\_\_

OTHER (1T): \_\_\_\_\_

**BACKSTROKE** START \_\_\_\_\_ SWIM \_\_\_\_\_ TURN \_\_\_\_\_ FINISH \_\_\_\_\_

NO TOUCH AT TURN (2A) # \_\_\_\_\_

PAST VERTICAL AT TURN:

DELAY INITIATING ARM PULL (2B) \_\_\_\_\_ DELAY INITIATING TURN (2C) \_\_\_\_\_

MULTIPLE STROKES (2D) \_\_\_\_\_

TOES OVER LIP OF GUTTER AFTER THE START (2E) \_\_\_\_\_

HEAD DID NOT BREAK SURFACE BY 15m (2F) \_\_\_\_\_ RE-SUBMERGED (2G) \_\_\_\_\_

NOT ON BACK OFF WALL (2H) \_\_\_\_\_

SHOULDERS PAST VERTICAL TOWARDS THE BREAST (2L) \_\_\_\_\_

OTHER (2T): \_\_\_\_\_

**BREASTSTROKE** START \_\_\_\_\_ SWIM \_\_\_\_\_ TURN \_\_\_\_\_ FINISH \_\_\_\_\_

KICK: ALTERNATING (3A) \_\_\_\_\_ BUTTERFLY (3B) \_\_\_\_\_ SCISSORS (3C) \_\_\_\_\_

ARMS: PAST HIPLINE (3D) \_\_\_\_\_ NON-SIMULTANEOUS (3E) \_\_\_\_\_

TWO STROKES UNDER (3F) \_\_\_\_\_ NOT IN SAME HORIZONTAL PLANE (3G) \_\_\_\_\_

ELBOWS RECOVERED OVER WATER (3H) \_\_\_\_\_

TOUCH: ONE HAND (3J) \_\_\_\_\_ NOT SEPARATED (3K) \_\_\_\_\_

NON-SIMULTANEOUS (3L) \_\_\_\_\_ NO TOUCH (3M) \_\_\_\_\_

NOT TOWARD THE BREAST OFF WALL (3N) \_\_\_\_\_

CYCLE: KICK BEFORE PULL (3P) \_\_\_\_\_ HEAD NOT UP (3R) \_\_\_\_\_

DOUBLE PULLS/KICKS (3S) \_\_\_\_\_

OTHER (3T): \_\_\_\_\_

**FREESTYLE**

NO TOUCH AT TURN (4A) # \_\_\_\_\_

HEAD DID NOT BREAK SURFACE BY 15m (4B) \_\_\_\_\_ RE-SUBMERGED (4C) \_\_\_\_\_

**INDIVIDUAL MEDLEY**

STROKE INFRACTION(S) (5A) # \_\_\_\_\_

OUT OF SEQUENCE (5B) \_\_\_\_\_

**RELAYS**

STROKE INFRACTION: (6A-D) # \_\_\_\_\_ SWIMMER # \_\_\_\_\_

EARLY TAKE OFF SWIMMER (6F-H) # \_\_\_\_\_

CHANGED ORDER (6L): SWIMMER \_\_\_\_\_ STROKE \_\_\_\_\_

OTHER (6T): \_\_\_\_\_

**MISCELLANEOUS**

FALSE START (7A) \_\_\_\_\_ DECLARED FALSE START (7B) \_\_\_\_\_

DID NOT FINISH (7C) \_\_\_\_\_ DELAY OF MEET (7D) \_\_\_\_\_

OTHER (7T): \_\_\_\_\_

JUDGE: \_\_\_\_\_  
(print name clearly)

REFEREE: \_\_\_\_\_  
(print name clearly)

NOTIFIED: \_\_\_\_\_ SWIMMER \_\_\_\_\_ COACH

**Mountain Hi Swim League  
2017 Re-certification Starter Test Answer Sheet**

Name: \_\_\_\_\_ Team: \_\_\_\_\_ Division: \_\_\_\_\_

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Question No.	Question Answer	Required Reference #1	Required Reference #2	Required Reference #3
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## 2017 Sign-In Sheet for Team Held Starter's Clinic

**Proctor's Name:** \_\_\_\_\_ **Clinic Date:** \_\_\_\_\_

**Hosting Team Name:** \_\_\_\_\_ **Division:** \_\_\_\_\_

Name	Phone Number	E-mail Address	Years of Experience	Team Abbr