

UHSAA Swimming Officials Test 2019-20

1. In the backstroke what kick may be used?
 - A. Only alternating kick.
 - B. Any kick may be used as the rule does not require a specific kick.
 - C. Butterfly kick is only allowed during the first 15 meters.

2. During the backstroke the swimmer may be completely submerged during the turn and for a distance of not more than _____ after the start and each turn. By that point some part of the head must have broken the surface of the water, the swimmer must remain on the surface (and part of the swimmer's body)
 - A. 15 yards (13.716 meters)
 - B. 16.4 yards (15 meters)
 - C. 16.4 meters (17.93 yards)

3. During the backstroke turn if the shoulders turn past vertical toward the breast what do the rules permit the swimmer to do to initiate the turn?
 - A. The swimmer may use a single arm or simultaneous double arm pull to initiate the turn.
 - B. An upward or downward, underwater movement of the head.
 - C. After initiation of the turning action, no additional arm pulls may be started; however, kicking and gliding actions are permitted.
 - D. All of the above.

4. Upon completion of each length in backstroke, some part of the swimmer must touch the wall. Upon completion of the race the swimmer must touch the wall while on the back with some part of the body at or above the surface. They may not be completely submerged.
 - A. True
 - B. False

5. At the start of the backstroke standing in or on the gutter or curling the toes over the lip of the gutter after the starting signal is not permitted.
 - A. True
 - B. False

6. At the start of the breaststroke it is permissible for;
 - A. one arm stroke beyond the hipline followed by one breaststroke kick while the Swimmer is underwater.
 - B. Sculling of the hands following the first arm pull.
 - C. Two butterfly kicks.

7. In the breaststroke at what point must the head break the surface of the water after the start and each turn?
 - A. Before the start of the second arm pull.
 - B. Before the hands turn inward at the widest part of the second stroke.
 - C. There is no requirement for the head to break the surface at a specific time.

8. What constitutes a legal kick in breaststroke?
 - A. The feet must be turned out during the propulsive part of the kick.
 - B. All movement of the legs and feet must be simultaneous and in the same horizontal plane.
 - C. No scissors, flutter, or downward butterfly kick is allowed.
 - D. All of the above.

9. In the breaststroke what is a legal turn?
 - A. A 1 hand touch anywhere on the end wall.
 - B. A simultaneous 2 hand touch not necessarily on the same plane.
 - C. A simultaneous 2 hand touch only under the water.

10. In the butterfly the rule says what part of the body must recover simultaneously over the water.
 - A. Both hands.
 - B. Both arms
 - C. Both elbows

11. After the start and each turn in butterfly, backstroke and freestyle, it is permissible for the swimmer to be completely submerged for a distance of not more than 16.4 yards (15 meters). By that point some part of the head must have broken the surface of the water.
 - A. True
 - B. False

12. For butterfly and breaststroke, the finish requires completion of the required distance and contact with the finish pad (when automatic timing is used) or finish end of the pool with;
 - A. Both hands on the same plane
 - B. Both hands simultaneously, not necessarily on the same plane.
 - C. Both hands on the same plane and shoulders level.

13. What stroke is required for a freestyle event, 50, 100, 200, or 500 yards?
- A. Any stroke, body position and kick are permitted and any combination of styles may be used.
 - B. Any stroke other than breaststroke, butterfly or backstroke.
 - C. Only the crawl.
14. A swimmer chooses to swim the butterfly stroke during a freestyle event, how should they to be judged.
- A. By using all applicable rules for the butterfly.
 - B. They are judged only as a freestyle event.
 - C. The swimmer will be disqualified if he/she does not complete the event swimming the butterfly.
15. In the Medley relay what stroke can the swimmer in the final $\frac{1}{4}$ of the race use.
- A. The swimmer may use any stroke they choose.
 - B. The swimmer may use the crawl stroke only.
 - C. The swimmer may use any stroke other than butterfly, breaststroke or backstroke.
16. In the individual medley what rules apply to the intermediate turns?
- A. The swimmer may turn in any manner between strokes.
 - B. Each section must be finished in accordance with the finish rule that applies to the style just finished.
 - C. Each section must be finished with a two-hand touch, not necessarily on the same plane, after which any manner of turn is permitted.
17. When watching relay take offs the turn judge watches which body part?
- A. The judge watches the swimmer coming into the wall watching for the touch before checking to make sure the swimmer on the block is still in contact.
 - B. The judge watches the feet of the swimmer on the block, when the feet have left contact with the block the judge then looks down for the touch of the incoming swimmer.
 - C. The judge tries to watch both the incoming and outgoing swimmer to ensure a fair exchange was made.
18. Stroke and turn officials turn all disqualifications into the timing table.
- A. True
 - B. False

19. Upon seeing an infraction, a stroke/turn judge should;
- A. Promptly signal by raising one hand overhead with open palm, immediately upon discovering a violation of the legal swimming stroke, kick or body position.
 - B. Turn their back to the pool in order to write down the infraction.
 - C. Wave to the referee to get their attention.
20. It is permissible for stroke/turn judges to cheer for their swimmers or the swimmers from their team when they have no swimmers in their jurisdiction.
- A. True
 - B. False
21. When does a race officially begin?
- A. When the referee/starter blows 5 short blasts on the whistle.
 - B. When the announcer calls the event to the blocks
 - C. When the referee/starter blows the long whistle.
22. When does a race officially end?
- A. When the last swimmer finishes the race.
 - B. When the swimmer in first place contacts the end wall (or touch pad when automatic timing is used).
 - C. When the four scoring swimmers from each team have finished the prescribed distance.
23. A declared false start is the withdrawal of a competitor from a specific event.
- A. True
 - B. False
24. A scratch is the withdrawal of a competitor from the remainder of his/her events in the meet.
- A. True
 - B. False
25. While at a swim meet it is permissible to change out of your suit while on deck.
- A. When completely covered by a towel or swim parka.
 - B. When team members block anyone's view.
 - C. Never, changing out of a suit must be done in the locker room, bathroom, changing room, or other space designated for changing purposes.

26. A visual lap counter for the 500 yd/400-meter freestyle is required for each visiting swimmer's lane, and shall be counted in ascending or descending order.
- A. True
 - B. False
27. A competitor who exhibits signs, symptoms or behaviors consistent with concussion should;
- A. Be allowed to finish his/her races in which they are entered
 - B. Sat out for 15 minutes, if symptoms pass competitor should be allowed to compete in remaining events.
 - C. Immediately be removed from the meet and shall not return to the meet until cleared by appropriate health care professional.
28. Suits worn by swimmers shall be limited to the following requirements;
- A. One suit, water and air permeable. Girls suit may have a single tie in the back, boy's jammer or brief may tie at the waist.
 - B. One suit, water and air permeable, made with no zippers or other fastening system other than a waist tie for boys' jammer or brief.
 - C. One suit, males shall not extend above the waist nor below the knee and females shall not extend beyond the shoulders nor below the knee cap nor cover the neck.
 - D. All of the above
 - E. B & C
29. The wearing of two swim caps is permissible.
- A. True
 - B. False
30. Which is legal? A female swimmer with a special need reports for her events and steps up on the starting platform at the command and under her one piece suit it is obvious she is wearing;
- A. A two-piece suit, referee was presented prior to the start of the meet with signed documentation from a health care professional stating the swimmer needs to wear the two-piece suit for compression purposes.
 - B. A sports bra, referee was presented prior to the start of the meet with a letter of authorization from her state association stating she has been approved to wear a sports bra under her competition suit.
 - C. A bikini brief under her competition suit.

31. For unsporting conduct which of the following rules should a swimmer be disqualified from further participation including all events previously qualified for.
- A. On site shaving
 - B. Making insulting remarks and taunting an opposing team member
 - C. Using an electronic device to pace themselves
 - D. All of the above
32. What is the minimum number of officials for a dual meet?
- A. Three
 - B. Four
 - C. Two
33. The referee is the head official and is responsible for making decisions on matters not specifically covered by the rules, shall have general supervision of other officials. The referee's decision is final.
- A. True
 - B. False
34. When using manual timing the official time, when three watches are used and they all record different times is;
- A. The average of all three watches.
 - B. The fastest watch times.
 - C. The time of the middle watch.
35. Which rule refers to the body position of the backstroke?
- A. 8.2.1-a
 - B. 8.2.1-g
 - C. 8.2.1-b
36. Which rule refers to the rules for the turn of the breaststroke?
- A. 8.2.2-e
 - B. 8.2.2-d
 - C. 8.2.2-g
37. Which rule refers the 15-meter mark for the butterfly?
- A. 8.2.3-b
 - B. 8.2.3-c
 - C. 8.2.3-f

38. Which situation refers to the Finish of the 100-yard backstroke?
- A. 8.2.1-Situation E
 - B. 8.2.1-Situation F
 - C. 8.2.1- Situation D
39. Which rule refers to the body position, stroke and kick for freestyle?
- A. 8.2.4-a
 - B. 8.2.4-e
 - C. 8.2.4-b
40. Which article refers to the rules for the individual medley?
- A. 8.2 Article 4
 - B. 8.2 Article 3
 - C. 8.2 Article 5
41. The freestyle relay is swum by 4 team competitors, each swimming one quarter of the required distance in any style, adhering to the turn and finish rules of the freestyle event.
- A. True
 - B. False
42. The first three swimmers of a relay may stay in the water as long as they stay close to the end wall and not interfere with the swimmer in the water.
- A. True
 - B. False
43. The lead-off swimmer on a relay may be credited with an official time for his/her relay leg provided the start, stroke and finish are legal and the team does not get disqualified for unsporting conduct, or any entry violation under Rule 3-2.
- A. True
 - B. False
44. After being called to the blocks for the 200-yard freestyle relay, but before the long whistle the swimmers decide to reverse their order of swim, this is allowable.
- A. True
 - B. False

45. The second swimmer on Team A's 400 freestyle relay completes her leg of the relay but instead of touching the end wall or touch pad, sticks her head into the gutter area above the touchpad. The swimmer breaks the vertical plane of the end wall but has no legal touch when the next swimmer leaves the block. Ruling: Legal exchange. Comment: Rule 8-3-5 requires the swimmer to contact the finish end in accordance with the finish rules applicable to each stroke.
- A. True
 - B. False
46. As the head of the backstroke swimmer passes under the flags, he/she rotates past vertical toward the breast, then glides and kicks into the wall with the arm extended. This is a legal.
- A. True
 - B. False
47. A swimmer in the 100 yd. breaststroke turns in such a manner that the body is on the back when the feet leave the wall; but prior to the first arm pull or leg kick, the body returns to the breast with the arms in the same horizontal plane.
- A. Legal
 - B. Illegal
48. The Referee disqualifies a breaststroker for pulling the hands past the hipline as he/she swims down the pool even though the head breaks the surface of the water on each stroke cycle.
- A. Correct call
 - B. Incorrect call
49. A butterfly swimmer inadvertently catches one arm under a lane marker and fails to make a simultaneous arm recovery, the stroke judge rules this as legal as it was the lane marker which prevented the simultaneous arm recovery.
- A. Correct call
 - B. Incorrect call
50. A swimmer misses the wall during the turn of the 500-yard freestyle. Immediately upon realizing that the wall was missed, the swimmer sculls back to the wall, touches and continues to swim the required distance. No call is made.
- A. Legal
 - B. Illegal

51. Referees are responsible to make sure all equipment for the meet is at the pool and running correctly.
- A. True
 - B. False
52. A suit and cap may display;
- A. The name or nickname of competitor.
 - B. A USA logo or collage mascot.
 - C. The competitor's name, school name, school nickname and/or school logo.
 - D. A single visible manufacturer's logo no more than 2 ¼ square inches by 2 ¼ inches in dimension.
 - E. Both C & D
53. What happens when an official discovers a competitor wearing illegal attire?
- A. The official immediately disqualifies the swimmer from competing.
 - B. The official notates the infraction and informs the referee after the race.
 - C. When observed prior to the start of the heat, notify the competitor/coach to make legal the attire before becoming eligible to compete, if they cannot they are disqualified from that event and are not eligible for further competition until legally attired.
 - D. When observed after the heat officially begins, disqualify the competitor at the completion of the heat and nullify their performance and they are not eligible for further competition until legally attired.
 - E. Both C and D
54. Tape may be used by a swimmer;
- A. To prevent an injury when a swimmer has experienced pain.
 - B. To help aid in support of an injured muscle
 - C. To treat a documented medical condition when signed documentation from appropriate health care provider is presented to the referee prior to the start of the meet.
55. Team personnel may use electronic devices to transmit or record information pertaining to a competitor's performance provided the location does not interfere with the administration of the meet as determined by the meet referee.
- A. True
 - B. False
56. In meets other than championship meets it is permissible for one person to act as both the starter and the referee.
- A. True
 - B. False

57. Clerical mistakes in the meet results can be corrected within 48 hours of the completion of the meet.
- A. True
 - B. False
58. During the meet, the responsibilities of the referee are to:
- A. Assign all deck officials to their jurisdiction.
 - B. Order and event to start without delay
 - C. Check that each swimmer takes the proper lane, call them to step onto the starting platform, or pool deck and signal the starter to begin the starting commands.
 - D. Determine disqualifications and notify competitors and/or their coaches of infractions resulting in disqualification.
 - E. A and B
 - F. All of the above
59. Within one hour of completion of the meet the referee shall check the scorer's tabulations, record the time the meet was completed and sign the results, thus establishing the final score.
- A. True
 - B. False
60. The meet referee has the ability to make calls:
- A. Only in the lanes closest to where they are standing.
 - B. Anywhere in the pool, they have jurisdiction over the entire pool.
 - C. Only during starts and finishes.
61. The referee shall conduct a pre-meet conference with the starter, team captain, and a coach from each team to review meet procedures, special instructions and unusual pool conditions.
- A. True
 - B. False
62. Visible markings, which are located 16.4 yards/15meters from each end wall, shall be provided on the deck on both sides of the pool. The markings may also be placed on each lane marker; however, the deck markings take precedence.
- A. True
 - B. False

63. The starter has responsibility for which of the following;
- A. To follow the procedures in 8.1.1 and 8.1.2.
 - B. To sound the warning device for the lead swimmer during the 500 yard/400 meter event.
 - C. To insure a fair start for all competitors.
 - D. All of the above.
64. If a swimmer elects to do the backstroke during a freestyle event it is permissible for them to do a regular backstroke start.
- A. True
 - B. False
65. The swimmer must have their feet/foot where prior to the start.
- A. Only at the command take your mark must the swimmer have their foot/feet at the front edge of the block.
 - B. The swimmer must have their foot/feet at the front edge of the block prior to the take your mark command.
 - C. The placement of feet does not matter as long as they are stationary.
66. The starter takes control at what point during the beginning of the heat.
- A. After the short whistle blasts.
 - B. After the long whistle.
 - C. When the referee extends their arm to signal they are ready to turn the heat over.
67. Subject to the discretion of the referee/starter and infraction/false start occurs when a swimmer:
- A. Unnecessarily delays reporting for the start or assuming a starting position.
 - B. Does not step into the water feet first for an in-water start.
 - C. Does not remain stationary immediately prior to the start.
 - D. Leaves the mark before the starting signal.
 - E. Only A and C
 - F. All of the above.
68. For the forward start, swimmers may stand up on the starting platform after the command "Stand up," but they shall not unnecessarily enter the water, step off the starting platform nor delay a new start.
- A. True
 - B. False

69. No recall for false starts is preferred over recalling a heat for a false start, first starts are usually the swimmers best start.
- A. True
 - B. False
70. If the recall signal is activated inadvertently, the race is recalled and the referee/starter (referee and starter in championship meets) may disqualify the swimmer(s) leaving the mark before the starting signal.
- A. True
 - B. False
71. The penalty for a false start is the swimmer or relay team is disqualified from the event after the completion of the event when the no recall false start is used.
- A. True
 - B. False
72. It is the responsibility of the starter that all swimmers are stationary after the "Take your mark" command is given and prior to the starting signal being activated.
- A. True
 - B. False
73. When existing facilities are such that pool dimensions, markings and construction do not meet the standards prescribed by rule, meets may be conducted by prior written mutual consent and signed by the coaches involved unless state association regulations determine otherwise. Rules regarding water depth, starting platform height, the distance from the starting platform to surface of the water, use of a recall device and backstroke flags shall not be waived by prior mutual consent.
- A. True
 - B. False
74. A competitor shall be permitted to enter a maximum of ____ events, no more than ____ of which may be individual events. Prelims and finals are considered one meet.
- A. 4 events 3 may be individual
 - B. 6 events 4 may be individual
 - C. 4 events 2 may be individual
 - D. 2 events 1 may be individual

75. A swimmer during a 500 freestyle pushes off the pool bottom after mistakenly thinking the race has concluded. The swimmer did not do so for the purpose of gaining an advantage. The swimmer should be
- A. Be disqualified for stopping.
 - B. Be ignored because in the judgement of the referee, the mistake was not done for the purpose of gaining an advantage.
 - C. Be scratched from any remaining events.
76. A turn judge does not signal a violation with hand raised open palm during the 100 yard breaststroke. However, immediately after the conclusion of the race, the turn judge reports to the referee that he/she observed a violation. The Referee-
- A. takes down the violation of the lane the turn judge reported as a disqualification.
 - B. determines there is no disqualification, by not signaling the violation, the turn Judge did not adhere to the required procedure.
77. In a meet where the starting blocks have wedges installed, relay takeoff dual confirmation is being used. The Relay Takeoff Judge assigned to lane 6 observes a legal exchange between the first and second swimmers but also notes that the second swimmer had both feet on top of the starting block wedge at the instant she left the starting platform.
- A. Relay take off judge deems this is okay, the exchange was legal, no action needs to be taken.
 - B. The relay take off judge raises her hand above her head signaling a disqualification. Not having at least one foot in contact with the surface of the block in front of the wedge during takeoff is a form violation and must be called.
78. Swimmer A, using the forward start, comes down, grabs the block, becomes stationary and then moves forward and enters the pool. Swimmer B dives into the water because of swimmer A's movement, all before the starting signal is given.
- A. A false start shall be charged to Swimmer A for not remaining stationary and is disqualified; Swimmer B should not be penalized of entry due to swimmer A's actions.
 - B. A false start shall be charged to Swimmer A and B for not remaining stationary and entering the water before the starting signal.
 - C. Let them both back up on the blocks, everyone deserves a second chance.
79. When a spectator becomes unruly or interferes with the orderly progress of the meet, the referee shall
- A. Keep the meet moving and let the Facility personnel handle the matter.
 - B. Ignore the spectator, maybe it will blow over.
 - C. Suspend the meet until meet management resolves the situation and the meet can proceed in an orderly manner.

80. During the pre-meet warm-up the referee notices a swimmer with a neoprene sleeve on his/her knee in the pool, the Referee
- A. Does nothing, it is illegal to compete using such a device, but it is not illegal to use during warm up.
 - B. Wants to be proactive and reminds the swimmer that although it is not illegal in warm-ups to wear the sleeve, during competition competitors shall not wear or use any device to aid their speed, buoyancy or body compression, and to make sure he removes the sleeve before showing up at the blocks to compete.
81. It is the REFEREE'S responsibility to fill out the High School Official's Sign in sheet & Referee Meet Report Roster and report it to uhsaameetassign@gmail.com within 5 days of the meet.
See High School Officials sign in sheet & Referee Meet Report Roster on the Swim page @ www.uhsaa.org.
- A. True