2012-13 E.M.S.O.A.SWIMMING & DIVING EXAMINATION

Select the best possible answer to complete each statement on the examination.

1. Swimmers are called to step up on the starting platforms and it is noticed that a swimmer is wearing jewelry for the second time in the meet. The referee:
   A. Asks the swimmer to step down, take the earring out again and return to the starting platform.
   B. Stops the meet and asks the coach to request that the swimmer remove the earring.
   C. Notifies the coach that the swimmer is disqualified.
   D. After completion of the race, disqualifies the swimmer and notifies the coach and confirms that the swimmer is not eligible to compete further until jewelry is removed.

2. If a team, coach or swimmer submits an entry card to the referee that is incomplete, inaccurate or delivered late, the competitor or relay team is:
   A. Disqualified from the meet.
   B. Disqualified from the event.
   C. Allowed to make a correction in the entry with no penalty.
   D. Allowed to compete in the event but as exhibition only.

3. A competitor, in a championship meet, may withdraw from an event and continue to be eligible for further competition if the swimmer:
   A. Decides not to swim the declared entry as stated by the coach.
   B. Declares a false start with the referee or his/her designee at a specified time.
   C. Selects to skip the event because it is not his/her best event.
   D. Was needed to swim in a relay event rather than the individual event declared on the original entry.

4. A competitor displaying signs, symptoms or behaviors consistent with a concussion shall be removed from the meet and shall not return until:
   A. Cleared by the head coach.
   B. Cleared by the head coach and parent(s).
   C. Cleared by an appropriate health-care professional.
   D. A 24-hour wait period and also cleared by a nurse or certified athletic trainer.

5. The relay takeoff judge will first observe the incoming swimmer's hand, followed by the feet of the departing swimmer on the starting platform.
   A. True
   B. False

6. Unless determined otherwise by a state association policy, a suspended meet is resumed from the point of suspension with:
   A. The score and entries the same as when suspended.
   B. A mutually agreeable consent from all coaches to reschedule the meet and start over.
   C. A declared forfeit for the host team if the meet cannot continue due to a power failure.
   D. The meet being declared complete at the time of suspension.

7. 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.

8. A relay team may be disqualified if:
   A. The lead-off swimmer decides to change order with another relay member after the first swimmer is called to the starting platform.
   B. The second swimmer moves from the back of the starting platform to the front before the previous swimmer is finished.
   C. The third swimmer in the medley relay swims the butterfly.
   D. The swimmers do not swim in the same order in finals as they swam in preliminaries.

9. When the diver and coach sign the diving sheet and turn it in to the diving referee, it confirms:
   A. Only the accuracy of the sheet.
   B. That the diver is intending to perform the dives listed on the sheet.
   C. Accuracy of the sheet and that the diver can perform the dives listed.

 Copyright © 1990-2011 National Federation of State High School Associations. All rights reserved.

D. The diver's intent to enter competition.

10. Which of the following is not considered an unsatisfactory dive?
    A. A diver hits the diving board.
    B. The diver does not attempt to come out from the tuck or pike position.
    C. A diver does not attempt to come out of the twist.
    D. The diver partially alters the position of the dive during flight.

11. In a dual meet using electronic entry format with entries due before the start of the meet, when can an individual entry be changed?
    A. Prior to the start of the race.
    B. Only if the coach notifies the referee before the meet starts.
    C. By the meet manager.
    D. The individual entry cannot be changed once submitted.

12. The uniform may consist of how many caps (if worn) and suits?
    A. One cap and one suit.
    B. Two caps and one suit.
    C. One cap and one suit or two caps and one suit.
    D. All are legal uniforms.

13. The wearing of a brace or a cast is not prohibited unless the device:
    A. Provides buoyancy or increases speed for the swimmer.
    B. Offers an advantage for body compression.
    C. Affords the swimmer a paddle effect.
    D. All are prohibited.

14. A diver performs a Back Dive ½ Twist and doesn't stop the board oscillations before his/her starting position. What is the allowable deduction per individual judge?
    A. ½ to 1 point.
    B. 1 to 3 points.
    C. ½ to 2½ points.
    D. ½ to 2 points.

15. In the referee's opinion, a dive is failed if the diver:
    A. Executes a dive other than that given on the diving score sheet.
    B. Falls into the water.
    C. Repeats a previous dive.
    D. All of these situations result in a failed dive.

16. In a triangular meet with two entries per team per event, the scoring used will:
    A. Be the same as a dual meet with three teams.
    B. Total 13 points for individual events and 20 points for relays.
    C. Be, by prior mutual consent, any of the dual meets scoring systems.
    D. Be based on the number of entries for individual events with relay points doubled.

17. The referee has the authority for all actions occurring at the meet:
    A. From the start of the first race of the meet to the completion of the last race of the meet.
    B. When he/she is notified that he/she was selected to be the meet referee to completion of last event.
    C. Being available at least 30 minutes before a meet and conclude after checking the final score, record the time meet concluded and sign the score sheet.
    D. From the beginning of the meet warm-ups and concludes after the score has been established.

18. During the meet the stroke inspector, upon discovering a violation of a legal stroke, kick or body position, shall:
    A. Signal the referee by raising one hand overhead with open palm immediately upon discovering a violation.
    B. Notify the referee after the event of a violation.
    C. Notify the coach of the swimmer's violation.
    D. Notify the swimmer he/she is disqualified at the completion of the race.

 Copyright © 1990-2011 National Federation of State High School Associations. All rights reserved.

19. Team personnel shall be disqualified from participation when a referee deems that the conduct at a competition is unsportsmanlike. The actions may include but are not limited to:
    A. Demonstration of disgust or interfering with an official's decision.
    B. Gestures that include taunting an opponent or meet official.
    C. Interfering with officials' performance of their duties.
    D. All are unsporting conduct.

20. A swimmer may start a race in the water if he/she:
    A. Has at least one hand in contact with the starting platform or end wall.
    B. Has obtained permission from the referee/starter.
    C. Does not use the backstroke start.
    D. All of these are some of the requirements for a forward in-water start.

21. For the 400-meter/500-yard freestyle event in a dual meet, the host school realizes that they only have six sets of lap-counting devices. There are eight lanes and eight swimmers entered. The referee should:
    A. Conduct the event, but no host school entries will score points.
    B. Require that two of the host school swimmers participate without lap counters so that the visiting team can use the equipment.
    C. Not conduct the event giving the visiting team the maximum points.
    D. Distribute the six sets of counting devices evenly among both teams, realizing that one swimmer from each team will not have counting devices.

22. It is noticed while the first swimmer is in the water that the second swimmer of a 400-freestyle relay has a cut that is bleeding. The referee:
    A. Allows the race to continue.
    B. Does not allow the second swimmer to swim and disqualifies that relay.
    C. Moves the swimmer to the fourth position in hope of getting the bleeding stopped.
    D. Stops the race and orders it re-swam after: stopping the bleeding, cleaning the area and appropriate recovery period is allowed.

23. The turn judge shall:
    A. Examine the last two strokes prior to the turn.
    B. Examine the exit of the turn until the completion of the first full stroke.
    C. Determine the order of finish of the swimmer in his or her lane(s).
    D. Report any violation immediately to the scoring table.

24. In the Freestyle, Backstroke and Butterfly, swimmers must surface on a start or turn:
    A. Before the 16.4 yard (15 meters)-mark.
    B. Before the 15 yard (13.7 meters)-mark.
    C. Before the 12.5 yard (11.43 meters)-mark.
    D. At any time after the start or turn.

25. In the Breaststroke form, which of the following is not completely correct:
    A. The hands shall not be brought back beyond the hipline.
    B. Elbows must remain underwater except for the last stroke at the turn/finish.
    C. There shall be no sculling with the hands at the end of the first arm stroke following the start or turn.
    D. The initiation of the arm stroke shall be accomplished by a discernible horizontal separation of the hands.

 Copyright © 1990-2011 National Federation of State High School Associations. All rights reserved.