INTRODUCTION

In competitive athletic contests, the game official represents the ultimate in integrity for any competition. By their very nature, officials are neutral and are responsible to keep the contests played on equal terms. Through actions on and off the field, officials must earn the respect and confidence of players, coaches and spectators. This confidence and respect is not earned by words, but by unquestioned honesty, demonstrated ability, obvious devotion to, and full understanding of the game.

The rules of competitive athletics are, for the most part, complex. They are difficult to read, understand and interpret. Mere book knowledge of the rules does not make an official. To an official, knowledge of the rules is basic. To achieve excellence, an official must combine knowledge with good officiating techniques. To assist in this goal, we have provided the following meeting guides. Hopefully, these guides will assist in having each play considered with consistent judgment, intelligence, understanding, courage, and without intimidation.

Athletic officiating is a vigorous avocation and it demands that an official be in excellent physical condition, able to give the very best, on every play, in every contest. To that end, the American Medical Association has stated that before one attempts any vigorous physical activity they should first visit their family physician for a check-up. It is part of good personal health maintenance to have an annual physical exam and participate in an exercise program. This type of exercise program should be minimally three days per week and include cardiovascular conditioning, strength training, flexibility and muscle endurance. These components along with proper nutrition will assist in developing one’s optimum body composition.

The PIAA Sports Medicine Committee recommends that each registered sports official have an annual physical examination and practice good health habits. Being physically fit and conveying an appropriate, positive image through proper health and nutrition habits will greatly assist all officials in keeping up with the game. After all, the game, the schools, players, coaches, spectators and fellow officials deserve no less. As importantly, officials owe good health habits to themselves and their families if for nothing more, than the health of it.

Note: the use of the word “shall” in this manual denotes mandatory.
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A. GUIDELINES FOR STARTERS’ PROTOCOLS

Use of Verbal Preparatory Commands: In Pennsylvania, only verbal commands are used with one long whistle.

FORWARD STARTS

1. To bring the swimmers to the starting area, the announcer or referee or referee/starter announces event/distance – “this is the 200 yard freestyle”.
2. Referee or referee/starter blows one long whistle.
3. Immediately says, "Step up". An upward hand motion shall also be used. The referee then raises hand over head.
4. When satisfied, swimmers are settled, points to the starter and gives the command, "starter". Keeps arm at that level until after the starting device has been discharged. (Not required when referee/starter is a combined position).
5. When starting the 500 Freestyle event, the starter shall say “This is a signal lap event,” pause, and then give the command, “take your mark.”
6. When swimmers are stationary, starter activates the starting device.

BACKSTROKE STARTS

1. To bring the swimmers to the starting area, the announcer or referee/starter announces event/distance - "this is the 200 yard medley relay" or "this is the 100 yard backstroke".
2. Referee or referee/starter blows one long whistle and instructs swimmers to "step in". An upward hand motion shall be used.
3. When all swimmers have surfaced and are facing the starting end, the referee points to the starter and gives the command, “starter.” Use the same procedure as above. (Not required when referee/starter is a combined position).
4. The starter instructs the swimmers to "place your feet." When all swimmers are settled into position, the starter says, "Take your mark."
5. When swimmers are stationary, the starter activates the starting signal.

Note: There shall be a pause between the commands “place your feet” and “take your mark,” as these are two separate commands.

Note: When the starter is the only person with a microphone, that person gives the command to “step-up or step-in”, so the command is clearly heard. The starter shall not turn his/her attention away from the swimmers to hang up the starting device/microphone immediately after starting the race.
The following is from an article written by Scott E. Wilson (West Virginia – July 18, 2008) entitled “Starts – Having the Swimmers Become Stationary or Controlling the Chaos.” This was presented to the State Interpreters at the NFHS Swimming and Diving Rules Interpretation Meeting in Indianapolis.

The Starter is the only official who has a direct bearing on how a swimmer performs. Other officials react to actions of the swimmer and swimmers react to the actions of the starter. (The following are excerpts from Mr. Wilson’s article)

1. Preparation – eliminate potential problems before they occur
   a. Check and test starting equipment; check starting platforms
   b. Instructions of timers
   c. Review Rule Book...
   d. Starter position and view
2. Develop good habits – what makes a good Starter
   a. Experience/proficiency
   b. Starting is an art – strive to do your best with every start
   c. Attributes:
      (1) Calm
      (2) Consistent
      (3) In control
      (4) Patient – neither too quick not too long

The Start
1. The command, “Take Your Mark”
   a. Clear, calm, conversational tone
   b. Don’t rush the start
   c. Flat or slight drop – not “sing-songy”
2. Allow swimmers to become set – be patient
   a. Take into account various positions a swimmer may take
   b. Stationary does not necessarily mean motionless
      (a) See rule changes
      (b) Basis for false start
         (1) Swimmer does not become or remain stationary
         (2) Swimmer leaves mark early
3. When all swimmers are stationary, activate starting signal
4. The command, “Stand Up”
   a. When a swimmer fails to respond or the response of a swimmer creates a situation of potential distress among the other swimmers
   b. Soft, calm, lower in tone than the original command
   c. Instructions if necessary (“Please assume your starting position without delay”; “please assume your starting position and remain stationary”, etc.) Do not use the command “Swimmers, you must all come down together.”
For Two Officials - Dual Confirmation for Starts:

The referee shall –
1. Upon observing a false start, record in writing, on a PIAA DQ card, the lane or lanes that have committed the false start. **Do Not Raise Hand at Start.**
2. If both cards confirm the false start, the referee will disqualify the swimmer(s). She/he will also notify the coach of the violation.

The starter shall –
1. Upon observing a false start, record in writing the lane or lanes that have committed the false start. **Do Not Raise Hand at Start**
2. Give the written DQ card to the referee to confirm/not confirm the potential violation **with no conversation regarding the infraction.**

- Both officials must be in position at the START END of the pool and on opposite sides.
- If confirmed, the referee will instruct the starter to notify the computer operator and the starter will raise his/her hand immediately to indicate an infraction. Disqualification cards shall be filled out and turned into the scorer’s table even if the infraction is not confirmed. In cases where the infraction is not confirmed, mark the card(s) with a large “NC” which denotes “not confirmed.”

For One Official

The official shall –
1. Upon observing a false start, **raise a hand with open palm as soon as possible after the start**, but before the swimmers have completed their first length, indicating the violation. The referee/starter will also complete the disqualification form.
2. At the completion of the race, she/he shall notify the coach of the disqualification(s), and also notify the computer operator and scorer.
B. PROCEDURES/PROTOCOL/POLICIES

1. When checking swimmers in for a race, the official shall ask the swimmer for their name.
2. Pool industry standard of care states that air temperature should be two (2) degrees above water temperature. NFHS rule for water temperature is no less than 78 and no more than 82 degrees, which means that air temperature should be 80 – 84 degrees. This is the standard that PIAA would expect for all meets.
3. Although a recall rope is not frequently used, when one is used in a meet, the minimum placement is about 12 to 18 inches beyond the 15 meter mark.

C. COMMUNICABLE DISEASE PROCEDURES  (See Appendix G, page 109 in the 2018-19 NFHS Swimming and Diving Rules Book)

METHACILLIN RESISTANT STAPHYLOCOCCAL AUREUS (MRSA)

► Coaches and officials need to be aware of this common bacterium that can exist on the body and upon competition surfaces.

► MRSA has developed a resistance to certain antibiotics.

► PIAA Sports Medicine Committee recommends the following measures to Minimize the risk of MRSA.

- Shower after all activities
- Use liquid soap
- Don’t share towels or hygiene products
- Notify parents/coaches/health care professional of any skin sores, boils or abscesses.

Coaches: Stop any attempts by swimmers to engage in shaving parties which are particularly prevalent prior to post season competitions. Any shaving that needs to be done must occur at home. Razors must never be shared.
TOPIC #2

A. PRE-MEET PREPARATION

A sample of a pre-meet checklist is attached for review and assistance. Your pre-meet review routine may include the following, but may and should include any items you feel contribute to the efficiency, ease and fairness of a competition.

It is the referee’s responsibility to make sure that the following pre-meet items are addressed. The referee may assign one of the other officials to assist in this process. Early arriving officials should begin this process in the absence of the meet referee.

1. See NFHS Swimming & Diving Rules Book, Rule 4, Section 2, Article 1 for the details related to this topic.
2. Arrive approximately 30-minutes or earlier, prior to scheduled start time. If this is not possible, a courtesy call should be made to other officials and/or school’s athletic director/coach.
3. Always check.
   a. Check water depth – make certain that water level is up to the gutter level or considered a full pool. The level of the water must be at the overflow rim of the pool.
   b. Backstroke flags/markers for turns (cones or markings). Are there markings on the side of the pool or incorporated in the lane lines, which indicate where a swimmer must break the surface of the water (16.4 yards)? It is preferred that the mark for the 16.4 yards be on the pool deck as the lane line markings can be inconsistent.
   c. Starting platforms are secure, in good condition. Are platforms the proper height for the water level? Check wedges/fins if on blocks.
   d. If present, check the Relay Judging equipment and confirm a print-out of event will be available with computer operator.
   e. If diving is a part of the meet, check the board and fulcrum.
   f. Scorekeeper/announcer in place and understands position, meet procedures and responsibilities of the position, including keeping track of individual events for each competitor, if no other system is in place.
   g. Recall device in place and identified with each team.
   h. 500 event lap counting devices available and in working condition.
   i. Touch pads in place (explain to coach/captain what constitutes a legal finish in a touchpad environment). Specify to coaches that the electronic timing system is in use and is considered official unless a malfunction is determined to have occurred.
   j. Check with visiting team for lane selections and diving order.
   k. Introduce yourself to the coaches and write their names on your scorecard so you can address them by name during the course of the meet, if necessary.
l. Check diving sheets for accuracy.
m. Check to see if there will be any swimmers and/or divers from schools which do not sponsor a swim/dive team.
n. Meet with captains and coaches approximately five minutes prior to the start of the meet. *(Referee’s Checklist)*

4. If you are the referee, talk to your officials and let them know what duties you have assigned to them. Discourage officials from watching diving warm-ups.
   a. Who watches take-offs/turns?
   b. Which side of pool each official should work?
   c. Two officials **shall** be in place to determine the finish of each race. These same officials are responsible for keeping score. These two officials shall check with each other during the meet to verify scores (after the 50 freestyle, during the 500 freestyle and prior to the 400 freestyle relays).
   d. What method will be used to check swimmers onto the block and which official is responsible for this? Will this official also pick-up lane cards, if used?
   e. Is dual confirmation being used for starts and relay take-offs?
   f. Assistance in checking diving sheets?
   g. Who will have responsibility for speaking to 500 lap counters?
   h. Any other special needs or accommodations?
   i. Who will keep track of individual entries by swimmers? If a computer is being used have operator set the limits for no more than four (4) events per swimmer/diver.
   j. Instruct officials to walk the entire length of the pool in order to observe strokes and turns especially during butterfly and breaststroke events.
   k. Assign one official to be in position to observe the 15 meter/16.4 yd. mark during all events. If only two officials, one must move quickly to that point after starting the race to observe swimmers as they surface. Remember, that the point of reference is between the top of the head and the chin.

Referees – one of the most important instructions you can give to your officiating team should be “do not call a disqualification unless you are absolutely certain that you saw the swimmer do something illegal.” **CALL WHAT YOU SEE BUT MAKE SURE YOU HAVE SEEN WHAT YOU CALL!!!**
B. EARLY RELAY TAKE-OFF – DUAL CONFIRMATION

• Both officials shall be in position at the starting end of the pool and on opposite sides.

• Both officials shall independently determine, in writing, on a PIAA Disqualification Card, that a relay swimmer has left early. No conversation is to occur between officials during this time.

• At the conclusion of the race, the two officials give their completed PIAA Disqualification Card to the referee. If the cards agree, the referee will instruct the starter to notify the computer operator. The starter raises his/her hand to signify an infraction.

• The referee will notify the coach that the team is disqualified and which swimmer(s) committed the early take-off.

Whether an early relay take-off has been confirmed or not confirmed (NC), all cards must be turned into the scoring table. If the take-off was not confirmed, mark the card(s) with a large “NC.”

Dual Confirmation on Relay Take-offs in Championship Meets is Required and is Strongly Recommended for Dual Meets.

When using wedges on blocks for Relay Take-offs, take-off judges shall observe that the second, third and fourth swimmers have at least one foot in contact with the surface of the starting platform in front of the wedge at take-off or a DQ shall be called.

C. 500 LAP COUNTER REMINDERS

1. One person per lane, stationed on deck between boundaries of counter’s lane.

2. Shall not enter water to retrieve dropped counting device.

3. Changes the visual counter and when swimmer’s feet/hand contact wall at starting end of pool and extends the visual count into the water after competitor makes turn at starting end and removes as swimmer approaches for turn.

4. The visual cards may be used in ascending or descending order.

5. Display orange card when one length remaining.
6. Visitor lanes required to have lap counting devices available if they choose to count.

7. If there are no counters, then no one is to be standing at turn end of the pool in that lane.

8. The referee shall assign officials to check the accuracy of the counters/cards and see that the required number of laps have been completed by the swimmer.

**TOPIC #3**

**A. MEET MECHANICS**

Following is a description of the responsibilities of the referee and officials in conducting a dual meet. This will vary depending on the configuration of the pool and the number of officials being used.

Please consult the NFHS Swimming and Diving Rules Book for the responsibilities of the Referee (R) or Referee/Starter (R/S) and the other officials.

The responsibility of the R or R/S is to ensure that all of the rules for high school swimming and diving are enforced, that all competitors are given an equal opportunity to compete and that all of the officials carry out their responsibilities.

Be prepared! Have whistle, meet score sheet, disqualification cards and diving scorecards, clipboard and pencils. Have checklists of things to do before and during the meet and your NFHS Swimming and Diving Rules Book. Look professional with a neatly pressed and clean uniform with the shirt tucked into the pants. Also, remember to bring the contract (if available) for the contest you are working, PIAA identification card and PIAA required clearance form.

1. Referee conducts the coaches and captains meeting.

2. Have announcer or referee announce the first event, have the check-in process begin using lane cards, single check-in sheet or the sheet generated by the computer. Immediately after the announcement of the first event and when check-in process is complete, blow the whistle, have the swimmers step into the pool and start the first event.

3. Spectators and athletes should be quiet during the starts of all events. If not, ask for quiet.
4. Report to the announcer with the correct order of finish and winning time, if using a manual timing system. Direct the announcer to pass that information onto the scorekeepers or use whatever procedure is in place for a meet using automatic timing. The referee or his/her designee and one other official shall write down all finishes, confirm the order of finishes on the scoreboard then tallying the running score of the meet. If the referee agrees with the finish, proceed with the meet. If the referee does not agree with the finish, rectify any problems before beginning the next event.

5. If available, have the announcer announce the order of finish and winning time of the previous event and announce the next event, conduct the check-in process and when complete, blow the whistle and direct the competitors to step up onto the starting platforms.

6. Continue this process throughout the meet.

7. It is recommended the meet score be posted and/or announced throughout the meet.

8. Confirm the score with the scorekeepers after every two or three events and have a method, in place, to keep track of all individual event entries for each swimmer.

9. All problems or questions should be resolved prior to starting the next event.

10. After the last event (400 Freestyle Relay), certify the correct score and sign the official scoresheets including the time the meet concluded and the date. The referee shall keep both score sheets for the entire dual meet season.

11. Thank all working officials, timers, scorekeepers, and announcer.

12. Conduct the Post Meet Conference with the officiating crew. These conferences shall be conducted as a positive learning experience. Constructive criticism, given in a positive manner, can make everyone better officials at the next meet and in the years to come. Both swimming and diving, if conducted, shall be included as part of the conference.
TOPIC #4

A. SWIMMING EVENTS

1. Backstroke
2. Breaststroke
3. Butterfly
4. Freestyle Including protocol for the 500 Free
5. Individual Medley
6. Medley Relay
7. Freestyle Relay (200 and 400)

B. MATERIALS

1. NFHS Swimming and Diving Rules Book
2. Backstroke Flag Lines
3. Starting Platforms/Fins and wedges if in place
4. Lap Counting Cards for the 500 Yd. Freestyle
5. Relay Judging Equipment, if in place and how it’s use (See Appendix B, page 104 in the 2018-19 NFHS Rules Book.

C. LOCATION

1. Swimming Pool

D. PROCEDURE

1. Group leader/leaders will review and discuss the eight swimming events. (NFHS Swimming and Diving Rules Book)
   
   a. Stroke mechanics
      
      (1) Legal
      
      (2) Illegal

2. Swimmers should be available to demonstrate legal and illegal stroke mechanics.

   a. Officials will observe and indicate various rules infractions.
   b. Practice how to finish and score an event/meet MUST BE DONE AT ALL MEETS.
   c. Questions and discussion.
A student with a disability requesting a specific accommodation(s) in the start, strokes, turns, etc. that does not require equipment, must seek approval from the state high school athletic/activities association, which may be authorized, providing the accommodation(s) does not fundamentally alter the sport and/or no advantage is gained. Written authorization from the state association should include what accommodations the referee should make for the swimmer.

The student with the disability and/or his/her coach are responsible for notifying the referee, prior to the competition, of the disability and of the written state association-authorized modification(s) that should be made. The swimmer/coach shall provide any assistant(s) or special equipment (tappers, deck mats, etc.), if required.

The referee’s responsibilities include:
- Determining how to implement the state association-approved modification(s) in the facility where the meet is being held.
- Instructing the starter and stroke and turn officials as to the accommodation(s) to be made for a swimmer(s).

Some of the modifications which the referee should be aware of are:
- Reassignment of lanes within a heat, e.g., exchanging Lanes 3 and 1.
- Allowing the swimmer’s assistant(s) on the deck or in the water to assist with a start.

Some of the following modifications which the referee should be aware of are:
Modifications for the blind or visually impaired may include:
- Starts – With an audible starting system, no modification is usually required for a blind or visually impaired swimmer. A swimmer may, however, require assistance getting to and on the block, or into the water if an in-water start is used.
- Turns and finishes – A blind or visually impaired swimmer may be permitted to have a “tapper”, which is a pole with a soft-tipped end. The swimmer is tapped with the “tapper” as notification of turns and the finish. Sounding devices should not be used as they may cause confusion for other swimmers. It is the swimmer’s responsibility to provide the tapper(s) and operator(s), who shall be positioned within the confines of the swimmer’s lane at the ends of the pool.
• Relay takeoffs – A physical touch may be required to signal the relay swimmer when his/her teammate has touched the wall. The specific method may be tailored to the swimmer’s preference so long as it does not interfere with the timing system.

**Modifications for the deaf and hard-of-hearing may include:**

• Deaf and hard of hearing swimmers require a visual starting signal, i.e., a strobe light and/or starter’s arm signals. The modification may include the referee reassigning lanes within the swimmer’s heat, i.e., exchanging one lane for another, so that the strobe light or starter’s arm signal can more clearly be seen by the deaf or hard-of-hearing swimmer. Standard starter’s arm signals are shown in Figure 1. A false start rope may be required in the event of a recall.

• Strobe light location – The referee, or his/her designee, shall advise the swimmer and his/her coach as to the location of the strobe light and the light should be located where the swimmers can clearly see it for the start.

![Figure 1](https://example.com/figure1.jpg)

1. Twist hand at chin level – short whistles
2. Arm overhead – swimmer steps onto starting block
3. Arm moves to shoulder level – signal to “take your mark”
4. Arm moves to side of body – starting signal

Photos provided by USA Swimming.

**Modifications for students with a cognitive impairment may include:**

A deck or in-water start is allowable and the swimmer may be permitted to have an assistant on the deck or in the water when necessary. No other specific rule modifications are required other than patience and clarity in communicating instructions.

**Modifications for students with physical disabilities may include:**

• Starts (all strokes):
  o May take longer to assume their starting position.
  o May have difficulty holding onto the starting grips or gutter/pool end for a start.
  o May need assistance from someone on the deck or in the water to maintain a starting position.
  o May need to assume a modified starting position on the blocks, deck, gutter, or in the water in order to maintain their balance.
• Starts (freestyle, breaststroke and butterfly): A forward start (facing the course) shall be used. However, modifications include:
  o Allowing the swimmer to start from a sitting position on the block or on the deck.
  o Allowing the swimmer to assume a starting position in the water, with or without assistance.
  o Allowing a swimmer who cannot use a hand and/or foot to maintain contact with the wall to use some other part of the body.
  o For breaststroke and butterfly, after the start and after each turn, allowing a swimmer who is unable to push off with the leg(s) to perform one arm stroke that need not be simultaneous or in the horizontal plane to attain the breast position.
  o Examples of modified starting positions are shown in Figures 2 through 5.

![Figure 2 — Sitting on block or deck](image1)

![Figure 3 — Kneeling start](image2)

![Figure 4 — Unassisted in-the-water forward start](image3)

![Figure 5 — Assisted in-the-water forward start](image4)

Photos provided by USA Swimming.

• Strokes and kicks: The referee and stroke and turn judges should follow the general rule that, “If a part of the body is absent or cannot be used, it is not judged; if it is used during the stroke or kick, it should be judged in accordance with the NFHS Rules and Regulations”.
  o Judgments should be made based on the actual rule, not on the swimmer’s technique. For example, the breaststroke swimmer with one arm or leg shorter than the other may have a non-symmetrical stroke or kick, but as long as the arm or leg action is simultaneous, it would meet that portion of the rule.

• Turns and finishes: Touches should be judged in the same manner as strokes and kicks, i.e., on the basis of the arm(s) and/or hand(s) that the swimmer can use. In breaststroke and butterfly events, the swimmer must reach forward as if attempting a simultaneous two-hand touch. When a swimmer has a different arm length, only the longer arm must touch the wall,
but both arms must be stretched forward simultaneously. Swimmers with no arms or with upper limbs too short to stretch above the head may touch the wall with any part of the upper body.

- Relays: Relay swimmers who cannot exit the water immediately may be allowed to remain in the lane until all relays have finished so long as they do not interfere with other swimmers or the timing equipment.
TOPIC #6

A. Meet Scoring (OFFICIALS SHALL FINISH AND SCORE ALL DUAL MEETS). THERE ARE NO EXCEPTIONS.

A sample of the new score sheet that can be used for 4 lane scoring, 6 lane scoring and 8 lane scoring has been sent to all chapter interpreters.

1. Check the scores with the other official and the scoring table to ensure that the score is correct throughout the meet.

2. Verify the final score with the other official and scorekeepers.

3. Referee signs score sheet and notes the time the meet concluded.

4. The referee must keep both score sheets for the entire dual meet season, so any protested clerical errors can be solved/rectified. Additionally, if possible at pools that have computers, the referee should also get a copy of the final meet results.

SAMPLE SCORESHEET FOR SWIMMING/DIVING
4 LANES - 6 LANES - 8 LANES

The score sheet, which can be found online (www.piaa.org) under the Documents section of Swimming, can be folded and placed on a small clipboard with the boys meet on one side and the girls meet on the other or used on a large clipboard. The reverse side shall be used for coaches’ names, names of officials who worked the meet, notes, names of swimmers/divers that have been given subsequent jewelry/suit warnings, etc.

PIAA DISQUALIFICATION CARD AND DIVING SHEETS

Both of these forms can also be found online.
TOPIC #7

A. INSTRUCTION OF TIMERS

If timers are used, other than officials, conduct a brief meeting with these individuals prior to the meet and demonstrate the proper technique for holding and using manual stopwatches. Include the proper way to start and stop a watch using the index finger and not the thumb. When there is automatic timing, the watch should be in the non-dominant hand and the dominant hand should be used for operating the plunger at the finish of a race. Demonstrate the proper positioning for timers as the swimmer in their lane is finishing the race, standing at the starting end of the pool beside the starting block, looking over the end to see the incoming swimmer’s hand as it touches the touchpad or where the touchpad should be (if it moves/falls off) not when the swimmer touches the wall above the touchpad. Inform the timers that they are not to determine the legality of a touch/finish. Instruct the timers not to stand between the blocks at the start of each race or during relay take-offs.

Ask the timers to help keep the swimmers away from the front edge of the pool, especially during the relay events.

When automatic timing is used, please instruct timers not to record the “time on the board” but the time on their watches. When only manual timing is used, show timers what is considered the finish end of the pool. Finally, instruct the timers to not to clear their watches until they hear the whistle for the next event. It is suggested that timers be instructed to stand on the same side of the blocks, either all on the right or all on the left.
TOPIC #8

A. DIVING

Pre-Meet

1. Introduce yourself to the diving coaches and inform the coaches and divers of the voluntary
dive for the week. Indicate to them the time and location for completed diving sheets to be
received.
2. Determine diving positions for visiting team and then home team. The divers from the visiting
team have the choice of odd or even diving positions. If there are only one or two visiting
divers, the divers have the choice of any visitor’s position in the diving order. If there are only
one or two divers from the home team, they also have the choice of any home team positions
in the diving order.
3. Check sheets for the following: diving order, signatures (coach and diver), school name,
voluntary dive (circled and 1.8 dd or less), plus 5 optional dives from 4 of the five different
categories excluding the listed voluntary dive, dive numbers, position (tuck, pike, straight, free),
and degree of difficulty. If there are mistakes, return to diver/coach for correction. Accurate
sheets should be initialed by the official who checked the sheet.
4. Changes can be made on the diving sheets until after the announcement of the results of the
50-yard freestyle. Make sure the referee is aware of any changes that are made after the dive
sheets have been checked.
5. In non-championship meets: by prior mutual consent of competing teams the diving event may
be held first, last or simultaneously with the swimming events 5.1.2.
6. Divers shall be permitted at least two practice approaches with or without a water entry
immediately prior to the start of the diving competition 9.2.1.

B. PRE-DIVING EVENT (See Rule 9, Section 6 in NFHS Swimming and Diving Rules Book)

1. Check sheets and tell the announcer how you would like to have the dives announced. During
the first round, the diver’s first and last name is announced, after that only the first name of the
diver is announced. Example: Jim Jones, 102, Forward, 1 somersault, pike, 1.5 (don’t say
point).

Diving scores do not need to be announced if they are displayed on a scoreboard. If scores are not
displayed, scores must be announced in the same order after each dive. The announcer shall read
the scores immediately after each dive is completed.

2. Review diving rule/expectations with judges.
3. Conduct a pre-dive conference with the divers.
a. Introduce yourself and other officials and have the divers introduce themselves to each other, if necessary.
b. Check for jewelry and proper uniform.
c. Instruct the divers to be ready and standing behind the board to hear the announcement of his/her dive when the previous diver has completed his/her dive and has come to the surface and is preparing to leave the pool. Divers shall not get on the board until after the announcement of their dive.
d. Explain what constitutes the starting position for forward and back/inward dives.
e. Explain excessive oscillation and the need for the diver to stop the board just before or after the starting position is assumed.
f. Divers should listen carefully to the description of their dive as it is announced. If the description is not accurate, the diver shall immediately bring it to the attention of the referee.
g. Allow divers two approaches or entries prior to the diving competition.
h. Explain that a diver must immediately come to the referee, after the completion of a dive to request that dive be repeated, if the diver felt the dive was influenced by an exceptional circumstance (Loud noise, etc.).

C. DURING DIVING EVENT (Referee)

1. Request quiet from spectators and swimmers and have announcer announce the order of divers and then the first dive.
2. After each score is displayed, if using manual scorecards, have judges keep their finger at the score they displayed, in case they are asked to show their scores again.
3. Informs judges of balks and a violation in the forward approach and instructs the judges of the mandatory deduction before the dive is scored.
4. The referee shall keep track of any disqualifications, in order to know when a diver has failed two dives and needs to be disqualified. If there is a disqualification, notify the diver and the coach and give reason.
5. Resolve problems prior to the next dive.

D. DURING DIVING EVENT (Judges)

1. Display scores immediately. Do not look at other judges' scores prior to displaying your score.
2. DO NOT show "disgust" with the way divers are performing their dives.
3. Limit conversation with the other diving judges.

Comment: When a diver performs a dive in a position other than what was listed on the dive sheet and has also balked during the dive, the referee would announce the dive as unsatisfactory and also announce the balk. The resultant score would be a zero. This is not a failed dive.
E. AFTER DIVING EVENT
1. Announce the ten minute swim warm-up and start watch.
2. Collect diving sheets, check math, resolve problems.
3. The referee shall sign and date the dive sheets. After this is done, give the diving scores (places) to the officials keeping score and the scorekeepers and have the announcer announce the results.

A review of diving shall be part of the rules interpretation portion of chapter meetings. Additionally, if there is diving in the area where the chapter officiates meets, the chapter meetings shall also include several training sessions, using diving films or poolside clinics throughout the season. The Diving Reference Card is another great tool which officials should be using. The PIAA State Diving Championships are filmed each year by PCN (717) 730-6000, and can be purchased by Chapters for training purposes.

REFERENCE MATERIALS

A. 2017-18 NFHS Swimming and Diving Examination 22
B. PIAA Officials' Uniform Requirements 40
C. Procedure for Questions on Swimming/Diving Rules Interpretation 41
D. Submission of Rule Change Proposal(s) 41
E. Recommendations for Improving Swimming and Diving – PIAA 42
F. Attendance Requirements at Chapter Meetings for Officials 42
1. At the start of the 100 backstroke, the referee notices a medical alert bracelet taped to the wrist on the swimmer in Lane 5. The swimmer is disqualified.
   A. True
   B. False

2. The duties of the meet committee do NOT include:
   A. Making decisions on matters not specifically covered by the rules book.
   B. Making decisions on misapplications of a rule.
   C. Making decisions regarding judgment calls made by the officials.
   D. All of the above are duties of the meet committee.

3. In the individual medley, when changing from one stroke to another, the rules for the completion of each stroke shall be:
   A. Turn rules for the stroke just completed.
   B. Freestyle rules.
   C. Finish rules for the stroke just completed.
   D. None of the above.

4. If a swimmer elects to swim backstroke in a freestyle event, which of the following starting methods CANNOT be used?
   A. Forward start from the deck.
   B. Backstroke start in the water.
   C. Forward start in the water.
   D. Forward start from the starting platform.

5. In the breaststroke, the stroke and turn official observes a swimmer who moves his/her hands in a sculling motion at the end of the first arm stroke. The official shall:
   A. Signal a disqualification.
   B. Obtain dual confirmation from the starter.
   C. Obtain dual confirmation from the referee.
   D. Do nothing since the observation does not violate the rules.

6. When should the referee schedule a swim-off?
   A. At the discretion of the referee.
   B. At any time prior to both athletes swimming their next event.
   C. Within 30 minutes of the last heat of an event in which any of the swimmers involved are competing.
   D. The swimmers involved shall have a 25-minute period between the swim-off and any other event in which they are a participant.
7. In a swim-off for the 200-yard medley relay, who may be a participant?
   A. The same four competitors who initially swam the event shall compete in the swim-off.
   B. At least two of the same competitors shall compete in the swim-off.
   C. Any team member may compete in the swim-off.
   D. Any team member listed on the relay entry card may compete in the swim-off.

8. A swimmer places a towel over the starting platform for the start of an event.
   A. Legal
   B. Illegal

9. During the 200-yard individual medley, the referee discovers the starting platform in Lane 5 has become loose and is not securely attached to the deck. The host team is unable to repair the platform. The referee requires all swimmers in all lanes to use the deck or in-water start for the remainder of the meet.
   A. Correct procedure.
   B. Incorrect procedure.

10. Prior to the meet, the coach shall verify with the meet referee that all his/her competitors are legally attired.
    A. True
    B. False

11. When one or more swimmers have obtained an unfair advantage at the start, the race shall:
    A. Continue without recall.
    B. Be recalled once swimmers reach the other end of pool.
    C. Be recalled and the swimmer(s) in violation disqualified.
    D. Be recalled, swimmer(s) warned and race re-started.

12. Rules regarding pool dimensions, markings and/or construction:
    A. Can be waived with prior mutual consent, unless the state association determines otherwise.
    B. Can be modified by each hosting facility.
    C. Shall not be waived.
    D. Can be waived but must be reported to the state association.

13. When the meet referee determines water conditions do not meet rule specifications:
    A. The teams may choose to compete with unanimous consent.
    B. The meet referee may declare that the meet will not be conducted.
    C. The meet shall be conducted.
    D. None of the above.

14. A legal uniform may consist of two caps.
    A. True
    B. False
15. A competitor wearing a small digital device completes his/her race. The referee shall:
   A. Ignore the digital device since the race has been completed.
   B. Disqualify the swimmer from that race and from further participation in the meet.
   C. Give the swimmer a warning since the device wasn’t noticed prior to the start.
   D. None of the above.

16. Before the long whistle, the referee notices swimmer "A" wearing tape on both knees. The referee shall:
   A. Disqualify the swimmer after the race.
   B. Ignore the wearing of the tape.
   C. Disqualify the swimmer before the race.
   D. Request documentation allowing the athlete to wear the tape while competing.

17. A competitor shall be disqualified from an event for:
   A. Competing in the wrong lane.
   B. Re-entering the water before all relay teams have finished.
   C. Exiting the pool across a lane still occupied by a competitor with the race still in progress.
   D. All of the above.

18. Electronic devices shall not be used to verify or review officials' decisions made during the meet.
   A. True
   B. False

19. The penalty for unsporting conduct is to:
   A. Disqualify the swimmer from that event only.
   B. Disqualify the swimmer from further competition (previous performances are not nullified).
   C. Allow the results of that event to stand, but disqualify from further competition in the meet.
   D. Disqualify from further participation, including all events in which the competitor previously qualified.

20. Turn judges shall:
   A. Monitor 15-meter violations from the starting end of the pool.
   B. Determine the order of finish for the field.
   C. Observe for violations of legal turns.
   D. Order an event to start without delay when a contestant fails to report promptly.

21. Swimmer A, using the forward start, comes down, grabs the block, becomes stationary, then leaves before the starting signal. Swimmers B and C dive into the water because of Swimmer A's movement. The start signal was never sounded. The false start is charged to:
   A. Swimmer A.
   B. Swimmer B.
   C. Swimmers A and B.
   D. The field.
22. Dive 103 B, Forward 1 1/2 SS Pike is announced. The diver performs the dive and enters feet first. Judge A awards a 6, Judge B awards a 5.5 and Judge C awards a “0.” Which is correct?
   A. All awards are recorded and used for computation.
   B. The diver is permitted to redo the dive.
   C. Judges A and B are permitted to have their scores recorded and used for computation.
   D. The diving referee should announce a failed dive and have all scores recorded as zero.

23. There are 33 swimmers in the prelims of an event at a championship meet held in an eight-lane pool. How many swimmers are in Heat #1, Heat #2, Heat #3, Heat #4 and Heat #5?
   A. 8, 8, 8, 6, 3
   B. 2, 7, 8, 8, 8
   C. 5, 7, 7, 7, 7
   D. 3, 6, 8, 8, 8

24. The changing of a swimsuit is not permitted in which area?
   A. Locker room
   B. The deck
   C. Temporary locker room
   D. Bathroom

25. A referee notices a swimmer using a towel to change swimsuits on the deck. What action should the referee take?
   A. Issue an unsporting conduct penalty.
   B. No penalty is given.
   C. Warn the swimmer.
   D. Take no action and notify the state association.

26. The referee determines there is a timing malfunction in Lane 5. The referee should:
   A. Make an adjustment based on using the average difference of backup and primary times.
   B. Use the valid backup time.
   C. Give no time.
   D. Allow the software operator to decide the time.

27. While reviewing dive sheets, the referee notices a diver has listed dive 5337 D on his/her sheet. The diving referee:
   A. Informs the diver he/she is not permitted to perform the dive because it is not listed in the diving table.
   B. Allows the dive to be performed.
   C. Fails the dive.
   D. Changes the dive to a 5335D.
28. A diver walks to the end of the board and, in the process of assuming a starting position, loses her balance and takes a small step to regain her balance. The referee:
   A. Calls a balk.
   B. Calls an unsatisfactory dive.
   C. Imposes no penalty.
   D. Instructs judges to deduct 1/2 to 2 points.

29. A diver does three-step forward approach followed by a culminating hurdle and bounces twice on the end of the board. The referee:
   A. Calls an infraction of the forward approach and deducts two points from each judge's score.
   B. Imposes no penalty.
   C. Fails the dive.
   D. Calls an unsatisfactory dive and deducts two points from each judge's score.

30. The final leg of the individual medley and the medley relay requires the swimmer to be:
   A. On the back before any stroke, kick or propulsive motion.
   B. In any position and use any stroke.
   C. At or past vertical toward the breast before any stroke, kick or propulsive motion.
   D. Toward the breast immediately after the feet leave the wall.

31. A diver lists the following dives on his diving scoresheet. Which dive is not permitted to be performed?
   A. 5152 C
   B. 204 B
   C. 5142 B
   D. 312 B

32. In a championship meet, divers shall submit a diving scoresheet containing:
   A. All five groups represented in the first eight rounds.
   B. A listing of the five voluntary dives.
   C. All 11 dives listed.
   D. All of the above.

33. For championship meets there shall be:
   A. At a minimum, ONE stroke inspector positioned where he/she can best see the competitors.
   B. At least two stroke inspectors.
   C. A minimum of four stroke inspectors.
   D. At least two stroke inspectors stationed at the far end of the pool.
34. Stroke inspectors shall:
   A. Examine only the last stroke prior to the turn.
   B. Signal a violation by raising one hand overhead with an open palm when all competitors are finished.
   C. Notify the referee of any violations at the conclusion of the meet.
   D. Signal by raising one hand overhead with open palm immediately upon discovering a violation of the legal swimming stroke.

35. Prior to the start of the meet, the chief timer shall instruct each timer:
   A. How to time a race.
   B. How to read the watch.
   C. How to reset a watch.
   D. All of the above.

36. The order of events for all meets shall be as follows:
   A. 100 freestyle following the 100 butterfly.
   B. 400 freestyle relay following the 400m/500yd. freestyle.
   C. 100 breaststroke following the 100 backstroke.
   D. 200 individual medley following the 50 freestyle.

37. The ballot system requires:
   A. Four finish judges.
   B. Finish judges with stopwatches to back up the lane times.
   C. Two finish judges.
   D. Automatic timing which is working and doesn't fail.

38. A consolation finalist:
   A. Shall not place higher than the highest contested place in the consolation finals.
   B. Does not have to swim to score points.
   C. Is awarded six points regardless of finish.
   D. Can earn a maximum of 20 points.

39. As a result of a swimmer in the championship heat withdrawing due to injury just prior to the championship finals, the swimmer that wins the consolation heat is:
   A. Awarded the last place points in the championship finals heat.
   B. Awarded the points for the winning time in the consolation finals as well as the points for the last place in the championship finals.
   C. Awarded the points corresponding to the highest place in the consolation finals.
   D. Allowed to swim in the championship heat but may not score points.
40. For relay takeoffs, a judge shall be assigned to observe:
   A. The departing swimmer’s feet, then the touch of the incoming swimmer.
   B. The incoming swimmer’s touch, then the departing swimmer’s feet.
   C. Both the incoming swimmer’s touch and the departing swimmer’s feet simultaneously.
   D. Each exchange in their lane independently from another official who is watching the lane exchange from the end of the pool.

41. A diver receives two failed dives due to errors on the diving sheet. Because these are written errors, the diver is permitted to remain in the diving competition.
   A. True
   B. False

42. Diving is not conducted at a pool because of inadequate water depth. The visiting team did not receive a written notice at least two weeks prior to the meet that diving would not be conducted due to inadequate water depth. Because of this, the visiting team shall be awarded points in proportion to its number of entries, and the host team will not score.
   A. True
   B. False

43. During the first round of diving in a championship meet, it is discovered that the diver has only four dive groups represented in the first eight dives. Since this was not discovered prior to the competition, no action is taken.
   A. True
   B. False

44. In championship meets, the diving referee may consult with a designated member of the judging panel concerning a possible failed dive.
   A. True
   B. False

45. An in-water start must be used when the water depth is:
   A. 5 feet or more.
   B. 4 feet or more.
   C. Less than 4 feet.
   D. Less than 4½ feet.

46. Timing devices, whether manual, semiautomatic or automatic, shall be calibrated to:
   A. .001.
   B. .01.
   C. .005.
   D. .05.

47. The withdrawal of a competitor from a specific event is called a:
   A. Scratch.
   B. Disqualification.
   C. Declared False Start.
   D. Forfeit.
48. The meet management shall provide for a software operator who will:
   A. Report to the referee.
   B. Produce and deliver the heat sheets to spectators.
   C. Determine the start time of the meet.
   D. Inspect the touch pad equipment prior to the start of competition.

49. 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.
   A. True
   B. False

50. In nonchampionships meets, the diving event must always be after the 50 freestyle.
   A. True
   B. False

51. When water conditions do not meet rule specification, by prior mutual consent, coaches can agree to conduct the meet.
   A. True
   B. False

52. A swimmer in the 50-yard freestyle swallows some water but continues to swim using the breaststroke. The swimmer finishes the race and should be disqualified for failure to maintain the freestyle stroke.
   A. True
   B. False

53. After the start and after the turn, the butterfly swimmer is allowed one or more arm pulls and leg kicks under water.
   A. True
   B. False

54. In backstroke, the body shall remain on the back to the degree the shoulders do not turn over beyond the vertical plane except while executing a turn.
   A. True
   B. False

55. In a championship meet, a declared false start is the withdrawal of a competitor from a specific event.
   A. True
   B. False

56. When there is no indication of timing malfunction, the pad time is official.
   A. True
   B. False
57. An infraction/false start occurs when a swimmer:
   A. Steps into the water feet first for an in-the-water start.
   B. Immediately assumes a starting position.
   C. Dives into the water for an in-the-water start.
   D. Remains stationary immediately prior to the start signal.

58. A race officially ends:
   A. When the last swimmer finishes the race.
   B. When the swimmer finishes his/her race.
   C. When the times are posted.
   D. When the timing device is stopped in the individual lane.

59. A scratch is:
   A. The withdrawal of a competitor from the remainder of his/her events in the meet.
   B. The withdrawal of a competitor from that event in a meet.
   C. The same as a declared false start.
   D. The withdrawal of a competitor from that event, allowing the competitor to enter another event.

60. The championship format can be used in the following meets:
   A. Championship.
   B. Invitational.
   C. Multi-team.
   D. All may use championship format.

61. Dual confirmation for relay takeoffs is:
   A. Required for relays.
   B. Required for championship meets.
   C. Required in multi-team meets.
   D. Required in all meets.

62. The side judge observes a relay takeoff violation. The takeoff judge assigned to the lane does not confirm. Electronic relay judging equipment is not being used. The referee shall:
   A. Disqualify the relay team.
   B. Review the videotape.
   C. Make no call.
   D. Overrule the takeoff judge and disqualify the relay team.

63. The referee's authority begins as he/she is available on deck, which shall be:
   A. At least 30 minutes before the meet begins.
   B. At least 20 minutes before the meet begins.
   C. At least 15 minutes before the meet begins.
   D. At least 10 minutes before the meet begins.
64. The dives to be performed (in any order) in the semifinal round of competition are:
   A. Two voluntary dives and three optional dives.
   B. Two voluntary dives and two optional dives.
   C. One voluntary dive and two optional dives.
   D. Two voluntary dives and one optional dive.

65. During an invitational meet using electronic timing and watches as backup, the electronic system shows the order of finish as 4-5-6-3-2-1. The referee, in his/her opinion, changes the order of finish to 5-4-6-3-2-1. Which is the correct procedure?
   A. This is allowed as the referee makes the “order of finish” determination.
   B. This is allowed if there is a declared timing malfunction in lanes 4 and 5.
   C. This is allowed with dual confirmation.
   D. This is permitted if the referee determines there is a malfunction of primary timing system and decides it is necessary to integrate backup times, which will result in a changed order of finish.

66. A swimmer pushes off the pool bottom after mistakenly thinking the 500-yard freestyle had concluded. The swimmer pushed off the bottom vertically and gained no forward momentum. The swimmer should:
   A. Be disqualified for stopping.
   B. Have a second subtracted from his/her time, but be allowed to finish the race.
   C. Have the push off be ignored because, in the judgment of the referee, the mistake was not made for the purpose of gaining an advantage.
   D. Be scratched from any remaining events.

67. Shaving is permitted on-site in the following location:
   A. On the deck with a properly disposed razor.
   B. In the locker-room shower with a properly disposed razor.
   C. In the locker-room stall with a properly disposed razor.
   D. Shaving is not permitted in any location on the site of the meet.

68. Team personnel may use electronic devices to:
   A. Verify an official’s decision.
   B. Review an official’s decision.
   C. Transmit information to a competitor during a race or dive.
   D. Transmit and record a competitor’s performance.

69. In a championship meet, each team shall be permitted a maximum of:
   A. Three entries in an individual event and two teams in relay events.
   B. Two entries in an individual event and two teams in relay events.
   C. Three entries in an individual event and one team in relay events.
   D. Four entries in an individual event and one team in relay events.
70. For the 400-meter/500-yard freestyle event in a dual meet, the host school management 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 only the two host school swimmers with lap counters can score.
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.

71. The host team backstroke flags are old and some lanes only have two pennants above the lane. The referee shall:

A. Disqualify home team medley relays.
B. Disqualify home team backstroke swimmers.
C. Disqualify home team individual medley swimmers.
D. All should be applied and the events not swum.

72. The starting signal should be loud enough to ensure a fair start. It is recommended that the starting signal:

A. Consist of a pistol capable of discharging live ammunition.
B. Activate only a strobe light to indicate the start for manual timers and hearing-impaired swimmers.
C. Involve both an audible starting signal and an optical signal.
D. Be composed of a hand signal from the starter.

73. For a championship meet the side takeoff judge may observe a violation of the takeoff of a departing swimmer. The side judge shall:

A. Record the violation of the order number of the swimmer and the lane in which it occurred.
B. Not consult first with the other judge.
C. Raise his/her hand, with open palm, to indicate a violation after the last competitor is in the water.
D. All should be done.

74. A proper recall device in a swim meet is:

A. A recall rope placed beyond 15 meters to the starting end of the pool.
B. An air horn.
C. The starting console horn.
D. All may be used.

75. The maximum height of the top front edge of the starting platform with water depth of 4 feet or more at the point of entry is:

A. 24 inches.
B. 30 inches.
C. 36 inches.
D. 42 inches.

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76. In a dual meet at a six-lane pool, the number of diving entries shall be:
   A. The same number as in the individual swimming events for the meet.
   B. Dictated by the meet management.
   C. The number required to achieve a full complement of competitors.
   D. A maximum of three.

77. The announcer announces Dive 302A. The diver requests a change to tuck position because of an error and will perform a:
   A. Reverse somersault, straight.
   B. Reverse dive, straight.
   C. Reverse somersault, tuck.
   D. Reverse dive, tuck.

78. 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.
   D. The diver's intent to enter competition.

79. In championship meets, the meet director shall determine the order of diving:
   A. Only by lot.
   B. Based only on each diver's best submitted competitive 11 dive score submitted.
   C. Based on each diver's best submitted competitive 6 dive score.
   D. Either by lot or each diver's best submitted competitive 11 dive score.

80. In dual meets, divers will be allowed:
   A. At least three practice dives immediately prior to the start of competition.
   B. Two practice approaches, with or without a water entry, immediately prior to the start of competition.
   C. At least 10 minutes of warm-up time.
   D. At least one practice dive for each dive being done in competition.

81. The order of divers in a dual meet shall be determined by:
   A. The state association.
   B. The visiting team choosing odd or even positions.
   C. Seed score from previous competition.
   D. Competitor choice.

82. A false start occurs when a swimmer:
   A. Unnecessarily delays in reporting for the start.
   B. Unnecessarily delays in assuming a starting position.
   C. Leaves the mark before the starting signal.
   D. All of the above.
83. 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 requirements for a forward in-water start.

84. The turn judge shall:
   A. Examine the last two strokes prior to the turn.
   B. Examine the exit from 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.

85. The head lane timer shall do which of the following during the meet?
   A. Always start a watch at the start signal.
   B. Record the times for the assigned lane.
   C. Discharge a sounding device when the swimmer has two lengths remaining in the 400m/500yd events.
   D. Determine the finish order of the heat.

86. 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.

87. A competitor shall be disqualified from an event and the rest of the meet for:
   A. Entering the water before a race without the referee’s approval.
   B. Ridiculing a competitor while standing behind the blocks for his or her race.
   C. Re-entering the water while others are still swimming in the race.
   D. Interfering with another swimmer during the race.

88. An official may not use tobacco:
   A. On site prior to the start of the meet.
   B. On site during the break after the fifth event.
   C. On site after the meet results have been announced.
   D. All of the above.

89. Taunting is considered:
   A. An attempt to demean or embarrass an opponent.
   B. Making an insulting remark to an opponent.
   C. Displaying negativity towards an opponent through a gesture.
   D. All of the above.
90. When a spectator becomes unruly at a meet, the referee shall:
   A. Proceed with the meet and conduct it as expeditiously as possible.
   B. Call the police.
   C. Ask the home team coach or meet director to resolve the situation before continuing.
   D. Speak with the unruly individual and attempt to calm the person down.

91. State associations may determine meets that shall be considered as culminating meets which utilize the championship format. The championship format prescribes specific rules. All rules apply except:
   A. Dual confirmation.
   B. A maximum of four entries in an individual event.
   C. The dive which shall be performed first by all competitors.
   D. A maximum of one team in a relay event.

92. Using starting block wedges for relay takeoffs is acceptable when:
   A. The second swimmer stands on the wedge during his or her takeoff.
   B. The third swimmer stands on the wedge during his or her takeoff.
   C. The fourth swimmer stands on the wedge during his or her takeoff.
   D. None of the above.

93. The forward approach of a diver may consist of:
   A. Three steps followed by a hurdle and a takeoff.
   B. Five steps followed by a hurdle and a takeoff.
   C. Two hops followed by one step, a hurdle and a takeoff.
   D. All of the above are legal.

94. Which of the following is not a proper sequence for a lap counter when the competitor makes each turn at the starting end of the pool:
   A. Changing the lap counter from 13 to 15.
   B. Changing the lap counter from 15 to 13.
   C. Changing the lap counter from 5 to the “Orange” card.
   D. Changing the lap counter from 17 to the “Orange” card.

95. What items are NOT acceptable in a visual lap counting system:
   A. A card with a white background for the numerals.
   B. A card with black numerals.
   C. A card with 12-inch numerals.
   D. A card with 14-inch numerals.

96. A lap counting system may not utilize:
   A. A solid fluorescent orange card.
   B. A solid fluorescent safety green card.
   C. Visual counters used in ascending order.
   D. Visual counters used in descending order.
97. Culminating meets, utilizing a championship meet format, may now be determined by:
   A. A league commissioner.
   B. A coaches association.
   C. A state association.
   D. A regional or sectional association.

98. In relay events, the second, third and fourth swimmers:
   A. Must have both feet in contact with the starting platform in front of the starting block wedge during takeoff.
   B. Cannot use starting block wedges.
   C. Must have both feet at the front of the starting platform during takeoff.
   D. Are prohibited from taking off with both feet from the top of the starting block wedge.

99. In championship meets:
   A. Dual confirmation is required.
   B. Dual confirmation is not required.
   C. Three judges must be assigned to each lane.
   D. The referee may not serve as a takeoff judge.

100. Consistent language has been established for all NFHS sports that describe what information is permitted on the uniform. Not permitted is:
    A. A competitor's name on his or her warm-up jacket.
    B. A number on the competitor's parka.
    C. An emblem recognizing "State Team" on the competitor's cap.
    D. A school nickname on the competitor's suit.
<table>
<thead>
<tr>
<th>Question</th>
<th>Answer Choice</th>
<th>Answer Text</th>
<th>Rule Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>B</td>
<td>False</td>
<td>3-3-4</td>
</tr>
<tr>
<td>2</td>
<td>C</td>
<td>Making decisions regarding judgment calls made by the officials.</td>
<td>4-1-2</td>
</tr>
<tr>
<td>3</td>
<td>C</td>
<td>Finish rules for the stroke just completed.</td>
<td>8-2-5</td>
</tr>
<tr>
<td>4</td>
<td>B</td>
<td>Backstroke start in the water.</td>
<td>8-1-1 NOTE, 8-2-4a</td>
</tr>
<tr>
<td>5</td>
<td>A</td>
<td>Signal a disqualification.</td>
<td>8-2-2d</td>
</tr>
<tr>
<td>6</td>
<td>D</td>
<td>The swimmers involved shall have a 25-minute period between the swim-off and any other event in which they are a participant.</td>
<td>5-4-4</td>
</tr>
<tr>
<td>7</td>
<td>D</td>
<td>Any team member listed on the relay entry card may compete in the swim-off.</td>
<td>5-4-4</td>
</tr>
<tr>
<td>8</td>
<td>A</td>
<td>Legal</td>
<td>2-7-2</td>
</tr>
<tr>
<td>9</td>
<td>A</td>
<td>Correct procedure.</td>
<td>2-7-2</td>
</tr>
<tr>
<td>10</td>
<td>A</td>
<td>True</td>
<td>3-3-5</td>
</tr>
<tr>
<td>11</td>
<td>A</td>
<td>Continue without recall.</td>
<td>8-1-4</td>
</tr>
<tr>
<td>12</td>
<td>A</td>
<td>Can be waived with prior mutual consent, unless the state association determines otherwise.</td>
<td>2-1</td>
</tr>
<tr>
<td>13</td>
<td>B</td>
<td>The meet referee may declare that the meet will not be conducted.</td>
<td>2-7-2 PENALTY 2</td>
</tr>
<tr>
<td>14</td>
<td>A</td>
<td>True</td>
<td>3-3-2</td>
</tr>
<tr>
<td>15</td>
<td>B</td>
<td>Disqualify the swimmer from that race and from further participation in the meet.</td>
<td>3-5 PENALTY</td>
</tr>
<tr>
<td>16</td>
<td>D</td>
<td>Request documentation allowing the athlete to wear the tape while competing.</td>
<td>3-3-4</td>
</tr>
<tr>
<td>17</td>
<td>D</td>
<td>All of the above.</td>
<td>3-6-2, 3-6-4</td>
</tr>
<tr>
<td>18</td>
<td>A</td>
<td>True</td>
<td>4-1-6</td>
</tr>
<tr>
<td>19</td>
<td>D</td>
<td>Disqualify from further participation, including all events in which the competitor previously qualified.</td>
<td>3-6-1 PENALTY</td>
</tr>
<tr>
<td>20</td>
<td>C</td>
<td>Observe for violations of legal turns.</td>
<td>4-5-2</td>
</tr>
<tr>
<td>21</td>
<td>A</td>
<td>Swimmer A.</td>
<td>8-1-1</td>
</tr>
<tr>
<td>22</td>
<td>D</td>
<td>The diving referee should announce a failed dive and have all scores recorded as zero.</td>
<td>9-7-5</td>
</tr>
<tr>
<td>23</td>
<td>D</td>
<td>3, 6, 8, 8, 8</td>
<td>5-3-5</td>
</tr>
<tr>
<td>24</td>
<td>B</td>
<td>The deck</td>
<td>1-5-2</td>
</tr>
<tr>
<td>25</td>
<td>A</td>
<td>Issue an unsporting conduct penalty.</td>
<td>3-6-1</td>
</tr>
<tr>
<td>26</td>
<td>B</td>
<td>Use the valid backup time.</td>
<td>6-4-1b</td>
</tr>
<tr>
<td>27</td>
<td>A</td>
<td>Informs the diver he/she is not permitted to perform the dive because it is not listed in the diving table.</td>
<td>9-4-7</td>
</tr>
<tr>
<td>28</td>
<td>C</td>
<td>Imposes no penalty.</td>
<td>9-5-5</td>
</tr>
<tr>
<td>29</td>
<td>C</td>
<td>Fails the dive.</td>
<td>9-7-5q</td>
</tr>
<tr>
<td>30</td>
<td>C</td>
<td>At or past vertical toward the breast before any stroke, kick or propulsive motion.</td>
<td>8-2-4c</td>
</tr>
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</tr>
<tr>
<td>31.</td>
<td>D</td>
<td>312 B</td>
<td>9-4-7</td>
</tr>
<tr>
<td>32.</td>
<td>D</td>
<td>All of the above.</td>
<td>9-3-5, 9-4-1</td>
</tr>
<tr>
<td>33.</td>
<td>B</td>
<td>At least two stroke inspectors.</td>
<td>4-4-7</td>
</tr>
<tr>
<td>34.</td>
<td>D</td>
<td>Signal by raising one hand overhead with open palm immediately upon discovering a violation of the legal swimming stroke.</td>
<td>4-4-2</td>
</tr>
<tr>
<td>35.</td>
<td>D</td>
<td>All of the above.</td>
<td>4-9-1</td>
</tr>
<tr>
<td>36.</td>
<td>C</td>
<td>100 breaststroke following the 100 backstroke.</td>
<td>5-1-1</td>
</tr>
<tr>
<td>37.</td>
<td>C</td>
<td>Two finish judges.</td>
<td>6-5-1</td>
</tr>
<tr>
<td>38.</td>
<td>A</td>
<td>Shall not place higher than the highest contested place in the consolation finals.</td>
<td>7-1-5</td>
</tr>
<tr>
<td>39.</td>
<td>C</td>
<td>Awarded the points corresponding to the highest place in the consolation finals.</td>
<td>7-1-5</td>
</tr>
<tr>
<td>40.</td>
<td>A</td>
<td>The departing swimmer’s feet, then the touch of the incoming swimmer.</td>
<td>4-6-4a</td>
</tr>
<tr>
<td>41.</td>
<td>B</td>
<td>False</td>
<td>9-8-3</td>
</tr>
<tr>
<td>42.</td>
<td>A</td>
<td>True</td>
<td>9-1-1 PENALTY 2b</td>
</tr>
<tr>
<td>43.</td>
<td>B</td>
<td>False</td>
<td>9-4-1 PENALTY 2</td>
</tr>
<tr>
<td>44.</td>
<td>A</td>
<td>True</td>
<td>9-7-5 NOTE</td>
</tr>
<tr>
<td>45.</td>
<td>C</td>
<td>Less than 4 feet.</td>
<td>2-7-2b</td>
</tr>
<tr>
<td>46.</td>
<td>B</td>
<td>0.01.</td>
<td>2-7-7</td>
</tr>
<tr>
<td>47.</td>
<td>C</td>
<td>Declared False Start.</td>
<td>1-3-14</td>
</tr>
<tr>
<td>48.</td>
<td>A</td>
<td>Report to the referee.</td>
<td>4-10-1a</td>
</tr>
<tr>
<td>49.</td>
<td>A</td>
<td>True</td>
<td>4-2-2k</td>
</tr>
<tr>
<td>50.</td>
<td>B</td>
<td>False</td>
<td>5-1-2a</td>
</tr>
<tr>
<td>51.</td>
<td>B</td>
<td>False</td>
<td>2-6-1 PENALTY</td>
</tr>
<tr>
<td>52.</td>
<td>B</td>
<td>False</td>
<td>8-2-4b</td>
</tr>
<tr>
<td>53.</td>
<td>B</td>
<td>False</td>
<td>8-2-3b</td>
</tr>
<tr>
<td>54.</td>
<td>A</td>
<td>True</td>
<td>8-2-1b</td>
</tr>
<tr>
<td>55.</td>
<td>A</td>
<td>True</td>
<td>1-3-14</td>
</tr>
<tr>
<td>56.</td>
<td>A</td>
<td>True</td>
<td>6-3-2</td>
</tr>
<tr>
<td>57.</td>
<td>C</td>
<td>Dives into the water for an in-the-water start.</td>
<td>8-1-3b</td>
</tr>
<tr>
<td>58.</td>
<td>A</td>
<td>When the last swimmer finishes the race.</td>
<td>1-3-5</td>
</tr>
<tr>
<td>59.</td>
<td>A</td>
<td>The withdrawal of a competitor from the remainder of his/her events in the meet.</td>
<td>1-3-13</td>
</tr>
<tr>
<td>60.</td>
<td>D</td>
<td>All may use championship format.</td>
<td>1-3-12 NOTE</td>
</tr>
<tr>
<td>61.</td>
<td>B</td>
<td>Required for championship meets.</td>
<td>4-6-3, 4-6-4</td>
</tr>
<tr>
<td>62.</td>
<td>C</td>
<td>Make no call.</td>
<td>4-6-4c</td>
</tr>
<tr>
<td>63.</td>
<td>A</td>
<td>At least 30 minutes before the meet begins.</td>
<td>4-2-1</td>
</tr>
<tr>
<td>64.</td>
<td>D</td>
<td>Two voluntary dives and one optional dive.</td>
<td>9-4-1d</td>
</tr>
<tr>
<td>65.</td>
<td>D</td>
<td>This is permitted if the referee determines there is a malfunction of primary timing system and decides it is necessary to integrate backup times, which will result in a changed order of finish.</td>
<td>6-4-1b</td>
</tr>
<tr>
<td>66.</td>
<td>C</td>
<td>Have the pushoff be ignored because, in the judgment of the referee, the mistake was not made for the purpose of gaining an advantage.</td>
<td>3-6-2b</td>
</tr>
<tr>
<td></td>
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<td>---</td>
</tr>
<tr>
<td>67</td>
<td>D</td>
<td>Shaving is not permitted in any location on the site of the meet.</td>
<td>3-6-1g</td>
</tr>
<tr>
<td>68</td>
<td>D</td>
<td>Transmit and record a competitor's performance.</td>
<td>3-5</td>
</tr>
<tr>
<td>69</td>
<td>D</td>
<td>Four entries in an individual event and one team in relay events.</td>
<td>3-1-1</td>
</tr>
<tr>
<td>70</td>
<td>B</td>
<td>Require that two of the host school swimmers participate without lap counters so that the visiting team can use the equipment.</td>
<td>2-7-6 PENALTY</td>
</tr>
<tr>
<td>71</td>
<td>D</td>
<td>All should be applied and the events not swum.</td>
<td>2-7-5 PENALTY</td>
</tr>
<tr>
<td>72</td>
<td>C</td>
<td>Involve both an audible starting signal and an optical signal.</td>
<td>2-7-3</td>
</tr>
<tr>
<td>73</td>
<td>D</td>
<td>All should be done.</td>
<td>4-6-4c</td>
</tr>
<tr>
<td>74</td>
<td>D</td>
<td>All may be used.</td>
<td>2-7-4</td>
</tr>
<tr>
<td>75</td>
<td>B</td>
<td>30 inches.</td>
<td>2-7-2b</td>
</tr>
<tr>
<td>76</td>
<td>A</td>
<td>The same number as in the individual swimming events for the meet.</td>
<td>9-3-1</td>
</tr>
<tr>
<td>77</td>
<td>C</td>
<td>Reverse somersault, tuck.</td>
<td>9-3-5, 9-3-6</td>
</tr>
<tr>
<td>78</td>
<td>C</td>
<td>Accuracy of the sheet and that the diver can perform the dives listed.</td>
<td>9-3-3 NOTE</td>
</tr>
<tr>
<td>79</td>
<td>D</td>
<td>Either by lot or each diver's best submitted competitive 11 dive score.</td>
<td>9-2-2</td>
</tr>
<tr>
<td>80</td>
<td>B</td>
<td>Two practice approaches, with or without a water entry, immediately prior to the start of competition.</td>
<td>9-2-1</td>
</tr>
<tr>
<td>81</td>
<td>B</td>
<td>The visiting team choosing odd or even positions.</td>
<td>9-2-3</td>
</tr>
<tr>
<td>82</td>
<td>D</td>
<td>All of the above.</td>
<td>8-1-3</td>
</tr>
<tr>
<td>83</td>
<td>D</td>
<td>All of these are requirements for a forward in-water start.</td>
<td>8-1-1 NOTE</td>
</tr>
<tr>
<td>84</td>
<td>B</td>
<td>Examine the exit from the turn until the completion of the first full stroke.</td>
<td>4-5-2a</td>
</tr>
<tr>
<td>85</td>
<td>B</td>
<td>Record the times for the assigned lane.</td>
<td>4-9-2</td>
</tr>
<tr>
<td>86</td>
<td>A</td>
<td>The score and entries the same as when suspended.</td>
<td>7-2-4</td>
</tr>
<tr>
<td>87</td>
<td>B</td>
<td>Ridiculing a competitor while standing behind the blocks for his or her race.</td>
<td>3-6-1</td>
</tr>
<tr>
<td>88</td>
<td>D</td>
<td>All of the above.</td>
<td>4-1-8</td>
</tr>
<tr>
<td>89</td>
<td>D</td>
<td>All of the above.</td>
<td>3-6-1a</td>
</tr>
<tr>
<td>90</td>
<td>C</td>
<td>Ask the home team coach or meet director to resolve the situation before continuing.</td>
<td>3-6-3</td>
</tr>
<tr>
<td>91</td>
<td>C</td>
<td>The dive which shall be performed first by all competitors.</td>
<td>1-3-12</td>
</tr>
<tr>
<td>92</td>
<td>D</td>
<td>None of the above.</td>
<td>4-6-1</td>
</tr>
<tr>
<td>93</td>
<td>D</td>
<td>All of the above are legal.</td>
<td>9-5-2</td>
</tr>
<tr>
<td>94</td>
<td>C</td>
<td>Changing the lap counter from 5 to the &quot;Orange&quot; card.</td>
<td>3-4</td>
</tr>
<tr>
<td>95</td>
<td>D</td>
<td>A card with 14-inch numerals.</td>
<td>2-7-6</td>
</tr>
<tr>
<td>96</td>
<td>B</td>
<td>A solid fluorescent safety green card.</td>
<td>3-4</td>
</tr>
<tr>
<td>97</td>
<td>C</td>
<td>A state association.</td>
<td>1-3-12</td>
</tr>
<tr>
<td>98</td>
<td>D</td>
<td>Are prohibited from taking off with both feet from the top of the starting block wedge.</td>
<td>8-3-5 NOTE 3</td>
</tr>
<tr>
<td>99</td>
<td>A</td>
<td>Dual confirmation is required.</td>
<td>4-6-4</td>
</tr>
<tr>
<td>100</td>
<td>C</td>
<td>An emblem recognizing &quot;State Team&quot; on the competitor's cap.</td>
<td>3-3-2a</td>
</tr>
</tbody>
</table>
B. PIAA OFFICIAL UNIFORM FOR SWIMMING AND DIVING

The official uniform required for Swimming and Diving Officials, without exception is:

Shirt................White, short sleeved and **must** be tucked into slacks
Slacks……….Navy Blue     Please purchase the darkest navy blue possible. Jeans *are not* permitted.
Shoes........Solid white, clean sneakers – “croc” types of foot apparel *are not* permitted
Socks...........White
Belt.............Navy blue or black

The PIAA emblem is to be worn on the left sleeve, 3 inches down from the shoulder seam.

An American Flag, 2 inches by 3 inches, may be worn on the right sleeve in the same position as the PIAA emblem.

*THE WEARING OF SKIRTS, SHORTS, CAPRI’S AND CROPPED PANTS IS NOT PERMITTED.*

It is understood that various types of shirts are being worn. Chapters are reminded and encouraged to consider adopting “one” type of shirt so all chapter members will look alike when working a meet. Chapter logos and/or patches (NCAA, US Swimming, FINA) on shirts are not permissible.

We are a professional team and we must look the role when officiating. The wearing of the officials’ standard uniform is mandatory.

*A reminder, officials who fail to wear the required uniform can be placed on probation or suspended.

ADDITIONAL INFORMATION:

Officials selected by the PIAA Executive Staff to work the State Swimming and Diving Meet will wear navy slacks and the PIAA issued “Championship Shirt” (These shirts are given to the officials at the State Meet).

The wearing of jewelry (except wedding bands and medical-alert bracelets) and wrist watches (except as a required timing device) is prohibited. Smoking, tobacco chewing and use of alcoholic beverages are prohibited.
C. PROCEDURE FOR QUESTIONS ON RULES INTERPRETATION
(See “Note 3” Below for Non-Swimming/Diving Rules Referral)

Below is the proper procedure for questions pertaining to the contest rules of high school swimming and diving. If you should circumvent any of these steps, you will be referred to the proper person.

● Fans, parents and the media will be referred to the Athletic Administration of the school in which they reside for their questions.

● The only questions, we as chapter and the state interpreter should respond to are those associated with high school swimming and diving. Any questions on eligibility or questions not associated with the contest rules of high school swimming and diving, should be directed to the PIAA Office to Mr. Patrick B. Gebhart. We, as officials, **MUST** not offer our opinions.

D. SUBMISSION OF RULES CHANGE PROPOSAL(S)

Submit any recommendations for NFHS Rules changes on the Swimming & Diving Rules Change Proposal Form. The link for submission of a rules change has been provided to each interpreter. [http://www.nfhs.org/RuleChangeProposal](http://www.nfhs.org/RuleChangeProposal)

Prior to submission, the proposed change should be discussed thoroughly with the chapter, and state interpreter. The due date for submissions to NFHS is February 15, 2019. Please allow sufficient time for PIAA review when submitting (by February 1st). **Pat Gebhart-PIAA Assistant Executive Director is the only person who can submit proposals to the NFHS.**

NFHS Swimming and Diving Questionnaire - The NFHS provides Swimming and Diving Questionnaires to each state office that uses NFHS Swimming and Diving Rules determined by guidelines as established by the NFHS Executive Committee. These questionnaires are shared with chapters who, in turn, should forward them to the members of their chapter for completion. Coaches are provided these same questionnaires through the coaches association.

The NFHS Rules Committee relies on the Questionnaire results when considering any NFHS rules changes or editorial changes.
E. RECOMMENDATIONS FOR IMPROVING SWIMMING AND DIVING IN PENNSYLVANIA

At one of your chapter meetings toward the end of the season, review ways your chapter believes we can improve swimming and diving in Pennsylvania. Submit your thoughts/suggestions, in writing, to Mrs. Constance Harakal, PIAA Statewide Swimming and Diving Rules Interpreter.

F. CHAPTER MEETING ATTENDANCE

An official must attend a minimum of six (6) chapter meetings during the course of the sports season. **Attendance means the physical presence at and for the entire meeting, six times a year.** An official must also attend a mandatory rules interpretation meeting in the individual’s particular sport.

**NOTE:** Officials may attend meetings of other chapters in order to meet the minimum six meeting requirement. If an official is visiting another chapter, the official need to make sure that the chapter secretary has their name, etc. so it can be entered online.

In all sports, officials shall only get credit for three meetings prior to the first playing date of the sports season. It is highly recommended that officials attend at least four meetings throughout the season at their home chapter. It is recommended that each meeting be scheduled for minimally ninety minutes in length for chapters to handle attendance, officiating techniques and rules interpretations, approve previous meeting minutes and the handling of old and new business. **Note:** Chapter meetings shall be conducted with the taking of attendance, the only item on the agenda that precedes officiating techniques and rules interpretation. It is required that chapters hold at least eight (8) meetings per sport season to accommodate the needs of their members. **(PIAA Officials' Manual)** Officials cannot get credit for two chapter meetings held/attended on the same day, i.e., a chapter may not conduct the annual Rules Interpretation meeting followed by a regular chapter meeting. While the Rules Interpretation meeting is a required meeting, it does not count as one of the six required meetings.

**NOTES:**