

STARTER

STARTER PROTOCOL – CHEAT SHEET

FORWARD STARTS

REFEREE: Blows series of short whistles to alert timers/swimmers to get ready

**STARTER: Announces Event Number, Event Name and Heat Number
Subsequent Heats, announce only the Heat Number**

REFEREE: Blows long whistle which directs swimmers to step onto the blocks

STARTER: “Step Up”

REFEREE: Turns heat over to Starter with an outstretched arm

**STARTER: “Take your Mark” – said conversationally even pitch
[BEEP] – given only after all swimmers are motionless**

BACKWARD STARTS

REFEREE: Blows series of short whistles to alert timers/swimmers to get ready

**STARTER: Announces Event Number, Event Name and Heat Number
Subsequent Heats, announce only the Heat Number**

REFEREE: Blows long whistle which directs swimmers to enter the water

STARTER: “Step In”

REFEREE: Blows long whistle, turns heat over to Starter with an outstretched arm

**STARTER: “Take your Mark” – said conversationally even pitch
[BEEP] – given only after all swimmers are motionless**

Look For:

- Forward start:
 - Swimmers must assume a stationary starting position
 - Swimmers must have one foot at the front of the block
 - In-water start: Swimmers must have one hand in contact with the wall

- Backward start:
 - Swimmers must assume a stationary starting position
 - Swimmers must not have toes over the lip of the gutter/edge of pool
 - Swimmers must have both hands in contact with the wall/starting block grips

- False Start
 - Watch for movement after “take your mark” command is given
 - 1st False start is not a DQ
 - Use recall if necessary (confer with Referee)

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Common Additional Starter Commands

“Stand” - used when swimmers do not promptly assume a legal starting position

“Step down” – used to avoid swimmers standing on the blocks for too long

“Please respond promptly to this command” – used when swimmer is slow in assuming a starting position

“Please hold your position motionless” – used to correct excessive motion

“Your toes must be below the lip of the gutter/edge of the pool” – on backstroke starts

“You must have at least one foot at the front of the block” – used to correct starting position if both feet are back

“Lane _____, please _____” – used to correct the action of a single swimmer should only be used after the entire field has been corrected and the swimmer repeats the action

Starter Meet Reminders:

- Night before: Charge timing system and print off all necessary paperwork (Order of finish and Relay Takeoff Slips)
- Meet day: arrive early to allow time for all procedures
- Set-up timing system and perform a test start. May also perform strobe check with timers once in place
- Check that starting blockers are properly/securely fastened
- Introduce yourself to Ref and discuss conduct of meet, Stroke and Turn judge placement, relay take-off positions, how many heats of each event, discuss any special needs swimmers (alternate starts), check in with other pool’s ref and starter – need to be aware of each other during all starts
- Keep track of order of finish for all events. Write down any false starts.
- Move starter to opposite end of the pool to start the Graduated Relay (starts off the wall in the shallow end)