

RSL 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 Marks" – said conversationally even pitch**
[BEEP] – given only after all swimmers are stationary

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 Marks" – said conversationally even pitch**
[BEEP] – given only after all swimmers are stationary

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 marks" command is given
 - 1st False start is not a DQ
 - After confirming false start with Referee, recall the heat.

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 swimmers that need special accommodations (alternate starts)
- Keep track of order of finish for all events. Write down any false starts. Cross off any NS swims (athlete does not report to blocks). Document any combined heats.
Document any articles of clothing or medical equipment.
- After completion of each set of 9-10 year old events, instruct the timers to switch to the deep end of the pool after they have finished recording their times (refer to Starter Event List).
- After completion of 15-18 events, instruct timers to switch to the shallow end of the pool after they have finished recording their times (refer to Starter Event List).
- Move starter to shallow end of the pool to start Event #65/66 - Medley Relay (starts off the wall in the shallow end)
- Move the starter back to the Deep End of the Pool to start the Graduated Relay, however, timers remain in place in the shallow end as the race starts in deep end (blocks) and ends in shallow end (wall).