



STARTER

September 1, 2023



WELCOME



- The goal of any competition volunteer or official is to contribute to a fair, safe and positive competitive environment.
- The role of the **Starter** is to ensure a fair start for all swimmers.

PREFERRED PREREQUISITES



- Completion of the Inspector of Turns and Judge of Stroke Clinics and deck experience/evaluations.
- If not completed, take it as soon as possible as Starters can be assigned these tasks.
- Consistent voice/tone.
- Calm and patient.



STARTER'S DUTIES

STARTER'S DUTIES



- The Starter shall give the command that begins each race, using a consistent tone and cadence. The Starter shall adapt to different levels of swimmers (level, age, para swimmers).
- The Starter shall work collaboratively with the Referee to ensure that all swimmers have a fair start.
- The Starter shall take notes of everything related to the start.
- The Starter shall complete other duties as assigned eg. recall rope, act as Judge of Stroke if needed and if qualified, count laps in long distance, take sweeps, etc.
- The Starter should be consistent and exercise good judgment, maintaining the confidence of the Referee and the swimmers.

BEFORE THE SESSION



- Read the meet package prior to the meet to find out what type of competition in order to apply the appropriate starting rules (Masters, Para Swimming).
- Arrive at least one hour prior to the beginning of the meet.
- Meet with the Referee to discuss procedures for the session.
- Complete a deck check with the Referee to view the Starter area and equipment being used.
- If there are multiple Referees/Starters during the session, complete the deck check as a team.
- Ensure you have heat sheets/program, disqualification forms, and a bottle of water.

BEFORE THE SESSION



Meet with the Referee to discuss:

- The starting protocol and flow of the session (over the top, para swimmers, are there any breaks).
- Communication if you are not on the same side of the pool.
- Any swimmers with special considerations, such as Para swimmers or d/Deaf/Hard of hearing swimmers.
- If any races are starting at the turn end.
- Whether the Starter will be making any type of announcements (event number, heat number, advise swimmers to clear the pool, etc).

BEFORE THE SESSION



Meet with the Referee to discuss (cont'd):

- If there will be a watch check.
- For distance events – are there one or two swimmers per lane.
- If the session is double ended – which pool has priority.
- Who is responsible for the recall rope – off Starter or Judge of Stroke.
- Are there other duties to perform - Judge of Stroke, IT, sweeps, counting laps in long distance races, etc.
- If there is an announcer.

BEFORE THE SESSION

DECK CHECK



Deck check:

- Verify the starting equipment to be used during the session and become familiar with the pool layout.
- Perform a test start and test the recall signal.
- Test the volume of the starting equipment microphone at each lane.
- Verify that speakers are in place and are functional.
- The Referee will inspect each starting platform to ensure they are firm and stable.

BEFORE THE SESSION

DECK CHECK



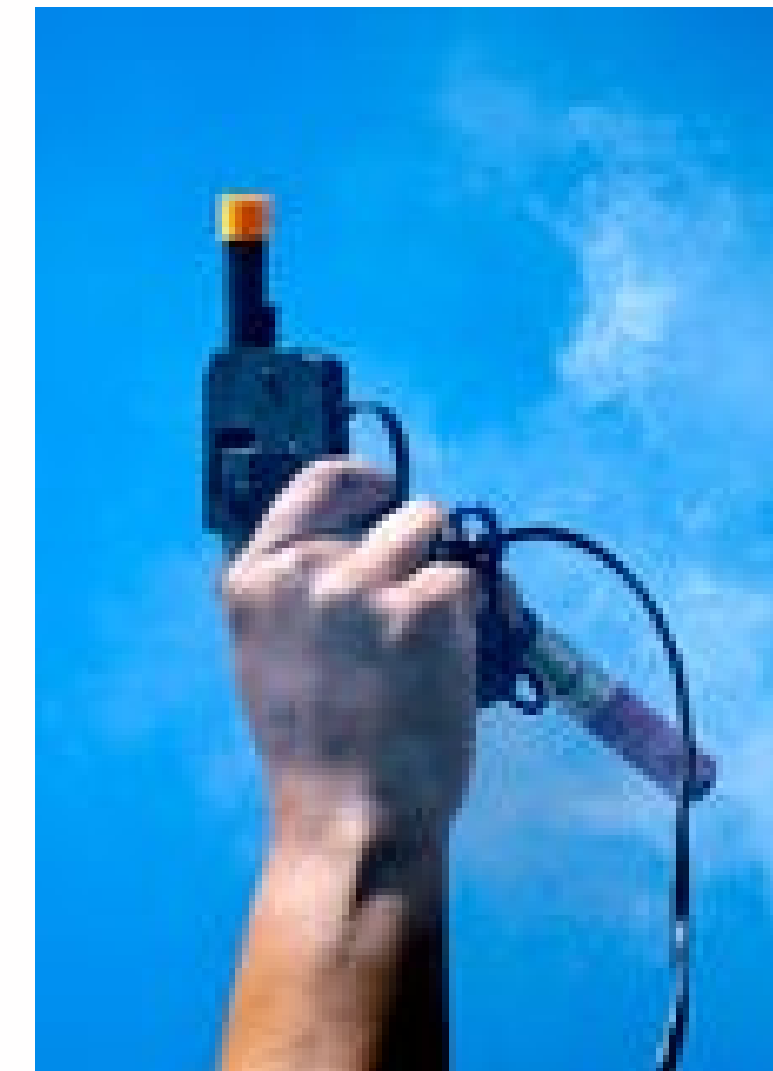
Deck check (cont'd):

- Determine if there is back-up starting system, including:
 - Where it is located
 - Who is responsible for replacing equipment if problems arise.
- Test the recall rope by releasing it - ensure it covers all lanes.
- Inspect both ends of the pool, if required.

STARTING EQUIPMENT



Common starting equipment:





RULES FOR THE STARTER

RULES DESCRIBING THE DUTIES OF THE STARTER



II.2.3.1 The Starter shall have full control of the swimmers from the time the Referee turns the swimmers over to him/her (II.2.1.5) until the race has commenced. The start shall be given in accordance with II.4.

II.2.3.1 IN ACTION



- Swimmers are turned over to the Starter by the Referee's outstretched arm.
- The Starter shall give the command “**Take Your Marks**” in a slow, steady and clear voice.
- A Starter must establish an even, consistent cadence with their starting commands.

RULES DESCRIBING THE DUTIES OF THE STARTER



II.2.3.2 The Starter shall report a swimmer to the Referee for delaying the start, for wilfully disobeying an order or for any other misconduct taking place at the start, but only the Referee may disqualify a swimmer for such delay, wilful disobedience or misconduct.

II.2.3.2 IN ACTION



Example: A swimmer suddenly mounts the starting platform in a empty lane when the race is under the Starter's control.

- Starter should step the swimmers down and then confer with the Referee.
- Disqualification for “Delaying the start” can be recommended by the Starter but **CAN ONLY BE DECLARED** by the Referee.

RULES DESCRIBING THE DUTIES OF THE STARTER



II.2.3.3 The Starter shall have power to decide whether the start is fair, subject only to the decision of the Referee.

II.2.3.3 IN ACTION



If the start was not fair, the race shall be recalled without any disqualification

- Excessive/loud noise at the start.
- Camera flash from the crowd.
- Any distraction on the start.
- Starter held the swimmers too long or did not allow the swimmers to set.



RULES DESCRIBING THE DUTIES OF THE STARTER



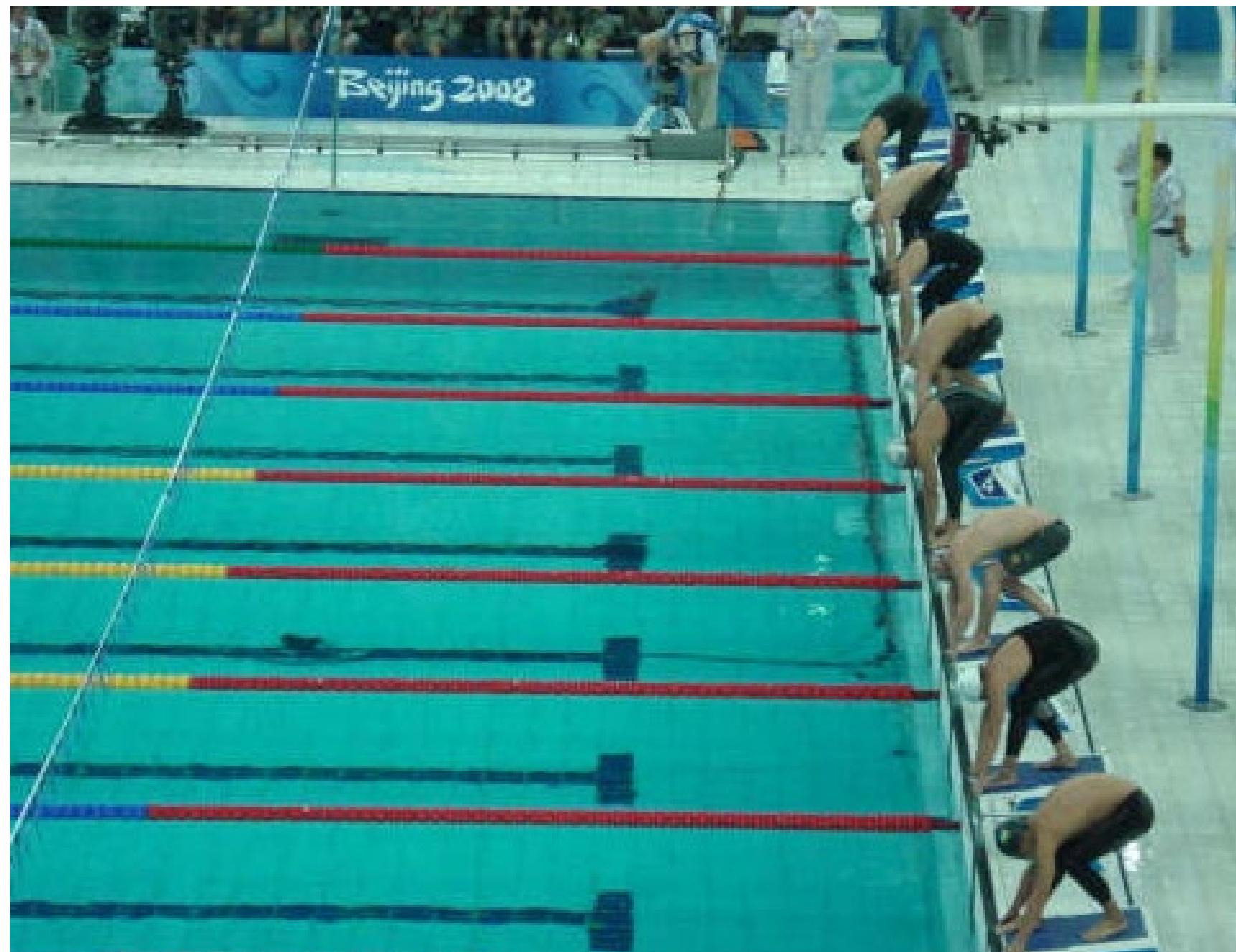
II.2.3.4 When starting an event, the Starter shall stand on the side of the pool within approximately five metres of the starting edge of the pool where the Timekeepers can see and/or hear the starting signal and the swimmers can hear the signal.

II.2.3.4 IN ACTION



The Starter needs to be positioned to ensure a good view of all swimmers at the start.

- If a podium is used - adjust it if required and if possible.





RULES DESCRIBING THE START

RULES DESCRIBING THE START



II.4.1 The start in freestyle, breaststroke, butterfly and individual medley races shall be with a dive. On the long whistle (II.2.1.5) from the Referee the swimmers shall step onto the starting platform and remain there. On the Starter's command "take your marks", they shall immediately take up a starting position with at least one foot at the front of the starting platforms. The position of the hands is not relevant. When all swimmers are stationary, the Starter shall give the starting signal.

II.4.1 IN ACTION



For all Freestyle, Breaststroke, Butterfly and Individual Medley events, swimmers must get on the starting platform at the Referee's long whistle.

- The start shall be with a dive as per II.4.1.

The Referee shall turn the race over to the Starter when the swimmers are prepared:

- Some swimmers may fidget until the Referee turns the race over to the Starter.
- Some swimmers may continue to move their hands until the command "Take your marks" is given.

II.4.1 IN ACTION



When the Referee turns the race over to the Starter, and the swimmers are ready, the Starter shall give the command “Take your marks”.

- At that time, swimmers must immediately take position with at least one foot at the front of the starting platform.
- Be vigilant – allow swimmers to become stationary after their backwards movement in their “Track Start” before giving the starting signal.
- The position of the swimmers hands is not relevant; however the swimmers must be stationary.

When all swimmers are stationary, the Starter shall activate the starting signal.

- If the swimmers are not stationary, do not activate the starting signal; ask them to step down and restart the procedure.

SCENARIO FOR DISCUSSION



A swimmer does not respond to the command “Take your marks” by taking a starting position with one or both feet at the front of the starting platforms.

- Do not activate the starting signal.
- Instruct the swimmers to step down.
- Discuss with the Referee; did the swimmer hear the command? The Referee should disqualify the swimmer if they are 100% sure that the swimmer was not obeying the command.
 - This call would be “Delay of start” rather than “Starting prior to the signal”. Lane shall remain empty.

RULES DESCRIBING THE START



II.C4.1.1 Where starting platforms are not available or in use (as per II.16.1.4 and/or C16.1.4.1), swimmers may start from the edge of the pool or from the bulkhead. On the long whistle from the Referee the swimmers shall step forward to the edge of the pool and remain there. On the Starter's command "take your marks", they shall immediately take up a starting position with at least one foot at edge of the pool or bulkhead. The position of the hands is not relevant. When all swimmers are stationary, the Starter shall give the starting signal.

II.C4.1.2 A swimmer may be permitted to start in the water but shall have at least one hand and one foot in contact with the end wall and poolside, as appropriate, until the starting signal is given. Standing on the bottom is prohibited.

II.C4.1.1 – II.C4.1.2 IN ACTION



- It is now possible for a swimmer to start from the end wall or bulkhead when starting platforms are not available.
- Swimmers may also start from in the water, but must have at least one hand and one foot in contact with the wall when the start is given.
- Ensuring a safe and fair start remains the priority for all swimmers.

RULES DESCRIBING THE START



II.4.2 The start in backstroke and medley relay races shall be from the water. At the Referee's first long whistle (II.2.1.5), the swimmers shall immediately enter the water. At the Referee's second long whistle the swimmers shall return without undue delay to the starting position (II.6.1). When all swimmers have assumed their starting positions, the Starter shall give the command "take your marks". When all swimmers are stationary, the Starter shall give the starting signal.

II.4.2 IN ACTION



For all Backstroke and Medley Relay events, swimmers must get into the water at the Referee's first long whistle.

- At the Referee's second long whistle, all swimmers must return without undue delay to their starting position.
- The Referee shall turn the race over by raising their arm when the swimmers are settled.
- When the Referee turns the race over, the Starter shall give the command "Take your marks".

When all swimmers are stationary, the Starter shall activate the starting signal.

- If the swimmers are not stationary, do not activate the starting signal; ask them to relax and restart the procedure.

RULES DESCRIBING THE START



II.4.3 In Olympic Games, World Championships and other World Aquatics events the command "Take your marks" shall be in English and the start shall be by multiple loudspeakers, mounted one at each starting platform.

- The command shall be given in English ("Take your marks") or in French ("À vos marques ») with the exception of the following meets where it must be done in English only:
 - Olympic Games, World Championships and any other World Aquatics events.
 - At all Swimming Canada National meets, the command shall be given in English.

RULES DESCRIBING THE START



II.6.1 Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter, or bending the toes over the lip of the gutter, is prohibited. When using a backstroke ledge at the start, at least one toe of each foot must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.

II.6.1 IN ACTION



Without any undue delay after the Referee's second long whistle, swimmers must:

- Line up in the water facing the starting end.
- Both hands must hold the starting grips.
- It is prohibited for swimmers to stand in or on the gutter.
- Bending the toes over the lip of the gutter is prohibited as well.



II.6.1 IN ACTION



When a backstroke ledge is available, swimmers may use the ledge to perform their backstroke start.

- Backstroke ledges are installed by the Inspector of turns (IT) on the top of the starting platform prior to backstroke and medley relay events.
- The IT should ensure that the straps are not twisted as it will not work properly; if the strap is twisted the Starter shall relax the swimmers and have the straps adjusted appropriately.





II.6.1 IN ACTION

When using backstroke ledges, at least one toe of each foot must be in contact with the end wall or face of the touchpad.

- Bending the toes over the top of the touchpad is prohibited.
- The Starter should scan the swimmers to confirm the position of the toes, prior to giving the command “Take Your Marks”.



II.6.1 IN ACTION



At some meets, a warning is given once if all swimmers do not have at least one toe from each foot in contact with the touchpad:

- ITs should glance down briefly to ensure one toe of each foot is in contact with the touchpad;
- If they are satisfied, ITs will look down the pool;
- If a swimmer is non-compliant, the IT will raise their hand;
- The Starter will give a general reminder to all swimmers;

“Swimmers: You must have at least one toe from each foot in contact with the touchpad.”

STARTS FOR d/D/DEAF or HARD OF HEARING SWIMMERS



STARTS FOR d/DEAF OR HARD OF HEARING SWIMMERS



Coaches who enter d/Deaf or Hard of hearing swimmers into a sanctioned meet are responsible for notifying the Meet Manager or Competition Coordinator/Referee to request any required start adaptations.

Start adaptations may include:

1. A portable strobe placed at the lane.
2. A non-verbal instruction conveyed via support staff.
3. Starter's arm signals.

STARTS FOR d/DEAF OR HARD OF HEARING SWIMMERS



1. Using a portable strobe:
 - Testing of the strobe at the lane should be done prior to the session. The strobe should be placed beside the block a few heats in advance to ensure it is functioning properly.
 - If the swimmer has indicated a preference of strobe placement, ensure the strobe is placed accordingly.
 - A designated official should move the strobe to the lane before the race and remove it again afterwards.
 - Ensure the strobe is placed at the lane for all of the swimmer's races in the session.

STARTS FOR d/DEAF OR HARD OF HEARING SWIMMERS



1. Using a portable strobe:



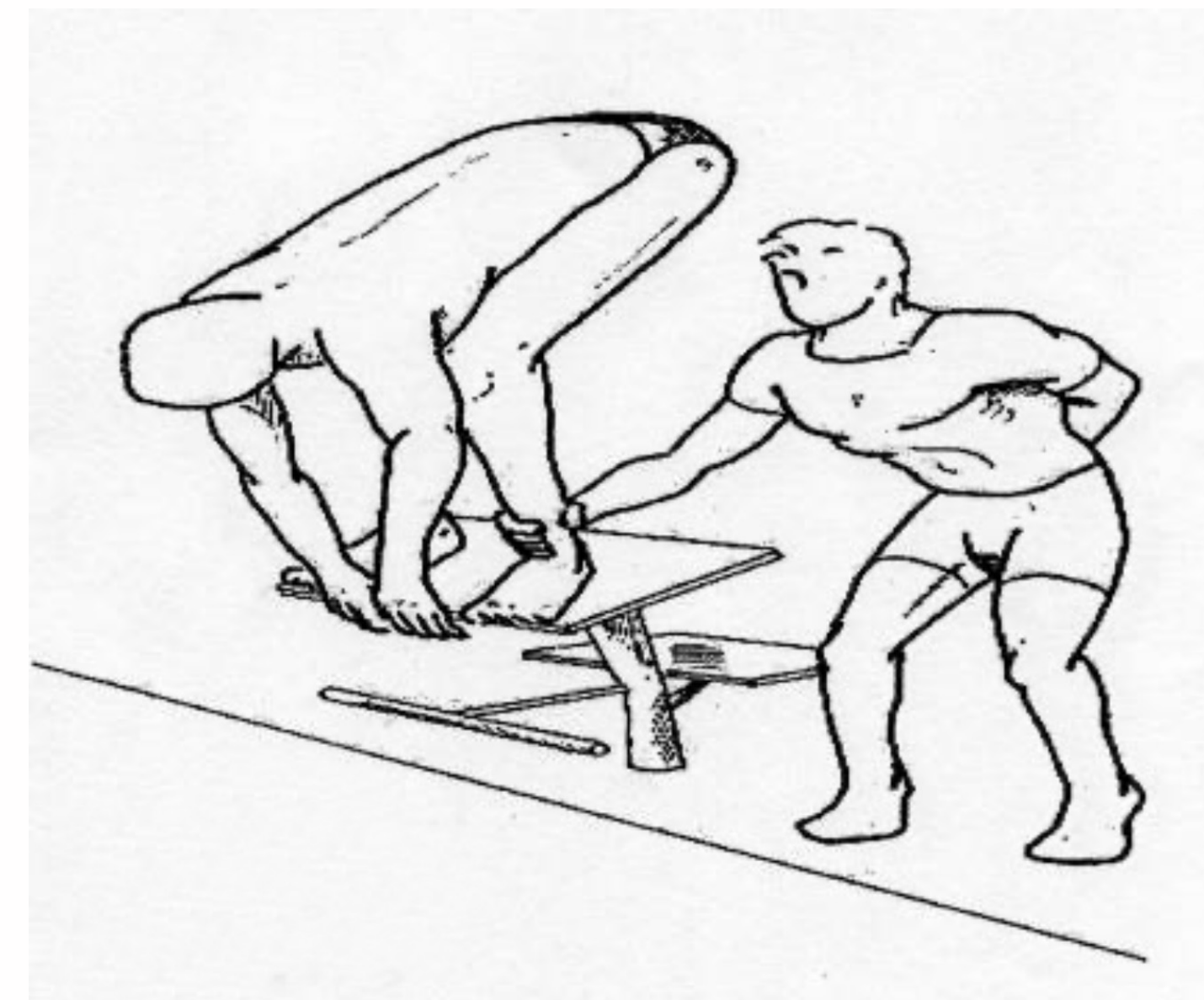
STARTS FOR d/DEAF OR HARD OF HEARING SWIMMERS



2. A non-verbal instruction conveyed via support staff:
 - If requested by the swimmer/coach, swimmers may have a support staff holding/touching their ankle until the starting signal is given. For backstroke starts, the support staff may hold/touch the arm or hand.

Guidelines:

- Cannot give momentum to the swimmer on the start;
- Isn't a balancing aid;
- Doesn't interfere with other swimmers (undue sound, movement, etc.)

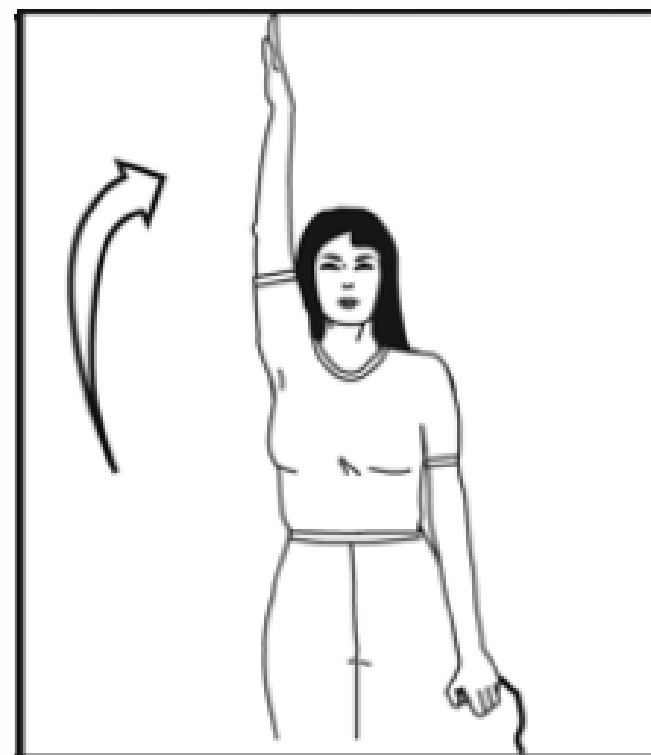


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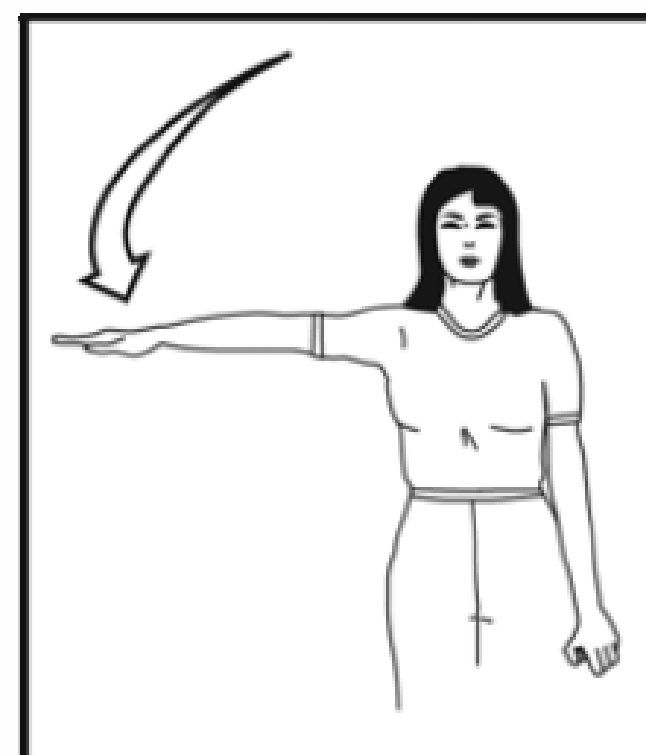


3. Starter's arm signals:

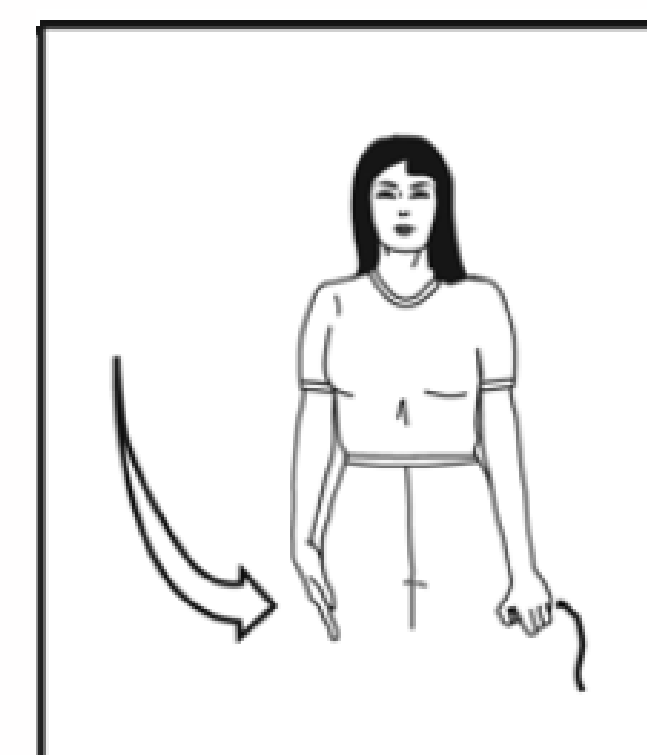
- If requested by the athlete, arm signals may be provided by the referee/starter.
- The Starter should stand where the swimmer can see them.



1. Arm overhead
(long whistle):
swimmer steps
onto starting block



2. Arm moves to
shoulder level:
Starter command
“Take your marks”



3. Arm moves to
side of body:
Starting signal is
given



**INITIATING A
START BEFORE
THE SIGNAL**

RULES DESCRIBING THE START



II.4.4 Any swimmer initiating a start before the signal may be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back and start again. The Referee repeats the start procedure beginning with the long whistle (the second one for backstroke) as per II.2.1.5.

II.4.4 IN ACTION



If a swimmer starts forward before the starting signal sounds but before a disqualification is declared, the race shall continue and the swimmer(s) shall be disqualified at the end of the race.

- It is possible to have more than one swimmer disqualified.

If a swimmer moves forward prior to the starting signal and the disqualification is declared, DO NOT activate the starting signal.

- Step the swimmers down.
- Confer with the Referee to confirm the disqualification.
- Swimmer(s) being disqualified cannot swim under protest (II.C4.4.1).

II.4.4 IN ACTION



Prior to each subsequent attempt to start, the start shall revert back to the Referee who shall again signal swimmers to the starting platforms with the long whistle.

- In general, if the starting signal goes, the race goes – unless it is determined that it was an unfair start.

Examples of an unfair start could be:

- A loud noise or interference during the start, causing the swimmer to think that was the start signal.
- If a Starter holds the swimmers too long while waiting for all swimmers to become stationary causing an unfair start the race should be recalled without any disqualification.

RULES DESCRIBING THE START



II.2.1.6 A disqualification for initiating the start before the starting signal must be observed and confirmed by both the Starter and the Referee. When Automatic Officiating Equipment is available, it may be used to verify the disqualification.



II.2.1.6 IN ACTION



Both the Referee and Starter **MUST** have observed and confirmed a swimmer starting prior to the starting signal.

- If the Starter and Referee do not agree, there is **NO** disqualification.
- However, based on the Canadian interpretation provided through the Officials Bulletin in April 2017, there may be cases where a disqualification is accepted by the Referee when the Starter and Referee did not both observe the infraction.
 - This may occur when either the Referee or Starter are new to role, either were distracted at the start of the race and so unable to observe.
 - If there is any doubt, then a disqualification would not be called.

RULES DESCRIBING THE START



II.C4.4.1 When swimmer(s) are disqualified for a false start under this rule, the swimmer(s) shall not be allowed to swim under protest. If a protest is made and upheld by a Jury of Appeal, the swimmer(s) concerned shall swim on their own at a time determined by the Referee and the coach(es) concerned.

II.C4.4.1 IN ACTION



If a disqualification on the start is protested by a coach, the swimmer is not allowed to swim the race under protest.

- A decision on the protest must be given prior to allowing the swimmer to swim.
- If the protest is upheld, the swimmer shall swim on their own later during the session, at a time determined by the Referee and the swimmer's coach.

RULES DESCRIBING THE START



II.6.1.6.2 If an error by an official follows a fault by a competitor, the fault by the competitor may be expunged. If an official's call on deck leads to a review of an athlete's potential infraction, and it is deemed that the athlete made no error, the athlete will be cleared of the inquiry. Additionally, if an error by a competitor follows a fault by an official, the fault of the competitor shall be expunged.

II.6.1.6.2 IN ACTION



If a swimmer starts prior to the start signal being given and the Starter recalls the race in error:

- This is an official's error, therefore the fault by the swimmer will be expunged because the race was recalled. All swimmers will step up again.



PARA SWIMMING AND STARTING

PARA SWIMMING OFFICIATING



With more and more integrated swimming competitions, it is likely that you will work at a meet with Para swimmers.

- The rules are exactly the same as for Olympic program swimmers; however, Paralympic swimmers (who are identified with their sport class, e.g., S8, SB7, SM8) may be permitted exceptions to the rules based on their specific impairment.
- The Referee shall provide additional instructions and protocol to be used for Para swimmers.
- For officials interested in officiating at the Provincial and/or National level, certification as a Para Swimming Official is recommended. Certification requires completion of the daylong Domestic Para Swimming Officials clinic. Upcoming clinics are listed in the LMS (Learning Management System).

PARA SWIMMING OFFICIATING



The most common exceptions for the Start have an element of common sense.

- Swimmers with visual impairment (S/SB/SM 11-13) shall be permitted to orientate themselves prior to the Starter's command (WPS 3.1.3.1).
- Para swimmers may start anywhere, regardless of their respective class. They may start beside the starting platforms (WPS 11.1.2.4), start using a sitting position on the starting platforms (WPS 11.1.2.5) or start in the water (WPS 11.1.2.6).
 - For a water start, the swimmer is required to have one hand in contact with the starting place until the starting signal is given (WPS 11.1.2.6).
 - Any swimmer starting in the water and who's unable to grip the starting place may be assisted by a Support Staff or a starting device (WPS 11.1.2.8) (Exception E).

PARA SWIMMING OFFICIATING



- Para swimmers with a balance problem, i.e., standing stationary on their own or have a problem getting on the starting platform, may have an assistant to balance them on the starting platform (WPS 11.1.2.2) (Exception A).
 - Support staff shall not allow the swimmer unfair advantage by being held beyond the 90 degrees vertical position on the starting platform (WPS 11.1.2.2).
- Only classes S/SB/SM 1-3 can perform a feet start – feet held on the wall by a support staff (WPS 11.1.2.7).
- All para swimmers may have a towel (one layer only) on the starting platform (WPS 11.1.2.9).

PARA SWIMMING OFFICIATING



- Any kind of strapping that limits unwanted movement is prohibited, such as kinesio tape (WPS 11.8.9).
- Swimmers cannot use orthosis and prosthesis during a race (WPS 11.8.9.1).
- For the backstroke start, when a swimmer is unable to hold both grips (e.g. one arm only), they can hold one grip (WPS 11.3.1.1) (Exception 1, Y).
- For backstroke start, when a swimmer is unable to hold either starting grip, they can hold the end of the pool (WPS 11.3.1.2) (Exception E [No E, must hold grips]).
- Para swimmers may use the backstroke ledge for their start.
- If there are para swimmers in the meet, the Starter shall clear the pool prior to, and after the para swimmer's race as you don't know if the para swimmer may start in the water or may take more time to exit the pool. They may exit out the side.



KEYS TO SUCCESS

KEYS TO SUCCESS



- Continually observe the activity behind the starting platforms and in the pool.
- Ensure the electronics are ready and the pool is quiet.
- Once the Referee turns the swimmers over to the Starter, the swimmers are under your control.
- Give the command “Take your marks”.
- When all swimmers are stationary give the starting signal.
- If the start was unfair, RECALL THE RACE.
- If a swimmer starts prior to the starting signal, but the signal is given, don't recall the race; the disqualification shall take place at the end of the race.

KEYS TO SUCCESS



- As soon as the starting signal is given, check the clock, normally if the clock didn't start, the race should be recalled. Then turn your attention to the pool and ensure all swimmers have surfaced.
- Clear the pool, if requested by the Referee for:
 - Backstroke starts, Para swimmers, relays.
- Maintain notes related to the starts on your heat sheet/program:
 - No shows or empty lanes;
 - The start time of each heat;
 - Any Relaxes, Step downs or Delays;
 - Any start disqualifications – Referee and Starter must agree;
 - Sweeps (swimmer's finish order), if requested by the Referee.

KEYS TO SUCCESS



Starter and Referee work as a team to ensure a fair start for all swimmers.

Commands:

- “Take your Marks”
 - ✓ A calm, clear, neutral tone, relaxed command.
 - ✓ Think of it as a invitation; NOT an instruction.
- “Relax, step down...” If Para swimmers or Masters Swimmers then they should just be told to “relax”.
- “Swimmers clear the pool”.
- Observe the swimmers as you give the command.
- Watch for distractions, listen for noise.

KEYS TO SUCCESS



- Consider the level and ability of the swimmers and adjust your expectation of “stationary”.
- Timing is every thing, do not start the swimmers before they are stationary, do not hold them too long, or start them too quickly.
- Adjust for Masters Swimmers.
- Be aware of the needs and accommodations for Para Swimmers.
- Practice - Practice – Practice.



DISCUSSION QUESTIONS

QUESTION 1



Some responsibilities of the Starter are (choose all that are correct):

- a) ensure that each race is started fairly
- b) discuss signals between Referee and Starter
- c) disqualify swimmers who use illegal stroke techniques
- d) announce swimmers before each race
- e) call the swimmers to attention before the race using a whistle
- f) ensure the Timekeepers are ready before starting the race
- g) start the race as soon as all the swimmers have taken their marks and are motionless
- h) perform other duties as assigned by the Referee
- i) report to the Referee any swimmer for delaying the start, willfully disobeying an order or any other misconduct taking place at the start

QUESTION 2



The Starter shall have control of the swimmers from the time (choose all that are correct):

- a) the Referee turns the race over to them
- b) the Referee checks that the Judges are ready
- c) the swimmers take their positions of readiness at the front of the starting platforms
- d) the Referee blows the long, loud whistle
- e) the Referee gestures to the starter with an outstretched arm

QUESTION 3



The Referee may not interfere once the Starter has control of the swimmers:

- a) true
- b) false

QUESTION 4



At the start the Starter shall:

- a) ensure that the strobe light is in clear view of the Timekeepers
- b) call an infraction against a swimmer for delay of meet, to the referee
- c) a & b

QUESTION 5



The preparatory command that immediately precedes the starting signal shall be:

- a) “ready”
- b) “get set”
- c) “to your marks”
- d) “take your marks”
- e) “on your marks”

QUESTION 6



In the event of the malfunction of the starting device the Starter shall:

- a) leave the swimmers poised and attempt to repair the malfunction
- b) direct the swimmers to “step down” or “relax”
- c) call a false start and proceed immediately with another attempt
- d) leave the swimmers poised and reload the pistol

QUESTION 7



During the start, the Referee and the Starter may:

- a) elect at any time to recall the race and restart it if a fair start has not been achieved
- b) direct swimmers to “step down” or “relax” and then re-attempt to start the race without assigning a false start or a disqualification
- c) disqualify at the end of the race, any swimmer who leaves their mark early (jumping the gun)
- d) all of the above

QUESTION 8



Whenever swimmers have been asked to step down and relax due to any action or lack of action on the part of the swimmer(s), the control of the race reverts to the Referee

- a) true
- b) false

QUESTION 9



A “False Start” occurs when:

- a) a swimmer starts before the starting signal has been given
- b) the starting signal misfires
- c) there is an official's error

QUESTION 10



Authority to call a “False Start” lies with (choose all that are correct):

- a) the Referee
- b) the Chief Timekeeper
- c) the Judge of Strokes and Inspector of Turns
- d) the Starter
- e) the Referee and Starter must agree

QUESTION 11



The swimmers, other than Para swimmers, are in the water for the start of (choose all that are correct):

- a) 200m Individual Medley
- b) 400m Freestyle
- c) 400m Medley Relay
- d) 200m Backstroke

QUESTION 12



For Backstroke events, the swimmer (choose all that are correct):

- a) must be in the water facing down the course
- b) must be in the water facing the starting end
- c) shall hold the starting grips with both hands
- d) must have at least one toe from each foot in contact with the end wall if backstroke ledges are being used
- e) may have toes in the gutter
- f) must have the feet level on the wall
- g) must have toes below the water line

QUESTION 13



For events requiring a dive start, the swimmers (choose all that are correct):

- a) shall stand behind the starting platforms until the Referee's whistle is sounded
- b) shall step onto the starting platform with both feet the same distance from the front and remain stationary
- c) on the command, "take your marks", shall take their position with at least one foot at the front of the starting platform
- d) may use a track start
- e) may when using the track start, adjust the back foot position
- f) may start from the pool deck when circumstances warrant
- g) shall keep their heels in contact with the starting platform while awaiting the start signal, after the preparatory command has been given
- h) are permitted to grasp the starting platform with their hands while awaiting the start signal, after the preparatory command has been given
- i) Must have both feet at the front of the starting platform

QUESTION 14



The following statements about the start are true (choose all that are correct):

- a) the Starter may disqualify a swimmer for a false start before the race occurs
- b) the Starter may disqualify a swimmer for a false start after the start occurs and the Referee agrees
- c) a disqualification which occurs after a successful start has been achieved is charged to the swimmer at the end of the race
- d) swimmers may be directed to “step down” or “relax” prior to a successful start without a false start or disqualification being assigned

CONGRATULATIONS



You have now completed the Level II Starter Clinic.

Your next task is to obtain deck experience.

To be certified as a **Starter** you must complete two deck evaluations.

The Session Referee must be informed prior to the session that you are requesting a deck evaluation. At the end of the session, the Session Referee will sign your officials card if the evaluation was successful.



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