

## STARTER

The starting procedure shall be as follows:

Beginning of Event:

Announce: “**Event** \_\_\_\_, **Boys/Girls**, **Age** \_\_\_\_, [**stroke** \_\_\_\_], **Heat** \_\_\_\_”

Beginning of next Heat:

Announce: “**Event** \_\_\_\_, **Heat** \_\_\_\_”

Invite the heat to “**STEP UP**” (for forward starts), or “**STEP IN**” (for backstroke and medley relay events, or swimmers not wishing to dive start).

When the course is ready, the Referee shall **BLOW HIS WHISTLE** to close the heat, and then turn the heat over to the Starter.

Starter continues with the command “**TAKE YOUR MARK**”. The swimmers shall promptly assume a starting position with at least one foot at the front edge of the starting block or deck (forward starts), or facing the starting end with feet under water and both hands in contact with the pool deck or another swimmer’s legs (back stroke starts.)

When all swimmers are motionless (about 1 second), the Starter discharges the starting horn.

1. Swimmers may be permitted to start in the water in events requiring forward starts. On the Starter’s command “Take your mark”, such swimmers must assume a motionless position with one hand and both feet in contact with the wall. A backstroke start may not be used.
2. Any swimmers who are not motionless at the start, or who enter the water prior to the Starter’s signal, may be charged with a false start. The Starter and Referee shall independently determine whether any swimmers should be charged with a false start. If a swimmer false starts twice, the affected swimmers shall be disqualified and shall not be permitted to swim.
3. If any swimmers are in motion at the start, or if any swimmers have obtained an unfair advantage, or if the start was not fair to all swimmers, the Starter shall immediately recall the heat. No disqualification shall be assessed if, in the opinion of the Referee, the false start was caused by reaction to motion by another swimmer, or by extenuating circumstances (such as a loud noise at the start).
4. If a false start occurs and swimmers proceed, the Referee and coaches will decide on the appropriate rest period prior to restarting the race.

Within 15-20 seconds of end of heat, Starter shall begin calling next heat. Do not wait until all Timers have handed over their times.