



ISI Starter
Webinar Materials

Hello and thank you for advancing to Starter, we are happy to have you in our ranks!

This material is to help you follow along with your webinar, and to take notes on specific topics.

Remember during the webinar if you have a question please use the “Raise Hand” feature in the participants screen or use the Chat feature to submit it.

Before you attend the webinar, it is important you make the time to view the videos on your EdPuzzle classroom. You should have completed the following learning units:

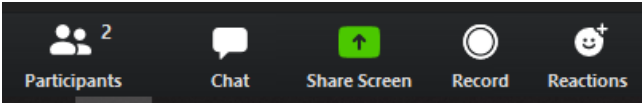
1. Starter Part 1
2. Starter Part 2

If you have technical questions, please refer to the webpage we created on attending the webinar:

https://www.teamunify.com/SubTabGeneric.jsp?_stabilid_=206201&team=iislsc

The next page also outlines the basic functions of Zoom you will need.

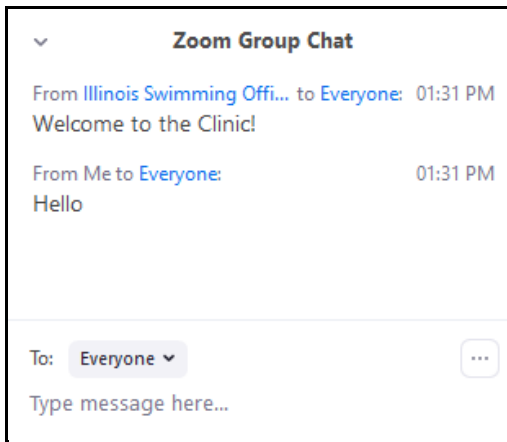
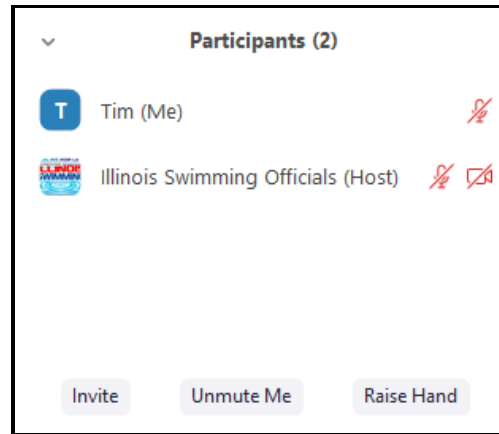
Zoom Conference Basics



On the bottom of the main screen click "Participants" and click "Chat".

In the Participants Window you can:

- Mute / Unmute yourself
- Raise / Lower you hand



In the Chat Window you can:

- See messages to Everyone
- See message to just you
- Type messages to Everyone
- Type messages to specific people

At the bottom / left of the Main Screen you can:

- Mute / Unmute yourself
- Start / Stop your video





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Welcome!

- Thank you for choosing to advance to starter
- Some webinar housekeeping
 - Monitor your audio
 - Keep video active
 - Use the “raise hand” option
- Introductions



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Webinar Goals

- Prepare for on-deck training
- Rules pertaining to starts
- Protocols for starters
- Fundamentals of starting
- Understand the false start
- Timer's meeting
- Certification Steps



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The Starter's Mindset



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Officials' Philosophy

- Safety is our biggest concern
- Success depends on the integrity, knowledge, concern and regard for the athletes
- One set of rules applies to all swimmers
- Swimmers get the benefit of the doubt
- We do not judge style
- Demonstrate impartiality and professionalism



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Starting Philosophy

- Starter's responsibility to ensure a fair start for all athletes in a heat
- Patience at each step is the best tool
- Experience is the only teacher
- Be willing to admit mistakes
- Expect the unexpected



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A Starter's Mindset

GOAL: A fair start for all swimmers

Three main parts

- Knowing when the field is ready to get into the starting position
- Knowing when the field is ready to be sent
- Knowing if/when it is necessary to intervene



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Rules of the Start



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Starting Rules

Rule 101.2

When the swimmers and officials are ready, the Referee shall signal with an outstretched arm to the Starter that the swimmers are under the Starter's control.



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Starting Rules

Rule 101.2

On the Starter's command "take your mark", the swimmers shall immediately assume their starting position, in the forward start, with *at least one foot at the front of the starting platform or the deck*. Swimmers starting in the water must have at least one hand in contact with the wall or starting platform. When all swimmers are *stationary*, the Starter shall give the starting signal.



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Starting Rules

Rule 101.2

When a swimmer does not respond promptly to the command "take your mark," the Starter shall immediately release all swimmers with the command "stand up" upon which the swimmers may stand up or step off the blocks.



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Mechanics of the Start



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Starting Mechanics

Where to stand

- Within approximately 5 meters from start of pool
- Able to observe entire field AND distinguish between individual lanes
- Starter chooses position, referee adjusts to starter



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Starting Mechanics

Before the Heat

- Look at swimmers behind the blocks
- Short whistles
- Long whistle(s)
- Referee's arm



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Starting Mechanics

Before “Take Your Mark”

- Patience as the swimmers step up on blocks
- Watch and wait for them to be ready for your invitation



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Starting Mechanics

“Take Your Mark”

- Conversational tone
- *Inviting* the swimmers to swim
- Statement, not a question
- Delivered in a relaxed, but confident way



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Starting Mechanics

Sending the Athletes

- Be patient as swimmers become stationary
 - Stationary does NOT mean motionless
 - Judge stationary from a vertical plane at front of block
 - Check for proper foot position
 - Forward Start: One foot at front of block
 - Backstroke Start: Toes not curled over gutter
- Give start signal when all swimmers are stationary



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Starting Mechanics

When Things Don't Go as Planned

- “Stand, please”
- Softly and with great calm
- PATIENCE to allow swimmers to refocus
- Inviting TYM



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Starting Mechanics

After the Start

- Watch swimmers until heads up
- Keep microphone open and in position in case recall is needed
- Mark potential false starts
- Mark any empty lanes in starter heat sheet
- Turn to watch next heat behind blocks



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Starting Mechanics

Things Starters Say

- Refer to swimmers as “ladies” and “gentlemen”
- ALWAYS “Take your mark” and “Stand, please”
- “Relax, please” for longer delay
- “Lane “X”, toes, please” to lower toes in backstroke
- “Thank you, ladies (gentlemen)” to clear pool



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False Starts



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False Start – The Rule

- “When all swimmers are stationary, the starter shall give the starting signal” (101.1.2.C).
- “Any swimmer **starting** before the starting signal is given shall be disqualified if the Referee independently observes and confirms the Starter’s observation” (101.1.3A).



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False Start Protocol

Before the starting signal

When you observe a stationary swimmer make a starting motion:

- Stand the heat, step it down
- Indicate a lane on your heat sheet
- Alert referee “I have a potential false start”
- If dual confirmed, notify the swimmer



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False Start Protocol

After the starting signal

- Follow the heat into the water to be certain you have a fair start
- Indicate on your heat sheet the potential lane(s)
- Notify the referee “I have a potential false start”
- Compare sheets without discussion
 - If confirmed, swimmer notified, DQ written
 - If not, start to prepare for the next heat



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False Start Scenarios: Applying the Rules



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Scenario #1

Swimmer leaves the set or stationary position prior to the starting signal. The starting signal is then given. The race proceeds and, assuming the Starter observed the early start and the Deck Referee independently observes and confirms the Starter's observation, the offending swimmer is disqualified at the conclusion of the race.

This is a false start



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Scenario #2

Swimmer leaves the set or stationary position prior to the starting signal. The swimmer upon realizing the early starting motion attempts to catch himself/herself. Starter says absolutely nothing, and the swimmer fails to halt the forward motion and goes into the pool.

This is a false start



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Scenario #3

The same as #2, but this time the Starter says “stand please” after the swimmer leaves the set or stationary position. The seven other swimmers stand. The offending swimmer struggles, but again is unable to halt the forward motion and falls into the pool.

This is a false start



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Scenario #4

The same facts as scenarios #2 and #3 above. However, this time when the command “stand please” is issued, the offending swimmer struggles, but can stand or step off the blocks.

This is not a false start



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Scenario #5

The same facts as scenarios above. However, when the Starter gives the “stand please” command, a swimmer(s) other than the offending swimmer instantly bolts from the blocks and enters the water.

This is not a false start



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Scenario #6

The swimmer, upon hearing the command “take your mark” starts down to take a set or stationary position. The swimmer loses his/her balance before coming set and falls into the pool.

This is not a false start



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Scenario #7

What about where the Starter gives the "Take Your Mark" command and all swimmers come down and take a set position. Prior to the starting signal, a swimmer initiates a starting movement which the Starter sees, but instead of standing the heat up, the Starter waits just a moment allowing that swimmer to reset prior to the starting signal.

This is not a false start



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Other Starter Responsibilities



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Things Starters Do



- Pre-session checks
- The timers' meeting
 - Use the online brief
 - SafeSport/MAAPP
- Order of finish
- Counting lengths
- Ringing bells



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Starting Paralympic Athletes

Respond to their needs

- More time getting on the blocks?
- More time assuming starting position?
- May start in the water, on deck, or sit on the starting platform
- May need more time getting out of pool
- Focus, but don't fixate
- Avoid standing heat
- Hold the same expectations



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Starting Paralympic Athletes

Starting Athletes with Visual Impairments

- May need help getting to the blocks, getting up on the blocks
- May want to be in a lane closer to the speaker to hear the start
- May need an assistant to let them know when to start



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Starting Paralympic Athletes

Starting Athletes with Hearing Impairments

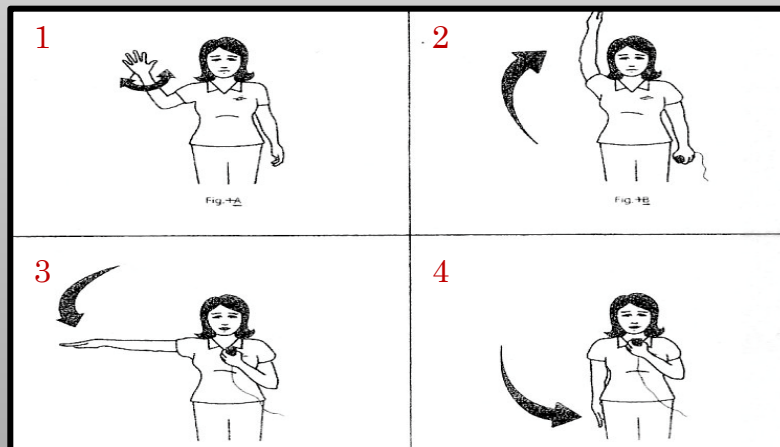
- Starter shall use hand signals (Rule 105)
 - May have coach/assistant using signals on the other side of pool or behind blocks
 - Remote strobe
 - May ask for lane assignment closer to strobe
- Referee should be close to starter for better communication



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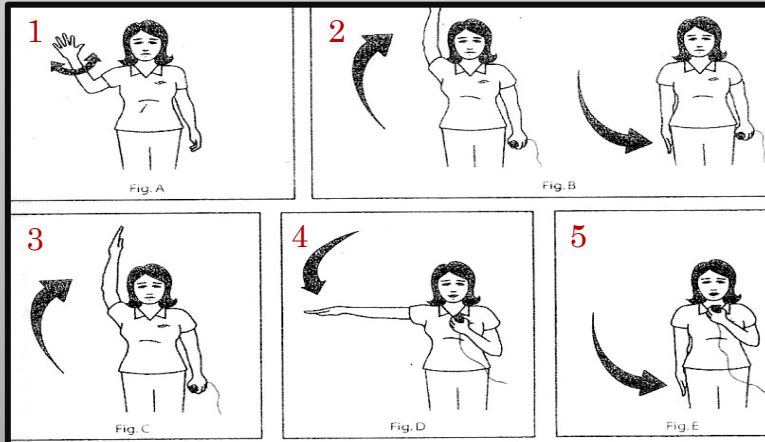
Hand Signals – Forward Starts



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Hand Signals – Back Starts



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Training and Certification



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Online Testing

- Starter CERTIFICATION test
- Recommend printing the entire test and taking it offline
 - USA-S online testing system not available from April 15 - May 1 for update to new rule book
- Be sure to use the right book!



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On Deck Training

Part One

- Before taking the mic at a meet, you must attend a 30 to 35-minute clinic at a designated swim practice
- Get the kinks out before going “live”
- Scheduled across the state with experienced starters
 - More details when current restrictions are lifted



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On Deck Training

Part Two

- Five sessions
 - At least two hours long
 - Include all strokes and minimum 25 starts
 - Done over three (3) meets
- Three different trainers
 - All at least a year in starter position



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Certification

Paperwork

- Scan (or photograph) complete set of training cards
 - Training cards without comments may not be accepted
- Complete the Certification Requirements Checklist
- Send to ilswimofficials@ilswim.org



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“There is a lesson to be learned from every start...
Learn the lesson – forget the start.”



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Questions?

- Right now
- Refer to *Becoming an Official* and other documents on Illinois Swimming Officials Committee webpages
- Watch and ask other starters



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Thank You!



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