

ROANOKE VALLEY AQUATIC ASSOCIATION STARTER

PREPARATION

1. The starter will be equipped with a starter system and a list of events for each Monday night meet.
2. The starter shall be stationed within ten (10) feet of the starting end of the pool, where the starter system can be easily seen and heard by all timers and swimmers.
3. The starter assumes control of all swimmers until a fair start has been achieved.

THE COMMANDS

1. Direct swimmers to step up onto the blocks or enter the water feet first.
2. Notify swimmers of the distance, event and number of lengths of the pool to be swum. ("This is a 50 meter 9-10 girls' backstroke, 2 lengths of the pool.")
3. Direct swimmers to "take your mark". **For backstroke only, use two separate commands** to direct swimmers: "place your feet"-----"take your mark." Swimmers must react at once by assuming a starting position. The feet, hands and body can be placed in any desired position on the starting platform. Sufficient time should follow the direction to enable the swimmers to assume the starting position, but no swimmer shall be in motion immediately before the start signal is given. In the backstroke start, the starter shall be certain all swimmers have their feet/toes below the surface of the water before the start signal is given.
4. When all swimmers are motionless in starting positions, the start signal is given. For hearing-impaired swimmers the following hand signals shall be used:
 - a. The starter shall raise his/her arm to a position perpendicular to the pool deck to direct the swimmer to step up onto the block.
 - b. The starter shall move his/her arm parallel with the pool deck to direct the swimmer to "take your mark".
 - c. The starter shall drop his/her arm towards the pool deck simultaneously with the start signal.
5. If, in the opinion of the starter, a false start has been committed, a quick double press of the start button on the microphone will activate a false start signal on the starter console to signify a false start to all swimmers. The swimmer(s) committing the false start and the lane timers involved are notified. Any swimmer with two false starts is disqualified from the event by the meet referee.

GENERAL

The start console is the starting device. A short, quick push of the start button in conjunction with depressing the microphone switch will generate the start signal. A quick double press of the start button in conjunction with depressing the microphone switch will activate the false start signal.

In the event of a malfunction of the starting unit, a whistle may be used. However, the swimmers must be advised before each heat that a whistle is being used and how a false start will be signified.

It is the responsibility of the starter to call the swimmers for upcoming events to report to the Clerk of Course.