



STARTER

CANDIDATE NOTES & WORKSHEETS

After attending this course you must complete all of the requirements listed in the Log sheets for Starter

**THE RULES RE THE DUTIES AND RESPONSIBILITIES OF STARTER ARE
SW 2.1.5M, SW 2.3, SW 4 and SW 6.1**

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Introduction

Judges of Stroke ensure that the rules relating to the swimming strokes are observed.

Pre-Reading for this course

You should printout and study each of the following before attending the formal course.

- These Candidate Notes
- MSA Swimming Rules, with emphasis on SW 4
- MSA General Rules
- Swimmers Needing Assistance
- Infraction Reporting and DQ procedures
- Infraction Reporting Forms
- DQ Codes
- Certificate of Medical Disability with MD Codes

You should also have watched the FINA DVD Officiating Swimming (available from your Branch Office) several times after having first read the “Updates to FINA DVD (including 2013 rule changes)”

Starters who are training or SAL trained or re-accrediting

- Need to take particular notice of Rules SW 4.1M and SW 4.2 re the starting positions a swimmer may adopt, and
- Clarifications to rules SW 4.1M and SW 4.4M.

Checklist of Duties for Starter

On the day of the Meet:

- Arrive at the pool at least 45 minutes before the scheduled starting time of the meet, dressed in official’s uniform
- Bring a clipboard, pen, whistle, copy of the Infraction Codes, and copies of each of the documents listed in Pre-Reading above next to a dot point.
- Report to the Meet Referee and obtain a copy of the program.
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- Check the type of starting equipment to be used and ensure you familiarise yourself as to how it operates, and that it is in working order.
- Check microphone is working.
- Ensure the extension lead for the starting device is suitable when the device is used from the opposite end of pool (if there is not another outlet) when touch pads are in operation

Note: never disconnect the starting device to take to another outlet for a 50m event, before the last swimmer has finished - this could turn off the timing equipment.

- Check false start rope is at 15m mark and that a false start rope operator is appointed in case there is a technical false start.

- Report to the Meet Referee to obtain a copy of the program and find out which end of the pool swimmers will start from.
- Do a start check in conjunction with the Chief Timekeeper so that Timekeepers are aware of the type and position of the visual starting signal. If the visual signal malfunctions, ensure the Timekeepers are aware of the substitute starting signal.
- Attend the officials' pre-meet briefing.
- Complete and sign log sheets for Trainees who you have directly supervised.
- Attend any post meet debriefing.
- Do a post-meet self-evaluation, reflecting on what you did well and what you could improve.

During the Meet

- Be familiar with the competitors' starting positions (SW 4.1M; SW 4.2 and SW 6.1).
- Stand within 5 metres of the starting end, but not blocking the Timekeepers' view of the starting device's visual signal.
- Ensure you will be able to see the Referee's extended arm signal that indicates the swimmers are ready.
- Be in a clear position to observe the start of the race.
- Do not hold competitors too long at the start.
- Ask the swimmers to 'stand up' if there is a problem at the start eg. unsteadiness, problems with the starting gear.
- Recall the swimmers if there is a technical false start, eg accidental dropping of the false start rope, the starting mechanism has not worked properly.
- Immediately recommend disqualification of the swimmer to the Event Referee if a swimmer breaks or holds up the start (see rule SW 4.6M).
- Fill in an Infraction Report Form if the Event Referee asks you to do so.

A Starter needs to:

- have a clear commanding voice
- have a calm disposition
- be able to concentrate - should not be distracted by the crowd and uneasy swimmers
- be assertive - command authority and respect
- have fast reflexes and be able to make quick decisions

When using the A.O.E (Automatic Officiating Equipment):

The Starter must make themselves familiar with:

- the reset or ready-to-start signal
- the resetting time delay after a technical false start

Infraction Codes relevant to Starters

- GA** False Start MSA Rule SW 4.4M
GB Made little or no attempt to take up and hold a starting position Rule SW 4.6M

Starter's – Worksheet

There may be more than one correct answer. Circle all correct answers.

1. The Starter should report to
 - the Meet Director
 - the Life Guard
 - the Meet Referee
 - AOE operator

2. The Starter needs to check the starting equipment to ensure
 - that it is working
 - the competitors know what to do
 - that the Timekeepers know the start signal
 - the Meet Director and Referee know he/she is ready to start
 - that the Starter knows how to operate it correctly

3. The Starter and Chief Timekeeper should have a start check before the first heat to ensure
 - the stopwatches all have working batteries
 - the Timekeepers can see the Starter
 - the Timekeepers can both see and recognise the visual start signal

4. The Starter should stand within 5 metres from the starting end to ensure
 - he/she has a clear view of the start of the race
 - the Timekeepers can see him/her
 - a recall if there is a technical false start

5. What signal does the Referee give to the swimmers to prepare for the start
 - he/she holds out their arm
 - he/she triggers the starting device
 - he/she gives a long blast of their whistle to direct the swimmers to mount their block or enter the water.
 - In backstroke events he/she gives a second long blast of their whistle to direct swimmers take up a starting position.

6. The Starter take control of the swimmers when
 - the Referee gives the long whistle blast
 - the swimmers take up a starting position
 - the Referee indicates that the swimmers and officials are prepared for the start by holding out an arm, indicating that the swimmers are under the Starter's control.

7. The Starter can recall the swimmers if
 - the start is not fair
 - there is a technical false start
 - an official falls in the pool

8. The Starter can ask the swimmers to 'stand up' if
 - there is a problem with the starting gear
 - there aren't enough Timekeepers on the deck
 - he/she needs to speak to a spectator

- there is unsteadiness at the start
9. The Starter shall recommend disqualification to the Referee if a swimmer
- starts before the starting signal
 - makes no attempt to take up their starting position when told to
10. The Starter shall give the starting signal
- when the swimmers stand on their blocks
 - when the swimmers take up their starting position
 - immediately after 'Take Your Marks'
 - when all swimmers are steady, after the command 'Take Your Marks'
11. If a swimmer(s) start(s) before the starting signal and the rest of the swimmers start legally, you would
- Call the other swimmers back and start again
 - drop the false start rope
 - immediately recommend to the Referee that the swimmer(s) you specify by lane number be disqualified and advised of this on completion of the race
 - stop the swimmer(s)