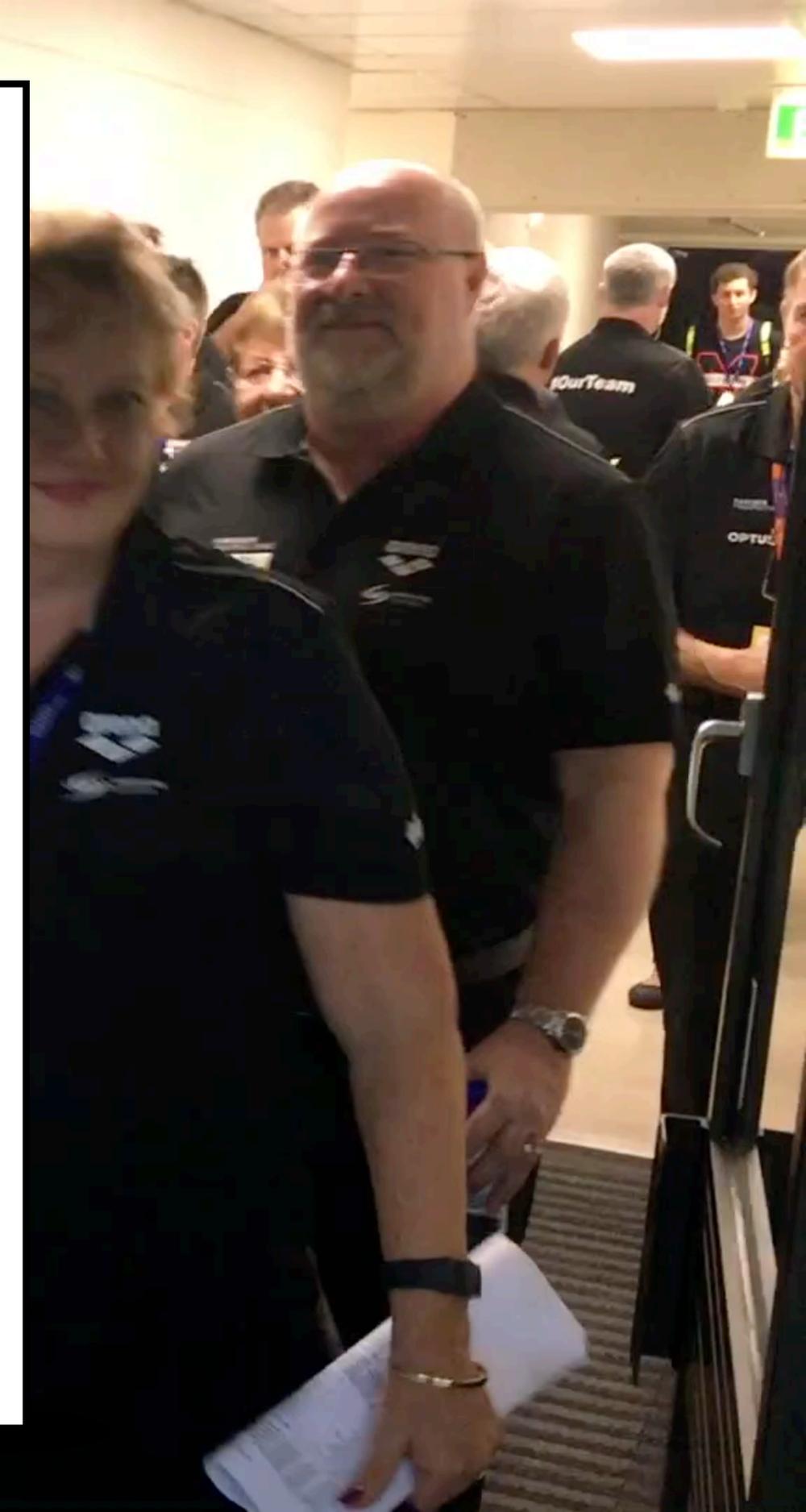
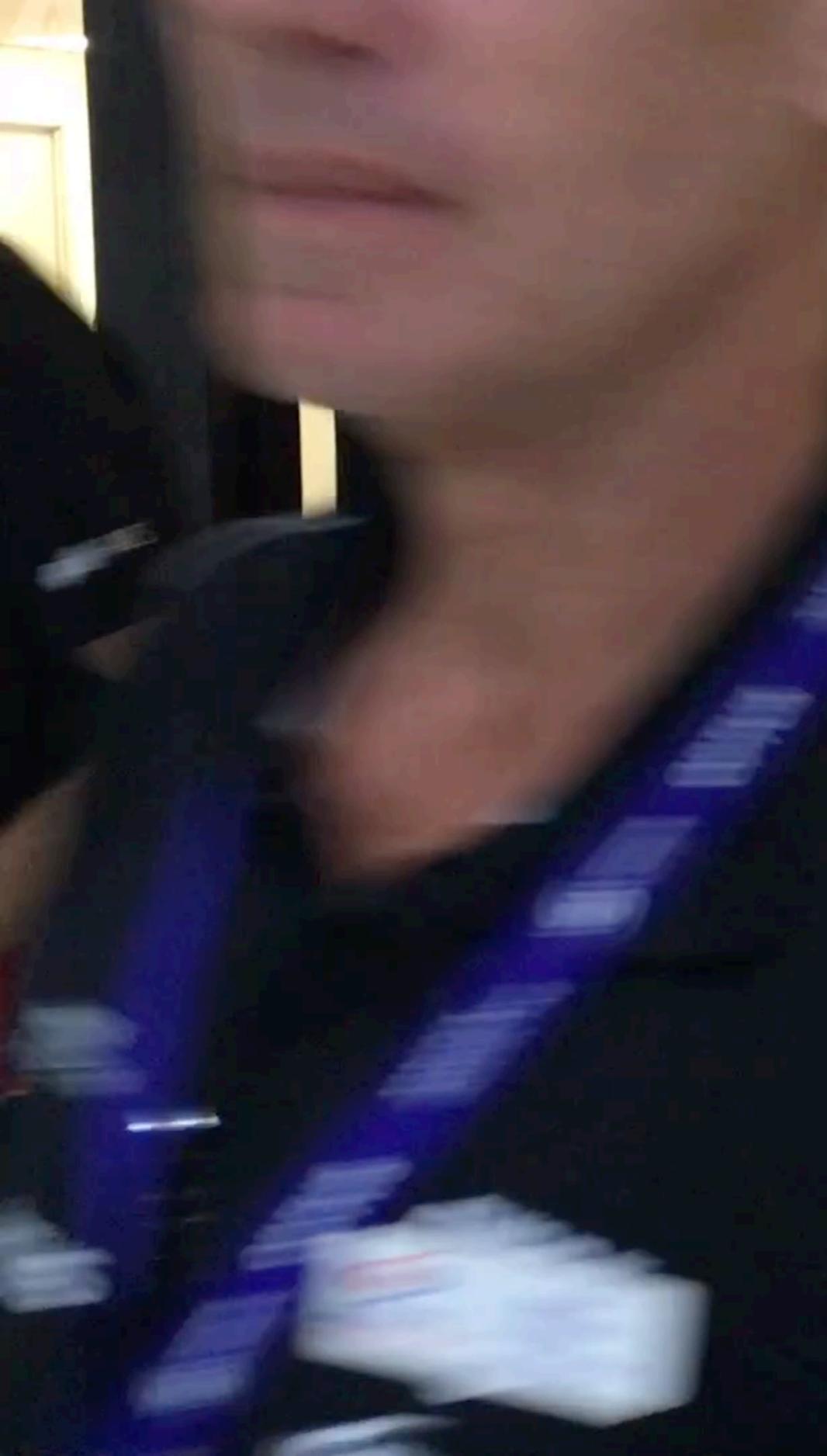




Starter

level 1

Online training course



Responsibilities

- Ensure all swimmers experience a fair start
- Have control
- Makes recommendations:
 - ▶ delay or disobey
 - ▶ started before the starting signal



Equipment

- Pens and/or pencils
- Meet program
- Whistle
- Stopwatch & clipboard
- Starting equipment
 - ▶ Pistol
 - ▶ Horn & light
 - ▶ Whistle & flag
 - ▶ PA
 - ▶ Electronic







Light

Starting device

False start rope trigger

Amplifier & volume control

Volume control

Light

Amplifier & speaker

Dolphin timing system

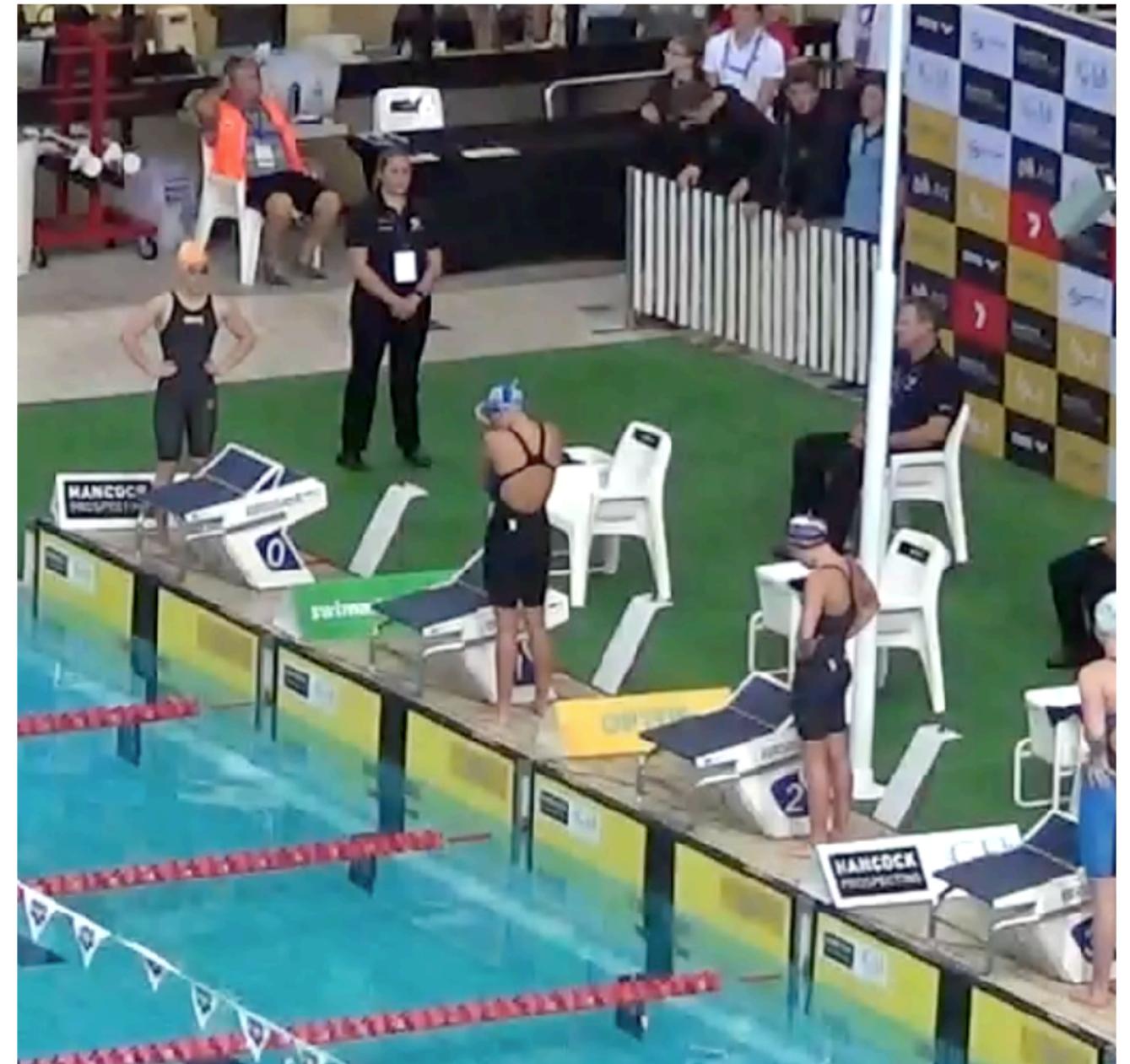
Starting device





Referee Starter team working

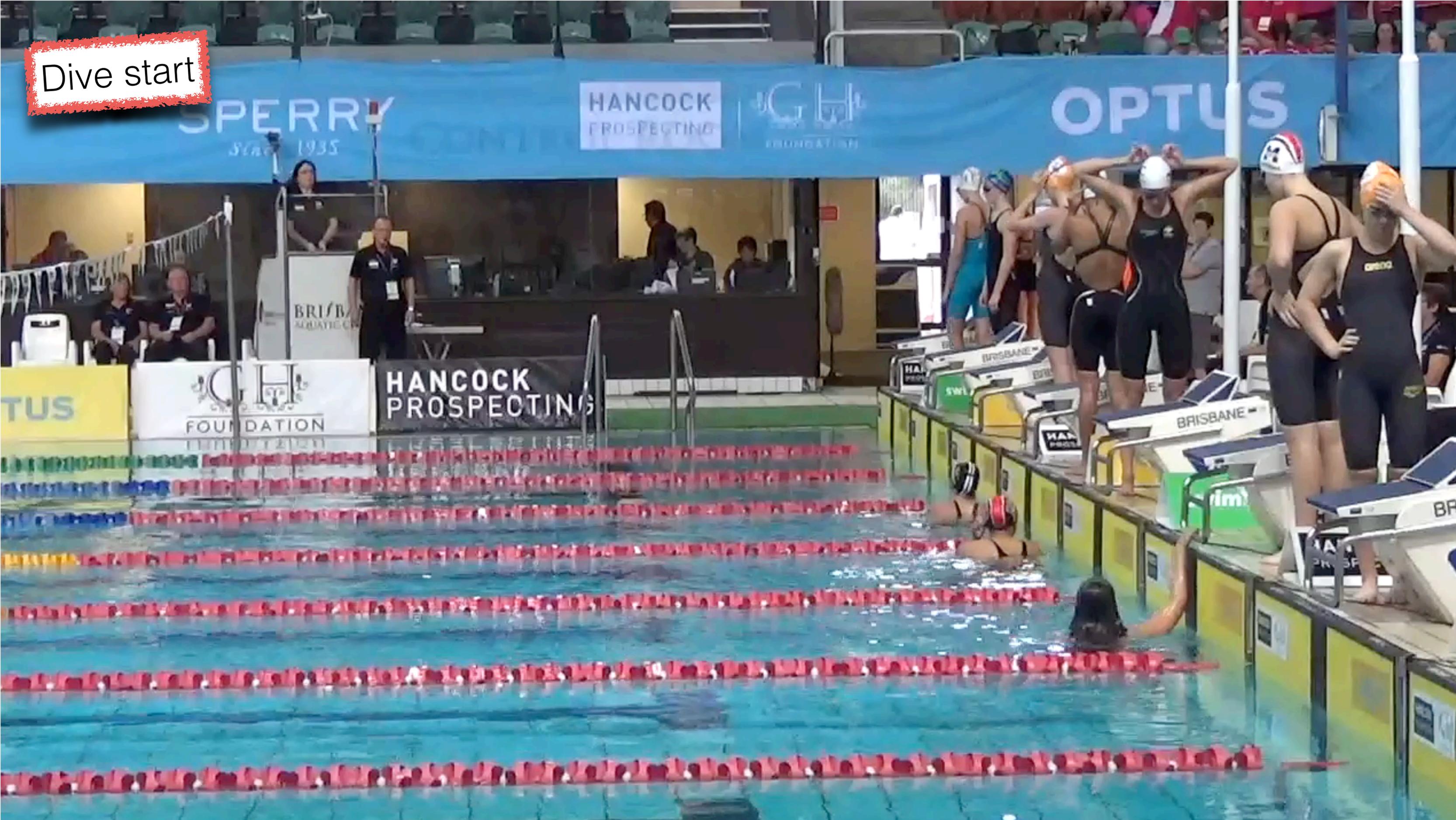
- Start “over the top”?
- Talk to swimmers?
 - ▶ “Stand down”
 - ▶ “Leave the water”
 - ▶ “Move down the lane ropes”
- Program review
- Multi-class assistance?



Rules (1/3)

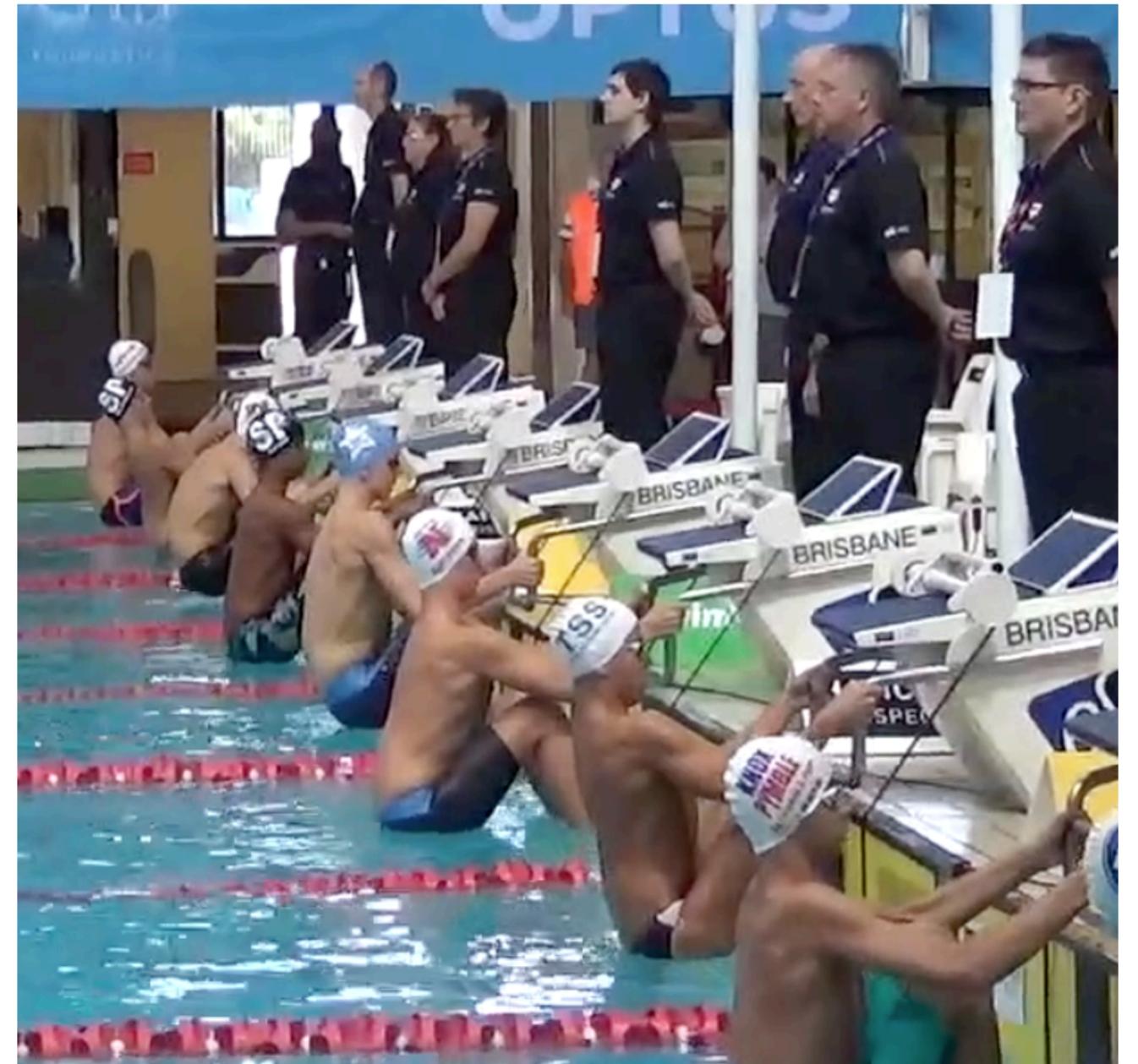
- The Starter has full control of the swimmers from the time the Referee turns the swimmers over to the Starter until the race has commenced.
- The start in Freestyle, Breaststroke, Butterfly and Individual Medley races shall be with a dive. On the long whistle from the Referee the swimmers shall step 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.
- The Starter shall have power to decide whether the start is fair, subject only to the decision of the Referee.

Dive start



Avoid unreasonable delay

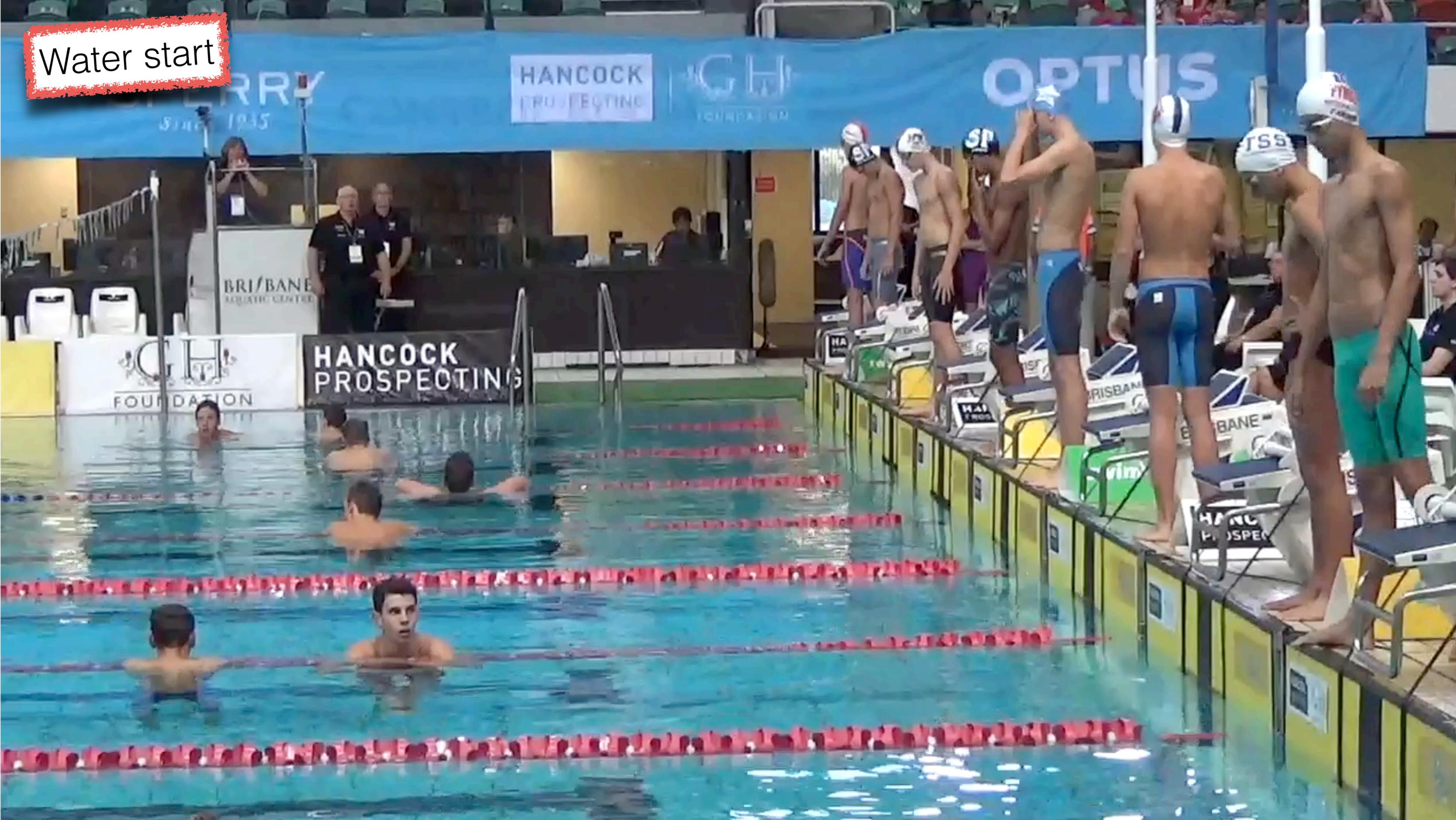
- “Stand down”
- Starting device failure



Rules (2/3)

- The start in Backstroke and Medley Relay races shall be from the water. At the Referee's first long whistle 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. 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.
- 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, the toes of both feet must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.

Water start



HANCOCK PROSPECTING

GH FOUNDATION

OPTUS

BRI/BANE AQUATIC CENTRE

GH FOUNDATION

HANCOCK PROSPECTING

BRISBANE

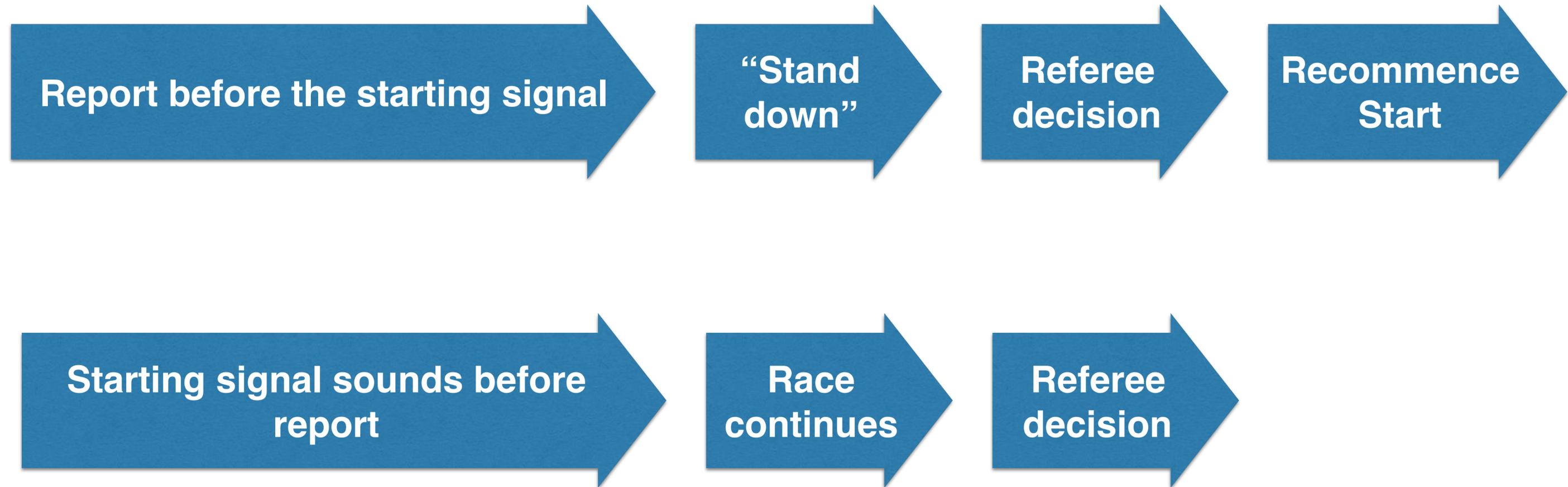
BRISBANE

HANCOCK PROSPECTING

Rules (3/3)

- Any swimmer starting before the starting signal has been given, shall 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.
- A disqualification for starting before the starting signal must be observed and confirmed by both the Starter and the Referee.

How it works



Infractions

- Started before the starting signal
 - all stationary before the starting signal
 - Starter and Referee agree
- Delaying the start
- Wilfully disobeying an order
- Misconduct at the start



“take your marks”

- Even speaking voice
- Good microphone technique
- Alleviate any nerves



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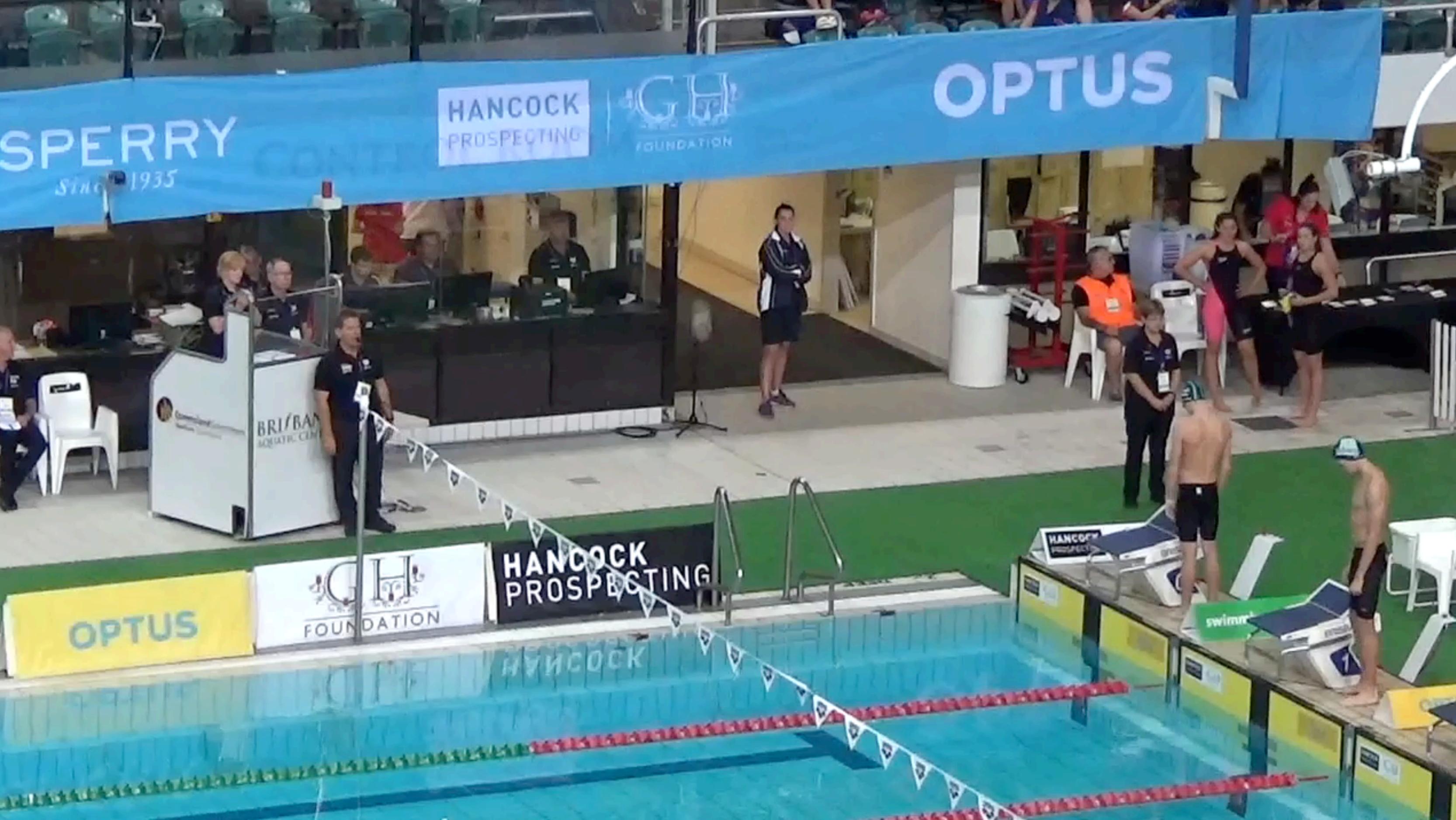
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Other details

- Recall after the start
- Starting “over the top”
- When to move into position
- Announcing protocol
- Inexperienced swimmers assistance
- Pistol positioning



Multi-class swimmers

- Exceptions to the rules
- Hints
 - ▶ Light
 - ▶ Not from the platform
 - ▶ Not standing
 - ▶ Assistance
 - ▶ Towel
 - ▶ Approved device



Handicap events

- Start at different times
- “Get ready”
- “Go”
- Check starter reports



Summary

- Objectives
- Equipment
- Preparation
- Rules and Infractions
- “Take your marks”
- Details and scenarios



Thank you



Directed by the Swimming NSW Technical Swimming Committee with considerable assistance from Swimming Australia
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