

101.1 STARTS

1 Equipment

- A. loudspeaker start system conforming to 103.18, with or without an underwater recall device, and an electronic strobe signal visible to all manual timers for forward and backstroke starts, shall be the preferred starting device.
- B. N/A For RMAL
- C. 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.
- D. 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.
- E. A swimmer shall not be disqualified for an illegal starting position at the start if the race is permitted to proceed. Enforcement of the correct starting position is the responsibility of the Starter.

3 False Starts

- A. Any swimmer starting before the starting signal is given shall be disqualified ~~if the Referee independently observes and confirms the Starter's observation that a violation occurred.~~ Swimmers remaining on the starting blocks shall be relieved from their starting positions with the "stand up" command and may step off the blocks. **[RMAL allows one false start per swimmer. After the 2nd false start, the swimmer is disqualified. My guidance is that the referee should be eyes on the 2nd start once a false start has occurred for dual confirmation.]**
- B. N/A For RMAL
- C. If the recall signal is activated inadvertently, no swimmer shall be charged with a false start and the Starter shall restart the race upon signal by the Referee.
- D. A swimmer who would otherwise be charged with a false start may be relieved of the charge if the false start was caused by the swimmer's reaction to the "stand up" command.
- E. N/A For RMAL

From the RMAL Handbook....

7.15 Starting Equipment

An electronic starting system and a Public Announcement system will be used.

7.16 Starts

The whistle start procedure specified by USA Swimming Rules shall not be used. Instead, the following procedure shall be used:

- A. For backstroke and medley relay events, the starter shall direct the swimmers to step into the pool, upon which the swimmers shall immediately enter the water and without undue delay come to the wall at the starting end of the pool. For all other events the starter shall direct the swimmers to “Step Up,” upon which the swimmers shall take and maintain their positions on the starting block or platform.
- B. The starter shall instruct the swimmers as to the distance and stroke for the race.
- C. 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 block. When all swimmers are stationary, the starter shall give the starting signal.
- D. 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.

7.17 False Starts

The “no recall” start procedure specified by USA Swimming Rules shall not be used. Instead, when the starting signal is given and one or more swimmers have obtained an unfair advantage, all swimmers shall be recalled at once by a second signal. If the false start is not recalled and the race is permitted to proceed, no swimmer shall be charged with, or disqualified for, a false start.

Any swimmer starting before the starting signal is given shall be charged with a false start by the starter, except that any swimmer who has false started in response to the “Stand Up” command or because of the action or movement of another competitor may be relieved of the responsibility for the false start, and a false start may be charged only to the offender. The starter shall indicate the swimmer or swimmers, if any, who are charged with a false start.

Any swimmer who is charged with committing or causing two false starts shall be disqualified and shall not be permitted to swim the event. Any relay whose first swimmer is charged with two false starts shall be disqualified and no member of the relay team shall be permitted to swim the event. *At the referee’s discretion, the swimmer or relay team may be allowed to swim, but the swimmer or relay team must be disqualified.*

During mite relays, a swimmer who enters the water upon the start signal at the opposite end from the starting end and who immediately gets out of the pool at the same end, without interfering with any swimmer, shall not be disqualified.

Starting Procedure With Announcer:

Forward Start

- 1) (Announcer): Next up is event (event number) heat (heat number), (read event). Heat (heat number). If desired call out the swimmer classifications.
 - a. Example: "Next up is event 10, heat 1, mini mite boys 25 meter freestyle. There are blue swimmers in lane 4 and 5, a gold swimmer in lane 3, silver swimmers in all other lanes. Heat 1."
- 2) (Starter): "Swimmers...Step up...Take you mark"... (beep)
- 3) (Announcer when the last swimmer is close to the wall): "Good swim. Next up is heat 2. There are silver swimmers in all lanes."
- 4) (Starter): "Swimmers...Step up...Take you mark"... (beep)

Backstroke Start

- 1) (Announcer): Next up is event (event number) heat (heat number), (read event). Heat (heat number). If desired call out the swimmer classifications.
 - a. Example: "Next up is event 27, heat 1, midget girls 50 meter back stroke. There are blue swimmers in lane 4 and 5, a gold swimmer in lane 3, silver swimmers in all other lanes. Heat 1."
- 2) (Starter): "Swimmers...Step in...Place your feet...Take you mark"... (beep)
- 3) (Announcer when the last swimmer is close to the wall): "Good swim. Next up is heat 2. There are silver swimmers in all lanes."
- 4) (Starter): "Swimmers...Step in...Place your feet...Take you mark"... (beep)

Other Commands:

- 1) "Swimmers...step down."—Gets swimmers off of the blocks to handle a delay in the meet.
- 2) "Swimmers...stand." – Relieves swimmers from the starting position.