



Florida Swimming

Starter

Clinic Packet



FLORIDA SWIMMING
OFFICIALS CERTIFICATION APPLICATION
STARTER

Name of Applicant_____

Address_____ e-mail_____

City_____ zip_____ Home Phone _____

Mobile Phone_____ Club_____

Clinic attended_____ Date_____

Instructor_____ Cert. #_____

Date completed: "Starter" test_____ "Timer" test_____

APPRENTICE RECORD OF ON DECK TIME

Date	Meet Name	Referee		Instructor		Hours
		Initial	Cert.#	Signature	Cert.#	

APPRENTICE PROCEDURE

1. On the day of the meet - Report to the Meet Referee.
 - (a) Present your Officials Certification Application form.
 - (b) You will be assigned to an Instructor for that session.
2. While performing their own duties-your Instructor will:
 - (a) Instruct you on proper position and procedures.
 - (b) Explain the pacing for that meet along with starting procedures.
 - (c) Ask you to observe the instructions given to all timers.
 - (d) Instructor & Referee are to sign your form upon finish of session.

When all requirements are completed, including Instructor & Referee part on back, you are to send this form to your Area Representative.

CERTIFICATION REQUIREMENTS FOR STARTER

1. Attend a clinic conducted by a Certified Clinic Instructor, approved by the Area Officials Rep.
2. Successfully pass the USAS online examinations for Starter and Timer.
3. Apprentice on deck, under the supervision of a Certified Starter, for a minimum of 20 hours; with at least 3 different Starters, at a minimum of 3 different meets; 1 meet must have more than 150 swimmers and 4 teams.
4. Have your Instructor and Referee sign to verify the hours worked.
5. Apprentice Starters may not apprentice at LSC Championships.
6. The Meet Referee, based on their judgment, is to complete and sign the recommendation given below.
7. When requirements above are met, and form completed, send it to the Area Officials Rep. for final approval.
10. Certification card will be issued and FS and Officials Chairman notified.

STARTER REVIEW

	Fair	Good	Excellent
1. Knows Starting procedure in meet management			
2. Alert in observing swimmers readiness to compete			
3. Has knowledge of proper commands & uses them			
4. Has voice control & is understandable			
5. Understands role of working with deck referee			

Signed_____ Cert.#_____ Date_____

MEET REFEREE REVIEW

1. 5 questions were asked on starting commands & rules - correct answers were given 5-4-3-2-1- times (circle) one.
2. It is my opinion that this person serve 1-2 (circle one) more sessions Yes_____ No _____
3. It is my opinion that this person is ready for Certification as a Starter.

(Meet referee) Signed_____ Cert.#_____ Date_____

STARTER AND TIMERS TEST

- The Starter & Timer tests are to be completed online.
 - Go on the web to: <http://www.usaswimming.org>
1. Log in using the Account Name and Password created when you took the Stroke & Turn tests.
 2. Click on the "Members Resources" tab.
 3. Click on the "Officials" marker and then the "Testing and Certification" link.

If you can't complete the test in one session you can Logoff and come back later and continue.

ALWAYS logoff when you are exiting. To come back in you just click on the "Sign In" link in the upper right corner of the screen and do steps 1, 2, and 3 and select the test. The test will resume where you left off.

Another option is to print the test, and complete it at your leisure. Once printed, make sure to SAVE the test, otherwise, another set of random questions/answers will be generated if you have to start a new test. When logging back in to complete the test, make sure to go back to your SAVED test.

Florida Swimming Officials Representatives

Areas by County:

Area 1 - Nassau, Duval, Clay, Columbia, Baker, Union, Bradford, St. Johns, Putnam, and Flagler

Area 2 - Marion, Sumter, Lake, Orange, Seminole, and Osceola

Area 3 - Citrus, Pasco, Polk, Pinellas, Hernando, and Hillsborough

Area 4 - Gadsden, Leon, Madison, Levy, Gulf, Lafayette, Dixie, Jefferson, Hamilton, Liberty, Wakulla, Suwannee, Gilchrist, Taylor and Franklin

Area 5 - Manatee, Hardee, Highlands, Sarasota, DeSoto, Glades, Charlotte, Lee, Hendry and Collier

Area 6 - Volusia, Brevard, Okeechobee, Indian River, St. Lucie and Martin

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FLORIDA SWIMMING **STARTER GUIDELINES**

PRE-MEET DUTIES

1. Arrive at the pool at least 15 minutes prior to the officials' meetings.
2. Report to the Meet Referee for your specific assignment. You will be advised of any meet information necessary for you to work with the referee.
3. Pacing of heats is the responsibility of the referee and you will be apprised of how it should flow.
4. Test the starting equipment used to make sure the device is operating and the sound system is adequate for your voice level.
5. As the assigned Starter, when advised by the Meet Referee, work with the Head Timer to give the Lane Timers instructions, keeping in mind most of them do not do this each meet and do require all aspects of their role to be explained by you.
6. A stopwatch check should be done so that Timers will be familiar with the equipment being used for timing.
7. Verify that you can stand within 10 feet of the starting end of the pool, and that Timers can see the starting device.

STARTING PROCEDURES & TIPS

1. The rules for starting are not difficult, but the actions of a Starter help establish the tempo and tone of a meet. The Starter is responsible to give the swimmers a fair start. The Referee will determine the pacing and any modifications of the starting procedures.
2. Use a calm, conversational voice. Your voice needs to be clear and not hurried. You need to make sure all swimmers can hear your commands, yet not shout. Let the equipment amplify your voice
3. So as to not interfere with your conversation, starters do not use a headset.

The following is a general outline of the starting procedure process. A sequence of events for all starting procedures is set by these procedures, and will help determine the inter-action of the starter with the referee you are working with.

REFEREE: *“At the commencement of each heat, the Referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear” (At least 4 whistles)*

ANNOUNCER: The announcer announces the event and/or heat. If directed to do so by the Referee, the starter may act in the place of the announcer.

REFEREE: *Indicates via “ a long whistle that the swimmers should take and maintain their positions on the starting platform.”*

Note: In backstroke and medley relay events, at the Referee’s first long whistle the swimmers shall immediately enter the water and at the second long whistle shall return without undue delay to the starting position.

REFEREE: *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.*

Note: At that point the “the swimmers are under the starter’s control. Make sure the swimmers can hear your instructions.

Note: At this point a swimmer not at the block will be considered to be a “no show” and the appropriate penalty, if any, will be assessed. When appropriate, an alternate may be called. Although a swimmer can be disqualified for “delaying the meet” for not immediately stepping to the block – if the swimmer is not at the block then he/she is considered a ‘no show’. Keep in mind that there cannot be a DQ and a ‘no show’ together. The swimmer is either disqualified for delay of meet and no alternate may be called, or is listed as a ‘no show’ with the possibility of an alternate.

STARTER: When the heat is ready, in your judgment, give the command “take your mark”—“the swimmers shall immediately assume their starting position, with at least one foot at the front of the block”. “When all swimmers are stationary, the starter shall give the starting signal.”

Note: Waiting a few seconds for the swimmers to ‘settled down’, i.e. adjusting goggles, etc., before the command “take your mark” will often create a better start. Conversely, waiting too long is not fair to the other

swimmers. Your only job at this point is to give the swimmers a fair start. **STARTER** “When a swimmer does not respond promptly to the command “take your mark”, the starter shall immediately release all swimmers with the instruction to “stand, please”, upon which the swimmers may stand up or step off the blocks. Once the swimmers are refocused on the start, the starter may begin the starting process again by delivering the “Take Your Mark” instruction.

REFEREE: *If at any time before the start, the Referee withdraws his outstretched arm, the starter no longer has control of the swimmers, and would not proceed with the start.*

FALSE STARTS

1. All meets in USA Swimming use the “no recall” start. The first start generally is the swimmer’s best effort. Therefore, swimmers should not be penalized for a good start by having a race recalled due to someone else false starting. Under the “no recall” starting procedure, the penalty for a false start is imposed on the offender after completion of the swim. This starting procedure emphasizes the swimmer’s responsibility to concentrate on the start and the race and not be affected by actions of the other swimmers on the blocks. Also note that, under this procedure, informing the athletes about a disqualification for a false start after the event is consistent with all other disqualifications under the swimming rules.
2. “Any swimmer starting before the starting signal is given shall be disqualified if the Referee...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. The starter shall restart the race upon signal by the Referee.”
3. “If the starting signal is sounded before the disqualification is declared, the race shall continue without recall and the swimmer or swimmers who have false started shall be disqualified by the Starter with the concurrence of the Referee...upon completion of the race.”

Note: Using the “Silent Ballot, Dual Confirmation” system for False Starts, dictates that the Starter and Referee individually mark their heat sheet as to the lane observed for the false start. Next, the starter, after allowing the Referee sufficient time to mark his/her heat sheet, initiates the process by informing the Referee that a false start was observed. If the Referee also observed a false start in the same lane, and so marked his/her heat sheet, the swimmer is disqualified. The swimmer is informed at the end of the race.

4. "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."
5. The Starter or Referee may recall a heat for unusual circumstances, such as a lane line break, sudden noise interfering with the start signal, or anything that may be judged to impair a fair start or fair conduct of the race.
6. "With the exception of relays, in events of 500 yards or longer, the Starter or a designee shall sound a warning signal over the water at the finish end of the lane of the lead swimmer when that swimmer has 2 lengths plus 5 yards/meters to swim."

STANDARD COMMANDS

Command

Take your mark

Stand Please

Step Down Please

Relax

Use

Prepare swimmers for start

Release swimmers from mark

Release swimmers from mark in backstroke

Swimmers may leave block or wall

OPTIONAL COMMANDS

Place your feet

Announce the event

Advise the heat when a swimmer will be attempting to achieve a time at an initial distance

OTHER

1. Note any empty lanes, scratches, and advise referee if not already noted.
2. After the start, observe the field to confirm a fair start, and that nothing interfered.
3. At the finish, always note the order of finish; referred to as 'across the boards', as a backup to the Referee and in case of an Automatic timing equipment breakdown.
4. Do not request swimmers to clear the pool unless requested by the referee, and do not assume any other duties unless asked to by the referee.
5. On occasion you may be asked to "double up" as a Stroke & Turn Judge or as a relay take off judge.
6. Finally, if any part of this clinic raised questions in your mind, ask questions to get it answered for your future understanding. Always feel free to ask questions of your Referee or clinic instructor.
7. During all races that are over 16 lengths of the pool, use an appropriate form to track the order of swimmers for each lap to the finish.

	Event:						
Lap #	Yards	Heat #	Heat #	Heat #	Heat #	Heat #	Heat #
2	50						
4	100						
6	150						
8	200						
10	250						
12	300						
14	350						
16	400						
Beep	450						
20	500						
22	550						
24	600						
26	650						
28	700						
30	750						
32	800						
34	850						
36	900						
Beep	950						
40	1000						
42	1050						
44	1100						
46	1150						
48	1200						
50	1250						
52	1300						
54	1350						
56	1400						
Beep	1450						
60	1500						
62	1550						
Beep	1600						
66	1650						

	Event:					
Lap #	Meters	Heat #	Heat #	Heat #	Heat #	Heat #
2	100					
4	200					
6	300					
8	400					
10	500					
12	600					
Beep	700					
16	800					
18	900					
20	1000					
22	1100					
24	1200					
26	1300					
Beep	1400					
30	1500					

Event :						
Lap #	Meters	Heat #	Heat #	Heat #	Heat #	Heat #
2	100					
4	200					
6	300					
8	400					
10	500					
12	600					
Beep	700					
16	800					
18	900					
20	1000					
22	1100					
24	1200					
26	1300					
Beep	1400					
30	1500					

TIMERS' BRIEFING

Watch and button times are frequently used to establish or confirm official times because electronic timing equipment frequently malfunctions and/or swimmers sometimes do not trigger touch pads. Your help is very important and appreciated. Thank You!

HEAD LANE TIMER: (One timer per lane is the designated head lane timer)

Check the full name for correct swimmer of each race. Also check names on relay cards and those swimmers are listed in the order they will swim. Notify the referee of any deviations from the heat sheet.

Record all watch times on the provided heat sheet and on relay cards

Tell the Chief Timer if a swimmer delays touching or misses the touch pad.

Write your name and lane number on your heat sheet and return it to the Chief Timer, with your watch & clipboard, at the completion of the session.

ALL LANE TIMERS:

Sit in timer's chair for the start. Keep all swimmers, except the starting swimmer, behind your chairs until after the start (including relay team members). This helps maintain quiet with no movement for the start. After the start allow only the swimmer in the next heat in front of you. This is to help keep the area clear for the timers and officials.

Start watch on strobe light flash (start watch at the sound of the horn if the strobe is not visible).

Check watch after the start to make sure it is functioning.

If watch malfunctions raise a hand or otherwise get the attention of the Chief Timer. They will replace your watch with another started for the race.

Count the lengths swum in each race so you know when the race will be finishing. (Record scoreboard or watch splits, if requested.)

At the finish, STAND directly at the finish end of your lane to get a full view of the swimmer and end wall.

At the finish, push the electronic timing button and stop the watch immediately (do not anticipate) when any part of the swimmer touches any part of the pad or wall. Using your index finger to push your finish button produces the most accurate backup results.

Avoid placing watches, buttons, pencils, and clipboards on the steps or blocks, and keep the chords from being in the way of swimmers.

Return to chair to record watch time. If you suspect that a watch time or a button time is not accurate, please note that on your heat sheet.

Please ask the swimmer to clear the pool and move behind the starting block before you respond to a request for times. This helps the next swimmer prepare for his/her race.

Clear watch after time is recorded and checked.

Notify the Chief Timer if a break is needed.