



MIDWESTERN SWIMMING

Starter Training Session

If...Then Situations

	IF...	...THEN
GENERAL	The Starter is uncomfortable with what is occurring after the command "Take your mark"	"Stand Please" or "Stand Down Please" Pause, "Take Your Mark"
	An inadvertent recall is made.	Repeat and hold signal. No swimmer is disqualified.
	After a heat steps up - a timer is talking to a swimmer on the block.	"Stand Please" or "Stand, Down Please" and "Please Step Down", then "Timer Lane X, is there a problem?" Pause, "Heat X, Please Step Up" or Long whistle. Pause, "Take Your Mark"
	After a heat steps up - a timer signals they are not ready.	"Stand Please" or "Stand Down Please" Pause, "Take Your Mark"
	A heat steps up – a swimmer jumps into the pool to retrieve their goggles, without informing the referee.	"Stand Please" and "Step Down Please". Ask the Referee to instruct the nearest S&T to speak to the swimmer and explain what must be done in the future.
	Motion is seen when triggering the starting signal.	Allow race to proceed. Write down the offending lane and confer with the Referee.
FREQUENT	After the command "Take your mark" - a swimmer's foot is observed slipping off the block causing him/her to fall into the pool prior to the starting signal.	"Stand Please" or "Stand Down Please" and "Step Down Please" or "You May Relax Swimmers". Report what was seen to the Referee and recommend the swimmer not be disqualified.
	After the command "Take your mark", you are not comfortable with the start or feel that you are on the verge of an "unfair start" and "Stand Please" or "Stand Down Please" is said - a swimmer dives into the pool or loses their grip on the block and falls into the pool.	Determine if the swimmer(s) who entered the pool, slipped and lost their balance and fell into the pool reacting to your command "or" if the swimmer(s) that entered the pool by his/her own action. Report what was seen to the Referee. If you believe the swimmer entered the pool in the reaction to your command, "recommend the swimmer not be disqualified." If you believe the swimmer entered the pool by the swimmer's own action, "recommend that the swimmer be disqualified."
	After the long whistle blast - there seems to be confusion behind the blocks; some swimmers step up, all but one swimmer steps up, or a swimmer steps up then steps down.	Wait. Give the swimmers time to respond. Use verbal instructions, if necessary, "Heat X, Please Step Up".
	There continues to be confusion behind the blocks.	"Step Down Please" or "You May Relax Swimmers". Ask the Referee to investigate the confusion
	After the command "Take Your Mark" – one or more swimmer(s) come down very slowly making the rest of the field hold their position too long.	"Stand Please" or "Stand Down Please" Pause, "Take Your Mark"
	It is necessary to stand the heat a second time.	"Stand Please and Please Step Down" or "Stand Down Please and You May Relax Swimmers". Let the swimmers relax and compose themselves briefly. Then "Swimmers Please Step Up" pause and "Please Respond Without Delay". Pause, "Take Your Mark"
	It is necessary to stand the swimmers a third time and it is the second time for a specific swimmer.	After "Stand Please" or "Stand Down Please", warn the swimmer(s), by saying "Lane X, Please Respond Without Delay". Pause, "Take Your Mark"
	It is necessary to stand the heat up again for the same swimmer.	After "Stand Please" or "Stand Down Please", and "Step Down Please" or "You May Relax Swimmers". Recommend to the Referee that the swimmer be disqualified for delay of the meet. (This should rarely happen)
	The swimmers do not settle into motionless positions relatively quickly (this includes fiddling with goggles or caps, wriggling into a position, or not maintaining a motionless position).	"Stand Please" or "Stand Down Please" and instruct swimmers to "Please Respond Without Delay". Pause, "Take Your Mark." If the problem persists, follow the sequence as outlined above giving the appropriate commands deemed necessary.
	In backstroke, after the second long whistle blast – a swimmer's toes are above the water AND curled over the lip of the gutter.	"Toes Please". Swimmer fails to respond, "Lane X, Toes Please". Same swimmer fails to respond, request an assistant starter or referee to talk to the swimmer and repeat rule. Same swimmer fails to respond, disqualify for delay of meet. Once swimmer has responded, "Thank You".