

## **Mid-MO Conference Procedure for Starts**

1. The referee or starter (if one official serves in both capacities) will give 4 or 5 short whistles to signal for swimmers to be ready behind the starting block. These preliminary whistles will be given when the swimmer in the last position of the heat in the water nears the backstroke flags at the finish.
2. The referee or starter will announce the event number, gender, age, distance and stroke of the next event.
3. The starter will give one (1) long whistle to indicate to swimmers to take their positions on the starting block.

Exception: For backstroke, one long whistle indicates to swimmers to enter the water feet first. A second long whistle indicates to the swimmers to place their feet on the wall and be prepared to start.

4. Be sure all timers and officials are ready to start.
5. The starter will give the command, "Take Your Mark." Swimmers should immediately respond by taking their starting positions with at least one foot at the front edge of the block.
6. Once the swimmers are stationary in the starting position, the starter will give the starting signal.
7. When a swimmer delays taking the starting position, then the starter will release all swimmers from the starting position by saying, "Stand Up." All swimmers will be asked to respond promptly to the starter's command. The starter will again say, "Take Your Mark."
8. If a swimmer leaves the starting position prior to the starter giving the starting signal, this swimmer will be disqualified for a false start.

Taken from 2002 USA Rules, p.33 Rule 102.14