



# STROKE JUDGE

## DESCRIPTION

- The STARTER announces and starts the Meet's Event's Heats. As such, the STARTER controls the flow and progress of the Meet.

## REQUIREMENTS

- Two (2) STARTERs, one (1) STARTER per each half Meet, is required for each Dual Meet. A STARTER should not be changed unnecessarily during either half of the Meet.
- All STARTERs must attend a Swim Circuit's Official Clinic once every year for training and certification.
- The STARTER will ensure a clear, unobstructed view of the swimming lanes at all times.

## DUTIES

- The STARTER begins each Event and Heat by advising the Swimmers, EXCHANGE AND STROKE JUDGEs, FALSE START SUPPORT ASSISTANT, and TIMERS of the Event Number, Heat Number, Event Name, and if appropriate and applicable, the order of the Heat's Stokes.
- The STARTER is solely in control of the Heat to give all Swimmers a fair and equitable start.
- The STARTER will refer to Swimmers by gender when appropriate. In case of mixed Heats, using the word "Swimmers" is appropriate to address the Swimmers.

## PRE-MEET

- The STARTER will ensure that all Heat equipment is in place and ready for use (Whistle(s), Tone Generator, and/or Scoring Board).
- The STARTER will test the whistle(s) and/or tone generator as applicable to ensure good working order of the equipment.

## HEAT START

- The STARTER will ensure that the Swimmers for a Heat are standing "on the deck" behind the Starting Blocks until their announcement to move into position.
- At the start of each Heat, the STARTER asks, "JUDGES AND TIMERS, ARE YOU READY?"
  - ❖ The STARTER will wait until all EXCHANGE and STROKE JUDGEs, FALSE START SUPPORT ASSISTANT, and TIMERS signal ready. The STARTER WILL NOT PROCEED until all officials signal their readiness.
- The STARTER will start each Event's Heat with the announcement, "THIS IS EVENT 'XX', HEAT 'YY' (where 'XX' is the Event number and 'YY' is the Heat number) and then announce "SWIMMERS ON THE BLOCKS", "SWIIMMERS STEP UP" or "SWIMMERS ENTER THE WATER" as appropriate for the Heat.
  - ❖ Swimmers are to stand behind the Front Edge of the Swimmer's Block or away from the pool's edge if the Swimmer(s) is/are not going to use the Block(s).



- ❖ The Starter may from time-to-time remind Swimmers to lower their goggles into place.
- The STARTER will then pause to ensure that all Swimmers come down together and are in a motionless position awaiting the starting signal.
  - ❖ “Rolling Starts” are not permitting on initial starts.
  - ❖ If one or more Swimmers do not take their marks or become motionless quickly, the STARTER will instruct the all Swimmers to stand up, relax, instruct the unprepared Swimmer, and re-start the Heat.
  - ❖ If the STARTER, in their sole opinion, detects any motion by a Swimmer to obtain an unfair advantage over the field, the STARTER shall and must recall the field of Swimmers and charge the field with a FALSE START.
  - ❖ Repeated failure of Swimmer(s) to take their mark is grounds for a FALSE START.
- The STARTER will then give a blast of their whistle or tone generator, signaling the start of the Heat. At that time, the Swimmers may begin swimming.
- At any time prior to the signaling the start of Heat and/or, prior to the Swimmers leaving their mark, the STARTER can announce to the Swimmers to “STAND, PLEASE”, “STAND DOWN, PLEASE” or RELAX, PLEASE” if the STARTER, in their sole determination, needs to stop the HEAT for any reason. A FALSE START will not be charged to the field in this case. The Heat will be re-started in this case.

#### **FALSE START**

- The STARTER will be the sole judge for determining FALSE STARTS.
  - ❖ A FALSE START is defined as a Swimmer(s) leaving the Starting Block, Standing Position or Wall, depending on the Heat, prior to the starting signal. It is the responsibility of the STARTER to detect any movement by a Swimmer(s) prior to the starting signal and to recall the Heat.
  - ❖ All FALSE STARTS require the Heat be re-started.
- If the STARTER detects a FALSE START, the STARTER must signal the Judges, False Start Technician, Timers, and Swimmers by a series of blasts on the whistle or tone generator.
  - ❖ Based upon this signal, the FALSE START SUPPORT ASSISTANT will drop the False Start Rope to stop any Swimmer(s) who do not hear the signal.
  - ❖ The STARTER must remind the Timers to clear their watches after a FALSE START is declared.
- A STARTER can charge a Swimmer(s) with a FALSE START if the STARTER observes the violation.
- The first FALSE START of a Heat is charged to the field of Swimmers.
  - ❖ Only one (1) FALSE START shall be allowed per Heat.
- Any Swimmer false starting after one FALSE START has been charged to the Heat SHALL BE DISQUALIFIED and the remaining field of Swimmers shall be recalled and the Heat re-started.