

**Pre Requisites for Qualification:**

- Be familiar with –
  - Starter section in SNZ 'Guide for Technical Officials'.
  - FINA Rules 2013-2017 SW 2.3, SW 2.4 and SW4
  - You should also have a sound knowledge of FINA Rules SW 5 to SW 10, FR 2.7 to 2.10 and FR 4

**1. What do you consider to be the key attributes of a good starter?**

**2. What equipment should you bring to each meet?**

**3. Pre Meet Duties:**

- a) Who do you report to?
- b) When should you arrive?
- c) What should you discuss with the session referee?
- d) Name the equipment you should check?
- e) What are the facility rules relating to the specifications for a false start rope?
- f) Two starters have been appointed to the session/meet – how would you manage working with a colleague?

**4. Starting a race**

- a) Where should you stand?
- b) When should you stand and be ready?
- c) When do you have control?
- d) When does your control end?
- e) When should you start a race?
- f) Describe the one start rule?
- g) What if a swimmer doesn't settle on the blocks?
- h) Give other examples of when you should ask the swimmers to 'stand up' or 'relax'?
- i) How should you say 'take your marks'?
- j) What role does the starter play in a disqualification situation at the start?
- k) Who has the authority to decide if a start is not fair?
- l) What actions should you take if the start is declared not fair?
- m) In a freestyle race a competitor indicates they are going to swim backstroke. Where would they start and why?



- n) Give some instances where a swimmer could be declared as 'delaying the start'?
- o) What kind of starting signals may be used?
- p) If you notice an entered swimmer does not present on the blocks, what action should you take?
- q) Describe your relationship with the referee/

**5. Describe the start for these events:**

- a) Freestyle, Breastsroke, Butterfly and Individual Medley.
- b) Backstroke and Medley Relays.

**6. Why is it important to have a programme?**

**7. Facility Rules**

- a) Where can you find the rules pertaining to facility specifications?

**8. Describe your role as a starter?**

