



IHSAA

No Recall Starting Procedure Guidelines

Start

The first start generally is the swimmer's best effort. Under the "No Recall" starting procedure, the penalty for a false start is imposed on the offender after the completion of the swim. The starting procedure, however, emphasizes swimmer's responsibility to concentrate on the start and race and not be affected by actions of the other swimmers on the blocks. If confirmed by the assistant starter, when using dual confirmation, a swimmer's reaction to the movement by another swimmer could result in a disqualification or at the very least, in a delayed response to the start signal. Also note that, under this procedure, informing the athletes about a disqualification for a false start after the race is consistent with all other disqualifications under the swimming rules.

Use Patience when starting a race. After the "Take your Mark" command, let the swimmers set before you give the starting signal. If the swimmer did not set and the start signal is given, there is no false start.

No Recall

After the starting signal, the Starter shall allow the race to proceed and shall make a written record and continue to watch the race, and then inform the administration table and the swimmer after the race of a false start. If, after assuming the starting position and becoming stationary/set on the command "Take your Mark" a swimmer leaves their mark prior to the start signal and the Starter has time to give the "Stand Please" command, no start signal shall be given and the offending swimmer will be disqualified by the Starter after confirming with the Assistant Starter of a lane match. All other swimmers entering the water in reaction to the "Stand Please" command shall be released. After informing the offending athlete, resume the start with a long whistle, and then the "Take your Mark" command.

The Starter may recall a heat for unusual circumstances, such as a lane line break, flags dropping into the race course or sudden noise which may confuse the swimmers or anything that may affect fair conduct of the race. The starter is responsible for a fair and equitable start for all swimmers.



IHSAA Starter Guidelines

1. Take deck position which affords an optimal view of the starting field.
2. Command field to “Step Up” or “Step In”.
3. In Backstroke, say “Place Your Feet”.
4. When field is ready, say “Take Your Mark” in a calm, inviting tone.
5. When field is stationary/set, give the starting signal.
6. Circle or write lane number of any false start and report to administration table after race.
7. Focus on the swimmers during the race for stroke or turn infractions.
8. Notify the swimmer after the race is finished of any disqualifications.

False Start Procedure:

1. If the starter observes that a swimmer started after “Take Your Mark’ but immediately before the starting signal, the race shall continue without recall, and the lane(s) of the offending athlete(s) noted, in writing.
2. If dual confirmation of the start, the officials should confirm that they match the offending lane(s) in writing. If there is no match then there is no false start.
3. When there is an agreement on the noted lane(s) by the deck referee/starter and the assistant starter, the starter or assistant will notify the swimmer after the race.
4. If a swimmer starts and the starting signal is not given, the starter should release the rest of the field by saying “Stand Please”, note the lane that started, and follow items 2 & 3 above. Notify the swimmer they are disqualified.

Remember:

1. **Never** force a start by commencing a starting sequence before the swimmers are ready.
2. **Never** keep Swimmers on the block or in the water for an extended time prior to the start.
3. **Always** practice Patience, Patience, Patience
4. **Always** use the word “Please” when giving any command or instruction other than “Take your Mark”.
5. **Always** be conscious of any outside interference that might affect the start.
6. **Always** check the starting blocks, starting system and volume prior to the meet.