

STARTER QUESTIONNAIRE

Please circle the true statement(s) or fill in the appropriate answer(s), There may be more than one true statement for each question.

GENERAL STARTING RULES

1. The FINA Start includes:
 - a. one start;
 - b. two starts;
 - c. three starts.

2. The FINA Start shall be used for:
 - a. all Canadian meets;
 - b. all international meets;
 - c. all regional competitions including club, dual, invitational and championship meets.

3. In SNC sanctioned meets, the starting signal shall be:
 - a. a pistol shot;
 - b. a loud abrupt sound of an electronically activated horn;
 - c. a short whistle blast.

4. Some responsibilities of the Starter are to:
 - a. ensure that each race is started fairly;
 - b. discuss signals between Referee and Starter;
 - c. disqualify swimmers who use illegal stroke techniques;
 - d. announce swimmers before each race;
 - e. call the swimmers to attention before the race using a whistle;
 - f. ensure the Timekeepers are ready before starting the race;
 - g. start the race as soon as all the swimmers have taken their mark and are motionless;
 - h. disqualify swimmers for delaying the progress of the meet;
 - i. ensure the false start recall rope is dropped when necessary;
 - j. perform other duties as assigned by the Referee;
 - k. report to the Referee any swimmer for delaying the start, wilfully disobeying an order, or any other misconduct taking place at the start.

5. The Starter shall have control of the swimmers from the time:
 - a. the Referee turns the race over to him/her;
 - b. the Referee checks that the Judges are ready;
 - c. the swimmers take their positions of readiness at the front of the blocks;
 - d. the Referee blows the long, loud whistle.
 - e. the Referee gestures to the starter with a stretched-out arm in the direction of the course.

6. The Referee may not interfere once the Starter has control of the swimmers:
 - a. correct;
 - b. incorrect.

7. At the start the Starter shall:
 - a. hold the pistol at chest height;
 - b. hold the pistol motionless at arm's length, in clear view of the Timekeepers;
 - c. ensure that the strobe light is in clear view of the Timekeepers
 - d. ensure that all Timekeepers can see the flash of the pistol;
 - e. disqualify a swimmer for delay of meet.

8. The preparatory command that immediately precedes the starting signal shall be:
 - a. "ready";
 - b. "get set";
 - c. "a vos marques";
 - d. "to your marks";
 - e. "take your marks";
 - f. "on your marks".

9. In the event of the malfunction of the starting device or pistol the Starter shall:
 - a. leave the swimmers poised and attempt to repair the malfunction;
 - b. direct the swimmers to "step down" or "relax" and announce that it is not a false start;
 - c. call a false start and proceed immediately with another attempt;
 - d. leave the swimmers poised and reload the pistol;
 - e. in the best interest of the swimmers, ask them to step down until the malfunction is corrected.

10. During the start, the Referee or Starter may:
 - a. elect at any time to recall the race and restart it if a fair start has not been achieved;
 - b. direct swimmers to "step down" or "relax" and then re-attempt to start the race, without assigning a false start or a disqualification;
 - c. not recall the race, even if they believe a fair start has not been achieved;
 - d. disqualify a swimmer who false starts, by directing the swimmers to "step down or "relax", even though the starting signal has not been given;
 - e. disqualify, at the end of the race, any swimmer who leaves his/her mark early (jumping the gun) on a second start or the first start in a "one start meet";
 - f. prior to the starting signal, disqualify any number of swimmers until a fair start has been achieved;
 - g. not agree on a false start.

11. Whenever swimmers have been asked to step down and relax due to any action or lack of action on the part of the swimmer(s), the control of the race reverts to the Referee:
 - a. correct;
 - b. incorrect.

12. A "False Start" is:
 - a. any action, or lack of action on the part of the swimmer(s) while under the command of the Starter to take your marks which affects the achieving of a fair start;
 - b. no apparent attempt by the swimmer to hold his mark;
 - c. flagrantly slow in heeding the commands of the Starter;
 - d. being unnecessarily slow in responding to the command;
 - e. when the pistol misfires.

13. Authority to call a "false start" lies with:
 - a. Referee;
 - b. Chief Timekeeper;
 - c. Stroke Judge and Turn Inspector;
 - d. Starter.

14. A swimmer shall be disqualified if he:
 - a. commits a false start after the second start has been announced
 - b. commits a false start in a "one start" meet.

15. The swimmers are in the water for the start of the:
 - a. 200m Individual Medley;
 - b. 400m Freestyle;
 - c. 400m Medley Relay;
 - d. 200m Backstroke.

16. For Backstroke events, the swimmer:
 - a. must be in the water facing down the course;
 - b. must be in the water facing the starting end;
 - c. shall hold the wall or starting grip(s) with both hands;
 - d. must have both feet in contact with the end of the wall;
 - e. must have toes below the water line;
 - f. may have the toes grip the gutter;
 - g. must have feet level on the wall;
 - h. shall immediately enter the water and assume the starting position without undue delay

17. For events requiring a dive start, the swimmers:

- a. shall stand behind the blocks until the Referee's whistle is sounded;
- b. shall step on to the starting platform with both feet the same distance from the front and remain stationary;
- c. on the command, "take your marks", shall take their position with at least one foot at the front of the starting block;
- d. may use a track start;
- e. may, when using the track start, adjust the back foot position;
- f. may start from the pool deck when circumstances warrant;
- g. shall keep their heels in contact with the starting block while awaiting the start signal, after the preparatory command has been given;
- h. are permitted to grasp the starting block with their hands while awaiting the starting signal;
- i. must have both feet at the front of the block
- j. shall step onto the starting platform and remain there.

18. In a two-start meet, the following statements about a FIRST start are true:

- a. The Starter may call a false start before a successful start occurs.
- b. The Starter may call a false start after the start occurs.
- c. When the first start has been called back, the Starter must identify the lane charged with the infraction.
- d. The first false start is always charged to all the swimmers in that heat.
- e. Disqualifications may be made at any time during the actual start.

19. In a two-start meet, the following statements about the SECOND start are true:

- a. The Starter may disqualify a swimmer for a false start before the start occurs;
- b. The Starter may disqualify a swimmer for a false start after the start occurs;
- c. A disqualification which occurs after a successful start has been completed is charged to the swimmer at the end of the race;
- d. Swimmers may be directed to step down or relax prior to a successful start without a false start or disqualification being assigned.
- e. When all swimmers are behind the starting blocks and before the Referee's whistle, the Starter will announce, "This is your second start".

NOTE: All of the above points regarding the "SECOND Fina Start" are also true for the "FIRST Fina Start" when the "One-Start" rule is in use.

STARTER ANSWER SHEET

Please circle the true statement(s) or fill in the appropriate answer(s). There may be more than one true statement for each question.

1. a b c
2. a b c
3. a b c
4. a b c d e f g h i j k
5. a b c d e
6. a b
7. a b c d e
8. a b c d e f
9. a b c d e
10. a b c d e f g
11. a b
12. a b c d e
13. a b c d
14. a b
15. a b c d
16. a b c d e f g h
17. a b c d e f g h i j
18. a b c d e
19. a b c d e