

EMSOA

Starting Protocol

Purpose: all swimmers should experience the same start protocol from all EMSOA Officials.

1. **Referee:** blows whistle to alert swimmers that the race is to begin.
(Rule:1-3-4)
2. **Starter:** who has microphone, says:
 A.” Timers, clear your watches to zero” *this command should be done BEFORE swimmers step on the blocks.*
 B. “Swimmers step up” *For the backstroke, “Swimmers step into the water”*
3. **Referee:** makes sure all swimmers are in their lanes, not adjusting Goggles, and are settled into place; **for the Backstroke the Referee and Starter** makes sure all toes are below the water line, and the Referee observes that all swimmers are settled into their Backstroke place. **Referee:** points to the starter that the starting commands may begin. (Rule: 4-2-2a) (Rule: 8-2)
4. **Starter:** *announces the event with the following commands,*
 “Ladies/Gentlemen, 50 yard freestyle” PAUSE “take your mark,”
 PAUSE THEN CARRIES OUT THE PROVISIONS OF A FAIR
 START. (Rule: 4-3-1a & b)(Rule 8-1).

 Curling toes over the gutter after the start is a stroke violation,
 signaled by raising the hand over the head with an open palm. (Rule:
 4-4-2a & b)(Rule: 8-1-2)(Rule: 8-2-1c)
5. **Starter:** *BEFORE PLACING THE STARTING DEVICE DOWN,*
 MAKE SURE A FALSE START HAS NOT OCCURRED. (Rule 8-1-3,4,5,6)