



STARTER – QUIZ

1. 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
 - d) all of the above

2. Some responsibilities of the Starter are:
 - 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 marks and are motionless
 - h) perform other duties as assigned by the Referee
 - i) report to the Referee any swimmer for delaying the start, willfully disobeying an order or any other misconduct taking place at the start
 - j) a, b, g, h, i
 - k) all of the above

3. 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 starting platforms
 - d) the Referee blows the long, loud whistle
 - e) the Referee gestures to the starter with an outstretched arm
 - f) a, c
 - g) a, e

4. The Referee may not interfere once the Starter has control of the swimmers:
 - a) true
 - b) false

5. At the start the Starter shall:
 - a) ensure that the strobe light is in clear view of the Timekeepers
 - b) call an infraction against a swimmer for delay of meet, to the referee
 - c) a & b



6. The preparatory command that immediately precedes the starting signal shall be:
 - a) “ready”
 - b) “get set”
 - c) “to your marks”
 - d) “take your marks”
 - e) “on your marks”

7. In the event of the malfunction of the starting device the Starter shall:
 - a) leave the swimmers poised and attempt to repair the malfunction
 - b) direct the swimmers to “step down” or “relax”
 - c) call a false start and proceed immediately with another attempt
 - d) leave the swimmers poised and reload the pistol

8. During the start, the Referee and the 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 at the end of the race, any swimmer who leaves his/her mark early (jumping the gun)
 - e) a, b, d
 - f) all of the above

9. 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) true
 - b) false

10. A “False Start” occurs when:
 - a) a swimmer starts before the starting signal has been given
 - b) the starting signal misfires
 - c) there is an official’s error
 - d) a swimmer has jumped the gun and the starting signal has been given
 - e) a & d

11. Authority to call a “False Start” lies with:
 - a) the Referee
 - b) the Chief Timekeeper
 - c) the Stroke Judge and Turn Inspector
 - d) the Starter
 - e) the Referee and Starter must agree
 - f) a, d
 - g) a, d & e



12. The swimmers, other than PARA swimmers, are in the water for the start of:
 - a) 200m Individual Medley
 - b) 400m Freestyle
 - c) 400m Medley Relay
 - d) 200m Backstroke
 - e) c & d

13. 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 starting grips with both hands
 - d) must have both feet in contact with the end of the wall regardless of whether backstroke ledges are being used
 - e) may have toes in the gutter
 - f) must have the feet level on the wall
 - g) must have toes below the water line
 - h) b, c, d

14. For events requiring a dive start, the swimmers:
 - a) shall stand behind the starting platforms until the Referee's whistle is sounded
 - b) shall step onto 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 platform
 - 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 platform while awaiting the start signal, after the preparatory command has been given
 - h) are permitted to grasp the starting platform with their hands while awaiting the start signal, after the preparatory command has been given
 - i) Must have both feet at the front of the starting platform
 - j) a, c, d, e, f, h
 - k) all of the above



15. The following statements about the start are true:
- a) the Starter may disqualify a swimmer for a false start before the race occurs
 - b) the Starter may disqualify a swimmer for a false start after the start occurs and the Referee agrees
 - c) a disqualification which occurs after a successful start has been achieved 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) b, c, d
 - f) all of the above