



Suggested Starter's Scripts & Techniques

- (4+ Short Whistles)
- *For Freestyle, Breaststroke, Butterfly, Individual Medley, and Freestyle Relays:*
 - (1st Long Whistle)
 “Step Forward” (Only use if the heat does not respond to the Referee's long whistle)
 - **“50 Meter Butterfly”**
 (Pause, Breathe and Let Field Settle Down)
 “Take Your Mark”
 - When swimmers are still/stationary, give starting signal.
- *For Backstroke and Medley Relay:*
 - (1st Long Whistle)
 “Step In” (Only use if the heat does not respond to the Referee's long whistle)
 - (2nd Long Whistle)
 “50 Meter Backstroke”
 (Pause, Breathe and Let Field Settle Down)
 “Take Your Mark”
 - When swimmers are still/stationary, give starting signal
- **Remember:**
 - Say **“Meter”** not “Meters” or **“Yard”** not “Yards.” Avoid hissing “s” sounds as much as possible. Enunciate clearly.
 - Say **“Butterfly,”** not “Fly.” Say **“Breaststroke,”** not “Breast.” Say **“Backstroke,”** not “Back.” Say **“Freestyle”** not “Free.” Say **“Individual Medley,”** not “I.M.”
 - *Use hand signals for hearing-impaired swimmers*, regardless of whether they are looking at you or not!
 - On the **“Take Your Mark”** command, step down your voice. Do **not** raise it up (like a military command)!
 - If you use the **“Stand”** command, **do not** repeat the stroke & distance before the next **“Take Your Mark”** command.
 - If you use the **“Relax, please”** or **“Stand”** command on the start of the backstroke, **do** use the **“Place Your Feet”** command (but **do not** repeat the stroke & distance) before the next **“Take Your Mark”** command.