

NSL REFEREE / STARTER SCRIPTS

FORWARD START SCRIPT

1. Referee blows a series of short whistles: Alerts swimmers to prepare for their heat.
2. Starter Announces Event / Heat
 - If the first heat of a new event, the starter should announce the event & heat
 - i. Ex. “Event 17, 15-18 Girls Novice 50 Yard Butterfly – Heat 1”
 - If a subsequent heat, the starter should announce just the heat
 - i. Ex. “Heat 2”
3. Referee Blows One **long** whistle: This signals the swimmers to step up on the block
4. Once the Referee feels that the field is in position & ready, an arm is extended toward the Starter indicating the race may proceed under the Starter’s control
5. Starter: Pause to let the field settle before inviting the swimmers to “Take Your Marks”
6. When the field is set, activate the Starting Signal
 - If the field does not become set, or there are outside distractions that may prevent a fair start, calmly issue the “Stand Please” command to have the field stand and re-set. Go back to #5 above (Referee’s hand stays extended)

BACKSTROKE START SCRIPT

1. Referee blows a series of short whistles: Alerts swimmers to prepare for their heat.
2. Starter Announces Event / Heat
 - If the first heat of a new event, the starter should announce the event & heat
 - i. Ex. “Event 28, 13-14 Boys Open 50 Yard Backstroke – Heat 1”
 - If a subsequent heat, the starter should announce just the heat
 - i. Ex. “Heat 2”
3. Referee Blows One **long** whistle: This signals the swimmers to enter the water
4. Once all head’s have surfaced, Referee Blows One more long whistle: This signals swimmers to return to the wall and prepare to start
5. Once the Referee feels that the field is in position & ready, an arm is extended toward the Starter indicating the race may proceed under the Starter’s control
6. Starter: Pause to let the field settle, and ensure that toes are in legal starting position (not curled over gutters) before inviting the swimmers to “Take Your Marks”
7. When the field is set, activate the Starting Signal
 - If the field does not become set, or there are outside distractions that may prevent a fair start, calmly issue the “Stand Please” command to have the field stand and re-set. Go back to #6 above (Referee’s hand stays extended)
 - i. Even on backstroke, the proper command is “Stand Please”