



## Suggested Starter's Scripts & Techniques

- (4+ Short Whistles)
- *For Freestyle, Breaststroke, Butterfly, Individual Medley, and Freestyle Relays:*
  - (1<sup>st</sup> 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:*
  - (1<sup>st</sup> Long Whistle)  
**"Step In"** (Only use if the heat does not respond to the Referee's long whistle)
  - (2<sup>nd</sup> 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.