

## Starter Webinar



- Start Rules
- Start Information System
- Start Referee
- Chief Starter
- Starter
- Recallers
- Starter's Assistants

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## Start Rules

- 400 m or less, must use crouch start.
  - Commands “On your marks” and “Set”, in English or in French.
- Longer than 400 m, must use standing start.
  - Command “On your marks”, in English or French.

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## Start Rules

- If Starter is not satisfied all is ready, can abort the start by command, “Stand up”.
- When all are ready, race is normally started by a report of a gun.

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## Start Rules

- A crouch start requires both hands and at least one knee contact the ground within their lane after the command “On your marks”.
- Both feet need to be in contact with the foot plates of the blocks.

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## Start Rules

- A starter may abort the start if:
- The athlete causes the start to be aborted (e.g. raising a hand before the gun is fired).
  - The athlete delays placing themselves in the final starting position.
  - An athlete disturbs other athletes through sound, movement, or otherwise.

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## Start Rules

In these cases where the starter has aborted a start, the Start Referee may warn the offending athlete for improper conduct (yellow card).

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## Start Rules

### False Start

- An athlete shall not commence their start until after receiving the report of the gun.
- This includes movement that was prior to the gun and not stopped, continuing into the commencement of the start.

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## Start Rules

### False Start

- In a crouch start, motion that includes feet losing contact with blocks or hands leaving the ground.
- In a standing start, motion that results in feet losing contact with the ground.

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## Start Rules

### False start penalty:

- Disqualification in individual event.
- In combined events, one false start per race is allowed, with disqualification for any further false start.

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## Start Rules

- A starter or recall starters shall recall any race if the start was not a fair one.
- It is better to recall a race than let there be unfair start.

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## Start Information System

- If a Start Information System (SIS) is used, a race **MUST** be recalled if the SIS emits a signal after the start.
- A false start is indicated if the reaction time is less than 0.100 seconds.
- Evidence from the SIS is a resource to be used to assist in making a correct decision.

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## Start Referee

- Is an Referee assigned to oversee the starts.
- Is not part of the Start Team.
- Has the jurisdiction to decide on any facts related to starts.

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## Start Referee

- With Photo Finish, ensures Zero Control test is conducted.
- If SIS is used, carries out an initial check of the system.
- Deals with protests about a start.

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## Start Referee

- If a starter has aborted a start because improper conduct by an athlete, may warn the responsible athlete.
- In case of an immediate protest by an athlete against having been charge with a false start, a Start Referee may allow an athlete to compete “under protest”.

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## Chief Starter

- In Canada, the Chief Starter is usually both the manager of the Start Team and acts as a Senior Starter.
- Allocates duties and supervises team members.
- Plans the positioning of the Starter, Recalls, and Starter’s Assistants.

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## Starter

- Ensures all athletes have a fair start.
- In consultation with Recalls decides on false starts.
- Has full visual control.
- Ensures commands are heard simultaneously by all athletes.

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## Recalls

- Deployed to give an alternate view of the start.
- Supports the starter.
- Recalls the race if legality or fairness is in doubt.

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## Starter's Assistants

- Provide management of the athletes in preparation for the race.
- Signals the starter when athletes are ready for starter's commands.
- Shows cards after a starter has given decision on recalls, such as false starts or no charge.

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## Discussion

Questions??

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