

Name: \_\_\_\_\_ Club: \_\_\_\_\_ Date: \_\_\_\_\_

Email: \_\_\_\_\_ New: \_\_\_\_\_ Re-Certification: \_\_\_\_\_

## GRAL STARTER CERTIFICATION / RE-CERTIFICATION TEST 2010

- \_\_\_\_\_ 1. Your main objective as a Starter is to:
  - a. Announce what heats should be at the Clerk of the Course
  - b. Position the equipment so all timers can see the strobe light for starts
  - c. Achieve a fair start for all swimmers
  - d. Count the number of swimmers in each heat
  
- \_\_\_\_\_ 2. In a pool with the starting end depth at 3' 9", the swimmer:
  - a. May start from the starting blocks
  - b. May start from the deck
  - c. Must start from within the water
  - d. May start from the starting blocks, deck or from within the water
  
- \_\_\_\_\_ 3. The Starter may give the following optional announcements at the beginning of each heat:
  - a. Event, Stroke and Distance
  - b. Advise the heat when a swimmer will be attempting to achieve a record time at an initial distance.
  - c. For backstroke events, give the command "*Place your feet*"
  - d. All of the above
  
- \_\_\_\_\_ 4. When the command "*Take your mark*" is given in a forward start, the swimmer must move:
  - a. At least one foot at the front of the starting block
  - b. At least one foot in the middle of the starting block
  - c. Both feet at the front of the starting block
  - d. Both feet at the back of the starting block
  
- \_\_\_\_\_ 5. In the forward start the swimmer may grab:
  - a. The forward edge of the starting block
  - b. The sides of the starting block
  - c. No part of the starting block.
  - d. Any part of the starting block
  
- \_\_\_\_\_ 6. If a swimmer does not respond promptly to the command "*Take Your Mark*", the Starter shall:
  - a. Give the starting signal and hope he / she pays attention next time
  - b. Wait until the swimmer assumes a starting position
  - c. Instruct the swimmers to "*Stand up*"
  - d. Start the event and hope the mistake is not noticed
  
- \_\_\_\_\_ 7. Before the starting signal is given, the Starter, with the concurrence of the Referee, may not disqualify a swimmer who delays the start by deliberately entering the water.
  - a. True
  - b. False

Completed tests should be delivered to the GRAL VP of Officials (Ed Scribner) via [officials@gralva.com](mailto:officials@gralva.com), or 10989 Milestone Drive, Mechanicsville, VA 23116

- \_\_\_\_\_ 8. The Starter shall start the heats of swimmers solely at his / her discretion.
- True
  - False
- \_\_\_\_\_ 9. A swimmer shall be disqualified after the second false start in the same heat upon mutual agreement between the Starter and Referee.
- True
  - False
- \_\_\_\_\_ 10. The forward start shall be used for all strokes.
- True
  - False
- \_\_\_\_\_ 11. It is permissible for a swimmer to assume a starting position on the deck or in the water.
- True
  - False
- \_\_\_\_\_ 12. If, after the starting signal is given in a Backstroke Event, a swimmer curls his / her toes over the lip of the gutter, the starter should disqualify the swimmer.
- True
  - False
- \_\_\_\_\_ 13. Two critical job assignments for the success of a timely meet are:
- Snack Bar Worker - Pool Manager
  - Referee - Table Worker
  - Clerk of the Course - Starter
  - Strokes & Turn Judges - Data Entry Person
- \_\_\_\_\_ 14. For all backstroke starts, the swimmer can not have:
- One foot below the water line
  - Both feet on the gutter, with the toes curling over the lip of the gutter
  - Toes and feet out of the water, but not curling over the lip of the gutter
  - Both feet on the gutter, with the toes curling over the lip of the gutter
- \_\_\_\_\_ 15. In a legal forward start from within the water, the swimmer must have:
- Both feet in contact with the wall or starting platform at the start
  - At least one foot and one hand in contact with the wall or starting platform at the start
  - At least one hand in contact with the wall or starting platform at the start
  - Both hands in contact with the wall or starting platform at the start