

Multiple USA Swimming Rules – To comply with World Aquatics SW4

101.1.2C (pp 21) – On the Starter’s command “take your marks,” the swimmers shall immediately assume their starting position, in the forward start, with at least one foot at the front of the starting platform or the deck. Swimmers starting in the water must have at least one hand in contact with the wall or starting platform. When all swimmers are stationary, the Starter shall give the starting signal.

101.1.2D (pp 22) – When a swimmer does not respond promptly to the command "take your marks," the Starter shall immediately release all swimmers with the command "stand up" upon which the swimmers may stand up or step off the blocks.

105.3 Figure 1 C (pp 57) – Arm moves to shoulder level — signal to "take your marks"

105.3 Figure 1 E (pp 57) – Arm raised overhead with palm up (at any time after C. [“Take Your Marks”] and prior to D. [starting signal] — swimmer released from “Take Your Marks” command)

105.3 Figure 2 D (pp 57) – Arm moves to shoulder level — signal to “take your marks”

105.3 Figure 2 F (pp 57) – Arm raised overhead with palm up (at any time after D. [“Take Your Marks”] and prior to E. [starting signal] — swimmer released from “Take Your Marks” command)

701.2.2B (pp 111) – In all starts, the start signal shall be both audible and visible. For fixed platform starts, the Starter shall give the command, “Take your marks,” at which time the swimmers will assume a starting position with at least one foot at the front of the starting platform. When all swimmers are stationary, the Starter shall give the starting signal.

701.17.4 (pp 117) – when swimmers are starting from a fixed platform, give the command, “Take your marks,” at which time the swimmers will assume a starting position with at least one foot at the front of the starting platform. When all swimmers are stationary, the Starter shall give the starting signal.

Differences Between USA Swimming and USMS Rules – Forward Start (pp 123) – The forward start may be taken from the starting block, the pool deck, or a push from the wall. The forward start or the backstroke start shall be used for freestyle events. The referee’s long whistle indicates that the swimmer may take and maintain a position with at least one foot at the front of the platform or the deck (prior to “take your marks”). On the command, “Take your marks,” the swimmer shall immediately assume the starting position that maintains at least one foot at the front of the platform or the deck.