



FALSE STARTS

Individual Events

- Leaving their stationary stance/position* (leaving their mark) before the start signal/beep is given.
 - *One foot must be at the front of the block when they “take their mark”.
- Examples:
 - Rolling/moving into their start
 - Moving foot position
 - Moving hand position
 - Looking up
- This does not include twitching, flinching, or muscles tightening, if these movements do not change the swimmer’s stance (position/mark).
- Movement is a distraction to other swimmers and sometimes an advantage for the swimmer moving. Therefore, swimmers should be stationary at the start.

Relay Events

- First swimmer is held to same start rules as in an Individual Event.
- Remaining relay members must be touching the block, even if it’s just the tip of one toe, when the swimmer in the water touches the wall. They can roll, move, change their starting positions, etc.
- When the judges* see the feet completely leave the block, look down to see if the swimmer in the water has touched the wall. If not, this is a false start; the swimmer left the block before the prior swimmer touched the wall.

*Both judges need to agree.