



Do you know what to do when the Referee blows the Whistle?



It's becoming obvious to the Masters Swimmers Referees that an increasing number of swimmers do not understand the whistle signals at the start and finish of every race.

We only use two signals - a long whistle (lasting 2-3 secs) used at the start of the race and 2 quick whistles at the end of the race.

The long whistle is the signal for you to assume your starting position for the race. It is **not** the signal for you to put your cap on - adjust your goggles etc. Do that before you come out for your swim. If you do not assume your starting position immediately, you can be disqualified for delaying the start of the race. (Rule 4.6M).

In Backstroke there are 2 long whistles. The first is the signal for you to enter the water feet first. You must immediately face the starting platform in your lane. The second long whistle is your signal to assume the starting position for backstroke.

The 2 quick whistles at the finish of the race is your signal to immediately exit the water. Do not exit until you hear the 2 quick whistles. If you do so, you can be disqualified for leaving your lane before you are instructed to do so. (Rule 10.9.1M).

If you are waiting for your race to start and you hear 2 quick whistles, do not assume your starting position. Your signal is the long whistle. No other signals apply to you.

In “over the top” starts, the swimmer in the water must move to the side of their lane and remain in the water until the swimmer in the next race has started. You must then exit the pool. There will be no signal given to exit the pool.

In all Relays, swimmers must exit the pool as soon as possible after they finish their leg of the relay. No whistles are sounded. Failure to exit the water could result in the team being disqualified. (Rule 10.14M). Any swimmer obstructing another swimmer when exiting the pool will cause their team to be disqualified. (Rule 10.14M).

If you are the club coach please spend more time with your swimmers on starts, turns and finishes. This is where a majority of swimmers have problems. It is your responsibility to explain the rules of swimming to your team - not the Referees.