

Starter

Role

The starter shall have full responsibility for the competitors on the starting line and during the start except for those duties assigned to the Clerk of the Course. The starter and assistant starter shall decide without appeal, whether a start is fair and legal, or which competitor(s) shall be charged with a false start.

Tasks

1. The starter is responsible for avoiding unnecessary delay in the continuance of events, and shall start the track events promptly after the competitors have been assigned their positions and given appropriate information/instructions by the Clerk of the Course.
2. The starter shall receive a whistle or white flag signal from the Head Finish Judge that the judges and timers are ready.
3. The assistant starter(s) or recall judge may stop the race and recall the competitors if there is a false or unfair start or a spill during the first 100 meters due to contact with another competitor in a races longer than 400 meters that are started with a one-turn stagger.

Tips and Techniques

The starting commands for races or opening relay legs of less than 800 meters shall be:

1. “**ON YOUR MARKS**” At this signal, the competitors will immediately take their proper positions behind the starting lines. After they have taken their positions and are steady on their marks, the starter than shall instruct them:
2. “**SET**” At this command, all competitors shall at once, and without delay, assume their full and final set position in a manner that no part of their bodies touch on or over the starting line.
3. When all competitors are set and *motionless*, the starter shall fire the starting device. The interval between the SET command and the firing of the starting device is usually one to two seconds. *(After a starter gives the order “SET”, if any competitor is still in motion, the starter shall not fire the starting device)*

The starting commands for races or opening relay legs of 800 meters (600 meters indoor) or longer shall be:

4. “**ON YOUR MARKS**” At this signal, the competitors will immediately take their proper positions behind the starting lines
5. When all competitors are set and steady, the starter shall fire the starting device.

Starting violations which constitute a false start

6. Failure to comply with the starters command.
7. Having any part of the body in contact with the starting line or running surface beyond the line, when the starting device is fired.
8. Failure to remain motionless after assuming the set position prior to the starting device being fired.
9. Repeated use of disconcerting acts.

Unfair start (use your desecration).

1. **Blocks slip during or just prior to the start.**
2. **Stumbling out of blocks (may be caused by blocks slipping).**
3. **Competitor(s) not completely in set position.**
4. **Noise or sudden movement near the start line just prior to the start.**