

Dive-over Starts Summary For Coaches

This document summarizes key points for coaches regarding dive-over starts.

Dive-over starts are forward starts where a heat is started while the previous heat's swimmers are allowed to remain in the water at the conclusion of the race.

The general dive-over starting procedure will be the following:

- After the last swimmer in the heat passes the 15m mark from the start/finish end, the Referee will sound the four or five short whistle chirps.
- The announcer/starter will announce the heat number/long event name.
- As the last swimmer passes under the flags closest to the finish the referee sounds the long whistle for the swimmers to step on the blocks.
- All swimmers at the conclusion of their race shall move to the corner of the lane and remain stationary until after the next heat has started. While waiting in the water, swimmers should please remain as still as possible with legs hanging straight down and shall not hold onto the starting blocks or talk.
- When the next heat swimmers are on the starting blocks and in place, the Referee turns the heat over to the Starter by extending his/her arm to the Starter.
- When the swimmers on the starting blocks are ready the Starter issues the "Take Your Mark" command, and when appropriate gives the start signal.
- After the start of the next heat, the in-water swimmers shall quickly exit the pool.

Other guidelines for dive-over starts:

- Situations where dive-over starts shall not be used
 - 8&U mini-meet.
 - Backstroke and Relay (Medley and Freestyle) starts
- Dive-over starts may be used in a meet where two pools are in use. Starts in the two pools shall alternate as in current practice.
- If there is significant delay--equipment malfunction, seeding confusion, resolution of a disqualification, etc--in starting the next heat, the Starter may request the in-water swimmers to exit the pool.
- Dive-over starts should generally be avoided for the first heat involving forward starts in individual events that follow immediately after either backstroke or relay events. Those swimmers probably do not realize a transition is about to occur and will expect to climb out of the water.
- Dive-over starts may be used when a swimmer wishes to start from the deck at the side of the starting block. In this situation, the swimmer in the water and the swimmer starting on the deck should be on opposite sides of the lane.
- If a swimmer wishes to start in the water for a forward start, the previous heat should be asked to exit to the pool prior to the start.

Coaches responsibilities:

- Instruct swimmers on the dive-over protocol.
- Prior to the start of a meet session notify the Referee of any circumstances that may affect the use of dive-over starts, such as swimmers with disabilities or if a swimmer will start from the deck or in-water forward starts.