

# The ASA Competitive Start Award

The ASA Competitive Start Awards are endorsed by ISRM, RoSPA and RLSS UK and other bodies who believe that swimmers should demonstrate shallow racing dive competencies before being permitted to dive into shallow water (i.e. water depth range 0.9 up to 1.5 metres from the side or from a FINA standard starting platform).

The ASA guidance is that such competence should be demonstrated by achieving the standard of the ASA Competitive Start Awards. These standards are a requirement for competitions under ASA Law.

## The ASA Preliminary Competitive Start Award is designed to assess:

- ❖ The swimmer's ability to perform a safe racing dive into deep water from the side of the pool
- ❖ The swimmer's ability to perform a safe racing dive from a starting block
- ❖ The swimmer's ability to perform a safe racing dive into shallow water from the side of the pool

## Preliminary Competitive Start Award From the Poolside at the Deep End of the Pool

(Minimum water depth 1.5m, maximum freeboard 0.38m)

### Under normal starting conditions:-

1. perform a shallow dive followed by a glide of at least 5m
2. perform a shallow dive followed by a Frontcrawl leg kick to the surface
3. perform a shallow dive followed by a Dolphin leg kick to the surface
4. perform a shallow dive followed by a Breaststroke arm pull and leg kick to the surface
5. perform a Backcrawl start using the side/rail followed by a Backcrawl kick to the surface

## From a Starting Block at the deep End of the Pool

(Minimum water depth 1.5m, recommended height of starting block from the water 0.5m, maximum height of the starting block from the water 0.75m)

1. perform a shallow dive followed by a glide of 5m
2. perform a grab start followed by a Frontcrawl leg kick to the surface
3. perform a grab start followed by a Dolphin leg kick to the surface
4. perform a grab start followed by a Breaststroke arm pull and leg kick to the surface
5. perform a wind up start for a stroke decided by the examiner
6. perform a Backcrawl start using the starting block followed by a Backcrawl kick to the surface

**WARNING:** The swimmer must not be permitted to undertake the remaining sections of this award until the preceding skills have been successfully accomplished.

## From the Poolside at the Shallow End of the Pool

(minimum water depth 0.9m, maximum water depth 1.0m, maximum freeboard 0.38m)

### Under normal starting conditions:-

1. perform a shallow water dive followed by a glide of at least 5m decided by the examiner
2. perform a grab start followed by a Frontcrawl leg kick to the surface
3. perform a grab start followed by a Dolphin leg kick to the surface
4. perform a grab start followed by a Breaststroke arm pull and leg kick to the surface

5. perform a wind up start for a stroke decided by the examiner
6. perform a Backcrawl start using the side/rail followed by a Backcrawl kick to the surface

**The ASA Competitive Start Award is designed to assess:**

- ❖ the swimmer's ability to perform a safe racing start into shallow water from a starting block and to demonstrate a variety of techniques

## **Competitive Start Award**

### **From the Poolside at the Shallow End of the Pool**

(minimum water depth 0.9m, maximum water depth 1.0m, maximum freeboard 0.38m)

**Under normal starting conditions:-**

1. perform a track start followed by a glide of at least 5m
2. perform a Backcrawl start followed by a Dolphin leg kick to the surface

### **From a starting block at the Shallow End of the Pool**

(minimum depth 0.9m, maximum depth 1.0m, recommended height of the starting block from the water 0.5m, maximum height of the starting block from the water when the water depth is between 0.9m (minimum) and 1.35m is 0.5m, maximum height of the starting block when the water depth is 1.35m or above is 0.75m)

1. perform a shallow dive followed by a glide of at least 5m
2. perform a wind up start with a glide of at least 5m
3. perform a grab start with a glide of at least 5m
4. perform a track start with a glide of at least 5m
5. perform a Backcrawl start using a starting block followed by a Dolphin leg kick to the surface
6. perform a minimum of three starts, under normal starting conditions, as decided by the examiner, showing the appropriate transition into the swimming stroke. One of the starts included must be for the Breaststroke.

## **IMPORTANT NOTES**

- Teachers and coaches must stress the inherent dangers of diving to all swimmers
- The plunge dive into deep water and those skills contained in the ASA Diving Award Level 1, Poolside Diver Grades 1 and 2 Awards **must** be mastered before the Preliminary Competitive Start Award is introduced
- The ASA Laws relating to starting procedures must be fully explained to all pupils
- These Awards may be taken over a number of sessions, but must follow the order as outlined
- The standard of the Preliminary Competitive Start Award must be reached before attempting the Competitive Start Award
- The minimum qualification for the teaching and examining of these awards is the ASA Teacher Certificate and it is essential that all teachers/coaches and examiners are fully conversant with the teaching notes provided

Readers are advised that the guidance or advice given in this information sheet is not inclusive and any decisions on swimming pool design should first be discussed with a member of the ASA's Facilities Team. Contact details: [facilities@swimming.org](mailto:facilities@swimming.org) or telephone: 01509 640258