Declared False Start

A **declared false start** is a disqualification for a swimmer.

A swimmer may take a Declared False Start by reporting to the referee (Meet Referee, Deck Referee or Administrative Referee/Official) prior to the race/heat in which the swimmer is seeded their intent to not swim an event, and it will not count as a “missed event.” They may do this for any reason.

Pending the meet procedure either the coach or swimmer may request the declared false start.

A declared false start still counts against the number of events a swimmer may swim in a meet. Different organizations have different rules regarding procedures for and consequences of declared false starts.