

**NOTE:**  
 THIS STARTING PLATFORM MEETS FINA CODE FR2.5, USS CODE 103.13.1-6, AND NCAA ARTICLE 7. IF YOU HAVE ANY QUESTIONS PLEASE CALL: SPECTRUM PRODUCTS @ 1.800.791.8056.....**UPDATED: SEPTEMBER 17, 2012 Rule 2-7..... 2012-13 HFHS SWIMMING RULES..... PAGE 12**

Backstroke grips shall be no more than 30 inches (.762 m) above the water level and flush with the pool end wall. The top surface shall be flat with the back-to front slope not exceeding 10 degrees from the horizontal. It is recommended the top be a minimum of 20 inches square (.508 m) and covered with a nonskid material

**MAXIMUM Height of Platforms/Decks Above Water Surface 30"**  
**FINA Code FR 2.7 Starting Platforms**

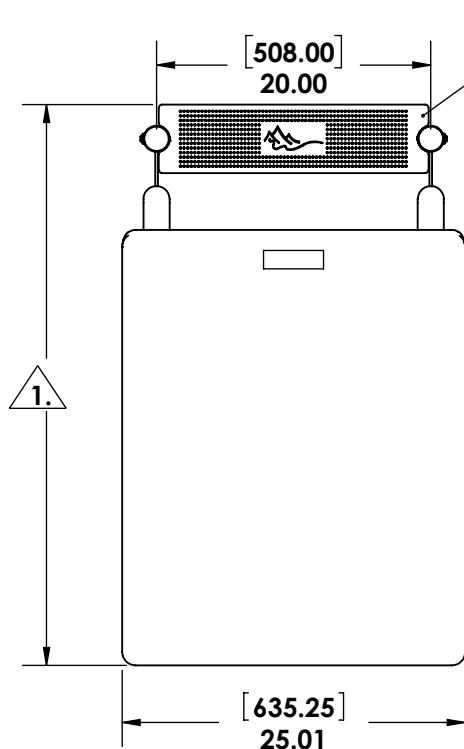
Starting platforms shall be firm and give no springing effect. The height of the platform above the water surface shall be from 0.5 metre to 0.75 metre. The surface area shall be at least 0.5 metre x 0.5 metre and covered with non-slip material. Maximum slope shall not be more than 10°. The starting platform may have an adjustable setting back plate. The platform shall be constructed so as to permit the gripping of the platform by the swimmer in the forward start at the front and the sides; it is recommended that, if the thickness of the starting platform exceeds 0.04 metre, grips of at least 0.1 metre width on each side and 0.4 metre width in the front be cut out to 0.03 metre from the surface of the platform. Handgrips for the forward start may be installed on the sides of the starting platforms. Handgrips for backstroke starts shall be placed within 0.3 metre to 0.6 metre above the water surface both horizontally and vertically. They shall be parallel to the surface of the end wall, and must not protrude beyond the end wall. The water depth from a distance of 1.0 metre to 6.0 metres from the end wall must be at least 1.35 metres where starting platforms are installed. Electronic read-out boards may be installed under the blocks. Flashing is not allowed. Figures must not move during a backstroke start.

**NCAA Article 7 Starting Platforms**

The front edge of the starting platform shall not exceed 30 inches [76.20 cm] in height above the surface of the water and shall not extend over the water beyond the end the racing course. The length of the starting platform should not be less than 20 inches [50.80 cm] and may not be more than 34 inches [86.36 cm]. The width of the platform should not be less than 20 inches [50.80 cm]. The top of the platform must be a plane surface, and the maximum slope of the surface toward she water shall not be more than 10 degrees below horizontal. The top must be covered in with a nonslip material. The lane number should be visible from all sides of the platform. Firm starting grips for backstroke starts must be provided. These grips shall be located not more than 30 inches [76.20] above the surface of the water. They shall not extend over the water beyond the end of the racing course.

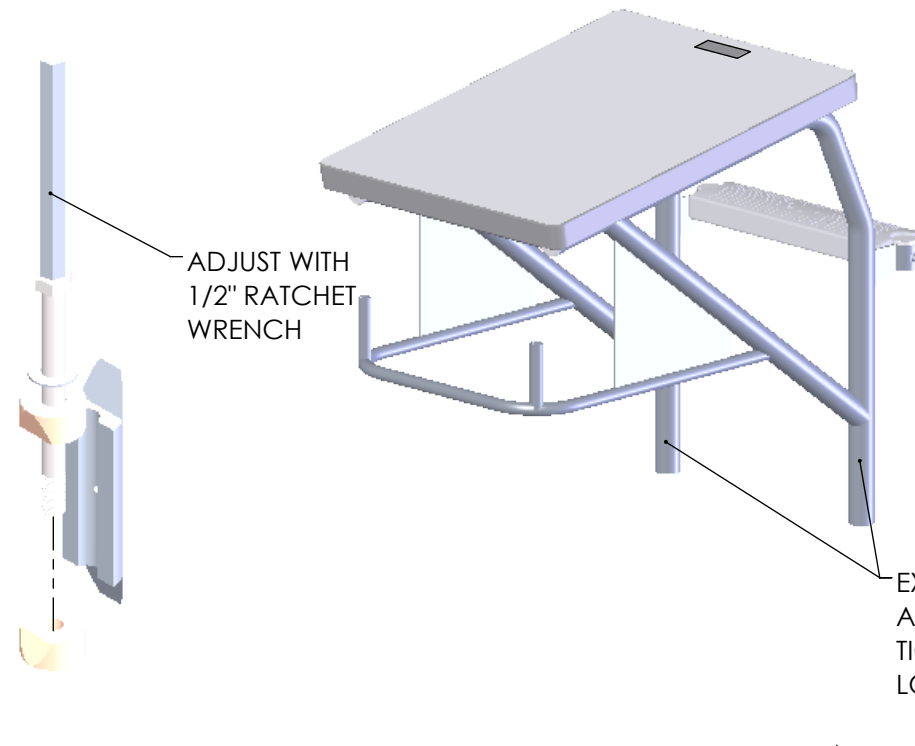
**USA SWIMMING 103.13/M/ STARTING PLATFORMS**

- Height.**
  - Long course and short course meters: The front edge of the starting platform shall be no less than 0.50 meters (1 foot 8 inches) nor more than 0.75 meters (2 feet 5 1/2 inches) above the surface of the water.
  - Short Course yards: The front edge of the starting platform shall be not higher than 2 feet 6 inches (0.72 meters) above the surface of the water.
- The front edge of the starting platform shall be flush with the face of the end walls.
- The top surface of the starting platform shall be not less than 0.50 by 0.50 meters (1 foot 8 inches square) and shall slope not more than 10 degrees from the horizontal. It may have an adjustable setting back plate, the entire surface of the platform shall be faced with permanent non-slip material.
- Backstroke starting grips: Starting platforms shall be equipped with firm starting grips located between 0.3 meters (12 inches) and 0.6 meters (24 inches) above water surface. The front edge of the grips shall be parallel to and flush with the face of the end wall.
- Starting platforms shall be clearly marked with lane numbers visible to competitors and officials.
- Starting platforms shall be anchored to the deck or bulkhead to remain stable at all times.



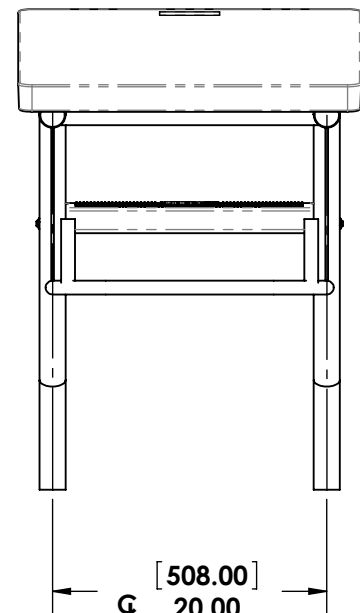
4" x 20" HDPE STEP

25"x32" HDPE PLATFORM NON SLIP TOP



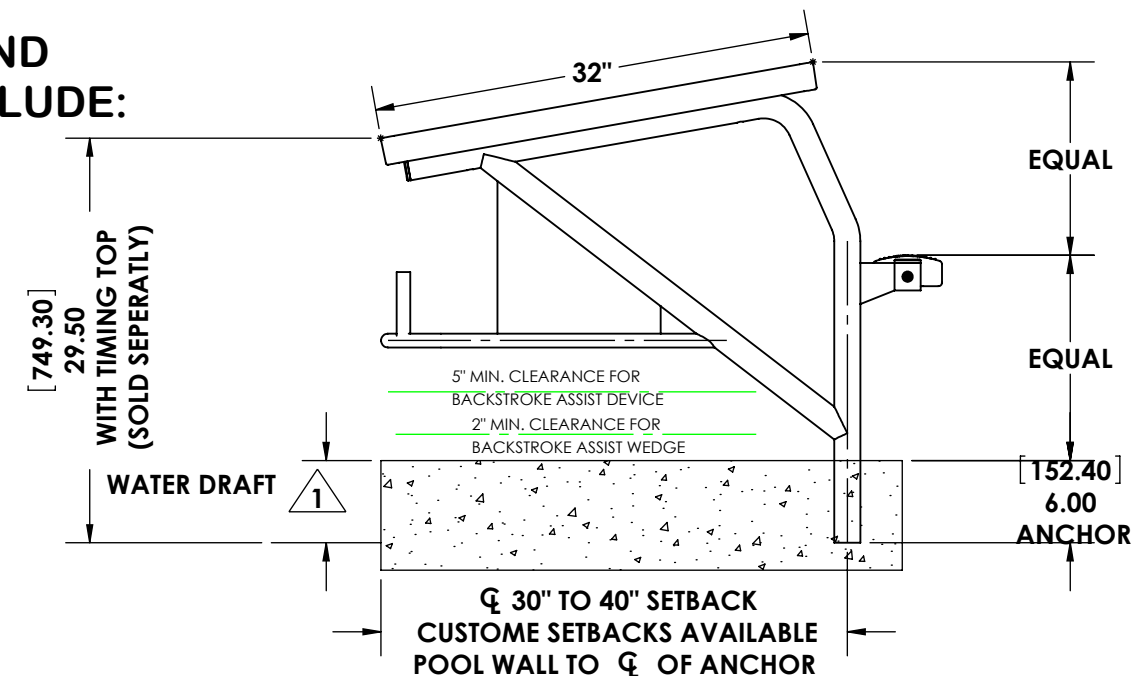
ADJUST WITH 1/2" RATCHET WRENCH

EXPANSION DUAL POST ASSEMBLY  
 TIGHTEN TO SECURE  
 LOSSEN TO REMOVE



**STANDARD TOP AND STEP COLORS INCLUDE:**

- -RED
- -WHITE
- -BLUE
- -YELLOW
- -GREEN



A PLAYCORE Company

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ENGINEERING DATA				
PRODUCT:	COUGAR REAR STEP DP -			
	CATALOG #:	21145	REVISION:	X1+
MATERIAL:	304 SERIES STAINLESS STEEL			
FINISH #:	PASSIVATE IAW ASTM A967			

**NOTE:**  
 DIMENSIONS VARY WITH SPECIFIC APPLICATIONS. SPECIFICATIONS ARE NOMINAL AND ARE SUBJECT TO CHANGE. PLEASE CONTACT SPECTRUM AQUATICS FOR CUSTOM APPLICATIONS