

S & T possible DQ's

Freestyle

1. Walking on the bottom of the pool (standing on the bottom of the pool is OK, but swimmer can not lunge forward to start swimming again)
2. Pulling on the lane lines (hanging on the lane lines is OK)
3. Interfering with a swimmer in another lane
4. Not finishing the prescribed distance in the lane the swimmer started in
5. Not surfacing by the 15 meter mark

Backstroke

1. Standing on the bottom of the pool during the swim
2. Pulling on the lane lines (hanging on the lane lines is OK)
3. Not surfacing by the 15 meter mark
4. During the swim, turning past vertical towards swimmers stomach (turning over)
5. Coming in to the turns, taking more then 1 arm pull once swimmer has turned on their stomach to initiate the turn (**simultaneous** double arm pull is legal)
6. Coming in to the turns, gliding or kicking in to the wall after turning on stomach and arm/arms have reached swimmer side (after the single arm or double arm pull)
7. Coming in to the turns, gliding or kicking in to the wall after turning on stomach and arms stay extended without taking an arm pull before initiating the turn
8. At the turns, past vertical towards swimmers stomach once swimmer's feet have left the wall (make certain to judge this after the feet leave the wall)
9. During the swim, swimmer resubmerging and swimming under water once they have surfaced.
10. At the finish, swimmer going past vertical toward stomach prior to the touch
11. Interfering with a swimmer in another lane
12. Not finishing the prescribed distance in the lane the swimmer started in

Butterfly

1. At the start or turns, scissors, flutter or breaststroke kick to bring swimmer to surface
2. At the start or turns, taking more then one arm pull or non-simultaneous arm pulls to bring the swimmer to the surface
3. Not surfacing by 15 meter mark to start the swim
4. Standing on the bottom of the pool during the swim
5. During the swim, arms not moving simultaneously over the water
6. During the swim, arms not recovering over the water after the first arm pull
7. During the swim, taking a scissors, flutter or breaststroke kick
8. During the swim, going past vertical towards the back
9. At the turns or finish, using an under water recovery
10. At the turns or finish, using a one hand touch or non-simultaneous two hand touch
11. At the turns, leaving the wall past vertical towards swimmers back
12. Pulling on the lane lines

13. Interfering with a swimmer in another lane
14. Not finishing the prescribed distance in the lane the swimmer started in

Breaststroke

1. At the start or turns, doing a breaststroke kick first (out of cycle – must start with arm pull)
2. At the start or turns, taking 2 arm pulls under water before the head breaks the water surface
3. At the start or turn, taking a single downward butterfly kick not followed by the breaststroke kick (out of cycle) – a single downward butterfly kick is allowed at the start and after the turn, but not during the swim
4. At the start, turn or during the swim; using a scissors or flutter kick
5. During the swim, some part of the head not breaking the surface during each complete cycle (pull then kick)
6. During the swim, hands will pull back past the hip line
7. During the start, turns or swim, arm pulls either non-simultaneous or not on the same horizontal plane
8. During the kick, legs/feet non-simultaneous or not on the same horizontal plane
9. During the kick, toes not turn outward during propulsive part of the kick
10. At the turns or finish, using a one hand touch or non-simultaneous two hand touch
11. Standing on the bottom of the pool during the swim
12. Pulling on the lane line or holding on to the lane line
13. Interfering with a swimmer in another lane
14. Not finishing the prescribed distance in the lane the swimmer started in

Individual Medley (IM)

1. Infractions as noted above for each stroke apply – swimmer must finish the stroke they are swimming legally
2. During the backstroke to breaststroke transition, the swimmer must finish past vertical towards their back. A flip turn is not allowed unless they touch the wall past vertical towards their back, then do the flip turn.
3. Standing on the bottom of the pool during the swim (except in the freestyle leg)
4. Swimmer past vertical to the back during the freestyle swim