

WHAT IS A DISQUALIFICATION?

Disqualification (slang DQ)

There are many rules in the sport of swimming. Each stroke has its own set of technique rules including turn and starts. If a swimmer does not use correct technique or follow the rules of the race, he/she will be DQed (disqualified). It takes many years for your child to learn all the rules and to perfect the skills in order not to get disqualified. Most first time competitors or younger athletes will experience a disqualification or two.

What is a disqualification: A disqualification is an infraction of the rules and regulations set forth by United States Swimming. In a coach's eye, this is an opportunity for the athlete to learn and be reminded of the rules they are taught during practice. Often the child knows the rules but with the pressure of racing and the distractions of a meet, they may not remember it through the race. The more times they compete and the more comfortable they become the fewer times they get disqualified.

How will you know if your child is disqualified? The official usually contacts the swimmers after the swim. If the meet is moving too fast, the official will usually say something to the coach. However sometimes the coaches are not notified. In this case it will show up on the results as DQ in your child's race position. Each DQ is recorded with the Meet Referee so the reason can be found by the coach if need be. Often the coach sees the reason during the swim.

What should you as the parent do if your child gets disqualified? Please let the coach discuss the infraction with the athlete. When a swimmer gets disqualified, not for the lack of trying, we will let them know and tell them how to fix it. We, as coaches, look upon the situation as a learning experience. If it is for the lack of trying, the coach will approach this as well. Usually the child is disappointed and does not need us as coaches or parents to contribute to their disappointment. Sometimes, if we feel the athlete is not receptive, may not understand, or is too upset, we will wait until the next workout to talk with and fix the problem. If there were several infractions we may mention the main one then tell them about the others again at practice. Your role as a parent is to support and love, the coach's role is to correct and teach.