

# Color Guide – Technical Rules (strokes) to Disqualification Report

By: jruddtahoe@me.com

Revised 1 Jul 10 for DQ rev. (06/09) & (02/10)

## 101.2 Breaststroke

- .1 Start** The forward start shall be used.
- .2 Stroke** After the start and after each turn when the swimmer leaves the wall, the body shall be kept on the breast. It is not permitted to roll onto the back at any time. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.
- All movements of the arms shall be simultaneously and in the same horizontal plane without any alternating movement.
- The hands shall be pushed forward together from the breast, on, under, or over the water. The elbows shall be under the water except for final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.
- During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.
- .3 Kick** After the start and each turn, a single butterfly kick which must be followed by a breaststroke kick is permitted during or at the completion of the first arm pull. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.
- The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward butterfly kick is not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.
- .4 Turns and Finish** At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

### **DISQUALIFICATION REPORT      *Where were you? What did you see? What rule was broken?***

#### **BREASTSTROKE** rev. (06/09) & (02/10)

DURING:      START\_\_\_\_ SWIM\_\_\_\_ TURN\_\_\_\_ FINISH\_\_\_\_

10 KICK:      ALTERNATING\_\_\_\_ BUTTERFLY\_\_\_\_ SCISSORS\_\_\_\_

11 ARMS:      NON-SIMULTANEOUS\_\_\_\_ TWO STROKES UNDER\_\_\_\_  
                     NOT IN SAME HORIZONTAL PLANE\_\_\_\_ PAST HIP LINE\_\_\_\_

12 ELBOWS RECOVERED OVER WATER\_\_\_\_

14 CYCLE:      HEAD NOT UP\_\_\_\_ DOUBLE PULLS/KICKS\_\_\_\_

15 TOUCH:      ONE HAND\_\_\_\_ NON-SIMULTANEOUS\_\_\_\_

16 NOT TOWARD THE BREAST OFF WALL\_\_\_\_

19 OTHER \_\_\_\_\_

                     Hands pushed forward\_\_\_\_ hands brought back\_\_\_\_

**Fairness to all competitors, giving the benefit of the doubt, in every instance, to the swimmer.**

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## 101.3 Butterfly

- .1 Start** The forward start shall be used.
- .2 Stroke** After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring the swimmer to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast. Both arms must be brought forward over the water and pulled back simultaneously.
- .3 Kick** All up and down movements of the legs and feet must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A scissors or breaststroke kicking movement is not permitted.
- .4 Turn** At each turn the body shall be on the breast. The touch shall be made with both hands simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.
- .5 Finish** At the finish, the body shall be on the breast and the touch shall be made with both hands simultaneously at, above, or below the water surface.

### DISQUALIFICATION REPORT      *Where were you? What did you see? What rule was broken?*

#### **BUTTERFLY** rev. (06/09) & (02/10)

DURING:      START\_\_\_\_ SWIM\_\_\_\_ TURN\_\_\_\_ FINISH\_\_\_\_

20 KICK:      ALTERNATING\_\_\_\_ BREAST\_\_\_\_ SCISSORS\_\_\_\_

21 ARMS:      NON-SIMULTANEOUS\_\_\_\_ UNDERWATER RECOV.\_\_\_\_

23 TOUCH:      ONE HAND\_\_\_\_ NON-SIMULTANEOUS\_\_\_\_

24 NOT TOWARD THE BREAST OFF WALL\_\_\_\_

25 HEAD DID NOT BREAK SURFACE BY 15M

29 OTHER\_\_\_\_\_

Not on Breast

Arm pulls under water\_\_\_\_ Not on surface\_\_\_\_

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## 101.4 Backstroke

1. **Start** The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips. **Standing in or on the gutter or curling, placing the toes over the lip of the gutter or bending the toes over the lip of the gutter before or after the start is prohibited.**
- .2 **Stroke** **The swimmer shall push off on his back and continue swimming on the back throughout the race.** Some part of the swimmer must break the surface of the water throughout the race, except it is permissible to be completely submerged during the turn, at the finish and for a distance **of not more than 15 meters (16.4 yards) after the start and after each turn.** By that point, the head must have broken the surface of the water.
- .3 **Turns** **Upon completion of each length, some part of the swimmer must touch the wall.** During the turn the shoulders may be turned past the vertical toward the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to a position on the back upon leaving the wall.
- .4 **Finish** **Upon the finish of the race, the swimmer must touch the wall while on the back.**

### **DISQUALIFICATION REPORT**      *Where were you? What did you see? What rule was broken?*

#### **BACKSTROKE** rev. (06/09) & (02/10)

DURING:      START\_\_\_\_ SWIM\_\_\_\_ TURN\_\_\_\_ FINISH\_\_\_\_

30 TOES OVER LIP OF GUTTER AFTER START\_\_\_\_

31 HEAD DID NOT BREAK SURFACE BY 15M\_\_\_\_

32 NOT ON BACK OFF WALL\_\_\_\_

33 NO TOUCH AT TURN\_\_\_\_

34 PAST VERTICAL AT TURN:

        DELAY INITIATING ARM PULL\_\_\_\_ MULTIPLE STROKES\_\_\_\_

        DELAY INITIATING TURN\_\_\_\_

35 SHOULDERS PAST VERTICAL\_\_\_\_

36 COMPLETELY SUBMERGED PRIOR TO TURN OR FINISH \_\_\_\_

39 OTHER\_\_\_\_\_

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### 101.5

#### Freestyle

- .1 Start** The forward start shall be used.
- .2 Stroke** In an event designated freestyle the swimmer may swim any style, except that in a medley relay or an individual medley event, freestyle means any style other than butterfly, breaststroke or backstroke. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point the head must have broken the surface.
- .3 Turns** Upon completion of each length the swimmer must touch the wall.
- .4 Finish** The swimmer shall have finished the race when any part of his person touches the wall after completing the prescribed distance.

**DISQUALIFICATION REPORT**      *Where were you? What did you see? What rule was broken?*

**FREESTYLE** rev. (06/09) & (02/10)

50 NO TOUCH TURN # \_\_\_\_\_

51 HEAD DID NOT BREAK SURFACE BY 15M \_\_\_\_\_

69 OTHER \_\_\_\_\_

- Below the surface
- Walk or push from bottom
- Pulling on lane lines

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