

DISQUALIFICATION FOR SWIM MEETS

If you are disqualified (DQ'd) you were not doing your stroke correctly. When you get DQ'd the judge will put his or her hand up. You will not receive a ribbon but will be shown a DQ card (below) by whoever is handing out the ribbons. Scroll down to view the ways you may be disqualified.

WAYS TO GET DISQUALIFIED:	
<u>Relay or I.M.:</u> Incorrect stroke order False start (starting early)	<u>Breaststroke:</u> Head does not break surface On back when leaving wall More than one kick during cycle Improper kick
<u>Butterfly:</u> Forward stroke below water Stroke/Kick non-simultaneous On back when leaving wall Improper kick	<u>Anything else (for any stroke):</u> Underwater more than 15 meters More than 1 pull Walk on or spring from bottom One hand touch (turn or finish) Finish in wrong lane
<u>Backstroke:</u> Body on breast Kick on breast Touch wall on stomach Stroke on breast during turn	