

DQ's

REASONS SWIMMERS MAY BE DISQUALIFIED

FREESTYLE

Stop and walk or pull on the lane rope

Miss the wall on a turn

BACKSTROKE

Flip over onto your stomach during the swim

Flip over onto your stomach during a turn and touch the wall with your hand while on your stomach

Push off the wall after a turn on your stomach

Miss a wall during a turn

If doing a backstroke flip turn, take more than one stroke on your stomach during the turn.

Pull on the lane ropes

BREASTSTROKE

Any kick other than breaststroke kick (flutter, fly, scissor)

Non-simultaneous arms (both arms must come forward, together)

Underwater recovery (can't do an extra half-stroke under the chest)

Hands past hips (hands can't come past your hips during any stroke other than the pull-out)

One-hand touch

Head not breaking the surface every stroke (basically you have to breathe every time!)

Turn (no flip turns; must do a 2-hand touch and when turning, be on your stomach)

BUTTERFLY

Any kick other than fly kick (scissor, breaststroke,

flutter)

Non-simultaneous arms (both arms must come forward, together)

Underwater recovery (can't do an extra half-stroke under the chest)

One-hand touch

Turn (no flip turns; must do a 2-hand touch and when turning, be on your stomach)