

Stroke and Turn Clinic

Suggested wording for disqualifications

- Freestyle: (and all strokes)
- Failure to touch at (m)
- Walking on bottom at (m)
- Using rope to propel forward
- Failure to break surface before 15m (except breaststroke)
- Backstroke:
 - Failure to initiate turn while on breast
 - Failure to return to back after turn at (m)
 - Roll more than 89 degrees at finish (or m) – failure to finish on back
 - Two or more pulls on breast at (m)
- Butterfly:
 - Non-simultaneous touch at (m) – note which hand first
 - Flutter kick at (m)
 - Underwater arm recovery at (m)
 - Non-simultaneous arms
 - Body not on breast at (m) after turn
- Breaststroke
 - Non-simultaneous touch at (m)
 - Two underwater pulls before head surfaces at start (turn m)
 - Dolphin kick independent of underwater pull at start (turn m)
 - Alternating /non-simultaneous leg movement
 - Alternating arm movement
 - Dolphin kick/downward thrust at (m)
 - Body not on breast at (m)
 - Failure of head to break surface during each stroke cycle.
 - Failure of head to surface before the widest part of the second stroke
 - Arms below the hips during swim phase
- Relays: each stroke judged individually from start to final touch
- # () swimmer left blocks before # () touched wall at (m)