

DQs at the start

Moving at the start, swimmers must remain absolutely still on the block or in the water, until the starting signal has sounded.

Freestyle

Swimmers must touch the wall at every turn and at the finish of the race

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Backstroke

- Non continuous turning action, gliding into a turn is not permitted. A continuous single or continuous simultaneous double arm pull may be used to initiate the turn.
- Swimmers must have returned to their backs upon leaving the wall.
- Swimmers must finish on their back.

Swimmers must practice counting how many arm strokes to do from the flags into the turn.

Breaststroke

- Incorrect start or incorrect turn.
- After the start and after each turn, the swimmer may take one arm stroke completely back to their legs. Their head must break the surface of the water before their hands turn inwards at the widest part of their second stroke. A single downward dolphin kick is permitted followed by one breaststroke leg kick while totally underwater.
- All arm and leg movements must be simultaneous and on the same horizontal plane.
 - The hands shall not be brought back to the hips other than at the start and turns.
 - 2 handed touch, swimmers must touch the wall at the turn and the finish with both hands simultaneously.
 - Feet not dorsiflexed. The feet must be turned outwards during the propulsive phase of the kick.
 - Incorrect kick. No alternating, scissor or butterfly kicking is permitted.
- Taking two strokes under water at the start or on the turns.

Butterfly

- Arms not clearing. There should be air between the arms and the water surface throughout the race.
- Arms must be brought forward together and brought back simultaneously.
- Alternating legs. Legs must move together and remain in the same relative horizontal plane.
- Incorrect touch. Swimmers must touch the wall at the turn and the finish with both hands simultaneously.

Individual Medley -

- Order of swimming - butterfly, backstroke, breaststroke, freestyle.
- Make sure you use the correct finish for each stroke ie,
fly - 2 handed touch, backstroke - on the back, breaststroke - 2 handed touch.