

DISQUALIFICATIONS

EVENT _____ HEAT _____ LANE _____

FREESTYLE

_____ No touch on turn # _____
_____ Submerged beyond 15M after start or turn

BACKSTROKE

_____ Shoulders not at or past vertical toward
back as feet leave wall on turn # _____
_____ No touch on turn # _____
_____ Shoulders beyond vertical while swimming
_____ Submerged beyond 15M after start or turn
_____ Illegal turning action

BUTTERFLY

_____ More than one armpull underwater at start
or turn # _____
_____ Non-simultaneous arm movement
_____ Body not on breast;
_____ while swimming
_____ at finish
_____ at turn # _____
_____ Shoulders not at or past vertical when feet
leave wall at turn # _____
_____ Underwater recovery
_____ One hand touch at turn # _____ or finish
_____ Flutter, Scissor or Breaststroke kick
_____ Alternating position of legs or feet
_____ Submerged beyond 15M after start or turn

BREASTSTROKE

_____ More than one underwater kick or pull at
start or turn # _____
_____ Head does not break surface during one
pull/kick while swimming
_____ Hands brought back beyond hipline while
swimming
_____ Body not on breast;
_____ while swimming
_____ at finish
_____ at turn # _____
_____ Shoulders not at or past vertical when feet
leave wall at turn # _____
_____ Illegal arm movement;
_____ not simultaneous
_____ not in same horizontal plane
_____ elbows out of water while swimming
_____ Illegal kick;
_____ Flutter, Scissor, or Fly
_____ not simultaneous
_____ feet not turned out during backward
movement
_____ One hand touch at finish or turn # _____

OTHER

_____ Early relay takeoff, swimmer # _____
_____ Other (describe on back side of form)

Judge _____ Referee _____ Nov 05

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