

## Midlakes Officials Cheatsheet

The following tables list potential disqualification scenarios and what recommended wording should be written on the disqualification form. This is not meant to be an all-inclusive list nor is it to be used as a checklist to verify correct stroke and turn execution. Please refer to the Midlakes Swim Plan and the USA Swimming Rulebook (and interpretations) for valid swimming stroke and turn descriptions and rules. If you need additional clarification, please contact the Midlakes Officials Chair or your referee/starter.

What the swimmer did....	What the DQ should say...
<b>Butterfly</b>	
Swims with a flutter or freestyle kick	Alternating Kick
Swims with a breaststroke kick	Kick breaststroke type
Kicks with propulsion coming from the top of one of the feet and from the bottom of the other	Scissors kick
The arms do not pull or recover at the same time	Non-simultaneous arms
The swimmer does not recover their arms (wrist to shoulder) out of the water; OR The arms recover but the swimmer is too far away from the wall to do another pull and recovery, so the swimmer does a little pull then pushes their hands back towards the wall from the breast without recovering over the water; OR The swimmer pulls (partway) then pulls again to lift their head out of the water (without recovering their arms out of the water in between)	Arms underwater recovery
Only one hand touches the wall	One hand touch
Swimmer misses the wall	No touch
Both hands touch but not at the same time	Non-simultaneous touch
Swimmer goes past vertical towards their back	Shoulders not at or past vertical towards breast off the wall
Swimmer remained submerged past 15 meters	Head did not break the surface by 15 meters
<b>Backstroke</b>	
Swimmer misses the wall	No touch at turn
Swimmer is past vertical towards their breast when leaving the wall after the start or turn	Not on back off wall
Swimmer goes past vertical towards their breast	Shoulders past vertical toward breast
Swimmer remained submerged past 15 meters	Head did not break the surface by 15 meters
Swimmer raises toes above the gutter after the starting signal	Toes curled over gutter after the start
<b>Breaststroke</b>	
Swims with a flutter or freestyle kick – propulsion from the top/bottom of the feet	Alternating Kick
The legs do not kick or move at the same time	Non-simultaneous kick
Swims with a butterfly or dolphin kick – propulsion from the top of the feet	Downward butterfly kick
Swims with a sidestroke type kick – propulsion of one leg from the side or bottom of foot and the from the top of the foot of the other leg	Scissors kick
Swimmer pulls hands all the way past their hips during the pull following the first pull after the start or turn	Hands brought beyond the hipline during stroke
The arms do not pull or recover at the same time	Non-simultaneous arms
The head does not break the surface of the water before the widest part of the second arm pull after	Arms two strokes underwater

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the start and each turn	
One arm pulls out and one arm pulls down	Arms not in same horizontal plane
Swimmer does a butterfly type recovery where the elbows are out of the water	Elbows recovered over water
Only one hand touches the wall	One hand touch
Swimmer misses the wall	No touch
Both hands touch but not at the same time	Non-simultaneous touch
Swimmer goes past vertical towards their back	Shoulders not at or past vertical towards breast off the wall
The head does not break the surface of the water at least once during the complete cycle (stroke then kick) during the swim	Head under for 2 or more strokes
The swimmer strokes twice or more for every kick; OR The swimmer kicks twice or more for every stroke	Incomplete stroke cycle other than one pull followed by one kick
<b>Freestyle</b>	
Swimmer misses the wall – and did not return to wall before touching at the other end	No touch on turn
Swimmer remained submerged past 15 meters	Head did not break the surface by 15 meters
<b>IM</b>	
Order of strokes is not butterfly, backstroke, breaststroke, then freestyle	Strokes out of sequence
Swimmer rolls to breast before touching the and executes a flip turn during the transition between backstroke and breaststroke	Shoulders past vertical at finish of backstroke

These DQs are self explanatory.

<b>Relays</b>	
Stroke Infraction swimmer #1	Early take-off swimmer #2
Stroke Infraction swimmer #2	Early take-off swimmer #3
Stroke Infraction swimmer #3	Early take-off swimmer #4
Stroke Infraction swimmer #4	Changed order of swimmers
Not enough swimmers	
<b>Miscellaneous</b>	
False start	Declared false start
Delay of meet	Did not finish
Entered water without permission	Interfered with another swimmer
Walking on or springing from bottom	Standing on bottom
Pulling on lane line	Finish in wrong lane
Unsportsmanlike conduct	