

Midlakes Officials Cheatsheet 2008

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...	DQ code
Butterfly		
Swims with a flutter or freestyle kick	Alternating Kick	1A
Swims with a breaststroke kick	Kick breaststroke type	1B
Kicks with propulsion coming from the top of one of the feet and from the bottom of the other	Scissors kick	1C
The arms do not pull or recover at the same time	Non-simultaneous arms	1E
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	1F
Only one hand touches the wall	One hand touch	1J
Swimmer misses the wall	No touch	1K
Both hands touch but not at the same time	Non-simultaneous touch	1L
Swimmer goes past vertical towards their back	Shoulders not at or past vertical towards breast off the wall	1M
Swimmer remained submerged past 15 meters	Head did not break the surface by 15 meters	1N
Backstroke		
Swimmer misses the wall	No touch at turn	2I
Swimmer is past vertical towards their breast when leaving the wall after the start or turn	Not on back off wall	2K
Swimmer goes past vertical towards their breast	Shoulders past vertical toward breast	2L
Swimmer remained submerged past 15 meters	Head did not break the surface by 15 meters	2N
Swimmer raises toes above the gutter after the starting signal	Toes curled over gutter after the start	2P
Breaststroke		
Swims with a flutter or freestyle kick – propulsion from the top of the feet	Alternating Kick	3A
The legs do not kick or move at the same time	Non-simultaneous kick	3B
Swims with a butterfly or dolphin kick – propulsion from the top of the feet	Downward butterfly kick	3C
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	3D
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	3E

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The arms do not pull or recover at the same time	Non-simultaneous arms	3F
The head does not break the surface of the water before the widest part of the second arm pull after the start and each turn	Arms two strokes underwater	3G
One arm pulls out and one arm pulls down	Arms not in same horizontal plane	3H
Swimmer does a butterfly type recovery where the elbows are out of the water	Elbows recovered over water	3I
Only one hand touches the wall	One hand touch	3K
Swimmer misses the wall	No touch	3L
Both hands touch but not at the same time	Non-simultaneous touch	3M
Swimmer goes past vertical towards their back	Shoulders not at or past vertical towards breast off the wall	3P
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	3Q
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	
Freestyle		
Swimmer misses the wall – and did not return to wall before touching at the other end	No touch on turn	4K
Swimmer remained submerged past 15 meters	Head did not break the surface by 15 meters	4N
IM		
Order of strokes is not butterfly, backstroke, breaststroke, then freestyle	Strokes out of sequence	5P

These DQs are self explanatory.

Relays			
Stroke Infraction swimmer #1	61	Early take-off swimmer #2	66
Stroke Infraction swimmer #2	62	Early take-off swimmer #3	67
Stroke Infraction swimmer #3	63	Early take-off swimmer #4	68
Stroke Infraction swimmer #4	64	Changed order of swimmers	6P
Not enough swimmers	6Q		
Miscellaneous			
False start	7O	Declared false start	7P
Delay of meet	7R	Did not finish	7Q
Entered water without permission	7S	Interfered with another swimmer	7R
Walking on or springing from bottom	7U	Standing on bottom	7V
Pulling on lane line	7W	Finish in wrong lane	7X
Unsportsmanlike conduct	7Y		