COMMON DISQUALIFICATIONS

FREESTYLE

- ❑ Failure to touch at the turn. (NOTE: if a touch is missed, swimmer *may* return to the wall and make a legal touch.) Raise hand when missed touch is observed-if swimmer returns to touch there is nocall.
- ❑ Walking or springing from the bottom of the pool.
- ❑ Finishing in the wrong lane.
- ❑ Getting artificial assistance (e.g., pulling/pushing **forward** on lane lines or off side walls.)

BACKSTROKE

- ❑ *Standing* in or on the gutter at the starting signal (Starter's call). [NOTE:Toes *may* be curled over the gutter inthe NVSL!]
- ❑ Swimmer submerged after start or turn and head surfacing *beyond* 15 meters (16.4 yards).
- ❑ Getting artificial assistance.
- ❑ Turning shoulders past vertical on the turn, and *after* pulling forward with arm already in motion fails to initiate either a single or double simultaneous arm pull, or after doing so, *then* either gliding some more or taking additional kicks/pulls to bring swimmer closer to the wall before initiating the turn. (Note: this constitutes a pause in the turning action!)
- ❑ Swimmer misses touch on wall and sculls back to touch.
- ❑ Failure to return shoulders to, or past vertical, toward the back when feet leave the wall on the turn.
- ❑ Turning shoulders past vertical toward the breast at the finish.

BREASTSTROKE

- ❑ Body not on breast when *beginning* first arm pull following start or turn.
- ❑ At the start or after any turn, head still below the water surface *when the hands begin to turn inward at the widest part of the second arm stroke*.
- ❑ Arm pull past hipline except for the first pull at the start or after a turn
- ❑ Over-the-water recovery with *elbows* out of the water (except at the turn or finish).
- ❑ Sidestroke or scissors kick (any alternating movement).
- ❑ Butterfly kick other than prior to the first breaststroke kick after the start or turn.
- ❑ Touch not simultaneous or one-hand touch on turns or finish. (Need not be on the same level.)
- ❑ Flutter or scissors kick
- ❑ Body not at or past the vertical towards the breast when swimmer leaves wall after a turn.
- ❑ Incorrect cycle. Start with breaststroke kick before the first pull. Or lack of one-to-one relationship between arm stroke and kick.

BUTTERFLY

- ❑ Alternating (flutter) kick.
- ❑ Scissors or breaststroke kick.
- ❑ Arm recovery not over the water after pull into the turn or finish (usually characterized by short pull and an underwater, stabbing touch).
- ❑ Hands touch not simultaneous or 1-hand touch. (NOTE: Hands need not be at the same level on either turns or the finish.)

- ❏ Swimmer submerged after start or turn and head surfacing *beyond* 15 meters (16.4 yards).
- ❏ Arms not recovering simultaneously over the water (alternating arm pulls).
- ❏ One or both arms not recovering over water. Note: the arm is defined as the portion of the arm from the wrist to the shoulder, if the arm breaks the water that is OK, you need not see "air" under the arms.

INDIVIDUAL MEDLEY

- ❏ Violation of any rule pertaining to individual strokes. (NOTE: when turning from the butterfly to the backstroke, after a legal touch, the swimmer's shoulders must be at or past the vertical toward the back when the swimmer's feet leave the wall.)
- ❏ Following turn rather than finish rules when turning from one stroke to another (e.g., when going from backstroke to breaststroke, the swimmer's shoulders in the backstroke may NOT turn past vertical prior to the touch of the wall).
- ❏ **Note: it is not an infraction in NVSL if swimmer swims the 4ᵗʰ leg in any style desired.**

RELAYS

- ❏ Early take-off (swimmer on the deck leaves before incoming swimmer touches the wall) (RTOs call— remember the NVSL requires dual confirmation of early take-offs).
- ❏ Running take-off (Referee's call).
- ❏ Failure to swim proper order of strokes.
- ❏ Stroke violation.
- ❏ Failure to swim required distance.
- ❏ Entering the water without permission: whole team is disqualified if any member, other than the swimmer designated to swim, enters the pool before *all other competitors* have finished! (Ref's call).