



Stroke Disqualification Information

Freestyle

- Walking on or springing from bottom
- Standing on bottom
- Pulling on lane line for forward propulsion
- Missing the wall on the 50 yard flip turn

Butterfly

- One hand touch on turn or finish
- Missing the wall on the 50 yard flip turn
- Arms / legs not synchronized
- Any kick other than butterfly kick (flutter, scissor or breast stroke kick)
- Shoulders not at or past vertical towards breast off wall

Breaststroke

- One hand touch on turn or finish
- Hands brought beyond hipline (except during pullout at start and turn)
- Kick is not symmetrical (butterfly kick is not allowed)
- Arms not brought back simultaneously or symmetrically
- Head under for more than two strokes
- Shoulders not at or past vertical towards breast off wall

Backstroke

- Missing the wall on the turn
- Turning over to stomach (except on turn)
- Taking more than one pull after turning to the breast on the turn
- Completely submerged prior to turn or finish

Individual Medley

- Strokes out of sequence

Miscellaneous

- | | |
|---------------------------------------|---|
| • False start | • Standing on bottom |
| • Declared false start | • Pulling on lane line for forward propulsion |
| • Did not finish | • Finish in wrong lane |
| • Interfered with another swimmer | • Unsportsmanlike conduct |
| • Walking on or springing from bottom | • Head did not break the surface by 15 meters |