

# Ways to get DQ'ed

## Freestyle

- ❖ Stop and walk or pull on the lane rope
- ❖ Miss the wall on a turn

## Backstroke

- ❖ Flip over onto your stomach during the swim
- ❖ Flip over onto your stomach during a turn and touch the wall with your hand while on your stomach
- ❖ Push off the wall after a turn on your stomach
- ❖ Miss a wall during a turn
- ❖ If doing a backstroke flip turn, take more than one stroke on your stomach during the turn
- ❖ Pull on the lane ropes

## Breaststroke

- ❖ Any kick other than breaststroke kick (flutter, fly, scissor)
- ❖ Non-simultaneous arms (both arms must come forward, together)
- ❖ Underwater recovery (can't do an extra half-stroke under the chest)
- ❖ Hands past hips (hands can't come past your hips during any stroke other than the pull-out)
- ❖ One-hand touch
- ❖ Head not breaking the surface every stroke (basically you have to breathe every time!)
- ❖ Turn (no flip turns; must do a 2-hand touch and when turning, be on your stomach)

## Fly

- ❖ Any kick other than fly kick (scissor, breaststroke, flutter)
- ❖ Non-simultaneous arms (both arms must come forward, together)
- ❖ Underwater recovery (can't do an extra half-stroke under the chest)
- ❖ One-hand touch
- ❖ Turn (no flip turns; must do a 2-hand touch and when turning, be on your stomach)