

Major Disqualifications (DQ's) In Summer Swimming

(The NWSC uses modified high school federation rules)

FREESTYLE:

- The forward start is used (at least 1 foot/toe must be at the front edge of starting platform or pool deck).
- In freestyle, the swimmer can use any stroke(s) or kick(s) to get from the start end of the pool to the turn end and return.
- It is legal to stand on the pool bottom; **however, touching the bottom of the pool and pushing off is a violation of the rules ... a DQ.**
- **In freestyle, it is legal to miss the wall while executing a turn and then returning to that wall to touch, then continuing to swim the race to the finish.**

BACKSTROKE:

- **The backstroke start position:** the swimmers shall face the starting end with both feet in contact with the end wall and with both hands grasping any part of the end wall or starting platform.
- **The backstroke start:** after the starter's commands, the swimmers can assume any motionless position that does not remove them completely from the water.
- **The backstroke swimmer's form:**
 - All backstrokers must remain on their backs throughout the race except when executing turns. Some part of the swimmer's body must contact the end walls on all turns and the finish.
 - **It is legal to miss the wall while turning provided the swimmer sculls backward to the wall until their feet touch.** After the touch, the backstroker can continue swimming to the end of the race.
- **The backstroke cross over turn:** as the swimmer approaches the end wall to execute a turn and the swimmer's head has passed under the backstroke flags, the swimmer can rotate his/her upper shoulder past the vertical towards the breast before touching the wall provided such rotation is accompanied by an initiation of the turning action or continuation into the wall. This **turning action** shall be accomplished by a **single or double arm pull**, or in the absence of such pulls, by a downward, underwater movement of the head... (Further clarification). After the turning action, only 1 stroke consisting of either a single or double arm pull is allowed; **No additional arm pulls may be started; however, kicking and gliding actions are permitted.**

BREASTSTROKE: (The forward start is used)

The breaststroke swimmer's form:

- The body shall remain on the breast with both shoulders in the horizontal plane, except while executing a turn.
- On the start or turn, 1 arm stroke beyond the hipline followed by 1 leg kick may be made while the swimmer is underwater. The head must break the water surface prior to the arms beginning the recovery part (widest part) of the second arm stroke. Then:
 - 1) The hands shall not be brought back beyond the hipline.
 - 2) Some portion of the head must break the water surface sometime during each stroke cycle (1 arm pull followed by 1 leg kick).
- There shall be no sculling with the hands at the end of the arm stroke.
- The stroke requires both hands be pushed forward from the breast simultaneously on, above or under the surface of the water. **Elbows must remain under the water** (butterfly recovery not permitted)

- The swimmer's kick resembles a frog kick. All movement of the legs and feet shall be simultaneous and in the same horizontal plane. No scissors, flutter, or downward butterfly kick is permitted.
- The turn requires a simultaneous touch with two hands, not necessarily on the same plane, with the shoulders horizontal.
- Legal body position must be regained prior to the first arm pull.
- The finish requires contact with the end wall with both hands touching the end wall simultaneously, but not necessarily on the same plane, and shoulders horizontal.

BUTTERFLY: (The forward start is used).

The butterfly swimmer's form:

- The body shall remain on the breast with both shoulders in the horizontal plane, except while executing a turn.
- The stroke requires that both arms simultaneously be pulled back, under the water, then simultaneously recover over the water (the elbows must come out of the water on the recovery portion of the stroke and not skim the surface of the water; this is especially true in young swimmers).
- The kick requires that both legs and feet move up and down simultaneously in the vertical plane. Scissors, breaststroke and alternating up and down movements of the legs are not permitted.
- The turn requires a simultaneous touch with both hands, not necessarily on the same plane, provided the shoulders are horizontal. The shoulders shall be at or past the vertical towards the breast when the feet leave the wall. **The legal body position shall be regained prior to the first arm pull.**
- The finish requires contact with the end wall with both hands touching the end wall simultaneously, but not necessarily on the same plane, and the shoulders horizontal.

FREESTYLE RELAYS:

- Observe the 2nd, 3rd, and 4th swimmers
- As long as the swimmer(s) remain on the starting blocks, the swimmer(s) can be in motion. Only when the swimmer(s) in the water has touched the end wall can the swimmer on the block enter the water
- If a swimmer or any other team personnel enters the racecourse while other relay teams are still swimming, that swimmer's relay team (all teams) shall be disqualified.
- If a relay teammate enters the pool while other relay teams are still swimming, that relay team shall be disqualified.

FALSE STARTS: Subject to the discretion of the starter/referee

- Any swimmer that unnecessarily delays in stepping onto the starting block or assuming a starting position is given a false start,
- Any swimmer that does not remain motionless immediately after the starting commands is given, has created a false start.
- Any swimmer that enters the racecourse after the command "stand up" has created a false start.
- Every swimmer is allowed 1 false start; 2 false starts is a DQ.

SPORTSMANSHIP:

Making insulting derogatory remarks, cheers, gestures or acts of a vulgar nature including taunting and any other unsportsmanlike manner shall disqualify the competitor(s) from further competition.