

LOCKS HEATH SWIM SQUAD

HOW TO AVOID DISQUALIFICATION

Most swimmers get disqualified at some point in their swimming career. Here are some tips to help you avoid getting disqualified (DQ'd)!

Start, Turn and Finish

- After the starter says "Take Your Marks" swimmers must be still on the block or in the water until the starting signal sounds.
- The swimmer must surface at or before 15m after all starts & turns.
- Swimmers must not leave the water at the end of a race until told to by the Referee. If timing pads are being used swimmers must swim under the lane ropes and leave the pool at the side.

Freestyle

- Turn & Finish – The swimmer must touch the wall with some part of the body.
- Any stroke can be swum, usually it is Front crawl.

Backstroke

- The swimmer must remain on their back throughout the swim (except during a turn).
- To start the turn the swimmer must roll onto their front and immediately begin the forward somersault. There must be NO kicking and NO gliding once the arm pull has been completed. The turn must be "continuous", and is frequently the reason for disqualification in backstroke. Swimmers must be on their back as they push off the wall.
- Finish – The swimmer must touch the wall with hand or arm whilst lying flat on back. (This is why you must practice your stroke count from the flags).

Breaststroke

- After the start and turn, the swimmer may take ONE arm stroke and ONE leg kick whilst underwater. The head must break the surface of the water before the hands turn inwards at the widest part of their second stroke. A single downward dolphin kick is allowed during the underwater phase.
- Turn & Finish – The swimmer must touch the wall with both hands at the same level and the same time. Hands must **NOT** be stacked.
- All arm and leg movements must be symmetrical and simultaneous ie on the same horizontal plane.
- Feet must be turned outwards during the propulsive phase of the kick.

Butterfly

- Turn & Finish – The swimmer must touch the wall with both hands at the same level and the same time. Hands must **NOT** be stacked.
- Arms must move symmetrical and simultaneous and must clear the water on the recovery. ie there must be air between the arms and the water surface.
- Legs must move together and remain in the same plane. There must be NO alternating kicking.

Individual Medley

Is an event (100, 200 or 400m) which combines all 4 strokes. The order is Butterfly, Backstroke, Breaststroke, Front crawl. Swimmers must use the correct turns as described above and IM turns. On Butterfly to Backstroke the swimmers must touch on front with 2 hands and push off on their back. During a Backstroke to Breaststroke turn the swimmer must touch the wall on their back and push off on their front and on a Breaststroke to Front crawl turn the swimmer must touch with 2 hands and push off on their front.