



DISQUALIFICATION NOTICE

EVENT _____ HEAT _____ LANE _____

Where multiple options are provided (in brackets) CIRCLE applicable item

GENERAL RULES

- _____ [Except breaststroke] Head submerged more than 15 meters after start or after turn at _____ m
- _____ Failure to touch at _____ m
- _____ Pulled on lane ropes at _____ m
- _____ [Except freestyle] Stand on bottom at _____ m
- _____ Other _____ m

START:

- _____ Started before signal
- _____ Neither foot at the front of the starting platform
- _____ Both hands not holding the starting grips (Backstroke)
- _____ Standing in or on the gutter or bending the toes over the lip of the gutter. (Backstroke)
- _____ Failed to start with a dive (Freestyle, Breaststroke, Butterfly)
- _____ Other _____ m

BACKSTROKE:

- _____ Body on breast and no immediate continuous single or immediate continuous simultaneous double arm pull to initiate turn _____ m
- _____ More than one continuous pull to initiate turn at _____ m
- _____ Did not touch while on back at finish _____ m
- _____ Other _____ m

BREASTSTROKE:

- _____ Head did not break water surface before widest part of 2nd pull at start or after turn at _____ m
- _____ Head did not break surface during a stroke cycle [other than 1st stroke cycle of each length] at _____ m
- _____ Illegal kick: indicate (feet not turned out) or (flutter) or (butterfly) _____ m
- _____ (Arms) or (Legs) movements (not simultaneous) or (not in same horizontal plane) at _____ m
- _____ During pull, hands brought past hips (other than first stroke after start and each turn) at _____ m
- _____ Touch not simultaneous at _____ m
- _____ One hand touch at _____ m
- _____ Failed to swim according to the stroke cycle (one arm stroke/one leg kick) _____ m
- _____ Other _____ m

BUTTERFLY:

- _____ Arms not brought forward over water at _____ m
- _____ Arms not brought backward under the water at _____ m
- _____ (Arms) or (Legs) movements not simultaneous at _____ m
- _____ Touch not simultaneous at _____ m
- _____ One hand touch at _____ m
- _____ Other _____ m

RELAY:

- _____ Swimmer # _____ started before incoming swimmer touched.
- _____ Swam out of order: _____ m
- _____ Other _____ m

DISQUALIFYING OFFICIAL: _____

REFEREE: _____

TIME ACCEPTED: _____

COACH INFORMED _____ TIME ANNOUNCED: _____