

ISL DISQUALIFICATIONS GUIDELINES

(CODE VERSION)

modified 6-2003

Soft DQ Periods:

5-6 first 4 meets

7-8 first 2 meets

<u>CATEGORY</u>	<u>CODE</u>	<u>TYPE</u>	<u>DESCRIPTION</u>	
GENERAL	G-1		No walking on bottom of pool, jumping off bottom, pulling on lane line.	
	G-2		15 meter underwater rule applies to Butterfly, Backstroke, Freestyle	
RELAYS	R-3		No early take-offs	
	R-4		Medley Relay – not following proper sequence 1)Back 2)Breast 3) Fly 4)Free	
FLY	F-5	<i>Soft DQ</i>	2 hands not touching wall at the same time	
	F-6	<i>Soft DQ</i>	If scissor, flutter or breast kick used	
	F-7	<i>Soft DQ</i>	Feet not kicking simultaneously	
	F-8	<i>Soft DQ</i>	Hands don't enter water at the same time (Simultaneous pull)	
	F-9	<i>Soft DQ</i>	Arms don't recover over water	
	F-10		If other kicks used whole length	
	F-11		Swims wrong stroke	
	F-12		Hands don't recover over water	
	F-13		Body not on breast	
	BACK	BK-14	<i>Soft DQ</i>	Toes not submerged (under water) at start
		BK-15	<i>Soft DQ</i>	Not staying on back at finish and when feet leave wall after turn.
		BK-16		Not waiting for Starter's instruction to enter the water
		BK-17		Not staying on back
BREAST	BR-18	<i>Soft DQ</i>	2 hands not touching wall at the same time	
	BR-19	<i>Soft DQ</i>	Arms not pulling simultaneously	
	BR-20	<i>Soft DQ</i>	Arms pull past hips after first stroke	
	BR-21	<i>Soft DQ</i>	If scissor, dolphin or flutter kick used	
	BR-22	<i>Soft DQ</i>	Start and turn – pull/kick/surface (pull down optional but second pull must bring head to surface and arms must not pass shoulders before breath)	
	BR-23	<i>Soft DQ</i>	Head must break surface during each arm stroke cycle but may go completely underwater	
	BR-24		Turn – shoulders not parallel to wall (shoulders at same level)	
	BR-25		If other kicks used whole length	
FREE	FR-26		A part of the swimmer's body must touch wall at turn and finish	
IM	IM-27		Strokes must be swum correctly (see above) and in proper order.	
STARTS	S-28		If swimmer has more than one (1) false start	
	S-29		Feet not at edge of deck/diving block – track starts are OK	