

Category	ISL Disqualification Guidelines	DQ Type	Description/Examples
Fly	1A - Kick-Non-simultaneous, alternating motion	<i>Soft DQ</i>	
Fly	1B - Kick -Breastroke type, feet turned out, propulsive part of kick	<i>Soft DQ</i>	
Fly	1C - Kick-Scissors Type / not same horizontal plane	<i>Soft DQ</i>	
Fly	1D - Arms - Underwater recovery	<i>Soft DQ</i>	Arms don't recover over water
Fly	1E - Arm - Movement not simultaneous	<i>Soft DQ</i>	
Fly	1F - Touch- One hand touch at flip turn and/or finish	<i>Soft DQ</i>	
Fly	1G - No Touch at Turn/Finish	<i>Soft DQ</i>	
Fly	1H - Touch - Non simultaneous	<i>Soft DQ</i>	
Fly	1I - Body -Not at/past vertical toward the breast at turn	Hard DQ	Body not on breast
Fly	1J - 15 meter (Fly)	Hard DQ	Breaking surface after 15 meter mark (16.4 yards) applies to Butterfly, Backstroke, and Freestyle. Typically right at flag position (15 feet).
	1T - Other	Hard DQ	Swims wrong stroke
Back	2C - Turn - more than one pull at turn	Hard DQ	
Back	2D - Not on Back - Turn off wall	Hard DQ	
Back	2E - Not on Back - On Finish	<i>Soft DQ</i>	
Back	2G - No Touch wall at Finish	<i>Soft DQ</i>	
Back	2H - Toes over the lip of gutter after the start	<i>Soft DQ</i>	Toes are allowed to come up right to edge of gutter but not above or over
Back	2J - 15 meter (Back)	Hard DQ	Breaking surface after 15 meter mark (16.4 yards) applies to Butterfly, Backstroke, and Freestyle. Typically right at flag position (15 feet).
Back	2T - Other	Hard DQ	Not waiting for Starter's instruction to enter the water; or Swims wrong stroke
Breast	3A - Kick - Alternating	<i>Soft DQ</i>	Feet opposing
Breast	3B - Kick - Downward- butterfly type -Foot/Feet not turned out	<i>Soft DQ</i>	In propulsive part of kick
Breast	3C - Kick - Scissors type / not on same horizontal plane	<i>Soft DQ</i>	
Breast	3E - Arms - Not simultaneous	<i>Soft DQ</i>	
Breast	3F - Touch - One hand touch at flip turn and/or finish	<i>Soft DQ</i>	

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Breast	3G - No Touch at Turn/Finish	Soft DQ	
Breast	3H - Touch - Not simultaneous	Soft DQ	
Breast	3J - Arms/Hands - Past Hipline	Soft DQ	At start/turn, arms/hands underwater are allowed past hips after first stroke
Breast	3M - Head Under - 2 or more strokes under water - Start & Turn	Soft DQ	
Breast	3N - Cycle - Stroke cycle out of order	Soft DQ	Kick before pull; double pulls/kicks
Breast	3O - Body - Not on breast off wall - Turn	Hard DQ	Turn - shoulders not parallel to wall (shoulders at same level)
Breast	3P - Cycle - Head not up	Soft DQ	Head must break surface during each arm stroke cycle but may go completely underwater
Breast	3T - Other	Hard DQ	Swims wrong stroke
Free	4G - No Touch - Turn	Hard DQ	
Free	4J - 15 meter (Free)	Hard DQ	Breaking surface after 15 meter mark (16.4 yards) applies to Butterfly, Backstroke, and Freestyle. Typically right at flag position (15 feet).
IM	5A - Stroke Infraction - Code # _____	Hard DQ	Add in Code # infraction
IM	5B - Strokes - Out of Order	Hard DQ	Strokes must be swum correctly and in proper order (Fly, back, breast, free)
IM	5C - Repeat one of first three strokes	Hard DQ	
Relays	6A - Early Take Off	Hard DQ	Feet losing touch with starting platform (e.g. ground/deck) before preceding teammate touches wall
Relays	6B - Stroke Infraction - Swimmer # _____ Code # _____	Hard DQ	Add in swimmer # and Code # infraction
Relays	6G - Medley Relay - Strokes out of order	Hard DQ	Not following proper order 1) Back, 2) Breast, 3) Fly, and 4) Free, 4th repeat one of first three strokes, not enough swimmers
Relays	6H - Other	Hard DQ	Repeat of first three strokes
Starts	7A - False Start	Hard DQ	If swimmer has more than one (1) false start
Other	7D - Fail to complete distance	Hard DQ	
General	7H - Pulling on lane line	Hard DQ	No walking on bottom of pool, jumping off bottom, pulling on lane line.
Other	7Z - Other -Describe	Hard DQ	Interfering with another swimmer, finish race in another lane; unsportsmanlike conduct
<i>*Soft DQ's: 5-6 yo - First 4 meets, 7-8 yo - First 2 meets (not incl. practice meet)</i>			
<i>**Soft DQs will be recorded with a (S) next to code</i>			
<i>**Coaches can enter water to help swimmer on first two meets only</i>			