



Common Disqualification (DQ) for Swimming

BACKSTROKE: DQ in backstroke is most often related to the **swimmer turning onto their stomach** before touching the wall at the finish. A swimmer **MUST** finish the race while on their back. Swimmers must come off the wall on their back after each turn.

BREASTSTROKE: DQ in breaststroke is often related to arm stroke, kick and hand touch. Throughout the race the stroke cycle must be one arm stroke, and one leg kick in that order. The common cause related to arm stroke DQ is when the swimmer's **arm pull extends down and past the hipline**. The toes must be pointed outward; the swimmers are not allowed to do scissor kick and/or flutter kicks and multiple dolphin kicks at the starts and turns. The **MOST** common DQ is a **one-hand touch at either the turn or finish, it should be simultaneous two hand touch**.

BUTTERFLY: Non-simultaneous arm, underwater recovery, and any kick other than a dolphin kick is common cause for DQ. The other major cause of DQ is a **one-hand touch at either the turn or finish**.

INDIVIDUAL MEDLEY (100 IM): Transition from backstroke to breast, **DO NOT DO BACKSTROKE TURNS**. It is considered a backstroke finish; therefore, swimmers **MUST** touch the wall on their back.

RELAYS: Officials look for the toes leaving the blocks then look down to see if the incoming swimmer has touched the wall (**Toes to Hands**).

STARTS: The process begins with a **series of SHORT whistles**; it is a cue to get ready for the start of a race where swimmers need to put on or adjust their goggles. Shortly after the series of short whistles, a **LONG whistle** comes next. **A LONG whistle signals the swimmers to step up on the blocks (or enter the pool for backstroke)**. Once the Starter Official announces, **"TAKE YOUR MARKS,"** the swimmers are **NOT ALLOWED** to move or flinch. If there is a swimmer fidgeting or moving after the **"TAKE YOUR MARKS,"** the Starter Official may ask the swimmers to **"STAND"** or **"STEP DOWN."** **Flinching or moving after the "TAKE YOUR MARKS" may result in DQ.**

Calling All Swim Parents! Do you want to learn more?

We need more parent volunteers to join our team of Officials. As an Official, you play a crucial role in supporting our swimmers and ensuring our events run smoothly. It is a rewarding way to be actively involved in your swimmer's experience. If you are interested in becoming an Official and making a positive impact, please reach out to us by emailing rscaofficials@gmail.com or Join RSCA OFFICIALS Facebook Page.