

Midlakes Stroke & Turn Officials Cheatsheet

What the swimmer did...	What the DQ should say...
Butterfly	
Kick Violations	
Swims with an alternating kick (freestyle)	Alternating Kick (1A)
Swims with a breaststroke kick (lateral motion)	Breast Kick (1B)
Kicks asymmetrically, or with propulsion from the top of one foot and the bottom of the other	Scissors Kick (1C)
Arm Violations	
Arms do not pull or recover at the same time (separate splashes when entering water)	Non-Simultaneous Arms (1E)
Some part of the arms do not recover (come forward) over the water (shoulder to wrist); OR At the wall, the swimmer runs out of room, pulls arms back then touches wall underwater; OR The swimmer pulls underwater between recoveries to lift their head out of the water	Underwater Recovery (1F)
Touch & Turn Violations	
Only one hand touches the wall at the turn	One Hand Touch (1J)
Swimmer does not touch the wall with hands at the turn	No Touch (1K)
Both hands touch, but not at the same time (at the finish, both hands will touch eventually)	Non-Simultaneous Touch (1L)
After the start and turns, swimmer remained submerged after 15 meters	Head Did Not Break Surface By 15m (1N)
During race, or after the turn, swimmer is past vertical toward their back	Not Toward Breast Off Wall (1M)
After surfacing during any leg of the race, the swimmer resubmerges before the turn/finish	Re-Submerged (1R)
Hands are stacked at the touch (both hands do not touch the wall)	Not Separated (1H)
Backstroke	
After start signal, swimmer jumps toes above gutter	Toes Over Lip of Gutter After Start (2P)
Swimmer misses the wall at turn (be in place to be certain)	No Touch at Turn (2I)
At turn, if swimmer turns to the breast, more than one single or double arm pull is taken	Multiple Strokes (2U)
After turn, swimmer leaves the wall past vertical toward the breast	Not on Back Off Wall (2K)
During the swim or before touching at the finish, the swimmer turns toward the breast	Shoulders Past Vertical (2L)
Swimmer remains submerged past 15 meters after start or turn	Head Did Not Break Surface by 15M (2N)
Swimmer pulls the lane line (they may hit the lane line, but may not get propulsion from it)	Other (2T)
Freestyle	
Swimmer misses the wall at turn (and does not return to touch before touching other end)	No Touch at Turn (4K)
Swimmer remains submerged past 15 meters after start or turn	Head Did Not Break Surface by 15M (4N)
Swimmer resubmerges before the turn or the finish	Re-Submerged (4C)

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Breaststroke	
Kick Violations	
Swims with an alternating kick (freestyle)	Alternating Kick (3A)
Swims with a butterfly kick (vertical motion)	Butterfly Kick (3C)
Kicks asymmetrically, or with propulsion from the top of one foot and the bottom of the other	Scissors Kick (3D)
Arm Violations	
Swimmer pulls hands past the hipline during the swim (except for first pull at starts/turns)	Arms Past Hipline (3E)
The arms do not pull or recover at the same time, or recover asymmetrically	Non-Simultaneous Arms (3F)
The arms recover so the elbows come out of the water entirely	Elbows Recovered Over Water (3I)
Cycle Violations	
The swimmer performs multiple arm pulls or leg kicks during any cycle; OR	Double Pulls/Kicks (3S)
After the start or turn, the swimmer does multiple butterfly kicks (only one is allowed)	
The head does not break the surface at some point during each cycle	Head Not Up (3P)
After the start or turn, the swimmer's head does not surface by widest part of second arm pull	Two Strokes Under (3G)
Touch & Turn Violations	
Only one hand touches the wall at the turn	One Hand Touch (3J)
Swimmer does not touch the wall with hands at the turn	No Touch (3K)
Both hands touch, but not at the same time (at the finish, both hands will touch eventually)	Non-Simultaneous Touch (3L)
During race, or after the turn, swimmer is past vertical toward their back	Not Toward Breast Off Wall (3M)
Hands are stacked at the touch (both hands do not touch the wall)	Not Separated (3N)
Individual Medley	
Stroke infractions are marked under the stroke, and the code is listed in "Individual Medley"	Stroke Infraction(s) #
The order of strokes is not butterfly, backstroke, breaststroke, freestyle	Out of Sequence (5P)
Swimmer performs a flip turn on the back to breast transition (does not "finish" the back)	Shoulders Past Vertical (2L)
Upon starting the freestyle leg, the swimmer kicks or pulls while toward the back	Fourth Distance Swum in Style of Previous
Relays	
Stroke infractions are marked under the stroke, and the code is listed under relays	Stroke Infraction & Swimmer #
Early Takeoffs are judged by the relay exchange team and written up by the Starter/Referee	
Miscellaneous	
Swimmer walks on bottom of pool, pulls lane line, or pushes off side wall	Other (for the stroke in question)
Swimmer swims the wrong stroke, even briefly - mark up the violation(s) based on the stroke	
Swimmer does not complete the race - gets out of the pool in the middle	Did Not Finish (7Q)
Swimmer interferes with another swimmer or finishes in the wrong lane	Other (for the stroke in question)