

GCCCS&DL STROKE DISQUALIFICATIONS

Note: Effective with the 2006 season, DQ's start with the first meet. DQ slips should be turned in with the lane slips to the scoring table.

	Freestyle	Breaststroke	Backstroke	Butterfly
6 & under	Any stroke is legal. Can hang on rope for rest but cannot pull on the rope for forward propulsion.	NA	Stay on back. Swimmer can be underwater for no more than 15 meters.	NA
8 & under	Any stroke is legal. Can hang on rope for rest but cannot pull on the rope for forward propulsion.	Two-hand touch at finish. Breast kick (no flutter kick, no scissors kick).	Same as above.	Dolphin kick (no flutter kick or breast kick). Two-hand touch at finish. No underwater recovery. May kick underwater for no more than 15 meters.
10 & under	Cannot use lane lines.	Same as above.	Same as above.	Same as above.
12 & under	Same as above plus must touch the wall on turn and not push forward off the bottom.	Same as above + on turn no more than one long underwater pull, downward fly kick and breast kick before the head breaks the surface.	Can turn over on stomach with one pull before the turn. This must be a continuous motion. Flutter kick as arm is in motion. If staying on your back before the turn, you cannot turn until you touch the wall. Swimmer can be underwater for no more than 15 meters.	Two hand touch at turn.
14 & under	Same as above.	Same as above.	Same as above.	Same as above.
18 & under	Same as above.	Same as above.	Same as above.	Same as above.

Turns: On all turns, contact with the wall is required.

Relays: You cannot leave the blocks until incoming swimmer has touched the wall. Swimmer may be in the air but as long as they have contact with the blocks it is legal. For in-water relay starts, feet must remain on wall until incoming swimmer has touched the wall.

Individual medley: Swimmer has to come off the wall on your stomach. Backstroke must be completed until breaststroke is started.

Other: Rules should be applied for all age groups. The calls should be consistent. Coaches should be instructed to not enter swimmers into events in which there is a good chance of being disqualified. Swimmers are allowed one false start; after second false start, swimmer is disqualified.

Officials Note: These rules should not take the place of good judgment. Meets are conducted for swimmers to have fun and learn skills which introduce them to the sport of swimming and teach good sportsmanship. Rules are established and enforced to make competition fair and enjoyable. A good rule of thumb is "if you did not see the infraction, it did not happen" – this will ensure that the benefit of doubt goes to the swimmer.