

Disqualifications (DQ)

A swimmer may be disqualified if they are not executing the stroke according to USA Swimming rules, if they dive in early, perform a turn or any number of other events. Although this can be upsetting to a child, "DQs" are very common and should be regarded as part of the learning process.

Imagine you got a problem wrong on an assignment in school, you would get a 0 as your grade for that problem. That is what it means to get disqualified. You did something "wrong" according to the rules of the stroke set by USA Swimming and you will receive a "0" or nothing for your efforts during the race. Please don't get upset if your swimmer gets a DQ. The coaches will know what they did and will work with them to make sure they don't do it again!

[USA/ISI Swimming Officials Briefing](#) (Basically this is a quick snapshot of the rules for the strokes that officials go over before each meet during the officials briefing meeting. It is a little more on the technical side in it's wording and therefore is more for adult understanding rather than swimmer.)

Typical Rules Broken:

Freestyle

- Pushing yourself forward off the bottom of the pool.
- Pulling yourself forward with the lane line, other than those two things you are free to swim in the style you choose.

Backstroke

- Rolling on to your stomach (other than if you are about to do a flip turn)
 - Especially not finishing the race on the back
- Pulling on the lane line
- Pushing off the bottom of the pool

Breaststroke

- Doing a butterfly, flutter, or scissor kick
- Not getting your head out of the water every stroke.
- No keeping the 1/1/1 ratio, 1 pull with your arms, 1 breath, 1 breaststroke kick with toes out to the side and feet flexed for the majority of the kick
- Arms going below belly button
- Not touching the wall with two hands for turns or the finish

Butterfly

- Non-simultaneous arms (arms not moving together or in sync)
- Feet coming apart (flutter kick or breaststroke kick)
- Arms not coming out and going over the water after the pull

- Not touching the wall with two hands for turns or the finish

All Strokes

- Moving on the block after the start says "Take your mark" and before the BEEP, this will cause a false start, the first false start of every heat is strike one for the entire heat, next swimmer to false start is DQ'ed
- Not finishing a race
- Stopping to fix goggles (excluding freestyle)
- Pushing off the bottom of the pool
- Pulling on the lane line
- Swimming in another swimmers lane

Relay

- False starting, meaning swimmer on the block left before the swimmer in the water touched the wall
- Not getting out of the water fast enough (before the swimmer after you gets to the other wall)