

2018 NWAL Infractions	
<p>Butterfly Scissor kick Breaststroke kick Alternating kick Shoulders not horizontal at start of first stroke Shoulders not at or past vertical off the wall Non-simultaneous arms One hand touch No touch on turn Non-simultaneous touch Underwater recovery</p>	<p>Backstroke No touch on the turn/finish Body not on back during race Shoulders past vertical toward breast before finish Shoulders past vertical toward breast after feet left the wall Two or more arm pulls during turn (when on breast) Pulling on Lane ropes</p> <p>Freestyle No touch on the turn/finish Walking on or springing from bottom Pulling on Lane ropes</p>
<p>Breaststroke Scissors kick Downward butterfly kick (during the swim) Flutter kick Non-simultaneous kick Double kicks Non-simultaneous arms stroke One hand touch No hand touch Non-simultaneous touch Multiple underwater recovery start/turn Double arm pulls Hands past hips Head did not break surface during cycle Feet not turned outward on kick Arms not in same horizontal plane Shoulders not horizontal at start of first stroke Body not on breast when feet left wall Butterfly kick out of sequence More than one butterfly kick during the pullout Sequence violation Butterfly Recovery</p>	<p>Relays Stroke infraction, swimmer # Early take-off, swimmer # Same person swam more than one leg Swam legal fly, back or breast on free leg</p> <p>Individual Medley Swam legal fly, back or breast on free leg Stroke infraction, fly, back, breast, free</p> <p>General Pulling on lane rope Walking on or springing from bottom Standing on bottom (breast / fly) Did not finish Entered water without permission Interfered with another swimmer Didn't start or finish in assigned lane Running from the deck Unsportsmanlike conduct (Referee use only) Delay of meet (Referee Use Only) False start (Referee Use Only) Early take-off (Referee Use Only) Multiple Violations (Referee Use Only)</p>

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