

<u>NHSSL Stroke & Turn Report</u>	<u>11 & Older S&T Infractions:</u> (circle number)
<p>Circle One: DQ Comment</p> <p>Swimmer: _____</p> <p>Event # _____ Lane _____</p> <p>Heat # _____</p> <p>Describe: _____</p> <p><u>For ages 8, 9/10 & younger:</u></p> <p><u>General Expectations:</u></p> <ul style="list-style-type: none"> * Should demonstrate a clear attempt to swim the correct stroke * May stop and REST on lane ropes * May NOT propel off ropes * May NOT swim “freestyle” in a non-freestyle event * Must swim backstroke on the BACK * May turn to “look” during backstroke but cannot flip onto breast <p><u>8, 9/10 & younger S&T Infractions:</u> (circle number)</p> <ol style="list-style-type: none"> 1. Swimming freestyle in a non-freestyle event (after flags) <p>Freestyle: alternating arms & legs</p> <ol style="list-style-type: none"> 2. No touch (turn/ finish) 3. Propelled off (ropes, bottom, side) 4. False start # 2 5. Did not finish 6. Early take off Swimmer # _____ <p><u>Breaststroke & Butterfly:</u></p> <ol style="list-style-type: none"> 7. One-hand touch <p><u>Backstroke:</u></p> <ol style="list-style-type: none"> 8. Flipped onto breast <p><u>Relays & IM:</u></p> <ol style="list-style-type: none"> 9. Wrong stroke order <p>Comments: _____</p> <p>_____</p> <p>_____</p> <p>Judge: _____</p> <p style="text-align: center;">(print)</p>	<p><u>Breaststroke:</u></p> <ol style="list-style-type: none"> 1. Not on breast 23. Pullout: two arm strokes under 24. Non-simultaneous arms 25. Double arm pulls 26. Cycle: hands beyond hip line 27. Cycle: head below water 28. Alternating kick 29. Scissors kick 30. Butterfly kick 31. Double kicks 32. One-hand touch 33. Non-simultaneous touch <p><u>Butterfly:</u></p> <ol style="list-style-type: none"> 34. Not on breast 35. Pullout: two arm strokes under 36. Head below water past 2nd flags 37. Non-simultaneous arms 38. Arms not brought over water 39. Alternating kick 40. Scissors kick 41. Breaststroke kick 42. One-hand touch 43. Non-simultaneous touch <p><u>Backstroke:</u></p> <ol style="list-style-type: none"> 23. Not on back 24. Head below water past 2nd flags 25. No touch (turn/ finish) <p><u>Freestyle:</u></p> <ol style="list-style-type: none"> 26. Head below water past 2nd flags 32. No touch (turn/ finish) <p><u>Relays & IM:</u></p> <ol style="list-style-type: none"> 33. Early take off # _____ 34. Wrong stroke order <p><u>Other:</u></p> <ol style="list-style-type: none"> 35. False start # 2 36. Did not finish 37. Other _____ <p><u>IM:</u> fly-back-breast-free</p> <p><u>MEDLEY:</u> back-breast-fly-free</p> <p><u>1st and 2nd swimmer of crescendo will follow rules for 8, 9/10 & younger</u></p>