

MSBSC COMMON STROKE INFRACTIONS

BREASTSTROKE

KICK: ALTERNATING BUTTERFLY SCISSORS
ARMS: NON-SIMULTANEOUS
CYCLE: HEAD NOT BREAKING SURFACE DOUBLE PULL/KICK
TOUCH: ONE HANDED NON-SIMULTANEOUS
OTHER: NOT ON BREAST DURING SWIM
HANDS BROUGHT PAST HIPLINE

BUTTERFLY

START: HEAD DID NOT BREAK SURFACE BY 15M
KICK: ALTERNATING BREASTSTROKE SCISSORS
ARMS: NON-SIMULTANEOUS UNDERWATER RECOVERY
TOUCH: ONE HANDED NON-SIMULTANEOUS
OTHER: NOT ON BREAST DURING SWIM

BACKSTROKE

START: HEAD DID NOT BREAK SURFACE BY 15M
NOT ON BACK OFF WALL
TURN: NON-CONTINUOUS TURNING ACTION
MULTIPLE STROKES ON BREAST NO TOUCH AT TURN
OTHER: NOT ON BACK DURING SWIM PAST VERTICAL AT FINISH

FREESTYLE

START: HEAD DID NOT BREAK SURFACE BY 15M
TURN: NO TOUCH AT TURN

INDIVIDUAL MEDLEY

SEE ABOVE STROKE REQUIREMENTS

RELAYS

EARLY TAKE OFF

OTHER

DID NOT FINISH PUSHED OFF POOL BOTTOM FOR FORWARD PROGRESS

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