

# AHSL DQ FORM (REV. 3/2012)

Event \_\_\_\_\_ Heat \_\_\_\_\_ Lane \_\_\_\_\_

Swimmer \_\_\_\_\_ Team \_\_\_\_\_

Judge \_\_\_\_\_

Entered in computer

## **1. Individual Medley**

- a.  Stroke infraction (mark infraction below)
- b.  Strokes out of sequence

## **2. Relays**

- a.  Stroke infraction: swimmer 1 2 3 4  
(mark infraction below)
- b.  Early take off: swimmer 2 3 4
- c.  Re-entered or stayed in pool

## **3. Freestyle**

- a.  Head did not break surface before 15m
- b.  No touch at turn
- c.  Sprang from/walked on bottom or pulled lane line

## **4. Backstroke**

- a. **Not on Back:**  Start  During swim  
 Out of turn  Finish
- b. **Flip Turn:**  Delay initiating arm pull  
 Delay initiating turn  
 Multiple strokes at turn
- c.  Toes curled over lip or gutter after start
- d.  Head did not break surface before 15m
- e.  No touch at turn
- f.  Submerged prior to finish
- g.  Other \_\_\_\_\_

## **5. Breaststroke**

- Where:**  Start  Swim  Turn  Finish
- a. **Kick:**  Scissors  Butterfly  Alternating  
 Non-simultaneous  Not in same plane
  - b. **Arms:**  Non-simultaneous  Hands past hips  
 Not in same horizontal plane
  - c. **Cycle:**  Double pull  Double kick  
 Head did not break surface during cycle
  - d. **Touch:**  One hand  Non-simultaneous
  - e.  Not on breast
  - f.  Other \_\_\_\_\_

## **6. Butterfly**

- Where:**  Start  Swim  Turn  Finish
- a. **Kick:**  Scissors  Alternating  Breaststroke
  - b. **Arms:**  Underwater recovery  Non-simultaneous
  - c. **Touch:**  One hand  Non-simultaneous
  - d.  Head did not break surface before 15m
  - e.  Not on breast
  - f.  Other \_\_\_\_\_