

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 _____

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