

Tri-state Summer Swim League

As discussed in Apr 2016

Standardize Disqualification List

(8 and under cannot be disqualified but must be attempting the correct stroke – ie not swimming freestyle during a butterfly race)

General

- 1.) Cannot touch bottom of pool
- 2.) Must resemble correct stroke
- 3.) Cannot use lane-lines for propulsion
- 4.) All walls must be touched on turns

Backstroke

- 1.) Only **ONE** pull allowed on stomach before a flip turn

Breast stroke

- 1.) Two hand touch at every wall

Butterfly

- 1.) Two hand touch at every wall

Relays

- 1.) The next swimmer must wait for the wall to be touched by the previous swimmer before their feet leave the deck