

APPENDIX B – STROKE INFRACTION LIST

FCSSL STROKE INFRACTIONS 2018

The FCSSL does not attempt to address all competitive swimming errors, but focuses on those that would give an advantage to a competitor or are an obvious miss doing of the agreed upon skill.

The stroke judge witnesses the error or infraction. The judge or coach notifies the swimmer and attaches the DQ form to timer’s card. No points are awarded for that swim.

2018 FIRST COAST SUMMER SWIM LEAGUE DISQUALIFICATION SLIPS

SWIMMER: _____ TEAM: _____

EVENT: _____ HEAT: _____ LANE: _____

1. INDIVIDUAL MEDLEY

- a. Strokes out of sequence (FL-BK-BR-FR)
- b. Individual Stroke Infractions: _____
- c. Incorrect finishes of individual stroke: (FL-BK-BR-FR)

DETAILS: _____

2. BUTTERFLY

- a. Kick: Scissors Breaststroke Flutter
- b. Arms: One Arm Recovery Uneven Arm Recovery
- c. Touch: One Hand Non-Simultaneous
 Turn Finish

DETAILS: _____

3. BACKSTROKE

- a. Turn to front multiple times
- b. Turn to front before turn or finish UNLESS executing roll over flip turn
- c. No touch on turn

DETAILS: _____

4. BREASTSTROKE

- a. Kick: Scissors Flutter Butterfly (Dolphin)
- b. Arms: Non-Simultaneous Hands Past Hips
- c. Cycle: Double Pull Double Kicks
- d. Touch: One Hand Non-Simultaneous
 Turn Finish

DETAILS: _____

5. FREESTYLE

- a. No touch or finish

DETAILS: _____

6. RELAYS

- a. Swimmers out of order: BK - BR - FL - FR
- b. Early take off swimmer # 2 3 4

DETAILS: _____

7. OTHER

- a. Pulling on rope for propulsion
- b. Using bottom or sides for propulsion
- c. Did not finish

DETAILS: _____

JUDGE: _____ Notified: Swimmer Coach