

GENERAL

- Moving at start
- Missed wall on turn
- Pulled on Rope
- Incorrect stroke
- Delaying start
- Did Not Finish
- Finish wrong lane
- Under water over 15m

FREESTYLE

- Walking on or springing from pool bottom

BACKSTROKE

- Standing in or toes in gutter
- Not on back during stroke at finish
- Not on back leaving wall
- Pull not initiating turn

BREASTSTROKE

- Arms not simultaneous
- Two arm pulls under water at start
- Hands pull back beyond hips during stroke
- Elbows not under water
- One hand touch Non simultaneous touch
- Legs not simultaneous Feet not turned out
- Alternating kick Dolphin kick (downwards)
- Scissors kick Incorrect stroke cycle
- Head not breaking surface

BUTTERFLY

- Arms not simultaneous
- Arms not brought forward over water
- Arms underwater recovery
- Alternating kick Breaststroke kick
- Scissors kick
- One hand touch Non-simultaneous touch

RELAY

- Early take-off swimmer # _____

Ver:4/Dec 2005

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