MOST COMMON DQs FOR NOVICE SWIMMERS

Start

Leaving before the starting signal (false start)

Freestyle

Did not touch at the turn or finish

Backstroke

Left position of the back (finishing and turns)

Breaststroke

One handed touch at turns and finish

Non simultaneous arms and leg action

Two strokes underwater on the start

Wrong leg kick

Arms brought back beyond the hip line

Feet not turned out during the propulsive phase

Butterfly

One handed touch at turns and finish

Non simultaneous arms and leg action

Arms not brought over the water

Breaststroke kick

Medley

Wrong stroke order

Finish of each stroke not in accordance with the rules of each stroke (breast two handed touch, Butterfly two handed touch, finish on the back in the turn)

The race

The swimmer does not complete the race DNF

Walking during the race