

## Swim Stroke Correction Form

Event ..... Heat ..... Lane .....

The swimmer has been noted by the Referee or Official doing something which at a meet other than this, would more than likely result in them being disqualified.

<b>Breaststroke</b>	
Didn't surface in time after the start	
Swam with an alternating type of kick	
Swam with a dolphin kick	
Multiple dolphin kicks after the start or turn	
Swam with legs not on the same plane	
Swam with a scissors type of kick	
Swam with alternating arm movement.	
Hands went back past the hips during the race	
Head not breaking the surface during each stroke cycle	
Incorrect stroke sequence after the start or the turn	
Incorrect stroke sequence in the race	
Moved off the Breast during the race	
Touched at the turn/finish with only one hand or with no hands	
Touched at the start/finish with one hand and then the other	
<b>Freestyle</b>	
Pulled on the lane ropes	
Walked on the bottom	

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<b>Backstroke</b>	
Turned over off their back during the race	
Turned off the back before the finish of the race	
Pulled on the lane ropes	
Performed an illegal turn	
Submerged prior to the finish	
<b>Butterfly</b>	
Moved off the breast during the race	
Non-simultaneous arm movements	
Didn't bring the arms forward OVER the water	
Didn't bring arms forward at the same time	
Swam with an alternating type of kick	
Swam with a breaststroke kick	
Touched at the finish/turn with one hand or no hands	
Touched at the turn/finish with one hand and then the other	
Arms brought forward under the water at turn or finish.	
<b>Start</b>	
Started before the starting signal or wasn't still for the start or not at the block ready for the start.	
<b>Other</b>	
Didn't finish in the same lane as they started	
Didn't swim the entire race distance	
Didn't touch the wall at the turn	
Swam past the 15m mark underwater	
Stood up	

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