



June 2012

DISQUALIFICATIONS

A review of 2012 swim meets indicates that compliance with stroke rules is at an all-time high with breaststroke legs being the only problem.

The same can't be said for touches and turns with one handed touches in breaststroke and butterfly still happening although rarely.

Backstroke turns and backstroke into breaststroke in the individual medley are more frequent problems requiring special attention from club coaches. It has been found that if these are not done properly in training then problems occur when competing. Referees report swimmers taking two strokes on the breast before the turn, swimmers pushing off the wall on their breast and in the medley swimmers not touching the wall on their back at the end of the backstroke leg.

Coaches and club captains need to be especially aware though that the most frequent infringement is "staring before the starter's signal". Even experienced swimmers have been reported. Obviously swimmers must be given instruction and practice in the starting procedure as there is nothing worse than swimming a good swim and having your time rejected because of a false start.

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