

Disqualification Sheet

Butterfly

Swimmer must keep feet together during kick.

Swimmer must touch the wall with both hands at the same time.

Swimmer's hands must enter the water at the same time.

Backstroke

Swimmer must stay on back the entire time, including the finish.

Swimmer may not pull on lane rope.

Swimmer's feet must be under the water when starting from the block.

Breaststroke

Swimmer must touch the wall with both hands at the same time.

Swimmer is not allowed to pull past their waist with their arms
(with the exception of the under water pull at the start).

Swimmer's legs must make the same movement at the same time
(no scissor or flutter kick)

Freestyle

Swimmer cannot push off the bottom of the pool at any time.

Misc.

No jewelry may be worn by any swimmer while swimming an event. This includes, bracelets, necklaces, earrings, strings around the arm, etc.

No body art allowed (i.e. "eat my bubbles" written on the back, fake tattoos, etc.)

No swim caps with logos other than 'Aquaducks' on them.

Swimmer cannot break their stroke in ANY way; i.e. taking their goggles off (if they fell off upon diving) while swimming breaststroke or butterfly will get them disqualified.