

SWIMMING STROKE CORRECTION FORM

This swimmer has been noted by the Referee doing something which under the Swimming NSW Rules could have resulted in a disqualification

START	
Started before the starting signal or wasn't still for the start of the race	
FREESTYLE	
Pulled on the lane ropes	
Swam underwater during the race	
BACKSTROKE	
Turned over off their back before the turn or the finish of the race	
Pulled on the lane ropes	
Did not turn correctly	
BREASTSTROKE	
Head did not surface when required after the start/two arms strokes under water after the start	
Swam with an alternating type of kick	
Swam with a butterfly kick	
Swam with legs not on the same horizontal plane	
Head not breaking the water during each stroke cycle	
Swam with a scissor type kick	
Hands went past the hipline during the race	
Swam underwater during the race	
Moved off the breast during the race	
Hands not pushed forward together from the breast	
Touched with only one hand or two hand non-simultaneous touch at the turn or finish	
BUTTERFLY	
Moved off the breast during the race	
Arms not brought forward together over the water	
Swam with an alternating kick	
Did not kick correctly during the race	
Touched with only one hand or two hand non-simultaneous touch at the turn or finish	
GENERAL	
Didn't finish in the same lane as they started	
Did not touch the wall at the turn	
Head did not surface by the 15 metre mark in freestyle, butterfly or backstroke	
Stood up and walked in Freestyle	
OTHER	
GOOD SWIM - KEEP TRYING	

SWIMMING STROKE CORRECTION FORM

This swimmer has been noted by the Referee doing something which under the Swimming NSW Rules could have resulted in a disqualification

START	
Started before the starting signal or wasn't still for the start of the race	
FREESTYLE	
Pulled on the lane ropes	
Swam underwater during the race	
BACKSTROKE	
Turned over off their back before the turn or the finish of the race	
Pulled on the lane ropes	
Did not turn correctly	
BREASTSTROKE	
Head did not surface when required after the start/two arms strokes under water after the start	
Swam with an alternating type of kick	
Swam with a butterfly kick	
Swam with legs not on the same horizontal plane	
Head not breaking the water during each stroke cycle	
Swam with a scissor type kick	
Hands went past the hipline during the race	
Swam underwater during the race	
Moved off the breast during the race	
Hands not pushed forward together from the breast	
Touched with only one hand or two hand non-simultaneous touch at the turn or finish	
BUTTERFLY	
Moved off the breast during the race	
Arms not brought forward together over the water	
Swam with an alternating kick	
Did not kick correctly during the race	
Touched with only one hand or two hand non-simultaneous touch at the turn or finish	
GENERAL	
Didn't finish in the same lane as they started	
Did not touch the wall at the turn	
Head did not surface by the 15 metre mark in freestyle, butterfly or backstroke	
Stood up and walked in Freestyle	
OTHER	
GOOD SWIM - KEEP TRYING	