Stroke & Turn Quick Ref — Side A

BUTTERFLY

Kick: Alternating (1A) • Breast (1B)
Scissors (1C)
Arms: Non-Simultaneous (1E)
Underwater Recovery (1F)
Touch: One Hand (1J) • Not Separated (1H)
Non-Simultaneous (1L) • No Touch (1K)
Not Toward Breast Off Wall (1M)
Head Not Surfaced by 15m (1N)
Re-Submerged (1R)
Other (1T)

BACKSTROKE

No Touch at Turn (2I)
Past Vertical at Turn: Delay Arm Pull (2S)
Delay Turn (2T) • Multiple Strokes (2U)
Toes Over Gutter After Start (2P)
Head Not Surfaced by 15m (2N)
Re-Submerged (2R)
Not on Back Off Wall (2K)
Shoulders Past Vertical Toward Breast (2L)
Other (2T)

FREESTYLE

No Touch at Turn (4K)
Head Not Surfaced by 15m (4N)
Re-Submerged (4C)

Stroke & Turn Quick Ref — Side A

BUTTERFLY

Kick: Alternating (1A) • Breast (1B)
Scissors (1C)
Arms: Non-Simultaneous (1E)
Underwater Recovery (1F)
Touch: One Hand (1J) • Not Separated (1H)
Non-Simultaneous (1L) • No Touch (1K)
Not Toward Breast Off Wall (1M)
Head Not Surfaced by 15m (1N)
Re-Submerged (1R)
Other (1T)

BACKSTROKE

No Touch at Turn (2I)
Past Vertical at Turn: Delay Arm Pull (2S)
Delay Turn (2T) • Multiple Strokes (2U)
Toes Over Gutter After Start (2P)
Head Not Surfaced by 15m (2N)
Re-Submerged (2R)
Not on Back Off Wall (2K)
Shoulders Past Vertical Toward Breast (2L)
Other (2T)

FREESTYLE

No Touch at Turn (4K)
Head Not Surfaced by 15m (4N)
Re-Submerged (4C)

Stroke & Turn Quick Ref — Side A

BUTTERFLY

Kick: Alternating (1A) • Breast (1B)
Scissors (1C)
Arms: Non-Simultaneous (1E)
Underwater Recovery (1F)
Touch: One Hand (1J) • Not Separated (1H)
Non-Simultaneous (1L) • No Touch (1K)
Not Toward Breast Off Wall (1M)
Head Not Surfaced by 15m (1N)
Re-Submerged (1R)
Other (1T)

BACKSTROKE

No Touch at Turn (2I)
Past Vertical at Turn: Delay Arm Pull (2S)
Delay Turn (2T) • Multiple Strokes (2U)
Toes Over Gutter After Start (2P)
Head Not Surfaced by 15m (2N)
Re-Submerged (2R)
Not on Back Off Wall (2K)
Shoulders Past Vertical Toward Breast (2L)
Other (2T)

FREESTYLE

No Touch at Turn (4K)
Head Not Surfaced by 15m (4N)
Re-Submerged (4C)

Stroke & Turn Quick Ref — Side A

BUTTERFLY

Kick: Alternating (1A) • Breast (1B)
Scissors (1C)
Arms: Non-Simultaneous (1E)
Underwater Recovery (1F)
Touch: One Hand (1J) • Not Separated (1H)
Non-Simultaneous (1L) • No Touch (1K)
Not Toward Breast Off Wall (1M)
Head Not Surfaced by 15m (1N)
Re-Submerged (1R)
Other (1T)

BACKSTROKE

No Touch at Turn (2I)
Past Vertical at Turn: Delay Arm Pull (2S)
Delay Turn (2T) • Multiple Strokes (2U)
Toes Over Gutter After Start (2P)
Head Not Surfaced by 15m (2N)
Re-Submerged (2R)
Not on Back Off Wall (2K)
Shoulders Past Vertical Toward Breast (2L)
Other (2T)

FREESTYLE

No Touch at Turn (4K)
Head Not Surfaced by 15m (4N)
Re-Submerged (4C)

Stroke & Turn Quick Ref — Side A

BUTTERFLY

Kick: Alternating (1A) • Breast (1B)
Scissors (1C)
Arms: Non-Simultaneous (1E)
Underwater Recovery (1F)
Touch: One Hand (1J) • Not Separated (1H)
Non-Simultaneous (1L) • No Touch (1K)
Not Toward Breast Off Wall (1M)
Head Not Surfaced by 15m (1N)
Re-Submerged (1R)
Other (1T)

BACKSTROKE

No Touch at Turn (2I)
Past Vertical at Turn: Delay Arm Pull (2S)
Delay Turn (2T) • Multiple Strokes (2U)
Toes Over Gutter After Start (2P)
Head Not Surfaced by 15m (2N)
Re-Submerged (2R)
Not on Back Off Wall (2K)
Shoulders Past Vertical Toward Breast (2L)
Other (2T)

FREESTYLE

No Touch at Turn (4K)
Head Not Surfaced by 15m (4N)
Re-Submerged (4C)

Stroke & Turn Quick Ref — Side A

BUTTERFLY

Kick: Alternating (1A) • Breast (1B)
Scissors (1C)
Arms: Non-Simultaneous (1E)
Underwater Recovery (1F)
Touch: One Hand (1J) • Not Separated (1H)
Non-Simultaneous (1L) • No Touch (1K)
Not Toward Breast Off Wall (1M)
Head Not Surfaced by 15m (1N)
Re-Submerged (1R)
Other (1T)

BACKSTROKE

No Touch at Turn (2I)
Past Vertical at Turn: Delay Arm Pull (2S)
Delay Turn (2T) • Multiple Strokes (2U)
Toes Over Gutter After Start (2P)
Head Not Surfaced by 15m (2N)
Re-Submerged (2R)
Not on Back Off Wall (2K)
Shoulders Past Vertical Toward Breast (2L)
Other (2T)

FREESTYLE

No Touch at Turn (4K)
Head Not Surfaced by 15m (4N)
Re-Submerged (4C)

Stroke & Turn Quick Ref — Side A

BUTTERFLY

Kick: Alternating (1A) • Breast (1B)
Scissors (1C)
Arms: Non-Simultaneous (1E)
Underwater Recovery (1F)
Touch: One Hand (1J) • Not Separated (1H)
Non-Simultaneous (1L) • No Touch (1K)
Not Toward Breast Off Wall (1M)
Head Not Surfaced by 15m (1N)
Re-Submerged (1R)
Other (1T)

BACKSTROKE

No Touch at Turn (2I)
Past Vertical at Turn: Delay Arm Pull (2S)
Delay Turn (2T) • Multiple Strokes (2U)
Toes Over Gutter After Start (2P)
Head Not Surfaced by 15m (2N)
Re-Submerged (2R)
Not on Back Off Wall (2K)
Shoulders Past Vertical Toward Breast (2L)
Other (2T)

FREESTYLE

No Touch at Turn (4K)
Head Not Surfaced by 15m (4N)
Re-Submerged (4C)

Stroke & Turn Quick Ref — Side B

BREASTSTROKE

Kick: Alternating (3A) • Butterfly (3C)
Scissors (3D)
Arms: Past Hipline (3E) • Non-Simultaneous (3F)
Two Strokes Under (3G)
Not Same Horizontal Plane (3H)
Elbows Recovered Over Water (3I)
Touch: One Hand (3J) • Not Separated (3N)
Non-Simultaneous (3L) • No Touch (3K)
Not Toward Breast Off Wall (3M)
Cycle: Kick Before Pull (3Q) • Head Not Up (3P)
Double Pulls/Kicks (3S)
Other (3T)

INDIVIDUAL MEDLEY

Stroke Infraction(s)
Out of Sequence (5P)
4th Distance Swum in Style of Previous Stroke

RELAYS

Stroke Infraction (61-64)
Early Take-Off Swimmer (66-68)
Changed Order (6P) • Other (6T)

MISCELLANEOUS

False Start (7O) • Declared False Start (7P)
Did Not Finish (7Q) • Delay of Meet (7R)
Other (7S-7Z)

Stroke & Turn Quick Ref — Side B

BREASTSTROKE

Kick: Alternating (3A) • Butterfly (3C)
Scissors (3D)
Arms: Past Hipline (3E) • Non-Simultaneous (3F)
Two Strokes Under (3G)
Not Same Horizontal Plane (3H)
Elbows Recovered Over Water (3I)
Touch: One Hand (3J) • Not Separated (3N)
Non-Simultaneous (3L) • No Touch (3K)
Not Toward Breast Off Wall (3M)
Cycle: Kick Before Pull (3Q) • Head Not Up (3P)
Double Pulls/Kicks (3S)
Other (3T)

INDIVIDUAL MEDLEY

Stroke Infraction(s)
Out of Sequence (5P)
4th Distance Swum in Style of Previous Stroke

RELAYS

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MISCELLANEOUS

False Start (7O) • Declared False Start (7P)
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Other (7S-7Z)

Stroke & Turn Quick Ref — Side B

BREASTSTROKE

Kick: Alternating (3A) • Butterfly (3C)
Scissors (3D)
Arms: Past Hipline (3E) • Non-Simultaneous (3F)
Two Strokes Under (3G)
Not Same Horizontal Plane (3H)
Elbows Recovered Over Water (3I)
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