

***Raise Your Hand  
What Did You See?  
What's The Rule?  
Where Were You?***

**Medley Relay**

Back ▪ Breast ▪ Fly ▪ Free (any stroke except.)  
Stroke infraction (see stroke) ▪ Stroke out of sequence  
Early take off #2 #3 #4 ▪ Changed order

**Short Free**

No touch at turn ▪ Pushed off bottom  
Head did not surface by 15 m ▪ Advanced on lane line

**Individual Medley**

*Sequence:* Fly ▪ Back ▪ Breast ▪ Free (any stroke except)  
Stroke infraction (see stroke) ▪ Out of sequence

**Breaststroke**

*Kick:* Alternating ▪ Butterfly ▪ Scissors  
Feet not turned out on propulsive part of kick

*Arms:* Non-simultaneous ▪ 2 strokes under H<sub>2</sub>O  
Elbows recovered over H<sub>2</sub>O  
Arms not in horizontal plane to water surface

*Cycle:* Head not up ▪ Dbl pull ▪ Dbl kick  
Hands pulled past hipline except first start/turn

*Touch:* One hand ▪ Non-simultaneous order?  
Not toward breast off wall

***Benefit Of The Doubt  
To The Swimmer***

**Long Free**

No touch at turn ▪ Pushed off bottom  
Head did not surface by 15 m ▪ Advanced on lane line

**Backstroke**

Toes over lip of gutter after start  
Head did not surface by 15m ▪ Advanced on lane line  
Shoulders past vertical towards breast  
*Turn:* Non continuous turning action  
Independent kicks ▪ Independent strokes  
Gliding ▪ Not toward back off wall

**Butterfly**

Head did not surface by 15m  
*Kick:* Alternating ▪ Scissors ▪ Breast  
*Arms:* Non simultaneous ▪ Under H<sub>2</sub>O recovery  
*Touch:* One hand ▪ Non simultaneous order  
Not toward breast off wall

**Free Relay**

Early Take-off #2 #3 #4 ▪ changed order

**Other**

Did not finish ▪ Finished in wrong lane  
Stood on bottom (Breast, Fly or Back)