

Horsetooth Summer Swim League 2024 Disqualification Weekly Themes

In an effort to help all swimmers across the league to learn the sport and prepare for City Meet, the league is proposing the following tiered DQ system. DQ's are a normal part of the swimming experience, but we hope this system can help everyone across the league.

Each week, a new theme with a set of rules will be introduced and enforced during meets. The rules build on themselves until most all rules have been covered by City Meet. At the City Meet there will be USA swimming officials and all of these rules will be enforced. Our hope is that this system will help coaches, swimmers and parents ramp up to fully legal swims!

Dates	Theme of the Week (Rules Enforced)
Week 1: June 3 - 8	<u>Theme: Basics</u> • No touching bottom • No missing walls • No false starts on relays
Week 2: June 9 - 15	<u>Theme: Two hands!</u> • All previous rules • 2 hand touches for Breaststroke • 2 hand touches for Butterfly
Week 3: June 16 - 22	<u>Theme: Stay on your back!</u> • All previous rules • On back for backstroke finish • Only one arm stroke on backstroke flip turn
Week 4: June 23 - 29	<u>Theme: Arms!</u> • All previous rules • No hands past rib cage on Breaststroke Pull • Arms on fly must be simultaneous
Week 5: June 30 - July 6	<u>Theme: Kicks!</u> • All previous rules • Legs must be simultaneous on fly kick • Toes must point outward (like a frog) on breaststroke, instead of inward. No scissor kicks.
Week 6: July 7 - July 13 City Meet Week!	CITY MEET - LET'S GO!!! • All rules enforced