

Horsetooth Summer Swim League 2026 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 implementing the following tiered DQ system. 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 1 - 7	<u>Theme: Basics</u> • No touching bottom • No missing walls • No pulling on lane lines
Week 2: June 8 - 14	<u>Theme: Two hands!</u> • All previous rules • 2 hand touches for Breaststroke • 2 hand touches for Butterfly
Week 3: June 15 - 21	<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 22 - 28	<u>Theme: Arms!</u> • All previous rules • No hands past rib cage on Breaststroke Pull • Arms on fly must be simultaneous
Week 5: June 29 - July 5	<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 6 - July 12	<u>Theme: Hold Steady!</u> • All previous rules • Swimmers must hold steady on the "Take Your Marks" call until the start signal. • Early relay starts will result in disqualification
Week 6: July 7 - July 13	<i>CITY MEET</i> - All Rules Enforced