

DQ MODIFICATIONS

WeRise Summer League 2026

*This is a list of infractions that would be called on 10 & Under Swimmers only.
All 11 & Over Swimmers will be judged according to the full set of infractions in Swimmingly.*

BUTTERFLY

Breaststroke Kick
Non-simultaneous Arms
One-hand Touch

BREASTSTROKE

Alternating Kick
Butterfly Kick
Scissors Kick
Arms Past Hipline
Non-simultaneous Arms
Two Strokes Underwater Off Turn
One-hand Touch
Double Pulls/Kicks

BACKSTROKE

No Touch at Turn
Past Vertical at Turn: Multiple Strokes
Not on Back Off Wall
Shoulders Past Vertical Toward Breast
(except on turn)

FREESTYLE

No Touch on Turn
Other: Walk on Bottom
Other: Pull on Rope

INDIVIDUAL MEDLEY

All Stroke Infractions per Age Category
Strokes Swum Out of Order

RELAYS

All Stroke Infractions per Age Category
Early Take-offs

GENERAL

False Start (if blatant - discretion of starter)
Wrong Stroke
Did Not Finish