

SWIMMING RULE QUICK REFERENCE INFRACTION SHEET

This card is a quick reference guide to help Starters, Judges of Strokes & Inspectors of Turns to write up rule infractions. It does not cover all rule infractions as it must not be used as a substitute for the thorough knowledge of World Aquatics Rules.

| THE START | RULE |
|--------------------------------------|------|
| Initiating a start before the signal | 4.4 |

| FREESTYLE | RULE |
|---|------|
| Did not touch the wall at the turn or finish | 5.2 |
| Head did not break the surface of the water at or before the 15m mark following the start or turn | 5.3 |
| Completely submerged during stroke (except within 5m whilst reaching for the finish) | 5.4 |

| BACKSTROKE | RULE |
|---|------|
| Left position on the back except when executing a turn | 6.2 |
| Head did not break the surface of the water at or before the 15m mark following the start or turn | 6.3 |
| Did not start executing the turn immediately after turning onto the breast | 6.4 |
| Turn not initiated at completion of the arm pull after leaving position on the back | 6.4 |
| Did not touch the wall during the turn | 6.4 |
| Not on the back upon leaving the wall after the turn | 6.4 |
| Completely submerged during stroke (except within 5m whilst reaching for the finish) | 6.5 |
| Did not finish the race while on the back | 6.5 |

| BREASTSTROKE | RULE |
|---|------|
| More than one downward butterfly kick prior to first breaststroke kick after the start or turn | 7.1 |
| Head did not break the surface before the hands turned inward at the widest part of the second stroke after the start or turn | 7.1 |
| Body not on the breast during stroke | 7.2 |
| Stroke cycle not 1 arm stroke to 1 leg kick in that order | 7.3 |
| Arm movements not simultaneous | 7.3 |
| Hands not pushed forward together from the breast | 7.4 |
| Elbows not under the water during stroke | 7.4 |
| Hands brought back beyond the hip line during stroke | 7.4 |
| Head did not break the surface during each stroke cycle | 7.5 |
| Leg movements not simultaneous | 7.5 |
| Feet not turned out during propulsive part of the kick | 7.6 |
| Executed a downward butterfly kick during stroke, prior to X turn, or immediately prior to the finish | 7.6 |
| Did not touch at the turn or finish with both hands; separated; simultaneously | 7.7 |

| BUTTERFLY | RULE |
|---|------|
| Body not on the breast during stroke | 8.1 |
| Arms not brought forward simultaneously over the water | 8.3 |
| Arms not brought backward simultaneously under the water | 8.3 |
| Alternating movement of legs or feet | 8.4 |
| Leg movements not simultaneous | 8.4 |
| Breaststroke kicking movement | 8.4 |
| Did not touch at the turn or finish with both hands; separated; simultaneously | 8.5 |
| More than one arm pull under water following the start or turn | 8.6 |
| Head did not break the surface of the water at or before the 15m mark following the start or turn | 8.6 |
| Completely submerged during stroke (except within 5m whilst reaching for the finish) | 8.6 |

| MEDLEY | RULE |
|--|------|
| Backstroke, breaststroke or butterfly swum in the freestyle section | 5.1 |
| Incorrect individual medley stroke order | 9.1 |
| Incorrect medley relay stroke order | 9.2 |
| In the freestyle section, did not return to the breast before any kick or stroke | 9.3 |
| Finish of section not in accordance with rule of the stroke concerned (<i>complete with stroke infraction above</i>) | 9.4 |

| THE RACE | RULE |
|--|---------------------|
| Did not complete the whole distance | 10.2.1 |
| Did not remain in the same lane in which they started | 10.2.2 |
| When turning did not make contact with the end of the pool | 10.2.3 |
| Took a stride or step from the bottom of the pool | 10.2.3 |
| Stood on the bottom of the pool (except in freestyle) | 10.2.4 |
| Pulled on the lane rope | 10.2.5 |
| Obstructing another swimmer | 10.2.6 |
| Entered the water during a race not entered in | 10.2.7 |
| Device or plan used for pace-making | 10.2.9 |
| Relay team did not swim in the order listed | 10.4.2 |
| Relay exchange did not commence from the starting platform | 10.4.4 |
| Feet lost touch with the starting platform before the preceding team-mate touched the wall | 10.4.5 |
| Relay team member re-entered the water before all teams finished the race | 10.4.6 |
| Failed to leave the pool as soon as possible at the end of the race or section in a relay | 10.4.7 |
| Use of non-approved device, swimsuit, adhesive substance or body tape | 14.2, 14.3 and 14.4 |