

SWIMMING RULE QUICK REFERENCE INFRACTION SHEET 2023-2025

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	SW 4.4
FREESTYLE	RULE
Did not touch the wall at the turn or finish	SW 5.2
Head did not break the surface of the water at or before the 15m mark following the start or turn	SW 5.3
Completely submerged during stroke	SW 5.3
BACKSTROKE	RULE
Left position on the back except when executing a turn	SW 6.2
Head did not break the surface of the water at or before the 15m mark following the start or turn	SW 6.3
Completely submerged during stroke	SW 6.3
Did not start executing the turn immediately after turning onto the breast	SW 6.4
Turn not initiated at completion of the arm pull after leaving position on the back	SW 6.4
Did not touch the wall during the turn	SW 6.4
Not on the back upon leaving the wall after the turn	SW 6.4
Did not finish the race while on the back	SW 6.5
BREASTSTROKE	RULE
More than one butterfly kick prior to first breaststroke kick after the start or turn	SW 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	SW 7.1
Body not on the breast during stroke	SW 7.2
Stroke cycle not 1 arm stroke to 1 leg kick in that order	SW 7.2
Arm movements not simultaneous	SW 7.2
Hands not pushed forward together from the breast	SW 7.3
Elbows not under the water during stroke	SW 7.3
Hands brought back beyond the hip line during stroke	SW 7.3
Head did not break the surface during each stroke cycle	SW 7.4
Leg movements not simultaneous	SW 7.4
Feet not turned out during propulsive part of the kick	SW 7.5
Executed a downward butterfly kick during stroke	SW 7.5
Did not touch at the turn or finish with both hands; separated; simultaneously	SW 7.6
BUTTERFLY	RULE
Body not on the breast during stroke	SW 8.1
Arms not brought forward simultaneously over the water	SW 8.2
Arms not brought backward simultaneously under the water	SW 8.2
Alternating movement of legs or feet	SW 8.3
Breaststroke kicking movement	SW 8.3
Did not touch at the turn or finish with both hands; separated; simultaneously	SW 8.4
More than one arm pull under water following the start or turn	SW 8.5
Head did not break the surface of the water at or before the 15m mark following the start or turn	SW 8.5
Completely submerged during the stroke	SW 8.5
MEDLEY	RULE
Backstroke, breaststroke or butterfly swum in the freestyle section	SW 9.1
Incorrect individual medley stroke order	SW 9.1
In the freestyle section, did not return to the breast before any kick or stroke	SW 9.1 or 9.2
Incorrect medley relay stroke order	SW 9.3
Finish of section not in accordance with rule of the stroke concerned (<i>complete with stroke infraction above</i>)	SW 9.4
THE RACE	RULE
Did not complete the whole distance	SW 10.2
Did not remain in the same lane in which they started	SW 10.4
When turning did not make contact with the end of the pool	SW 10.5
Took a stride or step from the bottom of the pool	SW 10.5
Stood on the bottom of the pool (except in freestyle)	SW 10.6
Pulled on the lane rope	SW 10.7
Obstructing another swimmer	SW 10.8 or 10.16
Use of non-approved device, swimsuit, adhesive substance or body tape	SW 10.9
Entered the water during a race not entered in	SW 10.10
Relay exchange did not commence from the starting platform	SW 10.12
Feet lost touch with the starting platform before the preceding team-mate touched the wall	SW 10.13
Relay team member re-entered the water before all teams finished the race	SW 10.14
Relay team did not swim in the order listed	SW 10.15
Failed to leave the pool as soon as possible at the end of the race or section in a relay	SW 10.16
Device or plan used for pace-making	SW 10.18