

## 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. Time differential (if AOE available) _____	4.4

  

FREESTYLE	RULE
Did not touch the wall at the _____ m turn <input type="checkbox"/> or finish <input type="checkbox"/>	5.2
Head did not break the surface of the water at or before the 15m mark following the start <input type="checkbox"/> or after _____ m turn <input type="checkbox"/>	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 <input type="checkbox"/> or after _____ m turn <input type="checkbox"/>	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 during the _____ m turn	6.4
Did not touch the wall during the _____ m turn	6.4
Not on the back upon leaving the wall after the _____ m 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 <input type="checkbox"/> or _____ m turn <input type="checkbox"/>	7.1
Head did not break the surface before the hands turned inward at the widest part of the second stroke after the start <input type="checkbox"/> or _____ m turn <input type="checkbox"/>	7.1
Body not on the breast during stroke	7.2
Stroke cycle not one arm stroke to one 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 _____ m turn <input type="checkbox"/> , or immediately prior to the finish <input type="checkbox"/>	7.6
Did not touch at the _____ m turn or finish <input type="checkbox"/> with both hands <input type="checkbox"/> ; separated <input type="checkbox"/> ; simultaneously <input type="checkbox"/>	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 _____ m turn or finish <input type="checkbox"/> with both hands <input type="checkbox"/> ; separated <input type="checkbox"/> ; simultaneously <input type="checkbox"/>	8.5
More than one arm pull under water following the start <input type="checkbox"/> or _____ m turn <input type="checkbox"/>	8.6
Head did not break the surface of the water at or before the 15m mark following the start <input type="checkbox"/> or _____ m turn <input type="checkbox"/>	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 stroke order in individual medley <input type="checkbox"/> / medley relay <input type="checkbox"/>	9.1 / 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>check box as applicable above</i> ) <ul style="list-style-type: none"> <li>• Butterfly <input type="checkbox"/> / Backstroke <input type="checkbox"/> / Breaststroke <input type="checkbox"/> / Freestyle <input type="checkbox"/></li> </ul>	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 <ul style="list-style-type: none"> <li>• Exchange No: _____</li> <li>• Time differential (if AOE available) _____</li> </ul>	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	14.2/14.3
Taping of more than two fingers <input type="checkbox"/> / toes <input type="checkbox"/>	14.4