

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



STROKE RULES

5	FREESTYLE
5.1	In a Freestyle race, Freestyle means an Athlete may swim any style. In an individual Medley race or a Medley relay race, Freestyle means an Athlete may swim any style other than Backstroke, Breaststroke or Butterfly.
5.2	At least one part of the Athlete's body must touch the wall upon completion of each length and at the finish.
5.3	At least one part of the Athlete's body must break the surface of the water throughout the race, except that the Athlete may be completely submerged during the turn and for a distance of not more than 15 metres after the start and after each turn. By the 15 metre-mark, the Athlete's head must have broken the surface of the water.
5.4	Once some part of the head of the Athlete has passed the 5 metre-mark, immediately prior to reaching for the finish wall, the Athlete may be completely submerged.
6	BACKSTROKE
6.1	Prior to the starting signal, the Athletes will line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited. When using a Backstroke ledge at the start, at least one toe of each foot must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.
6.2	At the starting signal and after each turn the Athlete must push off and swim on their back throughout the race except when executing a turn in accordance with Article 6.4 of this Part Two. The Athlete's normal position on their back may include a roll movement of the body up to but not including 90 degrees from horizontal. The position of the head is not relevant.
6.3	At least one part of the Athlete's body must break the surface of the water throughout the race, except that during the turn and for a distance of not more than 15 metres after the start and after each turn. By the 15 metre-mark, the Athlete's head must have broken the surface of the water.
6.4	When executing the turn, the Athlete must touch of the wall with at least one part of their body. During the turn the shoulders may be turned over the vertical to the breast after which an immediate continuous single arm pull or immediate continuous simultaneous double arm pull may be used to initiate the turn. The Athlete must have returned to the position on the back upon leaving the wall.
6.5	When reaching for the finish wall, it is permissible for the Athlete to be completely submerged once his/her head has passed the 5 metre-mark. At the finish of the race, the Athlete must touch the finish wall while on the back.
7	BREASTSTROKE
7.1	After the start and after each turn, the Athlete may take one arm stroke completely back to the legs during which the Athlete may be submerged. At any time prior to the first Breaststroke kick after the start and after each turn a single Butterfly kick is permitted. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.
7.2	From the beginning of the first arm stroke after the start and after each turn, the Athlete's body must be on the breast
7.3	It is not permitted to roll onto the back at any time, except at the turn after the touch of the wall when it is permissible to turn in any manner as long as the body is on the breast from the beginning of the first arm stroke after leaving the wall. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms must be simultaneous without alternating movement.
7.4	The hands must be pushed forward together from the breast on, under, or over the water. The elbows will be under water except for the final stroke before the turn, during the turn, and for the final stroke at the finish. The hands must be brought back on or under the surface of the water. The hands must not be brought back beyond the hip line, except during the first stroke after the start and after each turn.
7.5	During each complete stroke cycle, some part of the Athlete's head must break the surface of the water. All movements of the legs will be simultaneous without alternating movement.
7.6	The feet must be turned outwards during the propulsive part of the kick. Alternating movements or downward Butterfly kicks are not permitted except in accordance with Article 7.1 of this Part Two. Breaking the surface of the water with the feet is allowed unless followed by a downward Butterfly kick.
7.7	At each turn and at the finish of the race, the touch must be made with both hands separated and simultaneously, at, above, or below the water surface. In this Article, "separated" means that the hands cannot be stacked one on top of the other (it is not necessary to see space between the hands, and incidental contact at the fingers is permitted). At the last stroke before each turn and at the finish, an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.
8	BUTTERFLY
8.1	From the beginning of the first arm stroke after the start and after each turn, the Athlete's body must be on the breast.
8.2	It is not permitted to roll onto the back at any time, except at the turn after the touch of the wall when it is permissible to turn in any manner as long as the body is on the breast from the beginning of the first arm stroke after leaving the wall.
8.3	Both arms must be brought forward simultaneously over the water and brought backward simultaneously under the water throughout the race, subject to Article 8.6 of this Part Two.
8.4	All up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but they must not alternate in relation to each other. A Breaststroke kicking movement is not permitted.
8.5	At each turn and at the finish of the race, the touch must be made with both hands separated and simultaneously, at, above, or below the water surface. In this Article, "separated" means that the hands cannot be stacked one on top of the other (it is not necessary to see space between the hands, and incidental contact at the fingers is permitted).
8.6	At least one part of the Athlete's body must break the surface of the water throughout the race, except that the Athlete may be completely submerged during the turn and for a distance of not more than 15 metres after the start and after each turn. At the start and at each turn, the Athlete is permitted one or more leg kicks and one arm pull under the water, which must bring the Athlete to the surface. By the 15 metre-mark, the Athlete's head must have broken the surface of the water. It is permissible for the Athlete to be completely submerged once his/her head has passed the 5 metre-mark prior to reaching for the finish wall.
9	MEDLEY SWIMMING
9.1	In an individual Medley race: the Athlete must perform the four swimming strokes, each for one quarter (1/4) of the total race distance, in the following order: Butterfly, Backstroke, Breaststroke, and Freestyle.
9.2	In a Medley relay race: the Athletes must perform the four swimming strokes, each for one quarter (1/4) of the total race distance, in the following order: Backstroke, Breaststroke, Butterfly, and Freestyle.
9.3	For both individual Medley and Medley relay races: during the Freestyle section, the Athlete's body must be on the breast, except when executing a turn. The Athlete must return to the breast before any kick or stroke. Leaving the wall on the back during the Freestyle section is permissible; however, no kicking action is permitted until the Athlete has returned past the vertical to the breast, at which point kicking – including one or more Butterfly kicks – may commence.
9.4	Each stroke section must be finished in accordance with the applicable rules for that stroke.