



SWIMMING RULE INFRACTIONS - QUICK REFERENCE CARD

This card has been produced as a quick reference guide for Technical Officials working as Judges of Stroke or Inspectors of Turns. ***It must not be used as a substitute for the Rules and all Officials must be completely familiar with the Swimming Rules and their interpretation.***

MISCELLANEOUS (Applicable to all strokes)

Started before the starting signal

Stood on the bottom of the pool (except Freestyle)

Took a stride or step from the bottom of the pool

Pulled along the lane rope

Did not remain in the same lane in which he/she started

Obstructed another swimmer

BACKSTROKE SWIMMING - FINA RULE SW 6

Head did not break the surface of the water at or before 15m mark after the start or ...m turn

Left position on the back except when executing a turn

Turn not initiated immediately after leaving position on the back at the ...m turn

Turn not executed at completion of the arm pull after leaving position on the back at the ...m turn

Executed more than one continuous single or double arm pull to initiate the turn at the ...m turn

Did not touch the wall with any part of the body during the ...m turn

Not on back upon leaving the wall after the ...m turn

Completely submerged (except for first 15m after the start or the turn)

Not on the back at the finish

Completely submerged at the finish

BUTTERFLY SWIMMING - FINA RULE SW 8

Head did not break the surface of the water at or before 15m mark after the start or ...m turn

More than one arm pull whilst fully submerged (after start or ...m turn)

Not on the breast (except when executing a turn)

Not on the breast upon leaving the wall after the ...m turn

Arms not brought forward simultaneously over the water during the race

Arms not brought backward simultaneously under the water during the race

Did not touch with both hands separated/simultaneously (at the ...m turn or the finish)

Used a breaststroke kicking movement

Alternating movement of legs or feet

Completely submerged (except for first 15m after start or turn)

BREASTSTROKE SWIMMING – FINA RULE SW 7

Head did not break the surface of the water before hands turned inward at the widest part of second stroke after start or ...m turn

Stroke cycle not 1 arm stroke to 1 leg kick in that order

Head did not break surface of the water during each stroke cycle (except first cycle after the start and each turn)

Hands not pushed forward together from the breast during the race

Elbows not under the water during the race (except for last stroke before the turn, during the turn or the final stroke at the finish)

Hands brought back beyond the hip line during the race (except during the 1st stroke after the start or turn)

Arm movements not on the same horizontal plane

Arm movements not simultaneous

Leg movements not simultaneous

Leg movements not on the same horizontal plane

Feet not turned out during the propulsive part of the kick

Executed an alternating kick during the race

Executed a downward butterfly kick during the race

Executed more than one butterfly kick after the start or ...m turn

Did not touch with both hands separated/simultaneously (at the ...m turn or the finish)

Body not on the breast (other than in the execution of the turn)

Body not on the breast upon leaving the wall after the ...m turn

FREESTYLE SWIMMING – FINA RULE SW 5

Head did not break the surface of the water at or before 15m mark after the start or ...m turn

Did not touch the wall with any part of the body at the ...m turn or finish

Completely submerged during the race (except for first 15m after the start or turn)

MEDLEY SWIMMING – FINA RULE SW 9

Incorrect stroke order IM (Fly, Back, Br, Fr) Relay (Back, Br, Fly Fr)

At the start of the Freestyle section swimmer was not on the breast before the first kick/stroke

Start/Finish of each section not in accordance with the rules for the particular stroke – ***refer to relevant stroke for wording***

RELAY (SPECIFIC)

Swimmer number ... feet lost contact with the starting platform prior to the preceding team mate touching the wall

Executed a form stroke during the Freestyle section of the Medley Relay

Did not swim in the correct stroke/swimmer order