



## 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 the Swimming Rules.*

THE START	RULE
Initiated a start before the signal	4.4

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 after the start or ...m turn	6.3
Completely submerged during stroke	6.3
Completely submerged during the race (except 5m prior to the finish)	6.3
Turn not initiated immediately after turning onto the breast at the ...m turn	6.4
Turn not executed at completion of the arm pull after turning onto the breast at the ...m turn	6.4
Executed more than one continuous single or continuous simultaneous double arm pull to initiate the 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
Did not finish the race while on the back	6.5

FREESTYLE	RULE
Did not touch the wall at the ...m turn or finish	5.2
Head did not break the surface of the water at or before the 15m mark after the start or ...m turn	5.3
Completely submerged during stroke	5.3

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

BUTTERFLY	RULE
Body not on the breast during stroke	8.1
Arms not brought forward simultaneously over the water during the race	8.2
Arms not brought backward simultaneously under the water during the race	8.2
Executed an alternating movement of the legs or feet during the race	8.3
Executed a breaststroke kicking movement during the race	8.3
Did not touch the wall with both hands; separated; simultaneously at the ...m turn or finish	8.4
Executed more than one arm pull under water following the start or ...m turn	8.5
Head did not break the surface of the water at or before the 15m mark after the start or ...m turn	8.5
Completely submerged during the stroke	8.5

MEDLEY	RULE
Backstroke, breaststroke or butterfly swum in the freestyle section	5.1
Incorrect individual medley stroke order	9.1
In the freestyle section, did not return to the breast before any kick or stroke	9.1 or 9.2
Incorrect medley relay stroke order	9.3

THE RACE	RULE
Did not complete the whole distance	10.2
Did not remain in the same lane in which they started	10.4
When turning did not make contact with the end of the pool at the ...m turn	10.5
Took a stride or step from the bottom of the pool	10.5
Stood on the bottom of the pool (except in freestyle)	10.6
Pulled on the lane rope	10.7
Obstructing another swimmer	10.8 or 10.16
Use of non-approved device, swimsuit, adhesive substance or body tape	10.9
Entered the water during a race not entered in	10.10
Relay exchange did not commence from the starting platform	10.12
Feet lost touch with the starting platform before the preceding team-mate touched the wall	10.13
Relay team member re-entered the water before all teams finished the race	10.14
Relay team did not swim in the order listed or substitution made without approval	10.15
Failed to leave the pool as soon as possible at the end of the race or section in a relay	10.16
Device or plan used for pace-making	10.18