

SWIMMING RULE QUICK REFERENCE INFRACTION SHEET 2024-2025

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

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

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 / turn /m turn	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 turn /m turn	6.4
Turn not executed at completion of the arm pull after turning onto the breast at the turn /m turn	6.4
Executed more than one continuous single or continuous simultaneous double arm pull to initiate the turn /m turn	6.4
Did not touch the wall during the turn /m turn	6.4
Not on the back upon leaving the wall after the turn /m turn	6.4
Not on the back immediately prior to the finish of the race	6.5

BREASTSTROKE	RULE
Executed more than one butterfly kick prior to first breaststroke kick after the start /	7.1
turn /m turn	
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 / turn /m turn	7.1
Body not on the breast during the 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 the stroke	7.3
Hands brought back beyond the hip line during the 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 the propulsive part of the kick	7.5
Executed a downward butterfly kick / alternating kick during the stroke	7.5
Did not touch the wall with both hands; separated; simultaneously at the turn /m turn / finish of the race	7.6



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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 / turn /m turn	6.3
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Turn not initiated immediately after turning onto the breast at the turn /m turn	6.4
Turn not executed at completion of the arm pull after turning onto the breast at the turn /m turn	6.4
Executed more than one continuous single or continuous simultaneous double arm pull to initiate the turn /m turn	6.4
Did not touch the wall during the turn /m turn	6.4
Not on the back upon leaving the wall after the turn /m turn	6.4
Not on the back immediately prior to the finish of the race	6.5

BREASTSTROKE	RULE
Executed more than one butterfly kick prior to first breaststroke kick after the start / turn /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 / turn /m turn	7.1
Body not on the breast during the 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 the stroke	7.3
Hands brought back beyond the hip line during the 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 the propulsive part of the kick	7.5
Executed a downward butterfly kick / alternating kick during the stroke	7.5
Did not touch the wall with both hands; separated; simultaneously at the turn /m turn / finish of the race	7.6

Version: 6 June 2024 Version: 6 June 2024

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evice or plan used for pace-making	81.01
Vel	
illed to leave the pool as soon as possible at the end of the race or section in a	91.01
elay team did not swim in the order listed / or substitution made without approval	20.15
elay team member re-entered the water before all teams finished the race	10.14
ate touched the wall	07107
vimmer nofeet lost touch with the starting platform before the preceding team-	10.13
elay exchange did not commence from the starting platform	10.12
ntered the water during a race not entered in	10.10
se of non-approved device, swimsuit, adhesive substance or body tape	6.01
	91.01
bstructing another swimmer	10.8 or
alled on the lane rope	7.01
ood on the bottom of the pool (except in freestyle)	9.01
ook a stride or step from the bottom of the pool	2.01
'hen turning did not make contact with the end of the pool at the turn / m.m turn	2.01
d not remain in the same lane in which they started	10.4
d not complete the whole distance	10.2
HE RACE	BULE
correct medley relay stroke order	5.9
correct individual medley stroke order	
zobze estert ingliam tempinipui taexae	1.6
the freestyle section	
	2.6 10 £.6 £.6
the freestyle section	
d not return to the breast before any kick or stroke after the start / turn /m turn the freestyle section	2.6 to 1.6
ackstroke, breaststroke or butterfly swum in the freestyle section d not return to the breast before any kick or stroke after the start / turn /m turn	£.2 S.9 10 £.9
ackstroke, breaststroke or butterfly swum in the freestyle section d not return to the breast before any kick or stroke after the start / turn /m turn	£.2 S.9 10 £.9
IEDLEY d not return to the breast before any kick or stroke after the start / turn /m turn the freestyle section	8.8 BULE 1.2 1.0 T.0 F.9.2
ompletely submerged during the race / immediately prior to the finish of the race section d not return to the breast before any kick or stroke after the start / turn /m turn the freestyle section	5.1 5.1 9.1 or 9.2
art / turn /m turn smpletely submerged during the race / immediately prior to the finish of the race ackstroke, breaststroke or butterfly swum in the freestyle section d not return to the breast before any kick or stroke after the start / turn /m turn the freestyle section	8.8 BULE 1.2 1.0 Or 9.2
and did not break the surface of the water at or before the 15m mark after the art / turn /m turn art / turn /m turn pmpletely submerged during the race / immediately prior to the finish of the race ackstroke, breaststroke or butterfly swum in the freestyle section d not return to the breast before any kick or stroke after the start / turn /m turn don't return to the breast before any kick or stroke after the start / turn /m turn and the freestyle section	2.8 2.8 2.8 3JUR 1.2 2.6 TO 1.6
recuted more than one arm pull under water following the start / turn /m turn and did not break the surface of the water at or before the 15m mark after the art / turn /m turn art / turn /m turn breat / turn to the breaststroke or butterfly swum in the freestyle section d not return to the breast before any kick or stroke after the start / turn /m turn d not return to the breast before any kick or stroke after the start / turn /m turn the freestyle section	2.8 2.8 3.UE 1.2 5.1 or 9.2
rm/ finish of the race secuted more than one arm pull under water following the start / turn /m turn and did not break the surface of the water at or before the 15m mark after the art / turn /m turn art / turn /m turn pulletely submerged during the race / immediately prior to the finish of the race ackstroke, breaststroke or butterfly swum in the freestyle section d not return to the breast before any kick or stroke after the start / turn /m turn d not return to the breast before any kick or stroke after the start / turn /m turn the freestyle section	2.8 2.8 2.8 3JUR 1.2 2.6 TO 1.6
d not fouch the wall with both hands; separated; simultaneously at the turn /m in/ finish of the race secuted more than one arm pull under water following the start / turn /m turn art / turn /m turn art / turn /m turn mpletely submerged during the race / immediately prior to the finish of the race ackstroke, breaststroke or butterfly swum in the freestyle section d not return to the breast before any kick or stroke after the start / turn /m turn the freestyle section	2.8 2.8 2.8 2.8 3.108 2.6 10 1.6
d not fouch the wall with both hands; separated; simultaneously at the turn \m d not touch the wall with both hands; separated; simultaneously at the turn \m in/ finish of the race sed did not break the surface of the water following the start / turn /m turn art / turn /m turn mapletely submerged during the race / immediately prior to the finish of the race ackstroke, breaststroke or butterfly swum in the freestyle section d not return to the breast before any kick or stroke after the start / turn /m turn d not return to the breast before any kick or stroke after the start / turn /m turn d not return to the breast before any kick or stroke after the start / turn /m turn	£.8 \$.8 \$.8 \$.8 \$1.00 £.2
recuted an alternating movement of the legs or feet during the race secuted a breaststroke kicking movement during the race d not touch the wall with both hands; separated; simultaneously at the turn \m in turn finish of the race secuted more than one arm pull under water following the start \ turn \m turn at \ turn at \ turn \m turn at \ tu	£.8 £.8 £.8 2.8 2.8 2.8 £.108
ms not brought backward simultaneously under the water during the race secuted an alternating movement of the legs or feet during the race secuted a breaststroke kicking movement during the race d not touch the wall with both hands, separated; simultaneously at the turn /m in the race secuted more than one arm pull under water following the start / turn /m turn at / turn /m turn at	2.8 2.8 2.8 2.8 2.8 2.8 2.8 2.8

07:07	Quantum sand to a sound to sound to sound
81.01	Device or plan used for pace-making
91.01	Failed to leave the pool as soon as possible at the end of the race or section in a relay
CT:OT	Relay team did not swim in the order listed \ or substitution made without approval
10.15	· ·
10.14	Relay team member re-entered the water before all teams finished the race
10.13	Swimmer nofeet lost touch with the starting platform before the preceding team- mate touched the wall
21.01	Relay exchange did not commence from the starting platform
10.10	Entered the water during a race not entered in
6.01	Use of non-approved device, swimsuit, adhesive substance or body tape
10.16	
10.8 or	Obstructing another swimmer
1.01	Pulled on the lane rope
9.01	Stood on the bottom of the pool (except in freestyle)
2.01	Took a stride or step from the bottom of the pool
2.01	When turning did not make contact with the end of the pool at the turn /m turn
4.01	Did not remain in the same lane in which they started
2.01	Did not complete the whole distance
RULE	THE RACE
8.6	Incorrect medley relay stroke order
1.6	Incorrect individual medley stroke order
	in the freestyle section
9.1 or 9.2	Did not return to the breast before any kick or stroke after the start / turn / m.m. mrun
ſ.2	
	Backstroke, breaststroke or butterfly swum in the freestyle section
ВПГЕ	Backstroke, breaststroke or butterfly swum in the freestyle section
RULE	Backstroke, breaststroke or butterfly swum in the freestyle section
8.5	WEDIEA
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	Completely submerged during the race / immediately prior to the finish of the race
2.8	start / turn /m turn Completely submerged during the race / immediately prior to the finish of the race
2.8 2.8 2.8	Head did not break the surface of the water at or before the 15m mark after the start / turn /m turn Completely submerged during the race / immediately prior to the finish of the race
2.8 2.8	Executed more than one arm pull under water following the start / turn /m turn Head did not break the surface of the water at or before the 15m mark after the start / turn /m turn Completely submerged during the race / immediately prior to the finish of the race
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SILWIMS

BUTTERFLY

BULE