

SWIMMAUS™

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 / 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

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BUTTERFLY	
8.1	Body not on the breast during the race
8.2	Arms not brought forward simultaneously over the water during the race
8.2	Arms not brought backward simultaneously under the water during the race
8.3	Executed an alternating movement of the legs or feet during the race
8.3	Executed a breaststroke kicking movement during the race
8.4	Did not touch the wall with both hands; separated; simultaneously at the turn /...m
8.5	Executed more than one arm pull under water following the start / turn / ...m turn
8.5	Head did not break the surface of the water at or before the 15m mark after the start / turn / ...m turn
8.5	Completely submerged during the race / immediately prior to the finish of the race
MEDLEY	
5.1	Backstroke, breaststroke or butterfly swum 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 turn in the freestyle section
9.1	Incorrect individual medley stroke order
9.3	Incorrect medley relay stroke order
THE RACE	
10.2	Did not complete the whole distance
10.4	Did not remain in the same lane in which they started
10.5	When turning did not make contact with the end of the pool at the turn / ...m turn
10.5	Took a stride or step from the bottom of the pool
10.6	Stood on the bottom of the pool (except in freestyle)
10.7	Pulled on the lane rope
10.8 or 10.16	Obstructing another swimmer
10.9	Use of non-approved device, swimsuit, adhesive substance or body tape
10.10	Entered the water during a race not entered in
10.12	Relay exchange did not commence from the starting platform
10.13	Swimmer no...feet lost touch with the starting platform before the preceding team-mate touched the wall
10.14	Relay team member re-entered the water before all teams finished the race
10.15	Relay team did not swim in the order listed / or substitution made without approval
10.16	Failed to leave the pool as soon as possible at the end of the race or section in a relay
10.18	Device or plan used for pace-making

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