**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 World Aquatics Rules.***

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| **THE START** | **RULE** |
| Initiating a start before the signal | SW 4.4 |
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| **FREESTYLE** | **RULE** |
| Did not touch the wall at the turn or finish | SW 5.2 |
| Head did not break the surface of the water at or before the 15m mark following the start or turn | SW 5.3 |
| Completely submerged during stroke | SW 5.3 |
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| **BACKSTROKE** | **RULE** |
| Left position on the back except when executing a turn | SW 6.2 |
| Head did not break the surface of the water at or before the 15m mark following the start or turn | SW 6.3 |
| Completely submerged during stroke | SW 6.3 |
| Did not start executing the turn immediately after turning onto the breast | SW 6.4 |
| Turn not initiated at completion of the arm pull after leaving position on the back | SW 6.4 |
| Did not touch the wall during the turn | SW 6.4 |
| Not on the back upon leaving the wall after the turn | SW 6.4 |
| Did not finish the race while on the back | SW 6.5 |
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| **BREASTSTROKE** | **RULE** |
| More than one butterfly kick prior to first breaststroke kick after the start or turn | SW 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 | SW 7.1 |
| Body not on the breast during stroke | SW 7.2 |
| Stroke cycle not 1 arm stroke to 1 leg kick in that order | SW 7.2 |
| Arm movements not simultaneous | SW 7.2 |
| Hands not pushed forward together from the breast | SW 7.3 |
| Elbows not under the water during stroke | SW 7.3 |
| Hands brought back beyond the hip line during stroke | SW 7.3 |
| Head did not break the surface during each stroke cycle | SW 7.4 |
| Leg movements not simultaneous | SW 7.4 |
| Feet not turned out during propulsive part of the kick | SW 7.5 |
| Executed a downward butterfly kick during stroke | SW 7.5 |
| Did not touch at the turn or finish with both hands; separated; simultaneously | SW 7.6 |
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| **BUTTERFLY** | **RULE** |
| Body not on the breast during stroke | SW 8.1 |
| Arms not brought forward simultaneously over the water | SW 8.2 |
| Arms not brought backward simultaneously under the water | SW 8.2 |
| Alternating movement of legs or feet | SW 8.3 |
| Breaststroke kicking movement | SW 8.3 |
| Did not touch at the turn or finish with both hands; separated; simultaneously | SW 8.4 |
| More than one arm pull under water following the start or turn | SW 8.5 |
| Head did not break the surface of the water at or before the 15m mark following the start or turn | SW 8.5 |
| Completely submerged during the stroke | SW 8.5 |
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| **MEDLEY** | **RULE** |
| Backstroke, breaststroke or butterfly swum in the freestyle section | SW 5.1 |
| Incorrect individual medley stroke order | SW 9.1 |
| In the freestyle section, did not return to the breast before any kick or stroke | SW 9.1 or 9.2 |
| Incorrect medley relay stroke order | SW 9.3 |
| Finish of section not in accordance with rule of the stroke concerned *(complete with stroke infraction above)* | SW 9.4 |
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| **THE RACE** | **RULE** |
| Did not complete the whole distance | SW 10.2 |
| Did not remain in the same lane in which they started | SW 10.4 |
| When turning did not make contact with the end of the pool | SW 10.5 |
| Took a stride or step from the bottom of the pool | SW 10.5 |
| Stood on the bottom of the pool (except in freestyle) | SW 10.6 |
| Pulled on the lane rope | SW 10.7 |
| Obstructing another swimmer | SW 10.8 or 10.16 |
| Use of non-approved device, swimsuit, adhesive substance or body tape | SW 10.9 |
| Entered the water during a race not entered in | SW 10.10 |
| Relay exchange did not commence from the starting platform | SW 10.12 |
| Feet lost touch with the starting platform before the preceding team-mate touched the wall | SW 10.13 |
| Relay team member re-entered the water before all teams finished the race | SW 10.14 |
| Relay team did not swim in the order listed | SW 10.15 |
| Failed to leave the pool as soon as possible at the end of the race or section in a relay | SW 10.16 |
| Device or plan used for pace-making | SW 10.18 |