

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.

Initiating a start before the signal 4.44 FREESTYLE Did not touch the wall at the turn or finish 5.2 Head did not break the surface of the water at or before the 15m mark following the start or turn 5.3 Completely submerged during stroke 5.3 BACKSTROKE 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 following the start or turn 6.3 Completely submerged during stroke except which some will streaching for the finish 6.3 Did not start executing the turn immediately after turning onto the breast 6.4 Turn not initiated at completion of the arm pull after leaving position on the back 6.4 Did not touch the wall during the turn 6.4 Did not found the wall during the turn 6.4 Did not finish the race while on the back 6.5 BREASTSTROKE RULE ROLE
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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
Finish of section not in accordance with rule of the stroke concerned (complete with stroke
infraction above)
THE RACE RULE
Did not complete the whole distance
Did not complete the whole distance 10.2 Did not remain in the same lane in which they started 10.4
Did not remain in the same lane in which they started When turning did not make contact with the end of the pool Took a stride or step from the bottom of the pool 10.5
Did not remain in the same lane in which they started When turning did not make contact with the end of the pool Took a stride or step from the bottom of the pool Stood on the bottom of the pool (except in freestyle) 10.4 10.5 10.5 10.6
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Did not remain in the same lane in which they started When turning did not make contact with the end of the pool Took a stride or step from the bottom of the pool Stood on the bottom of the pool (except in freestyle) Pulled on the lane rope Obstructing another swimmer Use of non-approved device, swimsuit, adhesive substance or body tape Entered the water during a race not entered in
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