

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.

THE START	RULE		RULE
Initiating a start before the signal	4.4		8.1
FREESTYLE	RULE		8.2
Left position on the back except when executing a turn	6.2	Arms not brought forward simultaneously over the water	8.2
Head did not break the surface of the water at or before the 15m mark following the start or turn	6.3	Arms not brought backward simultaneously under the water	8.2
Completely submerged during stroke except within 5m whilst reaching for the finish	6.3	Alternating movement of legs or feet	8.3
Did not start executing the turn immediately after turning onto the breast	6.4	Breaststroke kicking movement	8.3
Turn not initiated at completion of the arm pull after leaving position on the back	6.4	Did not touch at the turn or finish with both hands; separated; simultaneously	8.4
Did not touch the wall during the turn	6.4	More than one arm pull under water following the start or turn	8.5
Not on the back upon leaving the wall after the turn	6.4	Head did not break the surface of the water at or before the 15m mark following the start or turn	8.5
Did not finish the race while on the back	6.5	Completely submerged during the stroke	8.5
BACKSTROKE	RULE		RULE
Left position on the back except when executing a turn	6.2	Backstroke, breaststroke or butterfly swum in the freestyle section	9.1
Head did not break the surface of the water at or before the 15m mark following the start or turn	6.3	Incorrect individual medley stroke order	9.1
Completely submerged during stroke except within 5m whilst reaching for the finish	6.3	In the freestyle section, did not return to the breast before any kick or stroke	9.1 or 9.2
Did not start executing the turn immediately after turning onto the breast	6.4	Incorrect medley relay stroke order	9.3
Turn not initiated at completion of the arm pull after leaving position on the back	6.4	Finish of section not in accordance with rule of the stroke concerned (complete with stroke infraction above)	9.4
THE RACE	RULE		RULE
Did not complete the whole distance	10.2	Did not remain in the same lane in which they started	10.4
Did not touch the wall during the turn	10.5	When turning did not make contact with the end of the pool	10.5
Not on the back upon leaving the wall after the turn	10.6	Took a stride or step from the bottom of the pool	10.5
Did not finish the race while on the back	10.7	Stood on the bottom of the pool (except in freestyle)	10.6
Completely submerged during stroke except within 5m whilst reaching for the finish	10.8	Pulled on the lane rope	10.7
Did not start executing the turn immediately after turning onto the breast	10.8	Obstructing another swimmer	10.8
Turn not initiated at completion of the arm pull after leaving position on the back	10.8	Use of non-approved device, swimsuit, adhesive substance or body tape	15.3
Did not touch the wall during the turn	10.9	Entered the water during a race not entered in	10.9
Not on the back upon leaving the wall after the turn	10.9	Relay exchange did not commence from the starting platform	10.11
Did not finish the race while on the back	10.9	Feet lost touch with the starting platform before the preceding team-mate touched the wall	10.12
BREASTSTROKE	RULE		RULE
More than one butterfly kick prior to first breaststroke kick after the start	7.1	Relay team member re-entered the water before all teams finished the race	10.13
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 turn	7.1	Relay team did not swim in the order listed	10.14
Body not on the breast during stroke	7.2	Failed to leave the pool as soon as possible at the end of the race or section in a relay	10.15
Stroke cycle not 1 arm stroke to 1 leg kick in that order	7.2	Device or plan used for pace-making	10.17
Arm movements not simultaneous	7.2		
Hands not pushed forward together from the breast	7.3		
Elbows not under the water during stroke	7.3		
Hands brought back beyond the hip line during stroke cycle	7.3		
Head did not break the surface during each stroke cycle	7.4		
Leg movements not simultaneous	7.4		

In force as from 13 July 2023

Version 13 July 2023

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Stroke cycle not 1 arm stroke to 1 leg kick in that order	7.2
Arm movements not simultaneous	7.2
Hands not pushed forward together from the breast	7.3
Elbows not under the water during stroke	7.3
Hands brought back beyond the hip line during stroke	7.3
Leg movements not simultaneous	7.4

BUTTERFLY	RULE
Body not on the breast during stroke	8.1
Arms not brought forward simultaneously over the water	8.2
Arms not brought backward simultaneously under the water	8.2
Alternating movement of legs or feet	8.3
Breaststroke kicking movement	8.3
Did not touch at the turn or finish with both hands; separated; simultaneously	8.4
More than one arm pull under water following the start or turn	8.5
Head did not break the surface of the water at or before the 15m mark following the start or turn	8.5
Completely submerged during the stroke	8.5
MEDLEY	RULE
Backstroke, breaststroke or butterfly swum in the freestyle section	9.1
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
Finish of section not in accordance with rule of the stroke concerned (complete with stroke infraction above)	9.4
THE RACE	RULE
Did not complete the whole distance	10.2
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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
Use of non-approved device, swimsuit, adhesive substance or body tape	15.3
Entered the water during a race not entered in	10.9
Relay exchange did not commence from the starting platform	10.11
Feet lost touch with the starting platform before the preceding team-mate touched the wall	10.12
Relay team member re-entered the water before all teams finished the race	10.13
Relay team did not swim in the order listed in a relay	10.14
Failed to leave the pool as soon as possible at the end of the race or section	10.15
Device or plan used for pace-making	10.17