

STARTS	FINA RULE
Any swimmer starting before the starting signal shall be disqualified	SW 4.4

FREESTYLE	FINA RULE
Form style swum in Freestyle leg of medley	SW 5.1
Swimmer did not touch the wall at the turn	SW 5.2
Swimmer's head did not surface before 15m mark following the start or turn	SW 5.3
Swimmer totally submerged (except for first 15m at start & turn)	SW 5.3
Swimmer walked or pushed off the bottom of the pool	SW 10.5

BACKSTROKE	FINA RULE
Toes of both feet not in contact with wall or touchpad when Backstroke start ledge used. Bending toes over the touchpad is prohibited	SW 6.1
Swimmer left position on the back other than to execute a turn	SW 6.3
Swimmer's head did not break the surface at or before 15m mark following the start or turn	SW 6.4
Swimmer totally submerged (except in first 15m after start & turn)	SW 6.4
Swimmer did not start executing the turn immediately after turning onto the breast	SW 6.5
Swimmer did not touch the wall at the turn	SW 6.5
Swimmer did not finish race while on the back	SW 6.6
Swimmer stood on the bottom of the pool	SW 10.5

BREASTSTROKE	FINA RULE
Butterfly kick not before first breaststroke kick	SW 7.1
Body not on the breast (except when executing a turn)	SW 7.2
Stroke cycle not 1 arm stroke to 1 leg kick	SW 7.2
Arm movements not simultaneous	SW 7.2
Arm movements not in the same horizontal plane	SW 7.2
Hands not pushed together from the breast	SW 7.3
Hands brought back beyond the hip line (after the 1 st stroke following the start and turn)	SW 7.3
Elbows over the water except for last stroke before turn, during the turn or the final stroke at the finish	SW 7.3
Head did not break the surface before arms reached widest point in second stroke after start or turn	SW 7.4
Leg movements not simultaneous (or alternating movement)	SW 7.4
Feet not turned out in the propulsive part of the kick	SW 7.5
Executed a downward butterfly kick (except after the start and after the turn as in SW 7.1)	SW 7.5
Touch at the finish or turn with one hand, or touch not simultaneous, or hands not separated	SW 7.6
Swimmer stood on the bottom of the pool	SW 10.5

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Butterfly kick not before first breaststroke kick	SW 7.1
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Stroke cycle not 1 arm stroke to 1 leg kick	SW 7.2
Arm movements not simultaneous	SW 7.2
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Hands not pushed together from the breast	SW 7.3
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SWIMMING RULE QUICK REFERENCE INFRACTION CARD

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February 2015



BUTTERFLY	FINA RULE
Body not on the breast (except when executing a turn)	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
Movements of the feet not simultaneous	SW 8.3
Alternating movement of the legs or feet	SW 8.3
Swimmer used breaststroke kick	SW 8.3
Touch at finish or turn with one hand, or touch not simultaneous, or hands not separated	SW 8.4
Swimmer's head did not surface at or before 15m mark following the start or turn	SW 8.5
Swimmer totally submerged (except in first 15m after start & turn)	SW 8.5
More than one arm pull under water (following start or turn)	SW 8.5
Swimmer stood on the bottom of the pool	SW 10.5

MEDLEY SWIMMING	FINA RULE
Incorrect stroke order (correct: fly, back, breast, free -1/4 each)	SW 9.1
Incorrect medley relay order (correct: back, breast, fly, free)	SW 9.2
Finish of each stroke in accordance with rules for the particular stroke	SW 9.3

THE RACE	FINA RULE
A swimmer, swimming the course alone shall cover the whole distance to qualify	SW 10.2
A swimmer must remain and finish in the same lane as started	SW 10.3
A swimmer when turning shall make contact with the end wall of the pool	SW 10.4
Standing on the bottom during freestyle events or during the freestyle portion of the medley events is permitted but swimmer shall not walk or push off the bottom	SW 10.5
Pulling on the lane rope is not allowed	SW 10.6
Any kind of tape on the body is not permitted – unless approved by the FINA Sport Medicine Committee (Meet Director at SNZ events)	SW 10.8
Use of power bands or adhesive substances not permitted	SW 10.8
Entered the water during a race not entered in	SW 10.9
Feet not in touch with starting platform before preceding team member touched the wall	SW 10.11
Team member/s entered the water prior to all teams finishing	SW 10.12
Swam more than once in their relay team	SW 10.13
Failed to leave the pool at the end of their leg in a relay	SW 10.14
Device or plan used for pace-making	SW 10.6

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