



SWIMMING RULE QUICK REFERENCE INFRACTION SHEET 1 of 2
 The sheet is to assist as a quick reference guide for Judges of Stroke, Inspectors of Turns.
 It must not be used as a substitute for the thorough knowledge of Swimming Rules.

STARTS	RULE NUMBER
Any swimmer starting before the starting swimmer will be disqualified	SW 4.4

FREESTYLE SWIMMING	RULE NUMBER
Former stroke 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 at or before 15M mark following the start or turn	SW 5.3
Swimmer totally submerged (except for first 15M at start and turn)	SW 5.3
Swimmer walked or pushed off the bottom of the pool	SW 10.4

BACKSTROKE SWIMMING	RULE NUMBER
Swimmer left position on the back (other than to execute a turn)	SW 6.2
Swimmer executed arm pull, kick independent of turning whilst off the back	SW 6.2
Swimmer totally submerged except in first 15M following start, turn or finish	SW 6.3
Swimmer did not touch the wall turning the turn	SW 6.4
Swimmer stood on the bottom of pool	SW 10.4

BUTTERFLY SWIMMING	RULE NUMBER
Body not on the breast (except when executing a turn)	SW 8.1
Arms not brought forward over the water	SW 8.2
Arms not brought forward together	SW 8.2
Arms not brought backwards simultaneously	SW 8.2
Movements of the feet not simultaneous	SW 8.3
Alternating movements 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	SW 8.4
Swimmer's head did not surface at or before the 15M mark following the start or turn	SW 8.5
Swimmer totally submerged (except in first 15M after start or 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	i SW 10.4