



***This is a quick reference guide to help Technical Officials 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 |
|--------------------------------------|------|
| Initiating a start before the signal | 4.4  |

  

| FREESTYLE   | RULE |
|---|------|
| 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  | RULE |
|---|------|
| 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, other than within 5m whilst reaching 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  |
| Not on the back upon leaving the wall after the turn  | 6.4  |
| Did not finish the race while on the back   | 6.5  |

  

| BREASTSTROKE  | RULE |
|---|------|
| More than one butterfly kick prior to first breaststroke kick after the start or turn   | 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 | 7.1  |
| Body not on the breast during stroke  | 7.2  |
| 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  |
| Head did not break the surface during each stroke cycle   | 7.4  |
| Leg movements not simultaneous  | 7.4  |
| Feet not turned out during propulsive part of the kick  | 7.5  |
| Executed a downward butterfly kick during stroke  | 7.5  |
| Did not touch at the turn or finish with both hands; separated; simultaneously  | 7.6  |

  

| 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  | 5.1        |
| 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 ( <i>complete with stroke infraction above</i> ) | 9.4        |

  

| THE RACE   | RULE  |
|--|-------|
| Did not complete the whole distance  | 10.2  |
| Did not remain in the same lane in which they started                                      | 10.4  |
| When turning did not make contact with the end of the pool                                 | 10.5  |
| 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  |
| 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  | 10.14 |
| Failed to leave the pool as soon as possible at the end of the race or section in a relay  | 10.15 |
| Device or plan used for pace-making  | 10.17 |

  

| SWIMWEAR AND WEARABLES   | RULE |
|--|------|
| Use of non-approved device, swimsuit, adhesive substance, or body tape | 15.3 |