#### SWIMMING RULE QUICK REFERENCE INFRACTION CARD auick reference auide for luda on of Stroke

| This card is to assist as a quick reference guide for Judges of Stroke,<br>Inspectors of Turns. It must not be used as a substitute for the thorough<br>knowledge of FINA Rules 2015-2017 February 2015 |           |
|---|-----------|
| 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 <sup>st</sup> 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<br>hands not separated   | SW 7.6    |

#### SWIMMING RULE QUICK REFERENCE INFRACTION CARD

hands not separated

Swimmer stood on the bottom of the pool

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|--|-----------|
| BACKSTROKE   | FINA RULE |
| Toes of both feet not in contact with wall or touchpad when Backstroke start<br>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 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<br>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 |
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| 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 <sup>st</sup> 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

Executed a downward butterfly kick (except after the start and after the turn

Touch at the finish or turn with one hand, or touch not simultaneous, or

Leg movements not simultaneous (or alternating movement)

Feet not turned out in the propulsive part of the kick

Swimmer stood on the bottom of the pool

stroke after start or turn

as in SW 7.1)

hands not separated

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Swimming

February 2015

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| Arm movements not simultaneous  | SW 7.2    |
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| Hands not pushed together from the breast   | SW 7.3    |
| Hands brought back beyond the hip line (after the 1 <sup>st</sup> stroke following the start and turn)  | SW 7.3    |
| Elbows over the water except for last stroke before turn, during the turn or<br>the final stroke at the finish  | SW 7.3    |
| Head did not break the surface before arms reached widest point in second<br>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    |
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## SWIMMING RULE QUICK REFERENCE INFRACTION CARD

hands not separated

hands not separated

Swimmer stood on the bottom of the pool

Swimmer stood on the bottom of the pool

SW 10.5

SW 7.4

SW 7.4

SW 7.5

SW 7 5

SW 7.6

SW 10.5

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| Toes of both feet not in contact with wall or touchpad when Backstroke start<br>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 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    |
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| Butterfly kick not before first breaststroke kick  | SW 7.1    |
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| 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 <sup>st</sup> 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   | SW 7.6    |



SW 10.5

SW 7.6

SW 10.5

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| knowledge of FINA Rules 2015-2017   | 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 wa   | ter              | 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 simulta<br>not separated  | ,                | SW 8.4    |
| Swimmer's head did not surface at or before 15m mark for turn   | · ·              | SW 8.5    |
| Swimmer totally submerged (except in first 15m after star   | ,                | SW 8.5    |
| More than one arm pull under water (following start or tur  | n)               | 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, fre   | ee)              | SW 9.2    |
| Finish of each stroke in accordance with rules for the part   | ticular stroke   | SW 9.3    |
| THE RACE  |                  | FINA RULE |
| A swimmer, swimming the course alone shall cover the w<br>qualify   | hole distance to | SW 10.2   |
| A swimmer must remain and finish in the same lane as st   | arted            | SW 10.3   |
| A swimmer when turning shall make contact with the end  |                  | SW 10.4   |
| Standing on the bottom during freestyle events or during<br>portion of the medley events is permitted but swimmer sh<br>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 ap<br>FINA Sport Medicine Committee (Meet Director at SNZ e                          |                  | SW 10.8   |
| Use of power bands or adhesive substances not permitte  | d                | SW 10.8   |
| Entered the water during a race not entered in  |                  | SW 10.9   |
| Feet not in touch with starting platform before preceding t<br>touched the wall   | eam member       | SW 10.11  |
| Team member/s entered the water prior to all teams finisl   | hing             | 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   |

### SWIMMING RULE QUICK REFERENCE INFRACTION CARD

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| knowledge of FINA Rules 2015-2     | 017 | February 2015 |
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| inspector or rurns. It must not be |     | the thorough  |

| 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 simultaneously under the water         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<br>not separated         SW 8.4           Swimmer's head did not surface at or before 15m mark following the start<br>or turn         SW 8.5           Swimmer totally submerged (except in first 15m after start & turn)         SW 8.5           Swimmer stood on the bottom of the pool         SW 10.5           More than one arm pull under water (following start or turn)         SW 8.5           Swimmer stood on the bottom of the pool         SW 9.1           Incorrect stroke order (correct: fly, back, breast, free -1/4 each)         SW 9.1           Incorrect medley relay order (correct: back, breast, fly, free)         SW 10.2           Finish of each stroke in accordance with rules for the particular stroke         SW 10.2           A swimmer, swimming the course alone shall cover the whole distance to<br>qualify         SW 10.4           Standing on the bottom during   | knowledge of Financial 2013-2017  |  |
|---|---|--|
| 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<br>not separated       SW 8.4         Swimmer's head did not surface at or before 15m mark following the start<br>or turn       SW 8.5         Swimmer totally submerged (except in first 15m after start & turn)       SW 8.5         Swimmer stood on the bottom of the pool       SW 10.5         More than one arm pull under water (following start or turn)       SW 8.5         Swimmer stood on the bottom of the pool       SW 9.1         Incorrect stroke order (correct: hy, back, breast, free -1/4 each)       SW 9.1         Incorrect medley relay order (correct: back, breast, free)       SW 9.2         Finish of each stroke in accordance with rules for the particular stroke       SW 10.2         A swimmer, swimming the course alone shall cover the whole distance to<br>qualify       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<br>portion of the medley events is permitted – unless approved by the<br>FINA Sport Medicine Commit  | BUTTERFLY   | FINA RULE  |
| 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<br>not separated       SW 8.4         Swimmer's head did not surface at or before 15m mark following the start<br>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: bly, back, breast, free -1/4 each)       SW 9.1         Incorrect medley relay order (correct: back, breast, free -1/4 each)       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<br>qualify       SW 10.2         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<br>portion of the medley events is permitted – unless approved by the<br>FINA Sport Medicine Committee (Meet Director at SNZ events)       SW 10   | Body not on the breast (except when executing a turn)   | SW 8.1   |
| 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<br>not separated         SW 8.4           Swimmer's head did not surface at or before 15m mark following the start<br>or turn         SW 8.5           Swimmer totally submerged (except in first 15m after start & turn)         SW 8.5           Swimmer stood on the bottom of the pool         SW 10.5           More than one arm pull under water (following start or turn)         SW 8.5           Swimmer stood on the bottom of the pool         SW 9.1           Incorrect storke order (correct: fly, 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<br>qualify         SW 10.2           A swimmer must remain and finish in the same lane as started         SW 10.4           Standing on the bottom during freestyle events or during the freestyle<br>portion of the modley events is permitted but swimmer shall not walk or<br>push off the bottom         SW 10.6           Any kind of tape on the body is not permitted – unless approved by the<br>FINA Sport Medicine Committee (Meet Director at SNZ events)         SW 10.8   | Arms not brought forward simultaneously over the water  | SW 8.2   |
| 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<br>not separated       SW 8.4         Swimmer's head did not surface at or before 15m mark following the start<br>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 10.4         Standing on the bottom during freestyle events or during the freestyle portion of the medley events is permitted – unless approved by the FINA Sport Medicine Committee (Meet Director at SNZ events)       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 <td< td=""><td>Arms not brought backward simultaneously under the water</td><td>SW 8.2</td></td<> | Arms not brought backward simultaneously under the water  | SW 8.2   |
| Swimmer used breaststroke kick         SW 8.3           Touch at finish or turn with one hand, or touch not simultaneous, or hands<br>not separated         SW 8.4           Swimmer's head did not surface at or before 15m mark following the start<br>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, five -1/4 each)         SW 9.2           Finish of each stroke in accordance with rules for the particular stroke         SW 9.3           THE RACE         FINA RULE           A swimmer must remain and finish in the same lane as started         SW 10.2           Standing on the bottom during freestyle events or during the freestyle<br>portion of the medley events is permitted but swimmer shall not walk or<br>push off the bottom         SW 10.6           Any kind of tape on the body is not permitted – unless approved by the<br>FINA Sport Medicine Committee (Meet Director at SNZ events)         SW 10.8           Use of power bands or adhesive substances not permitted         SW 10.9         SW 10.11           Feat not in touch with starting platform before preceding team member<br>t   | Movements of the feet not simultaneous  | SW 8.3   |
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| Device or plan used for pace-making SW 10.6   | THE RACE         A swimmer, swimming the course alone shall cover the whole distance to qualify         A swimmer must remain and finish in the same lane as started         A swimmer when turning shall make contact with the end wall of the pool         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         Pulling on the lane rope is not allowed         Any kind of tape on the body is not permitted – unless approved by the FINA Sport Medicine Committee (Meet Director at SNZ events)         Use of power bands or adhesive substances not permitted         Entered the water during a race not entered in         Feet not in touch with starting platform before preceding team member touched the wall         Team member/s entered the water prior to all teams finishing   | FINA RULE           SW 10.2           SW 10.3           SW 10.4           SW 10.5           SW 10.6           SW 10.8           SW 10.8           SW 10.9           SW 10.11           SW 10.12                    |
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### SWIMMING RULE QUICK REFERENCE INFRACTION CARD

Inspectors of Turns. It must not be used as a substitute for the thorough knowledge of FINA Rules 2015-2017 February 2015

mino

Swimming



| 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<br>not separated         SW 8.4           Swimmer's head did not surface at or before 15m mark following the start or<br>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 9.1           Incorrect stroke order (correct: fly, back, breast, free -1/4 each)         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<br>qualify         SW 10.2           A swimmer must remain and finish in the same lane as started         SW 10.4           Standing on the bottom during freestyle events or during the freestyle  | knowledge of FINA Rules 2015-2017  | February 2015   | NEW ZEALAND   |
|--|--|---|---|
| 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<br>not separated       SW 8.4         Swimmer's head did not surface at or before 15m mark following the start or<br>turn       SW 8.5         More than one arm pull under water (following 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 9.1         Incorrect stroke order (correct: fly, back, breast, free -1/4 each)       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<br>qualify       SW 10.2         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<br>portion of the medley events is permitted – unless approved by the<br>FINA Sport Medicine Committee (Meet Director at SNZ e   | BUTTERFLY  |   | FINA RULE   |
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| 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<br>not separated       SW 8.4         Swimmer's head did not surface at or before 15m mark following the start or<br>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 SWIMING       FINA RULE         Incorrect stroke order (correct: hack, breast, fire -1/4 each)       SW 9.1         Incorrect medley relay order (correct: back, breast, fily, 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 must remain and finish in the same lane as started       SW 10.2         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<br>portion of the medley events is permitted but swimmer shall not walk or<br>push off the bottom       SW 10.6         Any kind of tape on the body is not permitted – unless approved by the<br>FINA Sport Medicine Committee (Meet Director at SNZ events)       SW 10.8         Use of power bands or adhesive substances not  | Arms not brought backward simultaneously under the water   |   | SW 8.2  |
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| Device or plan used for pace-making SW 10.6  | THE RACE<br>A swimmer, swimming the course alone shall cover the who<br>qualify<br>A swimmer must remain and finish in the same lane as start<br>A swimmer when turning shall make contact with the end wa<br>Standing on the bottom during freestyle events or during the<br>portion of the medley events is permitted but swimmer shall<br>push off the bottom<br>Pulling on the lane rope is not allowed<br>Any kind of tape on the body is not permitted – unless appro<br>FINA Sport Medicine Committee (Meet Director at SNZ even<br>Use of power bands or adhesive substances not permitted<br>Entered the water during a race not entered in<br>Feet not in touch with starting platform before preceding tea<br>touched the wall<br>Team member/s entered the water prior to all teams finishin   | le distance to<br>ted<br>all of the pool<br>freestyle<br>not walk or<br>oved by the<br>nts)<br>m member | FINA RULE<br>SW 10.2<br>SW 10.3<br>SW 10.4<br>SW 10.5<br>SW 10.6<br>SW 10.8<br>SW 10.8<br>SW 10.8<br>SW 10.8<br>SW 10.9<br>SW 10.11<br>SW 10.12             |
|  | THE RACE           A swimmer, swimming the course alone shall cover the who qualify           A swimmer must remain and finish in the same lane as start           A swimmer when turning shall make contact with the end was standing on the bottom during freestyle events or during the portion of the medley events is permitted but swimmer shall push off the bottom           Pulling on the lane rope is not allowed           Any kind of tape on the body is not permitted – unless approx FINA Sport Medicine Committee (Meet Director at SNZ even Use of power bands or adhesive substances not permitted Entered the water during a race not entered in           Feet not in touch with starting platform before preceding teat touched the wall           Team member/s entered the water prior to all teams finishin           Swam more than once in their relay team | le distance to<br>ted<br>all of the pool<br>freestyle<br>not walk or<br>oved by the<br>nts)<br>m member | FINA RULE<br>SW 10.2<br>SW 10.3<br>SW 10.4<br>SW 10.5<br>SW 10.6<br>SW 10.8<br>SW 10.8<br>SW 10.8<br>SW 10.8<br>SW 10.9<br>SW 10.11<br>SW 10.12<br>SW 10.13 |

# SWIMMING RULE QUICK REFERENCE INFRACTION CARD

This card 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 FINA Rules 2015-2017 February 2015

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| 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<br>not separated   | SW 8.4   |
| Swimmer's head did not surface at or before 15m mark following the start<br>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  |
| THE RACE<br>A swimmer, swimming the course alone shall cover the whole distance to<br>qualify   | FINA RULE<br>SW 10.2   |
| A swimmer, swimming the course alone shall cover the whole distance to  | -  |
| A swimmer, swimming the course alone shall cover the whole distance to<br>qualify   | SW 10.2  |
| A swimmer, swimming the course alone shall cover the whole distance to<br>qualify<br>A swimmer must remain and finish in the same lane as started   | SW 10.2<br>SW 10.3   |
| A swimmer, swimming the course alone shall cover the whole distance to<br>qualify<br>A swimmer must remain and finish in the same lane as started<br>A swimmer when turning shall make contact with the end wall of the pool<br>Standing on the bottom during freestyle events or during the freestyle<br>portion of the medley events is permitted but swimmer shall not walk or   | SW 10.2<br>SW 10.3<br>SW 10.4  |
| A swimmer, swimming the course alone shall cover the whole distance to qualify<br>A swimmer must remain and finish in the same lane as started<br>A swimmer when turning shall make contact with the end wall of the pool<br>Standing on the bottom during freestyle events or during the freestyle<br>portion of the medley events is permitted but swimmer shall not walk or<br>push off the bottom   | SW 10.2<br>SW 10.3<br>SW 10.4<br>SW 10.5   |
| A swimmer, swimming the course alone shall cover the whole distance to<br>qualify<br>A swimmer must remain and finish in the same lane as started<br>A swimmer when turning shall make contact with the end wall of the pool<br>Standing on the bottom during freestyle events or during the freestyle<br>portion of the medley events is permitted but swimmer shall not walk or<br>push off the bottom<br>Pulling on the lane rope is not allowed<br>Any kind of tape on the body is not permitted – unless approved by the   | SW 10.2<br>SW 10.3<br>SW 10.4<br>SW 10.5<br>SW 10.6  |
| A swimmer, swimming the course alone shall cover the whole distance to qualify<br>A swimmer must remain and finish in the same lane as started<br>A swimmer when turning shall make contact with the end wall of the pool<br>Standing on the bottom during freestyle events or during the freestyle<br>portion of the medley events is permitted but swimmer shall not walk or<br>push off the bottom<br>Pulling on the lane rope is not allowed<br>Any kind of tape on the body is not permitted – unless approved by the<br>FINA Sport Medicine Committee (Meet Director at SNZ events)<br>Use of power bands or adhesive substances not permitted<br>Entered the water during a race not entered in  | SW 10.2<br>SW 10.3<br>SW 10.4<br>SW 10.5<br>SW 10.6<br>SW 10.8   |
| A swimmer, swimming the course alone shall cover the whole distance to qualify<br>A swimmer must remain and finish in the same lane as started<br>A swimmer when turning shall make contact with the end wall of the pool<br>Standing on the bottom during freestyle events or during the freestyle<br>portion of the medley events is permitted but swimmer shall not walk or<br>push off the bottom<br>Pulling on the lane rope is not allowed<br>Any kind of tape on the body is not permitted – unless approved by the<br>FINA Sport Medicine Committee (Meet Director at SNZ events)<br>Use of power bands or adhesive substances not permitted  | SW 10.2<br>SW 10.3<br>SW 10.4<br>SW 10.5<br>SW 10.6<br>SW 10.8<br>SW 10.8  |
| A swimmer, swimming the course alone shall cover the whole distance to qualify<br>A swimmer must remain and finish in the same lane as started<br>A swimmer when turning shall make contact with the end wall of the pool<br>Standing on the bottom during freestyle events or during the freestyle<br>portion of the medley events is permitted but swimmer shall not walk or<br>push off the bottom<br>Pulling on the lane rope is not allowed<br>Any kind of tape on the body is not permitted – unless approved by the<br>FINA Sport Medicine Committee (Meet Director at SNZ events)<br>Use of power bands or adhesive substances not permitted<br>Entered the water during a race not entered in<br>Feet not in touch with starting platform before preceding team member   | SW 10.2           SW 10.3           SW 10.4           SW 10.5           SW 10.6           SW 10.8           SW 10.8           SW 10.9                    |
| A swimmer, swimming the course alone shall cover the whole distance to qualify<br>A swimmer must remain and finish in the same lane as started<br>A swimmer when turning shall make contact with the end wall of the pool<br>Standing on the bottom during freestyle events or during the freestyle<br>portion of the medley events is permitted but swimmer shall not walk or<br>push off the bottom<br>Pulling on the lane rope is not allowed<br>Any kind of tape on the body is not permitted – unless approved by the<br>FINA Sport Medicine Committee (Meet Director at SNZ events)<br>Use of power bands or adhesive substances not permitted<br>Entered the water during a race not entered in<br>Feet not in touch with starting platform before preceding team member<br>touched the wall   | SW 10.2           SW 10.3           SW 10.4           SW 10.5           SW 10.6           SW 10.8           SW 10.8           SW 10.9           SW 10.11 |
| A swimmer, swimming the course alone shall cover the whole distance to qualify<br>A swimmer must remain and finish in the same lane as started<br>A swimmer when turning shall make contact with the end wall of the pool<br>Standing on the bottom during freestyle events or during the freestyle<br>portion of the medley events is permitted but swimmer shall not walk or<br>push off the bottom<br>Pulling on the lane rope is not allowed<br>Any kind of tape on the body is not permitted – unless approved by the<br>FINA Sport Medicine Committee (Meet Director at SNZ events)<br>Use of power bands or adhesive substances not permitted<br>Entered the water during a race not entered in<br>Feet not in touch with starting platform before preceding team member<br>touched the wall<br>Team member/s entered the water prior to all teams finishing | SW 10.2           SW 10.3           SW 10.4           SW 10.5           SW 10.6           SW 10.8           SW 10.8           SW 10.9           SW 10.11 |

