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, Inspectors of Turns. It must not be used as a substitute for the thorough 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 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

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hands not separated

Swimmer stood on the bottom of the pool

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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 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

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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

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hands not separated

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Swimmer stood on the bottom of the pool

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SW 10.5

SW 7.4

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SW 7.5

SW 7 5

SW 7.6

SW 10.5

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SW 10.5

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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 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 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 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 portion of the medley events is permitted but swimmer sh 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 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 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

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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 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 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 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 qualify SW 10.4 Standing on the bottom during	knowledge of Financial 2013-2017	
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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 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 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 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
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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 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
THE RACE A swimmer, swimming the course alone shall cover the whole distance to qualify	FINA RULE SW 10.2
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