SWIMMING RULE QUICK REFERENCE INFRACTION CARD of Stroky

This card is to assist as a quick refer

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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

SWIMMING RULE QUICK REFERENCE INFRACTION CARD

hands not separated

Swimmer stood on the bottom of the pool

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knowledge of FINA Rules 2015-2017	May 2015	NEW ZEALAND
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 follow	ving the start or turn	SW 5.3
Swimmer totally submerged (except for first 15m at star	t & 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 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

SWIMMING RULE QUICK REFERENCE INFRACTION CARD

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knowledge of FINA Rules 2015-2017 M	lay 2015	NEW ZEALAND
STARTS		FINA RULE
Any swimmer starting before the starting signal shall be disquali	fied	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 Back ledge used. Bending toes over the touchpad is prohibited	kstroke start	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 turn	g the start or	SW 6.4
Swimmer totally submerged (except in first 15m after start & turn	ר)	SW 6.4
Swimmer did not start executing the turn immediately after turnin breast	ng onto the	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 follo start and turn)	owing the	SW 7.3
Elbows over the water except for last stroke before turn, during the final stroke at the finish	the turn or	SW 7.3
Head did not break the surface before arms reached widest poir stroke after start or turn	nt in second	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 a as in SW 7.1)	fter the turn	SW 7.5
Touch at the finish or turn with one hand, or touch not simultane hands not separated	ous, or	SW 7.6
Swimmer stood on the bottom of the pool		SW 10.5

SW 10.5

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SWIMMING RULE QUICK REFERENCE INFRACTION CARD

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knowledge of FINA Rules 2015-2017	May 2015	
STARTS		FINA RULE
Any swimmer starting before the starting signal shall be o	lisqualified	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 followi	ng the start or turn	SW 5.3
Swimmer totally submerged (except for first 15m at start	-	SW 5.3
Swimmer totally submerged (except for hist 15th at start	a turn)	SW 3.5 SW 10.5
Swimmer waked of pashed on the bollom of the pool		
BACKSTROKE		FINA RULE
Toes of both feet not in contact with wall or touchpad who ledge used. Bending toes over the touchpad is prohibited		SW 6.1
Swimmer left position on the back other than to execute a		SW 6.3
Swimmer's head did not surface at or before 15m mark for turn	-	SW 6.4
Swimmer totally submerged (except in first 15m after stat		SW 6.4
Swimmer did not start executing the turn immediately after breast	er turning onto the	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 SW 7.2
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Arm movements not simultaneous		SW 7.2
Arm movements not simultaneous Arm movements not in the same horizontal plane	ke following the	SW 7.2 SW 7.2
Arm movements not simultaneous Arm movements not in the same horizontal plane Hands not pushed together from the breast Hands brought back beyond the hip line (after the 1 st stro	Ū.	SW 7.2 SW 7.2 SW 7.3
Arm movements not simultaneous Arm movements not in the same horizontal plane Hands not pushed together from the breast Hands brought back beyond the hip line (after the 1 st stro start and turn) Elbows over the water except for last stroke before turn,	during the turn or	SW 7.2 SW 7.2 SW 7.3 SW 7.3
Arm movements not simultaneous Arm movements not in the same horizontal plane Hands not pushed together from the breast Hands brought back beyond the hip line (after the 1 st stro start and turn) Elbows over the water except for last stroke before turn, the final stroke at the finish Head did not break the surface before arms reached widd	during the turn or est point in second	SW 7.2 SW 7.2 SW 7.3 SW 7.3 SW 7.3
Arm movements not simultaneous Arm movements not in the same horizontal plane Hands not pushed together from the breast Hands brought back beyond the hip line (after the 1 st stro start and turn) Elbows over the water except for last stroke before turn, the final stroke at the finish Head did not break the surface before arms reached wid stroke after start or turn Leg movements not simultaneous (or alternating movemu Feet not turned out in the propulsive part of the kick	during the turn or est point in second ent)	SW 7.2 SW 7.2 SW 7.3 SW 7.3 SW 7.3 SW 7.4
Arm movements not simultaneous Arm movements not in the same horizontal plane Hands not pushed together from the breast Hands brought back beyond the hip line (after the 1 st stro start and turn) Elbows over the water except for last stroke before turn, the final stroke at the finish Head did not break the surface before arms reached wide stroke after start or turn Leg movements not simultaneous (or alternating movements)	during the turn or est point in second ent)	SW 7.2 SW 7.2 SW 7.3 SW 7.3 SW 7.3 SW 7.4
Arm movements not simultaneous Arm movements not in the same horizontal plane Hands not pushed together from the breast Hands brought back beyond the hip line (after the 1 st stro start and turn) Elbows over the water except for last stroke before turn, the final stroke at the finish Head did not break the surface before arms reached wid stroke after start or turn Leg movements not simultaneous (or alternating movement Feet not turned out in the propulsive part of the kick Executed a downward butterfly kick (except after the start	during the turn or est point in second ent) t and after the turn	SW 7.2 SW 7.2 SW 7.3 SW 7.3 SW 7.3 SW 7.4 SW 7.5

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knowledge of FINA Rules 2015-2017 May 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 not 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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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 not in accordance with rules for the particular stroke	SW 9.3
THE RACE	FINA RULE
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A swimmer, swimming the course alone shall cover the whole distance to qualify	SW 10.2
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	SW 10.2
qualify A swimmer must remain and finish in the same lane as started	SW 10.2 SW 10.3
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	SW 10.2 SW 10.3 SW 10.4
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	SW 10.2 SW 10.3 SW 10.4 SW 10.5
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	SW 10.2 SW 10.3 SW 10.4 SW 10.5 SW 10.6
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)	SW 10.2 SW 10.3 SW 10.4 SW 10.5 SW 10.6 SW 10.8
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	SW 10.2 SW 10.3 SW 10.4 SW 10.5 SW 10.6 SW 10.8 SW 10.8
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	SW 10.2 SW 10.3 SW 10.4 SW 10.5 SW 10.6 SW 10.8 SW 10.8 SW 10.9
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	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
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	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

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 May 2015



knowledge of FINA Rules 2015-2017	May 2015	NEW ZEALAND
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	bllowing the start or	SW 8.5
Swimmer totally submerged (except in first 15m after star	t & turn)	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 not in accordance with rules for the	particular stroke	SW 9.3
Finish of each stroke not in accordance with rules for the THE RACE	particular stroke	SW 9.3
	•	
THE RACE A swimmer, swimming the course alone shall cover the w	hole distance to	FINA RULE
THE RACE A swimmer, swimming the course alone shall cover the w qualify	hole distance to	FINA RULE SW 10.2
THE RACE A swimmer, swimming the course alone shall cover the w qualify A swimmer must remain and finish in the same lane as st	wall of the pool the freestyle	FINA RULE SW 10.2 SW 10.3
THE RACE A swimmer, swimming the course alone shall cover the w qualify A swimmer must remain and finish in the same lane as st A swimmer when turning shall make contact with the end Standing on the bottom during freestyle events or during portion of the medley events is permitted but swimmer sh	wall of the pool the freestyle	FINA RULE SW 10.2 SW 10.3 SW 10.4
THE RACE A swimmer, swimming the course alone shall cover the w qualify A swimmer must remain and finish in the same lane as st A swimmer when turning shall make contact with the end Standing on the bottom during freestyle events or during portion of the medley events is permitted but swimmer sh push off the bottom	wall of the pool the freestyle all not walk or proved by the	FINA RULE SW 10.2 SW 10.3 SW 10.4 SW 10.5
THE RACE A swimmer, swimming the course alone shall cover the w qualify A swimmer must remain and finish in the same lane as si A swimmer when turning shall make contact with the end Standing on the bottom during freestyle events or during portion of the medley events is permitted but swimmer sh push off the bottom Pulling on the lane rope is not allowed Any kind of tape on the body is not permitted – unless ap	inclusion of the pool the freestyle all not walk or proved by the vents)	FINA RULE SW 10.2 SW 10.3 SW 10.4 SW 10.5 SW 10.6
THE RACE A swimmer, swimming the course alone shall cover the w qualify A swimmer must remain and finish in the same lane as st A swimmer when turning shall make contact with the end Standing on the bottom during freestyle events or during portion of the medley events is permitted but swimmer sh push off the bottom Pulling on the lane rope is not allowed Any kind of tape on the body is not permitted – unless ap FINA Sport Medicine Committee (Meet Director at SNZ e	inclusion of the pool the freestyle all not walk or proved by the vents)	FINA RULE SW 10.2 SW 10.3 SW 10.4 SW 10.5 SW 10.6 SW 10.8
THE RACE A swimmer, swimming the course alone shall cover the w qualify A swimmer must remain and finish in the same lane as st A swimmer when turning shall make contact with the end Standing on the bottom during freestyle events or during portion of the medley events is permitted but swimmer sh push off the bottom Pulling on the lane rope is not allowed Any kind of tape on the body is not permitted – unless ap FINA Sport Medicine Committee (Meet Director at SNZ e Use of power bands or adhesive substances not permitted	wall of the pool the freestyle all not walk or proved by the vents) d	FINA RULE SW 10.2 SW 10.3 SW 10.4 SW 10.5 SW 10.6 SW 10.8 SW 10.8
THE RACE A swimmer, swimming the course alone shall cover the w qualify A swimmer must remain and finish in the same lane as st A swimmer when turning shall make contact with the end Standing on the bottom during freestyle events or during portion of the medley events is permitted but swimmer sh push off the bottom Pulling on the lane rope is not allowed Any kind of tape on the body is not permitted – unless ap FINA Sport Medicine Committee (Meet Director at SNZ e Use of power bands or adhesive substances not permitte Entered the water during a race not entered in Feet not in touch with starting platform before preceding to	wall of the pool the freestyle wall not walk or proved by the vents) d	FINA RULE SW 10.2 SW 10.3 SW 10.4 SW 10.5 SW 10.6 SW 10.8 SW 10.8 SW 10.8 SW 10.9
THE RACE A swimmer, swimming the course alone shall cover the w qualify A swimmer must remain and finish in the same lane as st A swimmer when turning shall make contact with the end Standing on the bottom during freestyle events or during portion of the medley events is permitted but swimmer sh push off the bottom Pulling on the lane rope is not allowed Any kind of tape on the body is not permitted – unless ap FINA Sport Medicine Committee (Meet Director at SNZ e Use of power bands or adhesive substances not permitte Entered the water during a race not entered in Feet not in touch with starting platform before preceding to touched the wall	wall of the pool the freestyle wall not walk or proved by the vents) d	FINA RULE SW 10.2 SW 10.3 SW 10.4 SW 10.5 SW 10.6 SW 10.8 SW 10.8 SW 10.8 SW 10.9 SW 10.11
THE RACE A swimmer, swimming the course alone shall cover the w qualify A swimmer must remain and finish in the same lane as standing on the bottom during freestyle events or during portion of the medley events is permitted but swimmer sh push off the bottom Pulling on the lane rope is not allowed Any kind of tape on the body is not permitted – unless ap FINA Sport Medicine Committee (Meet Director at SNZ e 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 touched the wall Team member/s entered the water prior to all teams finis	wall of the pool the freestyle wall not walk or proved by the vents) d	FINA RULE SW 10.2 SW 10.3 SW 10.4 SW 10.5 SW 10.6 SW 10.8 SW 10.8 SW 10.8 SW 10.9 SW 10.11 SW 10.12

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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 not in accordance with rules for the particular stroke	SW 9.3
THE RACE	FINA RULE
	TIMANULL
A swimmer, swimming the course alone shall cover the whole distance to qualify	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 qualify	SW 10.2
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	SW 10.2 SW 10.3
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	SW 10.2 SW 10.3 SW 10.4
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	SW 10.2 SW 10.3 SW 10.4 SW 10.5
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	SW 10.2 SW 10.3 SW 10.4 SW 10.5 SW 10.6
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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	SW 10.2 SW 10.3 SW 10.4 SW 10.5 SW 10.6 SW 10.8 SW 10.8 SW 10.8 SW 10.9 SW 10.11 SW 10.12

