SWIMMING RULE QUICK REFERENCE INFRACTION CARD of Stroky

This card is to assist as a quick refer

| 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 May 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 |

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 |
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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 |
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| knowledge of FINA Rules 2015-2017 May 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 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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| 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 |
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| 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 |

SWIMMING RULE QUICK REFERENCE INFRACTION CARD

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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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