

Swimming Rule Quick Reference Infraction Card

This card is to assist as a quick reference guide for Judges of Stroke, Inspector of Turns. It must not be used as a substitute for the thorough knowledge of FINA Rules

STARTS	FINA RULE
Any swimmer starting before the starting signal will be disqualified	SW 4.4

FREESTYLE SWIMMING	FINA RULE
Form stroke 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 at or 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 10.4

BACKSTROKE SWIMMING	FINA RULE
Swimmer left position on the back (other than to execute continuous turning action)	SW 6.2
Swimmer totally submerged, except in first 15m following the start, turn or finish	SW 6.3
Swimmer did not start executing the turn immediately after turning unto the breast	SW 6.4
Swimmer did not touch the wall during the turn	SW 6.4
Swimmer stood on the bottom of the pool	SW 10.4

BUTTERFLY SWIMMING	FINA RULE
Body not on the breast (except when executing a turn)	SW 8.1
Arms not brought forward over the water	SW 8.2
Arms not brought forward together	SW 8.2
Arms not brought backward simultaneously	SW 8.2
Movements of the feet not simultaneous	SW 8.3
Alternating movement of legs of feet	SW 8.3
Swimmer used breaststroke kick	SW 8.3
Touch at finish or turn with one hand, or touch not simultaneous	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 and 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 10.4

BREASTSTROKE SWIMMING	FINA RULE
Body not on the breast	SW 7.1
Head did not break surface each stroke cycle (except first cycle after start and turn)	SW 7.1
Stroke cycle not 1 arm stroke to 1 leg kick	SW 7.1
Arm movements not simultaneous	SW 7.2
Arm movements not in the same horizontal plane	SW 7.2
Hands not pushed forward together from the breast	SW 7.3
Hands brought back beyond the hip line (after the 1st stroke following the start and turn)	SW 7.3
Elbows over water except for last stroke before the turn, during the turn or the final stroke at the finish	SW 7.3
Leg movements not simultaneous (or alternating movement)	SW 7.4
Leg movements not on the same plane	SW 7.4
Head did not break the surface before arms reached widest point in second stroke after start or turn	SW 7.4
Feet not turned out in the propulsive part of the kick	SW 7.5
Executed a downward dolphin kick (except after the start and after the turn as in SW 7.4)	SW 7.5
Executed a flutter or scissors kick	SW 7.5
Did not touch at finish or turn with both hands, or touch not simultaneous	SW 7.6
Swimmer stood on the bottom of the pool	SW 10.4

MEDLEY SWIMMING	FINA RULE
Incorrect stroke order (fly, back, breast, free)	SW 9.1
Incorrect medley order (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 10.1
A swimmer must finish the race in the same lane as they started	SW 10.2
A swimmer when turning shall make contact with the end of the pool	SW 10.3
Standing on the bottom during freestyle events or during the freestyle portion of the medley events shall not walk	SW 10.4
Pulling on the lane rope is not allowed	SW 10.5