



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 - 2017 - 2021 Edition

STARTS	FINA RULE
Starting before the starting signal	SW 4.4
Note: A DQ at the start must be observed and confirmed by both the starter and the referee	SW 2.1.6
FREESTYLE SWIMMING	FINA RULE
Backstroke, breaststroke or butterfly swum in the freestyle section of a medley	SW 5.1
Did not touch the wall at the turn or finish	SW 5.2
Head did not surface at or before the 15m mark following the start or turn	SW 5.3
Totally submerged during the race (except for first 15m following the start or turn)	SW 5.3
BACKSTROKE SWIMMING	FINA RULE
Note: When using a backstroke ledge, both feet must be in contact with the wall or touchpad	SW 6.1
Left position on the back other than to execute a turn	SW 6.2
Head did not surface at or before the 15m mark following the start or turn	SW 6.3
Totally submerged during the race (except for first 15m following the start or turn)	SW 6.3
Did not start executing the turn immediately after turning onto the breast	SW 6.4
Turn not initiated at completion of arm pull	SW 6.4
Did not touch the wall during the turn	SW 6.4
Not on the back upon leaving the wall following the turn	SW 6.4
Did not finish the race whilst on the back	SW 6.5
BREASTSTROKE SWIMMING	FINA RULE
More than one butterfly kick prior to the first breaststroke kick	SW 7.1
Head did not break the surface before the hands turned inward at the widest part of the second stroke after the start or turn	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 in that order (except at the finish as in SW 7.6)	SW 7.2
Arm movements not simultaneous	SW 7.2
Arm movements not on the same horizontal plane	SW 7.2
Hands not pushed forward together from the breast	SW 7.3
Elbows over the water (except for final stroke before the turn, during the turn or the final stroke at the finish)	SW 7.3
Hands brought back beyond the hip line (except during the 1st stroke following the start or turn)	SW 7.3
Head did not break the surface during each stroke cycle (except first cycle following the start or turn)	SW 7.4
Leg movements not simultaneous (or alternating movement)	SW 7.4
Leg movements not on the same horizontal plane	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 each turn as in SW 7.1)	SW 7.5
Touch at the turn or finish not made with both hands separated/simultaneously	SW 7.6
BUTTERFLY SWIMMING	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
Alternating movement of legs or feet	SW 8.3
Breaststroke kicking movement	SW 8.3
Touch at the turn or finish not made with both hands separated/simultaneously	SW 8.4
More than one arm pull under water following the start or turn	SW 8.5
Head did not surface at or before the 15m mark following the start or turn	SW 8.5
Totally submerged during the race (except for first 15m following the start or turn)	SW 8.5
MEDLEY SWIMMING	FINA RULE
Incorrect individual medley stroke order (correct: fly, back, breast, free - 1/4 each)	SW 9.1
In the freestyle section, did not return to the breast before any kick or stroke	SW 9.2
Incorrect medley relay stroke order (correct: back, breast, fly, free - 1/4 each)	SW 9.3
Finish of each section not in accordance with rules for the particular stroke	SW 9.4
THE RACE	FINA RULE
Did not remain in the same lane in which they started	SW 10.3
When turning did not make contact with the end of the pool	SW 10.4
Took a stride or step from the bottom of the pool	SW 10.4
Stood on the bottom of the pool (except in freestyle)	SW 10.5
Pulled on the lane rope	SW 10.6
Obstructing another swimmer	SW 10.7/10.14
Use of non-approved device, swimsuit, adhesive substance or body tape	SW 10.8
Entered the water during a race not entered in	SW 10.9
Feet lost touch with the starting platform before the preceding team-mate touched the wall	SW 10.11
Relay team member re-entered the water before all teams finished the race	SW 10.12
Relay team did not swim in the order listed	SW 10.13
Failed to leave the pool as soon as possible at the end of the race or section in a relay	SW 10.14
Device or plan used for pace-making	SW 10.16