

SWIMMING RULE QUICK REFERENCE INFRACTION CARD

This card is to assist as a quick reference guide for Judges of Stroke, Inspection of Turns. It must not be used as a substitute for the thorough knowledge of FINA Rules 2017 - 2021



THE START	FINA RULE
A DQ at the start must be confirmed by both the starter and the referee	SW 2.1.6
Any swimmer starting before the starting signal will be disqualified	SW 4.4

FREESTYLE SWIMMING	FINA RULE
Swimmer did not touch the wall at the turn	SW 5.2
Swimmer's head did not surface at or before the 15m mark following the start or turn	SW 5.3
Swimmer totally submerged (except for the first 15m at start & turn)	SW 5.3
Swimmer walked or pushed off from the bottom of the pool	SW 10.5

BACKSTROKE SWIMMING	FINA RULE
When using a backstroke ledge both feet must be in contact with the wall or touchpad	SW 6.1
Swimmer left position on the back (other than to execute the turn)	SW 6.2
Swimmer totally submerged (except for the first 15m at start & turn)	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 did not finish the race whilst on the back	SW 6.5
Swimmer stood on the bottom of the pool	SW 10.5

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 simultaneously	SW 8.2
Arms not brought backward simultaneously under the water	SW 8.2
Movements of the legs are not simultaneous	SW 8.3
Alternating movement of the legs or the 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 the 15m mark following the start or turn	SW 8.5
Swimmer totally submerged (except for the first 15m after start & turn)	SW 8.5
More than one arm pull under water following the start or turn	SW 8.5
Swimmer stood on the bottom of the pool	SW 10.5

BREASTSTROKE SWIMMING	FINA RULE
More than one butterfly kick before the first breaststroke kick	SW 7.1
Body not on the breast (except when executing a turn)	SW 7.2
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 first stroke following the start and turn)	SW 7.3
Elbows over the water except for last stroke before the turn, during the turn or the final stroke at the finish	SW 7.3
Head did not break the surface during each complete cycle. Movements of the legs are not simultaneous	SW 7.4
Alternating movement of the legs	SW 7.5
Feet not turned outwards in the propulsive part of the kick	SW 7.5
Executed a downward butterfly kick (except after the start and after the turn as per SW 7.1)	SW 7.5
Stroke cycle (one arm stroke followed by one leg kick) altered throughout the race (except at the last stroke before the turn and at the finish when an arm stroke not followed by a leg kick is permitted)	SW 7.6
Touch at 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

MEDLEY SWIMMING	FINA RULE
Incorrect stroke order in individual medley events (correct: fly, back, breast, free - 1/4 each)	SW 9.1
Incorrect stroke order in medley relay events (correct: back, breast, fly, free)	SW 9.3
Each section not finished in accordance with the rules applied to the particular stroke	SW 9.4

THE RACE	FINA RULE
A swimmer swimming over the course alone shall cover the whole distance to qualify	SW 10.2
The swimmer must remain and finish the race in the same lane as started	SW 10.3
A swimmer when turning shall make physical contact with the end of the pool	SW 10.4
Standing on the bottom during freestyle events or during the freestyle portion of medley events shall not disqualify a swimmer, but he shall not walk	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	SW 10.8
The use of power bands or adhesive substances is not permitted	SW 10.8