



## PARA-SWIMMING QUICK REFERENCE

STARTS	Rule
Irregularity at the start	2.2.4.2
Support staff giving momentum – Balance + 90 degrees	3.1.3.2
Support staff giving momentum – Feet	3.1.3.6
Support staff giving momentum – any water start	3.1.3.7
Support staff giving momentum – backstroke start	3.3.1.3
Starting before the starting signal	3.1.6
Verbal start instruction given S1-10, S14	3.1.7
Verbal start instruction given S11-13	3.1.8
FREESTYLE	Rule
Did not touch the wall at the turn or finish	3.2.2
Head did not surface at or before 15m mark following start or turn	3.2.3
Some part of swimmer did not break surface of the water throughout the race	3.2.3
Some part of S1-S5 swimmer did not break surface of the water during each stroke cycle	3.2.3.1
BACKSTROKE	Rule
Left the position on the back (other than to execute a turn)	3.3.3
Head did not break surface at or before the 15m mark	3.3.4
Swimmer completely submerged at the end of the race	3.3.4
Some part of swimmer did not break surface of the water throughout the race	3.3.4
Some part of S1-S5 swimmer did not break surface of the water during each stroke cycle	3.3.4.1
More than one single or double simultaneous arm pull used to initiate the turn	3.3.5
While on breast, did not initiate the turn before or after arm pull	3.3.5
Did not touch the wall during the turn	3.3.5
Not on back upon leaving wall	3.3.5
Left position on the back at finish	3.3.6
BREASTSTROKE	Rule
More than one arm pull or leg kick while submerged at start and turn	3.4.1
Single butterfly kick (if done) not performed prior to the 1st breaststroke kick	3.4.1
More than one non-simultaneous arm stroke or arm stroke not on the same horizontal plane to attain the breast position (no push off with legs)	3.4.1.1
Body not on the breast	3.4.2
Stroke cycle not 1 arm stroke and 1 leg kick in that order throughout the race	3.4.2
Arm movements not simultaneous or same horizontal plane	3.4.2
Hands not pushed forward together from the breast	3.4.3
Hands brought back beyond the hip line during the race	3.4.3
Elbows not under the water	3.4.3
Head not breaking surface of the water during each stroke cycle	3.4.4
Head did not break the surface before arms turn inward at the widest point of the second stroke after start or turn	3.4.4
Leg movements not simultaneous	3.4.4
Leg movements not on the same horizontal plane	3.4.4
Intent not shown of simultaneous leg movement or intent to kick in the same horizontal plan throughout the race	3.4.4.1
Leg(s) not trailed/dragged throughout the race	3.4.4.1
Feet/foot not turned out in the propulsive part of the kick	3.4.5
Executed a downward butterfly kick (except after the start and the turn)	3.4.5
Executed alternating kick movements	3.4.5
Did not touch at finish or turn with both hands, or touch not simultaneous, or hands not separated at the touch	3.4.6
Both arms not stretched forward simultaneously at turn or finish	3.4.6.1
	3.4.6.4

<b>BUTTERFLY</b>		<b>Rule</b>
Body not on breast		3.5.1
Arms not brought forward simultaneously		3.5.2
Arms not brought forward over the water		3.5.2
Arms not brought backwards simultaneously under the water		3.5.2
Movement of the legs not simultaneous		3.5.3
Alternating movement of legs or feet		3.5.3
Swimmer used breaststroke kick		3.5.3
Touch at finish or turn with one hand, or touch not simultaneous, or hands not separated		3.5.4
Both arms not stretched forward simultaneously at turn or finish		3.5.4.1 3.5.4.4
Swimmer's head did not surface at or before the 15m following the start or turn		3.5.5
Once swimmer has surfaced, swimmer totally submerged during stroke		3.5.5
More than one arm pull under water (following start or turn)		3.5.5
<b>MEDLEY</b>		<b>Rule</b>
Stroke other than fly, back or breast not swum in Freestyle leg of medley or medley relay		3.2.1
Incorrect stroke order (fly, back, breast, free)		3.6.1
Stroke didn't cover ¼ of distance (four stroke IM)		3.6.1
Incorrect stroke order (back, breast, free in 150 m or 75 m)		3.6.1.1
Stroke didn't cover 1/3 of distance (three stroke IM)		3.6.1.1
Incorrect medley relay order (back, breast, fly, free)		3.6.2
Finish of each stroke not in accordance with rules for the particular stroke		3.6.3
<b>RELAY</b>		<b>Rule</b>
Team swum not in listed order		3.7.4
Team member swum more than once		3.7.7
Mixed relay team not two men and two women		3.7.7
Lost contact with starting platform before preceding team member touches		3.7.8
Lost contact with wall before preceding team member touches		3.7.8.1
Team member entered water during race not to swim their length		3.7.9
Team member water starting enters water before preceding takeoff at the same end has been executed		3.7.9.1
<b>THE RACE</b>		<b>Rule</b>
Didn't report to the first call room no later than 15 minutes prior to the start of their race		2.7.3
Failed to attend classification or classification protest		2.9.2
Swam in swimwear not approved		2.13.1
Swam in more than one swimsuit		2.13.5
Advertising violations		2.14
Coached by support staff		2.15
S11/SB11/SM11 swimmer did not use tapper(s) or not tapped		2.15.1.1
Walk on bottom during the race		3.2.4
Not medical withdrawal		3.6.1
Did not cover the whole distance – DNF		3.8.2
Did not remain and finish the race in the same lane in which he started		3.8.3
No contact with the end of the pool		3.8.4
Took a stride or step from the bottom of the pool		3.8.4
Pulling on the lane rope is not allowed		3.8.5
Obstructing or interfering with another swimmer		3.8.6
S11/SB11/SM 11 swimmer without prosthetic eyes not wearing opaque goggles		3.8.8
Device aiding speed, buoyancy or endurance used		3.8.9
Swam with unapproved strapping to limit unwanted movement		3.8.9
Pace making, plan, device or instruction given		3.8.13
Swam with unapproved protective medical taping		6.2.6