



**PARA-SWIMMING QUICK REFERENCE**

<b>STARTS</b>		<b>Rule</b>
Irregularity at the start		10.2.4.2
Support staff giving momentum – Balance + 90 degrees		11.1.2.2
Athlete with one functional leg – foot not at the front with one hand or part of the arm not at the front		11.1.2.3
Support staff giving momentum – Feet		11.1.2.7
Support staff giving momentum – any water start		11.1.2.8
Starting before the starting signal		11.1.5
Verbal start instruction given S1-10, S14		11.1.7
Verbal start instruction given S11-13		11.1.8
Support staff giving momentum – backstroke start		11.3.1.3
<b>FREESTYLE</b>		<b>Rule</b>
Did not touch the wall at the turn or finish		11.2.2
Head did not surface at or before 15m mark following start or turn		11.2.3
Some part of swimmer did not break surface of the water throughout the race		11.2.3
Some part of S1-S5 swimmer did not break surface of the water during each stroke cycle		11.2.3.1
<b>BACKSTROKE</b>		<b>Rule</b>
Left the position on the back (other than to execute a turn)		11.3.2
Head did not break surface at or before the 15m mark		11.3.3
Some part of swimmer did not break surface of the water throughout the race		11.3.3
Some part of S1-S5 swimmer did not break surface of the water during each stroke cycle		11.3.3.1
More than one single or double simultaneous arm pull used to initiate the turn		11.3.4
While on breast, did not initiate the turn before or after arm pull		11.3.4
Did not touch the wall during the turn		11.3.4
Not on back upon leaving wall		11.3.4
Left position on the back at finish		11.3.5
Completely submerged at the finish		11.3.5
<b>BREASTSTROKE</b>		<b>Rule</b>
More than one arm pull or leg kick while submerged at start and turn		11.4.1
Single butterfly kick (if done) not performed prior to the 1 <sup>st</sup> breaststroke kick		11.4.1
Head did not break the surface before arms turn inward at the widest point of the second stroke after start or turn		11.4.1
More than one non-simultaneous arm stroke or arm stroke not on the horizontal plane to attain the breast position (no push off with legs)		11.4.1.1
Body not on the breast		11.4.2
Stroke cycle not 1 arm stroke and 1 leg kick in that order throughout the race		11.4.2
Arm movements not simultaneous or same horizontal plane		11.4.2
Hands not pushed forward together from the breast		11.4.3
Hands brought back beyond the hip line during the race		11.4.3
Elbows not under the water		11.4.3
Head not breaking surface of the water during each stroke cycle		11.4.4
Leg movements not simultaneous		11.4.4
Leg movements not on the same horizontal plane		11.4.4
Intent not shown of simultaneous leg movement or intent to kick in the same plane throughout the race		11.4.4.1
Leg(s) not trailed/dragged throughout the race		11.4.4.1
Feet/foot not turned out in the propulsive part of the kick		11.4.5
Executed a downward butterfly kick (except after the start and the turn)		11.4.5
Executed alternating kick movements		11.4.5
Did not touch at finish or turn with both hands, or touch not simultaneous, or hands not separated at the touch		11.4.6
Both arms not stretched forward simultaneously at turn or finish		11.4.6.1
		11.4.6.4
Did not touch with the one hand/arm being used to swim, when swimming with one arm		11.4.6.3
Non-functioning arm not being dragged or stretched forward during the race, when swimming with one arm		11.4.6.3



<b>BUTTERFLY</b>		<b>Rule</b>
Body not on breast		11.5.1
Arms not brought forward simultaneously – Arms not brought forward over the water		11.5.2
Arms not brought backwards simultaneously under the water		11.5.2
Non-functioning arm not being dragged or stretched forward during the race, when swimming with one arm		11.5.2.4
Body not in line with the normal water surface, when swimming with one arm (swimmer rolling)		11.5.2.4
Movement of the legs not simultaneous		11.5.3
Alternating movement of legs or feet - Athlete used breaststroke kick		11.5.3
Touch at finish or turn with one hand, or touch not simultaneous, or hands not separated		11.5.4
Both arms not stretched forward simultaneously at turn or finish		11.5.4.1
		11.5.4.4
Did not touch with the one hand/arm being used to swim (when swimming with one arm)		11.5.4.3
Athlete's head did not surface at or before the 15m following the start or turn		11.5.5
Once athlete has surfaced, athlete totally submerged during stroke		11.5.5
More than one arm pull under water (following start or turn)		11.5.5
<b>MEDLEY</b>		<b>Rule</b>
Stroke other than fly, back or breast not swum in Freestyle leg of medley or medley relay		11.2.1
Incorrect stroke order (fly, back, breast, free)		11.6.1
Stroke didn't cover ¼ of distance (four stroke IM)		11.6.1
Incorrect stroke order (back, breast, free in 150 m or 75 m)		11.6.1.1
Stroke didn't cover 1/3 of distance (three stroke IM)		11.6.1.1
Incorrect medley relay order (back, breast, fly, free)		11.6.2
After each turn in freestyle section, not on breast prior executing any kick or stroke		11.6.3
Finish of each stroke not in accordance with rules for the particular stroke		11.6.4
<b>RELAY</b>		<b>Rule</b>
Team swum not in listed order		11.7.5.1
Team member swum more than once; Mixed relay team not two men and two women		11.7.9
Lost contact with starting platform before preceding team member touches		11.7.10
Lost contact with wall before preceding team member touches		11.7.10.1
Team member entered water during race not to swim their length		11.7.11
Team member water starting enters water before preceding takeoff at the same end has been executed		11.7.11.1
<b>THE RACE</b>		<b>Rule</b>
Advertising violations		3.7
Swam with unapproved protective medical taping		6.6.2.1
Not medical withdrawal		10.6.1
Athletes coached or massaged by support staff		10.7.1
Support Staff use or visibly carry stopwatches, radio communication devices, back packs or bags		10.7.1
S11/SB11/SM11 athlete did not use tapper(s) or not tapped		10.7.3.1
Didn't report to the first call room no later than 15 minutes prior to the start of their race		10.8.1
Failed to attend classification or classification protest		10.11.2
Swam in swimwear not approved		10.15.1
Swam in more than one swimsuit		10.15.5
Walk on bottom during the race		11.2.4
Did not cover the whole distance – DNF		11.8.2
Did not remain and finish the race in the same lane in which he started		11.8.3
No contact with the end of the pool – Took a stride or step from the bottom of the pool		11.8.4
Pulling on the lane rope is not allowed		11.8.5
Obstructing or interfering with another swimmer		11.8.6
S11/SB11/SM 11 athlete without prosthetic eyes not wearing opaque goggles		11.8.8
Device aiding speed, buoyancy or endurance used		11.8.9
Swam with unapproved strapping to limit unwanted movement		11.8.9
Pace making, plan, device		11.8.13