



SWIMMING CANADA – INFRACTION GUIDE - QUICK REFERENCE 2017-2021

This card is to assist as a quick reference guide for Judges of Stroke and Inspectors of Turns. It must not be used as a substitute for the thorough knowledge of the swimming rules.

STARTS	RULE
Starting before the starting signal	SW 4.4
Delaying the meet	SW 2.3.2

FREESTYLE SWIMMING	RULE
Backstroke, breaststroke or butterfly swum in the freestyle portion of a medley	SW 5.1
Did not touch the wall at the turn or finish	SW 5.2
Head did not break surface of water at or before 15 metres following the start or turn	SW 5.3
Totally submerged during the race (except after surfacing following the start or turn)	SW 5.3

BACKSTROKE SWIMMING	RULE
Toes of both feet were not in contact with the wall or touchpad at start	SW 6.1
Body not on back (except when executing a turn)	SW 6.2
Head did not break surface of water at or before 15 metres following the start or turn	SW 6.3
Totally submerged during the race (except after surfacing following the start or turn)	SW 6.3
Did not touch the wall when executing the turn	SW 6.4
Did not start executing the turn immediately after turning onto the breast	SW 6.4
Used more than one non simultaneous arm pull to initiate the turn	SW 6.4
Turn not initiated at completion of arm pull	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	RULE
More than one butterfly kick prior to the first breaststroke kick	SW 7.1
Butterfly kick at the start or turn was not executed before 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
Incorrect stroke order, not 1 arm stroke to 1 leg stroke (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 brought back beyond the hip line (except during the 1st stroke following the start or turn)	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
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
Touch at the turn or finish not made with both hands	SW 7.6

BUTTERFLY SWIMMING	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



Non simultaneous arm movement	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
Head did not break surface of water at or before 15 metres following the start or turn	SW 8.5
Totally submerged during the race (except after surfacing following the start or turn)	SW 8.5

MEDLEY SWIMMING	RULE
Incorrect individual medley stroke order (correct: fly, back, breast, free - 1/4 each)	SW 9.1
Infraction relative to the stroke - <i>(complete using butterfly, backstroke, breaststroke or freestyle section)</i>	SW 9.1
In the freestyle section, did not return to the breast before any kick or stroke	SW 9.2
Swam a preceding stroke during the freestyle portion	SW 5.1
Finish of each section not in accordance with rules for the particular stroke	SW 9.4

RELAY	RULE
Incorrect medley relay stroke order (correct: back, breast, fly, free - 1/4 each)	SW 9.3
Infraction relative to the stroke - <i>(complete using butterfly, backstroke, breaststroke or freestyle section)</i>	SW 9.3
Early takeover by 2nd ___ 3rd ___ 4th ___ swimmer	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

THE RACE	RULE
Did not cover the whole distance	SW 10.2
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
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