



This card is a quick reference for Technical Officials. It must not be used as a substitute for the thorough knowledge of the swimming rules.

STARTS	RULE
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 start	11.1.2.7
Support staff giving momentum – any water start	11.1.2.8
Initiating the start 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
FREESTYLE	RULE
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
Walk on bottom during the race	11.2.4
BACKSTROKE	RULE
Starting device shall be cleared and deemed safe prior to the commencement of competition	11.3.1.3
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
Completely submerged (except for first 15m after start and turn or within 5m of the finish)	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	11.3.6
BREASTSTROKE	RULE
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 st 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 alternating movement	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
Intent not shown of simultaneous leg movement or intent to kick 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



BUTTERFLY	RULE
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 (swim on their side with dropped shoulder)	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
Athlete's impairment results in only 1 leg being used, the non-functional leg shall drag	11.5.3.1
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
MEDLEY	RULE
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
RELAY	RULE
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 the starting place 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
THE RACE	RULE
Advertising violations	3.6
Swam with unapproved protective medical taping	6.6.2.1
Not medical withdrawal	10.7.1
Athletes coached or massaged by support staff	10.8.1
Support Staff use or visibly carry stopwatches, radio communication devices, back packs or bags	10.8.1
Support staff permitted to assist an athlete if such a requirement is recorded for that athlete	10.8.2
S11/SB11/SM11 athlete did not use tapper(s) or not tapped	10.8.3.1
Didn't report to the first call room no later than 15 minutes prior to the start of their race	10.9.1
Swam in swimwear not approved	10.16.1
Swam in more than one swimsuit	10.16.6
Did not cover the whole distance – DNF	11.8.2
Did not remain and finish the race in the same lane in which they 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 athlete	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 / swam with a watch, technology, communication or data collection	11.8.9
Swam with unapproved strapping or improper use of swimwear that limits unwanted movement	11.8.9
Pace making, plan, device	11.8.13