



## SWIMMING CANADA QUICK REFERENCE INFRACTION GUIDE 2023-2025

*This card is a quick reference guide to help write up rule infractions.*

*It does not cover all rule infractions as it must not be used as a substitute for the thorough knowledge of the rulebook.*

<b>THE START</b>	<b>RULE</b>
Initiated start before the signal	4.4
Delayed the start / Wilfully disobeyed an order / Misconduct at the start	2.3.2
<b>FREESTYLE</b>	<b>RULE</b>
Did not touch the wall at the ( ___ m turn / finish)	5.2
Head did not break the surface of the water at or before the 15m mark following (start / ___ m turn)	5.3
Completely submerged during stroke	<after surfacing by 15M mark> 5.3
<b>BACKSTROKE</b>	<b>RULE</b>
At least one toe of each foot was not in contact with the wall or touchpad at start / Toes bent over the gutter	6.1
Left position on the back during stroke	<except when executing a turn> 6.2
Head did not break the surface of the water at or before the 15m mark following the (start / ___ m turn)	6.3
Completely submerged during stroke	<except last 5m> 6.3
Did not start executing the turn immediately after turning onto the breast at ___ m turn	6.4
Once on breast, more than one arm pull prior to ___ m turn	6.4
Turn not initiated at completion of the arm pull while on breast at ___ m turn	6.4
Did not touch the wall during the ___ m turn	6.4
Not on the back upon leaving the wall after the ___ m turn	6.4
Did not finish the race while on the back	6.5
<b>BREASTSTROKE</b>	<b>RULE</b>
More than one butterfly kick prior to first breaststroke kick following the (start / ___ m turn)	7.1
More than one arm stroke back to the legs following the (start / ___ m turn)	7.1
Head did not break the surface before widest part of the second stroke following (start / ___ m turn)	7.1
Body not on the breast during stroke	<except when executing a turn> 7.2
Stroke cycle not one arm stroke to one leg kick in that order	<except at finish> 7.2
Arm movements not simultaneous	7.2
Elbows not under the water during stroke	<except prior to turn/finish> 7.3
Hands brought back beyond the hip line during stroke	7.3
Head did not break the surface during stroke cycle	7.4
Leg movements not simultaneous	7.4
Feet not turned out during propulsive part of the kick	7.5
Executed a downward butterfly kick during stroke	<except once after start/turn> 7.5
Did not touch at the ( ___ m turn / finish) with both hands (separated/simultaneously)	7.6
<b>BUTTERFLY</b>	<b>RULE</b>
Body not on the breast during stroke	8.1
Arms not brought (forward/backward) simultaneously (over/under) the water	8.2
Alternating movement of legs or feet	8.3
Breaststroke kicking movement	8.3
Did not touch at the ( ___ m turn / finish) with both hands (separated/simultaneously)	8.4
More than one arm pull under water following the (start / ___ m turn)	8.5
Head did not break the surface of the water at or before the 15m mark following the (start / ___ m turn)	8.5
Completely submerged during stroke	8.5
<b>MEDLEY</b>	<b>RULE</b>
Backstroke, breaststroke or butterfly swum in the freestyle portion	5.1
Incorrect individual medley stroke order	<order is Fly, Back, Breast, Free> 9.1
In the freestyle portion, did not return to the breast before any kick or stroke	9.2
<b>RELAY</b>	<b>RULE</b>
Incorrect medley relay stroke order	<order is Back, Breast, Fly, Free> 9.3
Relay exchange did not commence from an approved starting location	<platform, deck or in-water> 10.11
Feet lost touch with the starting platform before the preceding team-mate touched the wall	10.12
Relay team member re-entered the water before all teams finished the race	10.13
Relay team did not swim in the order listed	10.14
<b>THE RACE</b>	<b>RULE</b>
Did not complete the whole distance	10.2
Did not remain in the same lane in which they started	10.4
When turning did not make contact with the end of the pool at ___ m / stride or step from the bottom of the pool	10.5
Stood on the bottom of the pool	<except in Freestyle> 10.6
Pulled on the lane rope	10.7
Obstructed another swimmer	10.8
Use of non-approved (device/swimsuit/tape)	15.3
Entered the water during a race not entered in	10.9
Failed to leave the pool as soon as possible at the end of the race / section in a relay	10.15
Device or plan used for pace-making	10.17