



<b>SW</b>	<b>START</b>
2.3.2	Delaying the Start
4.4	Start before starting signal
<b>FREESTYLE</b>	
5.2	Did not touch wall at the turn <b>or</b> finish
5.3	Totally submerged (except for first 15m at start and turn) during the race
	Head did not break surface at or before 15m mark following start <b>or</b> turn
<b>BACKSTROKE</b>	
6.2	Left position on the back (other than to initiate a turn)
6.3	Totally submerged, (except for first 15m following the start <b>or</b> turn <b>or</b> at the finish) during the race
6.4	Did not touch the wall during the turn
	More than one single or double simultaneous arm pull used to initiate the turn
	Not on back when leaving wall
6.5	Not on the back at finish
<b>BREASTSTROKE</b>	
7.1	Single Butterfly kick not performed during the first arm stroke <b>or</b> followed by a breaststroke kick
7.2	Body not on the breast
	Stroke cycle not one arm stroke to one leg kick
	Arm movements not simultaneous <b>or</b> not in the same horizontal plane
7.3	Hands not pushed forward together from the breast on, under or over the water
	Elbows over water except for last stroke before the turn, during the turn <b>or</b> the final stroke at the finish
	Hands not brought back on or under the surface of the water
7.4	Hands brought back beyond the hip line (except after the 1 <sup>st</sup> stroke following the start <b>or</b> turn)
	Head not breaking surface during stroke cycle (except after start & turn)
	Head did not break the surface before hands turn inward at widest point in 2 <sup>nd</sup> stroke after start <b>or</b> turn
	Leg movements not simultaneous (alternating leg movement)
7.5	Leg movements not on the same horizontal plane
	Feet not turned out during the propulsive part of the kick
	Executed a scissors, flutter <b>or</b> downward butterfly kick (except after the start <b>or</b> after the turn as in SW 7.1)
7.6	Did not touch at turn <b>or</b> finish with both hands, <b>or</b> touch not simultaneous
	Head not breaking surface during the last complete or incomplete cycle preceding the touch
<b>BUTTERFLY</b>	
8.1	Body not on the breast (except when executing a turn)
8.2	Arms not brought forward together
	Arms not brought forward over the water
	Arms not brought backward simultaneously
8.3	Movements of the legs not simultaneous
	Alternating movement of legs <b>or</b> feet
	Breaststroke kick used (legal in Masters' Competitions)
8.4	Did not touch at turn <b>or</b> finish with both hands, <b>or</b> touch not simultaneous
8.5	More than one arm pull under water (following start <b>or</b> turn)
	Head did not break surface at or before 15m mark following start or turn <b>or</b> not on surface during stroke
<b>MEDLEY</b>	
9.1	Incorrect individual stroke order (Fly, Back, Breast, Free)
9.2	Incorrect medley relay stroke order (Back, Breast, Fly, Free)
9.3	Finish of each stroke not in accordance with rules for the particular stroke
<b>THE RACE &amp; RELAYS</b>	
10.2	A swimmer did not cover the whole distance – DNF
10.3	Swimmer did not remain and finish in the lane in which he/she started.
10.4	No contact with the wall during a turn <b>or</b> turn not made from the wall <b>or</b> took stride <b>or</b> step from bottom of the pool
10.5	Walks during freestyle events <b>or</b> during the freestyle portion of the medley
10.6	Pulled on the lane rope
10.7	Obstructing <b>or</b> interfering with another swimmer – foul
10.8	Device or swimsuit aiding speed, buoyancy or endurance used <b>or</b> unauthorised used of tape on the body
10.9	Swimmer enters water during an event in which they are not scheduled to swim
10.10	Fewer than four swimmers in a relay team
10.11	Feet lost touch with starting place before preceding team-mate touches
10.12	Team member enters water during race not to swim their length
10.13	Team swum in incorrect order to that previously nominated
10.14	Obstructing another swimmer or team when leaving the pool following completion of a relay leg or race.
10.16	Pacemaking, plan <b>or</b> device <b>or</b> instruction given