



This card is to assist as a quick reference guide for Swimming Officials.
It must not be used as a substitute for thorough knowledge of WA Rules.

Rule	START
2.3.2	Delaying the Start (only referee can disqualify).
4.4	Initiating a start before starting signal.
	FREESTYLE
5.2	Did not touch wall at the turn or finish.
5.3	Completely submerged during the race (except for first 15m at start and turn). Head did not break surface of the water at or before 15m mark following start or turn.
	BACKSTROKE
6.1	Both hands not holding starting grips or standing in or on the gutter or bending the toes over the lip of the gutter. At least one toe of each foot was not in contact with the end wall or face of the touchpad when using the backstroke ledge.
6.2	Left position on the back except when executing a turn.
6.3	Head did not break the surface of the water at or before the 15m mark following the start or turn. Completely submerged during the race (except for first 15m following the start or turn).
6.4	Did not start executing the turn immediately after turning onto the breast. Turn not initiated at completion of the arm pull after leaving position on the back. Did not touch the wall during the turn. Not on back upon leaving the wall after the turn.
6.5	Did not finish the race while on the back.
	BREASTSTROKE
7.1	More than one butterfly kick prior to the first breaststroke kick after the start or turn. Head did not break the surface before the hands turned inward at widest part of the 2nd stroke after the start or turn. 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. Arm movements not simultaneous. Hands not pushed forward together from the breast.
7.3	Elbows not under the water during stroke. Hands brought back beyond the hip line during stroke (except after the first stroke following the start or turn).
7.4	Head did not break the surface during each stroke cycle. Leg movements not simultaneous (alternating leg movement).
7.5	Feet not turned out during the propulsive part of the kick. Executed a downward butterfly kick during stroke (except after the start or after the turn as in SW 7.1).
7.6	Did not touch at the turn or finish with both hands, separated and/or simultaneously.
	BUTTERFLY
8.1	Body not on the breast during stroke (except when executing a turn).
8.2	Arms not brought forward simultaneously over the water. Arms not brought backward simultaneously under the water.
8.3	Alternating movement of legs or feet. Breaststroke kicking movement.
8.4	Did not touch at the turn or finish with both hands, separated and/or simultaneously. More than one arm pull under water following start or turn.
8.5	Head did not break the surface of the water at or before 15m mark following start or turn. Completely submerged during the stroke.
	MEDLEY
5.1	Backstroke, breaststroke or butterfly swum in the freestyle section.
9.1	Incorrect individual medley stroke order (Fly, Back, Breast, Free).
9.2	In the freestyle section, did not return to the breast before any kick or stroke.
9.3	Incorrect medley relay stroke order (Back, Breast, Fly, Free).
9.4	Finish of section not in accordance with rule of the stroke concerned (complete with stroke infraction above).
	THE RACE & RELAYS
10.2	Did not complete the whole distance – DNF.
10.4	Did not remain in the same lane in which they started.
10.5	When turning did not make contact with the end of the pool. Took a stride or step from the bottom of the pool.
10.6	Stood on the bottom of the pool (except in freestyle).
10.7	Pulled on the lane rope.
10.8	Obstructing another swimmer – foul.
15.3	Use of non-approved device, swimsuit, adhesive substance or body tape.
10.9	Entered the water during a race not entered in.
10.10	Fewer than four in a relay team or team not (2 x men, 2 x women) in mixed relay.
10.11	Relay exchange did not commence from the starting platform.
10.12	Feet lost touch with the starting platform before the preceding team-mate touched the wall.
10.13	Relay Team member re-enters the water before all teams finished the race.
10.14	Relay team did not swim in the order listed.
10.15	Failed to leave the pool as soon as possible at the end of the race or section in a relay.
10.17	Device or plan used for pace-making.