



NS OFFICIALS QUICK REFERENCE

This card is to assist as a quick reference guide to Judge of Stroke, Inspectors of Turns.

- It does not replace the Rule Book

STARTS	SC	WPS
Delay of start, misconduct at start	SW2.3.2	3.1.3, 2.2.2.4.2
<i>Support staff giving momentum – balance + 90%</i>		3.1.3.2
- Feet		3.1.3.6
- Backstroke grip		3.1.3.7
Starting (forward motion) before starting signal	SW4.4	3.1.6
FREESTYLE SWIMMING		
Did not touch the wall at turn or finish	SW5.2	
Head did not break surface at or before 15m mark following start or turn	SW5.3	
Totally submerged (except in first 15m after start or turn)	SW5.3	
Walked on bottom of pool	SW10.5	
BACKSTROKE SWIMMING		
Both hands not holding grips. Standing in, on or toes bent over lip of gutter	SW6.1	
Toes not in contact with end wall or touchpad when backstroke ledge in use at start	SW6.1	
Left position on back (except when executing turn)	SW6.2	
Totally submerged (except in first 15m after start & turn)	SW6.3	
Head did not break surface at or before 15m mark following start or turn		
No immediate, continuous, single or double arm pull after turning to breast. Failure to immediately initiate turn after arm pull on breast. Did not touch the wall during turn. Not on back upon leaving wall.	SW6.4	
Left position on back before touch at finish	SW6.5	
BUTTERFLY SWIMMING		
Body not on breast	SW8.1	
Arms not brought forward, or backwards, simultaneously. Arms not brought forward over the water	SW8.2	
Movement of the legs not simultaneous, or are alternating, or breaststroke kick action	SW8.3	
Touch at finish or turn with one hand, or touch not simultaneous, or not separated	SW8.4	
<i>Both arms not stretched forward</i>		3.5.4.1, 3.5.4.4
Head did not break surface at or before 15m mark following start or turn. Totally submerged (except in first 15m after start & turn). More than one arm pull under water (following start or turn).	SW8.5	
BREASTSTROKE SWIMMING		
At start & after each turn – more than one arm stroke past the hips - More than a single butterfly kick - Fly kick not before first Breaststroke kick	SW7.1	3.4.1
<i>More than one arm stroke to attain breast position</i>		3.4.1.1
Body not on the breast Stroke cycle not 1 arm stroke to one leg kick Arm movements not simultaneous Arm movements not in same horizontal plane	SW7.2	3.4.2
Hands not pushed forward from breast Hands brought back beyond the hip line (except at start & turn) Elbows above water surface (except at start & turn)	SW7.3	3.4.3
<i>More than one arm pull or leg kick while submerged following start or turn</i>		3.4.4



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Head not breaking surface during stroke cycle. Head did not break surface before arms reached widest point in second arm stroke Leg movement - Non-simultaneous Not on same horizontal plane	SW7.4	3.4.4 3.4.4.1
Feet/foot not turned out in the propulsive part of kick Executed a downward butterfly kick (except after start & turn as in SW7.1) Executed alternating or scissor kick	SW7.5	3.4.5
Touch at finish or turn with one hand, or touch not simultaneous, or not separated	SW7.6	3.4.6
<i>Both arms not stretched forward at turn or finish.</i>		3.4.6.1
Stood on the bottom of the pool.		
MEDLEY SWIMMING		
Incorrect stroke swum in freestyle leg of IM or Medley Relay	SW5.1	3.2.1
Swam incorrect IM stroke order or distance.	SW9.1	3.6.1
In Freestyle leg - not on breast before any kick or stroke after the start or turn	SW9.2	
Swam incorrect medley relay stroke order or distance.	SW9.3	3.6.2
Finish of each stroke not in accordance with rules for the stroke.	SW9.4	3.6.3
THE RACE		
<i>S11 swimmer without prosthetic eyes not wearing opaque goggles.</i>		3.8.8
<i>Coached by Support Staff</i>		2.15
<i>Tapping did not occur</i>		2.15.1.1
<i>Tapping device not deemed safe</i>		2.15.1.2
<i>Prosthesis worn during race</i>		3.8.9.1
Swam with unapproved taping or strapping	CSW10.8.1	6.2.7
Pulling on lane rope	SW10.6	3.8.5
Did not cover the whole distance – DNF	SW10.2	3.8.2
Finished or swam the race in different lane than started in.	SW10.3	3.8.3
No contact with the end of the pool Stride or step on bottom of pool	SW10.4	3.8.4
Obstructing or interfering with another swimmer.	SW10.7	3.8.6
Used device aiding speed, buoyancy, or endurance (taping)	SW10.8	3.8.9
Relay team had less than four members	SW10.10	
Swimmer # _ Feet lost touch with starting platform before swimmer #_ touched the wall	SW10.11	
Pace making plan, device or instruction given	SW10.16	3.8.13