



## SWIMMING CANADA – INFRACTION GUIDE - QUICK REFERENCE 2023-2025

This card is to assist as a quick reference guide for Judges of Strokes and Inspectors of Turns. It must not be used as a substitute for the thorough knowledge of the swimming rules.

FREESTYLE SWIMMING	RULE
Backstroke, breaststroke or butterfly swum in the freestyle portion of a medley	5.1
Did not touch the wall at ___ m turn/finish	5.2
Head did not break surface of water at or before 15 metres following the start/turn	5.3
Totally submerged during the race after surfacing following the start/turn	5.3

BACKSTROKE SWIMMING	RULE
At least one toe of both feet was not in contact with the wall or touchpad at start	6.1
Body not on back (except when executing a turn)	6.2
Head did not break surface of water at or before 15 metres following the start/turn	6.3
Totally submerged during the race (except when permissible to be submerged)	6.3
Did not touch the wall when executing the turn	6.4
Did not start executing the turn immediately after turning onto the breast	6.4
Used more than one non simultaneous arm pull to initiate the turn	6.4
Turn not continuous at completion of arm pull while on breast	6.4
Not on the back upon leaving the wall following the turn	6.4
Did not finish the race while on the back	6.5

BREASTSTROKE SWIMMING	RULE
More than one butterfly kick prior to the first breaststroke kick	7.1
Head did not break the surface before the hands turned inward at the widest part of the second stroke after the start/turn	7.1
Body not on the breast (except when executing a turn)	7.2
Incorrect stroke cycle, not 1 arm stroke to 1 leg stroke (except at the finish)	7.2
Arm movements not simultaneous	7.2
Elbows over the water during stroke (except for final stroke before or during the turn, or the final stroke at the finish)	7.3
Hands brought back beyond the hip line (except during the 1 <sup>st</sup> stroke following the start/turn)	7.3
Head did not break the surface during each stroke cycle (except first cycle following the start/turn)	7.4
Leg movements not simultaneous (alternating movement)	7.4
Feet not turned out in the propulsive part of the kick	7.5
Executed a downward butterfly kick (except after the start/turn)	7.5
Touch at the turn/finish not made with both hands simultaneously and separated.	7.6
Touch at turn/finish made with one hand only	7.6

BUTTERFLY SWIMMING	RULE
Body not on the breast (except when executing a turn)	8.1
Arms not brought forward simultaneously over the water	8.2
Arms not brought backward simultaneously under the water	8.2
Alternating movement of legs or feet	8.3
Breaststroke kicking movement	8.3
Touch at the turn/finish not made with both hands simultaneously and separated	8.4
Touch at turn/finish made with one hand only	8.4
Head did not break surface of water at or before 15 metres following the start/turn	8.5
Totally submerged during the race after surfacing following the start/turn	8.5

<b>MEDLEY SWIMMING</b>	<b>RULE</b>
Incorrect individual medley stroke order ( <i>correct: fly, back, breast, free - 1/4 each</i> )	9.1
Infraction relative to the stroke - ( <i>complete using butterfly, backstroke, breaststroke or freestyle section</i> )	9.1
In the freestyle section, did not return to the breast before any kick or stroke	9.2
Swam a preceding stroke during the freestyle portion	5.1
Finish of stroke not in accordance with rules of that particular stroke	9.4

<b>RELAY</b>	<b>RULE</b>
Incorrect medley relay stroke order ( <i>correct: back, breast, fly, free - 1/4 each</i> )	9.3
Infraction relative to the stroke - ( <i>complete using butterfly, backstroke, breaststroke or freestyle section</i> )	9.3
Early takeover by 2nd ___ 3rd ___ 4th ___ swimmer ( <i>if AOE is used, enter the negative reading from system</i> )	2.6.8/10.12
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>STARTS</b>	<b>RULE</b>
Starting before the start signal	4.4
Delaying the start ( <i>wilfully disobeying an order or misconduct at start</i> )	2.3.2

<b>THE RACE</b>	<b>RULE</b>
Did not cover 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	10.5
Took a 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 during stroke	10.7
Obstructing another swimmer	10.8
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 or section in a relay	10.15
Device or plan used for pace-making	10.17
Use of non-approved device, swimsuit, adhesive substance or body tape	15.2