

| SW Ref | STARTS |
|---------------|---|
| 2.3.2 | Delaying the Start |
| 4.4 | Start before starting signal |
| | FREESTYLE |
| 5.2 | Did not touch wall at the turn or finish |
| 5.3 | Totally submerged (except for first 15m at start and turn) |
| 5.3 | Head did not break surface at or before 15m mark following start or turn |
| | BACKSTROKE |
| 6.2 | Left position on the back (other than to initiate a turn) |
| 6.3 | Totally submerged, (except for first 15m following the start or turn or at the finish) |
| 6.4 | Not on back when leaving wall |
| 6.4 | Did not touch the wall during the turn |
| 6.5 | Not on the back at finish |
| | BREASTSTROKE |
| 7.1 | Body not on the breast |
| 7.1 | Stroke cycle not one arm stroke to one leg kick |
| 7.2 | Arm movements not simultaneous |
| 7.2 | Arm movements not in the same horizontal plane |
| 7.3 | Hands not pushed forward together from the breast |
| 7.3 | Elbows over water except for last stroke before the turn, during the turn or the final stroke at the finish |
| 7.3 | Hands brought back beyond the hip line (except after the 1 st stroke following the start or turn) |
| 7.4 | Head not breaking surface during stroke cycle (except after start & turn) |
| 7.4 | Head did not break the surface before hands turn inward at widest point in 2 nd stroke after start or turn |
| 7.4 | Downward dolphin kick not followed by a breaststroke kick |
| 7.4 | Leg movements not simultaneous (alternating leg movement) |
| 7.4 | Leg movements not on the same plane |
| 7.5 | Feet not turned out during the propulsive part of the kick |
| 7.5 | Executed a downward dolphin kick (except after the start or after the turn as in SW 7.4) |
| 7.6 | Did not touch at turn or finish with both hands, or touch not simultaneous |
| | BUTTERFLY |
| 8.1 | Body not on the breast (except when executing a turn) |
| 8.2 | Arms not brought forward together |
| 8.2 | Arms not brought forward over the water |
| 8.2 | Arms not brought backward simultaneously |
| 8.3 | Movements of the legs not simultaneous |
| 8.3 | Alternating movement of legs or feet |
| 8.3 | Breaststroke kick used (legal in Masters' Competitions) |
| 8.4 | Did not touch at turn or finish with both hands, or touch not simultaneous |
| 8.5 | More than one arm pull under water (following start or turn) |
| 8.5 | Head did not break surface at or before 15m mark following start or turn |
| 8.5 | Not on surface during stroke (except first 15m following start or turn) |
| | MEDLEY |
| 9.1 | Incorrect individual stroke order (Fly, Back, Breast, Free) |
| 9.2 | Incorrect medley relay order (Back, Breast, Fly, Free) |
| 9.3 | Finish of each stroke not in accordance with rules for the particular stroke |
| | THE RACE |
| 10.1 | A swimmer did not cover the whole distance – DNF |
| 10.3 | Turn not made from the wall or took stride or step from bottom of the pool |
| 10.4 | Walks during freestyle events or during the freestyle portion of the medley |
| 10.5 | Pulled on the lane ropes |
| 10.6 | Obstructing or interfering with another swimmer – foul |
| 10.7 | Device aiding speed or buoyancy or endurance used |
| 10.9 | Fewer than four swimmers in a team |
| 10.10 | Feet (or hand(s) in relation to swimmers starting in the water) lost touch with starting place before preceding team-mate touches |
| 10.11 | Team member enters water during race not to swim their length |
| 10.12 | Team swum in incorrect order |
| 10.15 | Pacemaking, plan or device or instruction given |