



SW Ref	START
2.3.2	Delaying the start
4.4	Starting before the 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 <b>or</b> before 15m mark following start <b>or</b> turn
	<b>BACKSTROKE</b>
6.1	Both hands not holding starting grips <b>or</b> standing in <b>or</b> on the gutter <b>or</b> bending the toes over the lip of the gutter <b>or</b> top of the touchpad <b>or</b> feet not in contact with the wall <b>or</b> touchpad face.
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) during the race <b>or</b> at the finish
6.4	Did not touch the wall during the turn
	More than one single <b>or</b> double simultaneous arm pull used to initiate the turn <b>or</b> not performed immediately
	Not on back when leaving wall
6.5	Not on the back at finish
	<b>BREASTSTROKE</b>
7.1	After the start <b>or</b> after each turn, single butterfly kick performed other than before the first breaststroke leg kick
	Head not breaking surface before hands turn inward at widest point in second stroke after start <b>or</b> turn
7.2	Body not on the breast during the swim <b>or</b> when leaving the wall after a turn (except when executing a turn)
	Stroke cycle not one arm stroke to one leg kick excluding the last single arm stroke prior to the touch at the turn <b>or</b> finish
	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 <b>or</b> 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 <b>or</b> under the surface of the water
	Hands brought back beyond the hip line (except after the first stroke following the start <b>or</b> turn)
7.4	Head not breaking surface during each complete cycle
	Leg movements not simultaneous (alternating leg movement) <b>or</b> leg movements not on the same plane
7.5	Feet not turned out during the propulsive part of the kick
	Executed alternating <b>or</b> downward butterfly kicks (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 <b>or</b> hands not separated
	Head not breaking surface during the last complete <b>or</b> incomplete cycle preceding the touch
	<b>BUTTERFLY</b>
8.1	Body not on the breast during the swim <b>or</b> when leaving the wall after a turn (except when executing a turn)
8.2	Arms not brought forward simultaneously <b>or</b> arms not brought forward over the water
	Arms not brought backward under the water simultaneously throughout the race (subject to SW 8.5)
8.3	Movements of the legs not simultaneous <b>or</b> 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 <b>or</b> hands not separated
8.5	More than one arm pull under water (following start <b>or</b> turn)
	Head did not break surface at <b>or</b> before 15m mark following start <b>or</b> turn <b>or</b> not on surface during stroke
	<b>MEDLEY</b>
9.1	Incorrect individual stroke order i.e. not Fly, Back, Breast, Free
	Each stroke did not cover ¼ of race distance
9.2	Body not returned to breast during freestyle leg before kick <b>or</b> stroke performed
9.3	Incorrect medley relay stroke order i.e. not Back, Breast, Fly, Free
	Each stroke did not cover ¼ of race distance
9.4	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/or finish in the lane in which they 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	Obstruction <b>or</b> interfering with another swimmer - foul
10.8	Unauthorised use of tape, device <b>or</b> swimsuit aiding speed, buoyancy <b>or</b> endurance, power bands <b>or</b> adhesive substances used
10.9	Swimmer enters water during an event in which they are not scheduled to swim
10.10	Fewer than four in a relay team <b>or</b> team not (2 x men, 2 x women) <b>or</b> team members not registered with same club (MSW 4.1)
10.11	Swimmer's feet lost touch with starting platform before preceding team-mate touches
10.12	Team member enters water during race not to swim their length
10.13	Team event swum in incorrect order to that previously nominated
10.14	Obstructing another swimmer <b>or</b> team when leaving the pool following completion of a race <b>or</b> relay leg
10.16	Pacemaking, plan <b>or</b> device <b>or</b> instruction given