

# STROKE JUDGE INSPECTOR OF TURNS

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## A. INTRODUCTION

### Advice to Stroke Judges and Inspectors of Turns:

Officials should be unobtrusive and inconspicuous. The focus must be on the swimmers. Officials gain respect by being responsible, knowledgeable, and competent. They must continue to learn, and keep abreast of rule changes.

The rules exist to regulate “fair play”, and to prevent an unfair advantage of one competitor over another. Be sure you really saw an infraction: water turbulence and light refraction can be deceptive. Always give the benefit of the doubt to the swimmer.

**NB:** There is no disqualification until the Referee has signed the Infraction report. Up to that point, we use the term “Infraction Report”. An official who observes an infraction of the stroke or turn rules completes an Infraction report card. A process established in advance (during the pre-session briefing) determines how this report is brought to the Referee. The Referee will accept or reject the Infraction report. If accepted, then and only then has the swim been disqualified.

## B. ROLE AND LOCATION

### 1. *The Stroke Judge*

**SW 2.7.1** *Judges of stroke shall be located on each side of the pool.*

- There needs to be at least one official on each side of the pool when stroke judges are used; two stroke judges on each side is preferred.

**SW 2.7.2** *Each judge of stroke shall ensure that the rules related to the style of swimming designated for the event are being observed, and shall observe the turns and the finishes to assist the inspectors of turns.*

- Judges of stroke walk the side of the pool throughout the race, observing swimmers in the half of the pool closest to their position. They walk to each end of the pool, assisting the inspectors of turns in observing the turns and finishes.

**SW 2.7.3** *Judges of stroke shall report any violation to the referee on signed cards detailing the event, lane number, and the infringement.*

- *Note:* At local and provincial meets the Judges of Stroke usually give their infraction report to the Chief Stroke and Turn official.

## **2. Inspector of Turns**

**SW 2.6.1** *One inspector of turns shall be assigned to each lane at each end of the pool.*

- At local, provincial, and even some national meets, the Head Lane Timer is also the Inspector of Turns. Often, a shortage of officials makes it impossible to have all lanes covered at the turn end.

**SW 2.6.2** *Each inspector of turns shall ensure that swimmers comply with the relevant rules for turning, commencing from the beginning of the last armstroke before touching and ending with the completion of the first armstroke after turning. The Inspector of Turns at the starting end of the pool, shall ensure that the swimmers comply with the relevant rules from the start and ending with the completion of the first armstroke. The inspectors of turns at the finish end shall also ensure that the swimmers finish their race according to the current rules.*

- Inspectors of turns observe the swimmers during the turns, but also after the start and at the finish of the race, ensuring the touch is legal, and the entire distance was completed.
- They need to be stationed over the lane in order to observe the swimmers' actual contact with the wall.

**SW 2.6.3** *In individual events of 800 and 1500 meters, each inspector of turns at the turning end of the pool shall record the number of laps completed by the swimmer in his lane and keep the swimmer informed of the remaining number of laps to be completed by displaying lap cards. Semi-electronic equipment may be used, including underwater display.*

- This is a requirement at national and international meets.

**SW 2.6.4** *Each inspector at the starting end shall give a warning signal when the swimmer in his lane has two lengths plus five (5) meters to swim to finish in individual events of 800 and 1500 meters. The signal may be repeated after the turn until the swimmer has reached the five (5) meter mark on the lane rope. The warning signal may be by whistle or bell.*

**SW 2.6.5** *Each inspector at the starting end shall determine, in relay events, whether the starting swimmer is in contact with the starting platform when the preceding swimmer touches the starting wall. When Automatic Equipment which judges relay take-offs is available, it shall be used in accordance with SW 13.1.*

**SW 2.6.6** *Inspectors of turns shall report any violation on signed cards detailing the event, lane number, and the infringement delivered to the chief inspector of turns who shall immediately convey the report to the referee.*

- At national and international meets the card is given to the Chief Inspector of Turns. At provincial and local meets it is usually given to the Chief Stroke and Turn official.

### **3. Chief Inspector of Turns**

*SW 2.5.1 The Chief inspector of turns shall ensure that inspectors of turns fulfill their duties during the competition.*

*SW 2.5.2 The Chief inspector of turns shall receive the reports from the inspectors of turns if any infringement occurs and shall present them to the referee immediately.*

The Chief Inspector of Turns (CIT) is situated at the start and/or finish end of the pool, on the side of the pool, close to the end, so that s/he is in position to observe all lanes and ensure that all inspectors of turns (IT) are doing their job correctly.

If an IT has an infraction report, the CIT discusses the infraction with the IT, and ensures that the IT completes the report card properly. The CIT then takes the report to the Referee; after reviewing the report, the Referee will accept or reject it. The CIT may be asked to inform the swimmer, coach or team member.

The Chief Inspector of turns may be asked to brief Inspectors of turns prior to the session regarding the rules and procedures for reporting an infraction. This position is rarely used at provincial or local meets, where a similar task is performed by the Chief Stroke and Turn official.

### **4. Head Lane Timer**

#### **CSW 2.13.1.1 Head Lane Timekeeper**

- a) *Shall determine that the proper swimmer is in the correct lane.*
- b) *Shall determine that the proper time card or document is being used.*
- c) *Shall determine that the proper times are being read and recorded.*
- d) *Shall determine and record the official time on the time card/document, if so directed by the chief timekeeper.*
- e) *Shall appoint one timekeeper to take split times.*
- f) *Shall determine and report to the chief finish judge, if a swimmer has made a light touch. (This may be done by a suitable notation on the time card when Automatic Officiating Equipment is not used).*
- g) *Shall determine that the members of a relay team swim in the correct order.*
- h) *In the absence of an inspector of turns, shall judge relay takeovers.*
- i) *If qualified may act as an inspector of turns.*

A Head Lane Timekeeper is both a Timekeeper and the lane Inspector of turns at the finish end. This position is assumed by an official who is a certified judge of stroke and inspector of turns. S/he assigns the various timekeeper responsibilities within the lane, as noted above.

## **C. THE RACE: RULES COMMON TO ALL STROKES**

*SW 10.1 A swimmer swimming over the course alone shall cover the whole distance to qualify.*

*SW 10.2 A swimmer must finish the race in the same lane in which he started.*

*SW 10.3 In all events, a swimmer when turning shall make physical contact with the end of the pool or course. The turn must be made from the wall, and it is not permitted to take a stride or step from the bottom of the pool.*

*SW 10.4 Standing on the bottom during freestyle events or during the freestyle portion of medley events shall not disqualify a swimmer, but he shall not walk.*

*SW 10.5 Pulling on the lane rope is not allowed.*

*SW 10.6 Obstructing another swimmer by swimming across another lane or otherwise interfering shall disqualify the offender. Should the foul be intentional, the referee shall report the matter to the Member promoting the race, and to the Member of the swimmer so offending.*

*SW 10.7 No swimmer shall be permitted to use or wear any device that may aid his speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, etc.). Goggles may be worn.*

*SW 10.8 Any swimmer not entered in a race, who enters the water in which an event is being conducted before all swimmers therein have completed the race, shall be disqualified from his next scheduled race in the meet.*

### **Relay events**

*SW 10.9 There shall be four swimmers on each relay team.*

*CSW 10.9.1 Members of a relay team shall be registered with their PS and members of the same club.*

*SW 10.10 In relay events, the team of a swimmer whose feet lose touch with the starting platform before the preceding teammate touches the wall shall be disqualified.*

*SW 10.11 Any relay team shall be disqualified from a race if a team member, other than the swimmer designated to swim that length, enters the water when the race is being conducted, before all swimmers of all teams have finished the race.*

*SW 10.12 The members of a relay team and their order of competing must be nominated before the race. Any relay team member may compete in a race only once. The composition of a relay team may be changed between the heats and finals of an event, provided that it is made up from the list of swimmers properly entered by a Member for that event. Failure to*

swim in the order listed will result in disqualification. Substitutions may be made only in the case of a documented medical emergency.

- Swimmer names and order must be known to the lane in which they are competing prior to the start of the race.

**CSW 10.12.1** Unattached swimmers shall not participate in relay events. A swimmer shall compete as a member of only one relay team per event. The members of a relay team and their order of competing must be listed before the last scratch deadline.

**CSW 10.12.2** The offending swimmer(s) of a relay team disqualified in heats shall not be used as a member(s) of a relay team in the final of the same event.

**SW 10.13** Any swimmer having finished his race, or his distance in a relay event, must leave the pool as soon as possible without obstructing any other swimmer who has not yet finished his race. Otherwise the swimmer committing the fault, or his relay team, shall be disqualified.

**SW 10.14** Should a foul endanger the chance of success of a swimmer, the referee shall have the power to allow him to compete in the next heat or, should the foul occur in a final event or in the last heat, the referee may order it to be re-swum.

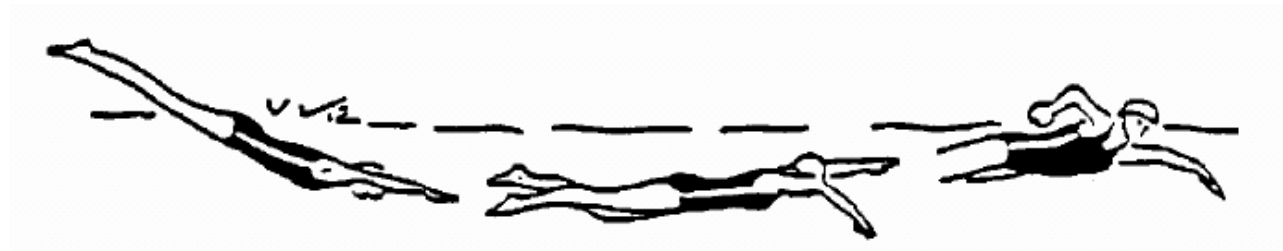
- The Referee makes the call on whether or not a re-swim is permitted.

**SW 10.15** No pace-making shall be permitted, nor may any device be used or plan adopted which has that effect.

## D. FREESTYLE

**SW 5.1** Freestyle means that in an event so designated the swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly.

- While in individual freestyle the swimmer may swim any stroke, he is judged only by the freestyle rules and gets a freestyle time. REMEMBER that freestyle requires a dive start (SW 4.1) and the head must break the surface before passing the 15 meter mark.



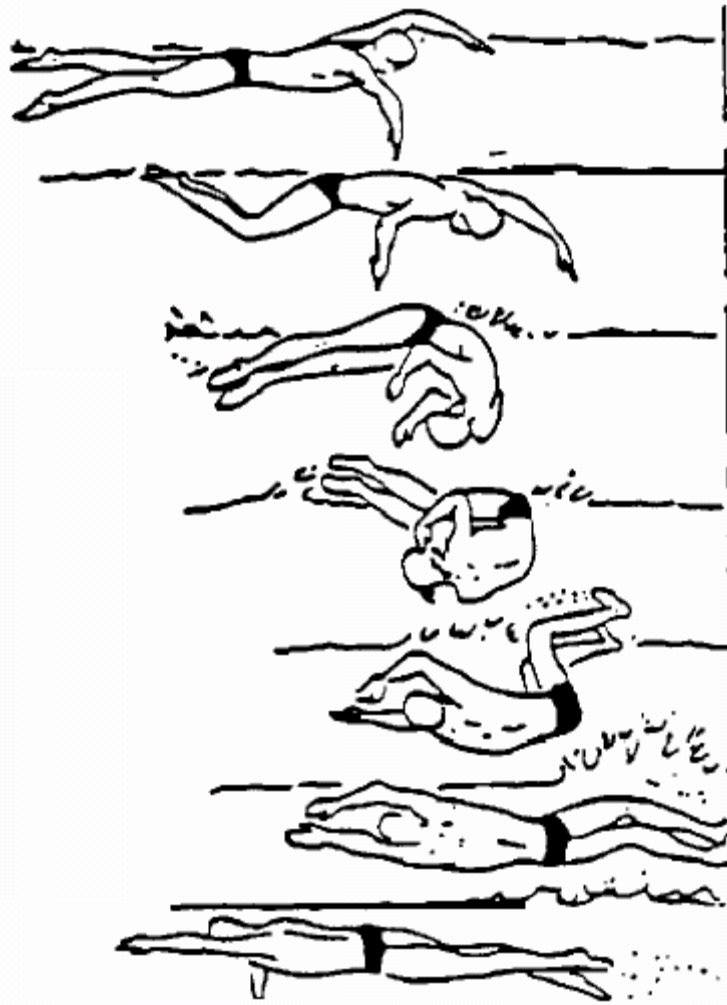
**SW 5.2** Some part of the swimmer must touch the wall upon completion of each length and at the finish.

**SW 5.3** Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters after the start and each turn. By that point, the head must have broken the surface.

**JUDGING FREESTYLE:**

- Observe for any infractions common to all strokes, including that the swimmer always touches the wall with some part of the body.
- Observe that the head or part of the head has broken the surface before the 15 meter mark.
- If the swimmer surfaces in the wrong lane, and is able to return to his lane without obstructing another swimmer, there is no penalty.

Below you see an example of the usual freestyle turn. Remember: other styles may be used.



## E. BACKSTROKE

There is a great deal of freedom in the stroke portion of backstroke. Turns and final touches are another matter: they are controlled by the rules. Study the rules carefully, and avoid any references to “non-continuous” turns, as this terminology is no longer in the rulebook.

**SW 6.1** *Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter, or bending the toes over the lip of the gutter, is prohibited.*

**SW 6.2** *At the signal for starting and after turning, the swimmer shall push off and swim upon his back throughout the race except when executing a turn as set forth in SW 6.4. The normal position on the back can include a roll movement of the body up to, but not including, 90 degrees from horizontal. The position of the head is not relevant.*

**SW 6.3** *Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely submerged during the turn, at the finish, and for a distance of not more than 15 meters after the start and each turn. By that point the head must have broken the surface.*

**SW 6.4** *When executing the turn there must be a touch of the wall with some part of the swimmer’s body. During the turn the shoulders may be turned over the vertical to the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to the position on the back upon leaving a wall.*

### **Backstroke Turn**

*(by Bill Hogan, SNC Rules Coordinator)*

Here is the official Fina Technical Swimming Committee interpretation on rule SW 6.4.

- The only new rule change in Backstroke is that the toes no longer need to be under the surface of the water at the start.
- When judging the backstroke turn, officials must consider SW 6.2 and SW 6.4 together. Swimmers must swim on the back throughout the race. There is only one exception when a swimmer can be beyond the 90 degree vertical, and that is when they are executing the turn **as set forth in SW 6.4**. At that time, the judge should focus on the swimmers hands to see that a turn is “initiated” with a downward motion. If not, we are dealing with an “extended layout” infraction. A swimmer is not turning if one or both arms are simply extended in front of him/her, or simply at the swimmer’s side.
- Other backstroke turns, such as the so-called “suicide” turn, or a “saucer” turn, are both executed while still on the back without the shoulders passing the 90 degrees vertical prior to the touch.
- Kicking is acceptable if it is part of the continuous turning action. The swimmer must be observed in total.
- Turning from Back to Breast too far from the wall, and kicking to make up the distance to begin the turn, is illegal. Kicking as part of the turn is legal.

**SW 6.5** Upon the finish of the race the swimmer must touch the wall while on the back.

- This also applies to the backstroke portion of medley swimming.

**JUDGING BACKSTROKE:**

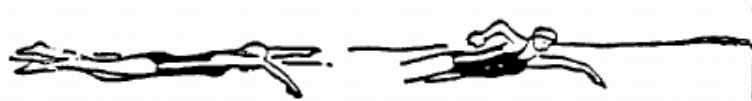
- 90 degrees is used as the dividing line between being on the back or not. The swimmer may not roll beyond 90 degrees except when initiating a turn.
- Observe regulations that apply to all strokes.
- Observe that some portion of the head surfaces before the 15 meter mark.
- On the finish touch, the swimmer must touch with the foremost part of the body (hand, arm head, shoulder).
- A swimmer may be submerged at the turn and the final touch.
- On the final touch the swimmer must be on the back.
- On the turns observe for the single arm pull or the simultaneous double arm pull. They may use one or the other but no more.



ALLOWABLE – Single arm pull to execute turn



ALLOWABLE – Double arm pull to execute turn



INFRACTION – More than one single arm or double arm pull before executing turn

**F. BREASTSTROKE**

**SW 7.1** From the beginning of the first armstroke after the start and after each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.

**SW 7.2** All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.

**SW 7.3** *The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under the water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.*

**SW 7.4** *During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. A single downward dolphin kick followed by a breaststroke kick is permitted while wholly submerged. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.*

**NB:** the following rule interpretation is from the SNC Officials website.

### **Breaststroke**

*(by Bill Hogan, SNC Rules Coordinator)*

The only rule change for the Breaststroke involves the kick, allowing a single legal dolphin kick at the start and at the turns. That single dolphin kick is permitted under 2 conditions:

1. It must be done while the swimmer is submerged.
2. It must be followed by a breaststroke kick.

#### **No changes:**

- The arms and legs still must be horizontal and simultaneous
- The elbows still must be below the water except during final stroke at turns and finish.
- The touch at the wall must be simultaneous only.
- The Breaststroke is the most technical swimming stroke. To clarify some points, consider the following interpretations based on SW 7 in the Fina rulebook.
- Technical rules on breaststroke apply specifically to the arms and legs. There is no longer any mention of the shoulders, since there is no longer a requirement for the shoulders to be in line with the normal water surface. (This requirement was deleted from SW 7.2 in the 1998 Fina rulebook).
- The elbows must be under the water on the forward part of the stroke in breaststroke (SW 7.3) It is only at the final stroke at the finish of the race that the elbows may be over the water.
- The swimmer may not push off the wall on the back. SW 7.1 states "it is not permitted to roll onto the back at any time." (This also applies to butterfly as stated in SW 8.1)
- SW 7.2 and SW 7.4 are identical. One applies to the arms; one to the legs. Arms and legs must be horizontal and simultaneous when stroking breaststroke. At the turns and the finish, the touch must be simultaneous only, but need not be horizontal.
- **Dolphin Kick:** An illegal dolphin kick in breaststroke is a deliberate downward kicking motion or thrust. It would usually generate propulsion. However, since the feet are permitted to break the surface of the water, they will necessarily break the surface again on their re-entry path. This does not necessarily mean that a dolphin kick was used; it may simply be a natural legal undulation of the legs as a result of a forceful push off the wall. An illegal dolphin kick is a downward thrust and deliberate kicking motion of the legs and feet.

*Continued next page*

**Official FINA Interpretation on the use of the DOLPHIN KICK in BREASTSTROKE:**

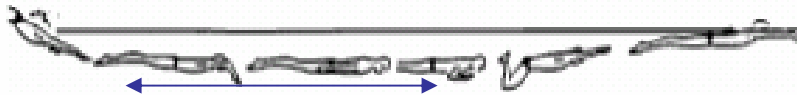
- "A dolphin kick is not part of the cycle and is only permitted at the start and turn whilst the arms are pulling back to the legs or after the arm pull whilst wholly submerged followed by a breaststroke kick."

**SW 7.5** The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter, or downward dolphin kick is not permitted except as in SW 7.4. Breaking the surface of the water with the feet is allowed unless followed by a downward dolphin kick.

**SW 7.6** At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

**JUDGING BREASTSTROKE:**

- Observe that the underwater movements of the arms and legs after the start conform to the rules.
- Consider the breaststroke start:



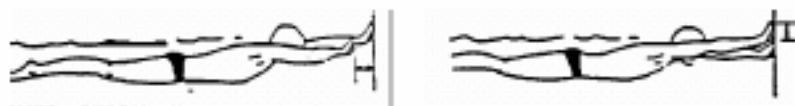
Refer to the rule interpretation at the top of this page to determine the time during which the swimmer is permitted to do a dolphin kick if he chooses.

- Consider the rules governing all strokes.
- Any dolphin kick *other than* specified in SW 7.4 is illegal.
- Note the need to surface before completing the second arm pull:



**INFRACTION:** Head under water during completion of second arm pull.

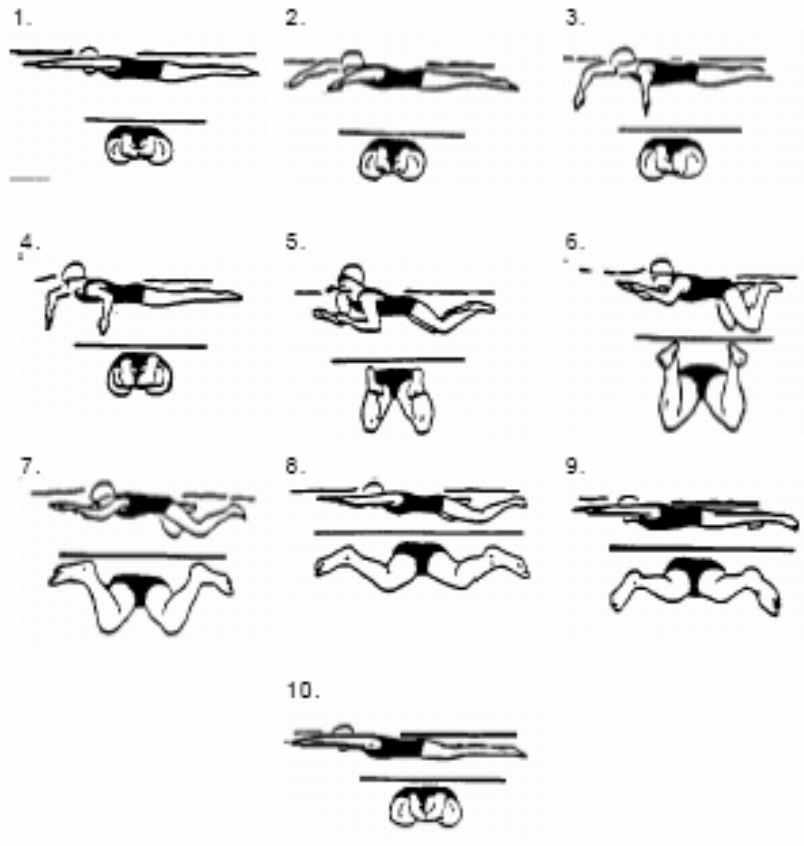
- At the turn, shoulders may be dipped, but swimmer must be on the breast; the touch must be simultaneous.



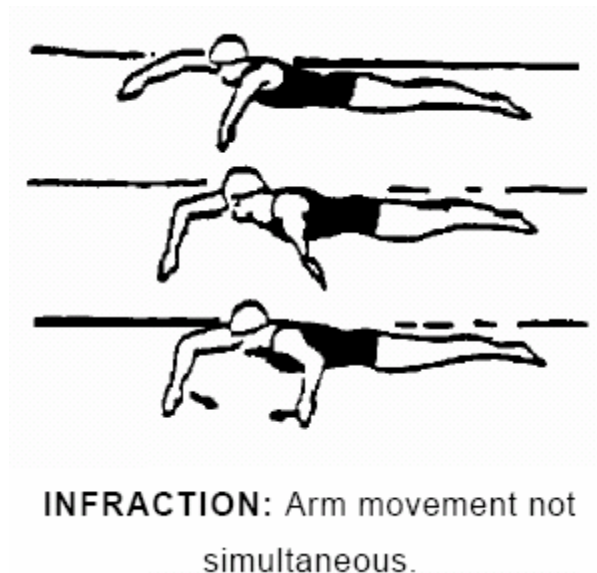
**INFRACTION:** Hands not simultaneous.

**ALLOWABLE:** Hands not at same level.

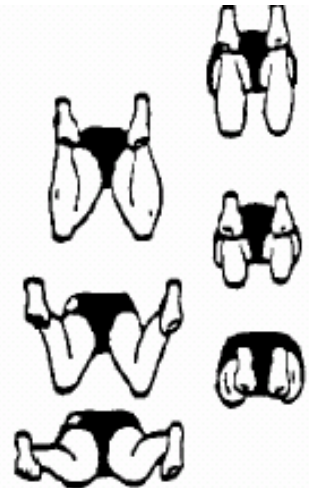
- Stroke is performed with each side “mirroring” the other.



- All movements of the arms must be simultaneous.

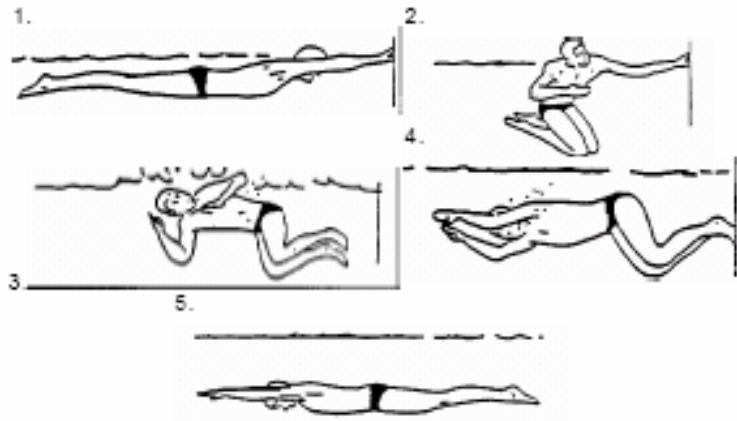


- All movements of the legs must be simultaneous; the feet must turn outwards in the backward position.



**INFRACTION:** Feet not turned outward.  
i.e. Imparting a downward dolphin thrusting motion

- Carefully watch the steps of the breaststroke turn.



- Observe that the elbows remain below the water except for the final stroke before the turn, and the final touch.
- **NB:** the breaststroke is the only stroke that does *not* demand that the swimmer's head break the surface of the water before the 15 meter mark.

## G. BUTTERFLY

**SW 8.1** From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time.

**SW 8.2** Both arms must be brought forward together over the water and brought backward simultaneously throughout the race, subject to SW 8.5.

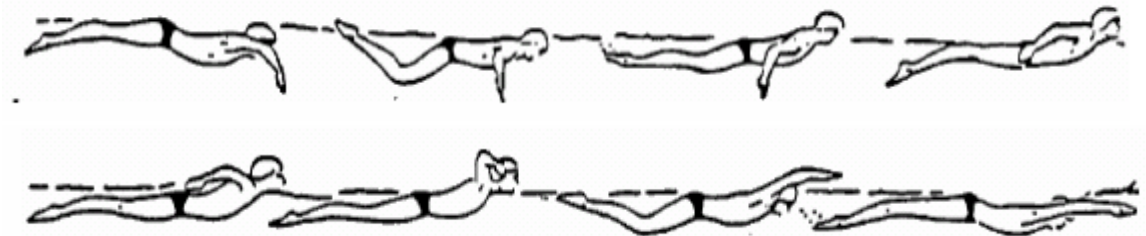
**SW 8.3** All up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kicking movement is not permitted.

**SW 8.4** At each turn and at the finish of the race, the touch shall be made with both hands simultaneously, at, above or below the water surface.

**SW 8.5** At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.

### JUDGING BUTTERFLY:

- Consider infractions common to all strokes.
- Only one arm pull underwater is allowed; the swimmer may dolphin kick as often as he wants underwater.
- Only the dolphin kick is allowed in butterfly.
- Watch that arms recover over the water:



- Observe that the legs do not alternate:



**ALLOWABLE:** One leg higher.



**INFRACTION:** Legs alternating.

- Watch that the feet are turned inward during the propulsive part of the kick.
- The swimmer must not recover the arms underwater in order to touch out:



- Once a legal touch is made, the swimmer may turn in any way, but must be beyond the vertical to the breast before leaving the wall.
- The touch must be simultaneous; as in breaststroke, the hands need not be parallel.
- Shoulders do not need to be horizontal.

## H. MEDLEY RACES

**NB:** In most other languages, “medley” translates to “four individual swims”. Indeed, individual and relay medley swimming require that all four strokes be swum according to their individual rules. *E.g.* the backstroke segment must follow the rules of backstroke as regards the turns and the need to finish on the back.

**SW 9.1** In individual medley events, the swimmer covers the four swimming styles in the following order: Butterfly, Backstroke, Breaststroke and Freestyle.

**SW 9.2** In medley relay events, swimmers will cover the four swimming styles in the following order: Backstroke, Breaststroke, Butterfly and Freestyle.

**SW 9.3** Each section must be finished in accordance with the rule which applies to the style concerned.

STROKE ORDER	
<i>Individual Medley: FBBF</i>	<i>Medley Relay: BBFF</i>
Fly	Back
Back	Breast
Breast	Fly
Free	Free

### JUDGING MEDLEY SWIMMING:

- Consider infractions common to all strokes.
- Observe that the strokes are swum in the proper order.
- Observe that the freestyle leg is swum with a stroke other than the backstroke, breaststroke, or butterfly.

- Observe that the swimmer makes the approach and touch according to the rules of the incoming stroke. Observe that the swimmer makes the push-off according to the rules of the outgoing stroke. *E.g.* back to breast turn – touch out while on the back, then free to turn in any manner, but must leave the wall on the breast.
- Observe that on back, butterfly and freestyle strokes part of the head surfaces before the 15 meter mark.
- Watch that shoulders are not rotated beyond 90 degrees towards the breast before the touch out at the end of the backstroke leg.
- On relays, ensure that the outgoing swimmer has not lost contact with the starting platform before the incoming swimmer has touched the wall.

## **I. SUGGESTIONS: WRITING INFRACTION REPORTS**

At the 1<sup>st</sup> FINA World Youth Championships in Brazil (August 2006) a small 4" x 5" double sided laminated card was given to all judges by the FINA Technical Committee. It contained suggested wording for writing Infraction Reports, and appears on the next page of this document.

Please pay particular attention to the opening statement.

### **Swimming Rule Quick Reference Infraction Card**

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

<b>STARTS</b>	<b>FINA RULE</b>
Any swimmer starting before the starting signal will be disqualified	SW4.4
<b>FREESTYLE SWIMMING</b>	<b>FINA RULE</b>
Form stroke swum in Freestyle leg of medley	SW5.1
Swimmer did not touch the wall at the turn	SW5.2
Swimmer's head did not surface at or before 15m mark following the start or turn	SW5.3
Swimmer totally submerged (except for first 15m at start & turn)	SW5.3
Swimmer walked or pushed off the bottom of the pool	SW10.4
<b>BACKSTROKE SWIMMING</b>	<b>FINA RULE</b>
Swimmer left the position on the back (other than to execute a continuous turning action) <sup>1</sup>	SW6.2
Swimmer totally submerged except in first 15m following the start or turn	SW6.3
Swimmer executed arm pull, kick independently of turning whilst off the back	SW6.4
Swimmer did not touch the wall during the turn	SW6.4
Swimmer stood on the bottom of the pool	SW10.4
<b>BUTTERFLY SWIMMING</b>	<b>FINA RULE</b>
Body not on breast (except when executing a turn)	SW8.1
Arms not brought forward over the water	SW8.2
Arms not brought forward together	SW8.2
Arms not brought backward simultaneously	SW8.2
Movement of the feet not simultaneous	SW8.3
Alternating movement of legs or feet	SW8.3
Swimmer used breaststroke kick	SW8.3
Touch at finish or turn with one hand, or touch not simultaneous	SW8.4
Swimmer's head did not surface at or before the 15m mark following the start or turn	SW8.5
Swimmer totally submerged (except in first 15m after start or turn)	SW8.5
More than one arm pull under water (following start or turn)	SW8.5
Swimmer stood on the bottom of the pool	SW10.4

<b>BREASTSTROKE SWIMMING</b>	<b>FINA RULE</b>
Body not on the breast	SW7.1
Head did not break surface each stroke cycle (except first cycle after start and turn)	SW7.1
Stroke cycle not 1 arm stroke to 1 leg kick	SW7.1
Arm movements not simultaneous	SW7.2
Arm movements not in the same horizontal plane	SW7.2
Hands not pushed forward from the breast	SW7.3
Hands brought back beyond the hip line (after the first stroke following the start and turn)	SW7.3
Elbows over water except for last stroke before the turn, during the turn or the final stroke at the finish	SW7.3
Leg movements not simultaneous (or alternating movement)	SW7.4
Leg movements not on the same plane	SW7.4
Head did not break the surface before arms reached widest point in second stroke after start or turn.	SW7.4
Feet not turned out in the propulsive part of the kick	SW7.5
Executed a downward dolphin kick (except after the start and the turn as in SW7.4)	SW7.5
Executed a flutter or scissors kick	SW7.5
Did not touch at finish or turn with both hands, or touch not simultaneous	SW7.6
Swimmer stood on the bottom of the pool	SW10.4
<b>MEDLEY SWIMMING</b>	<b>FINA RULE</b>
Incorrect stroke order (fly, back, breast, free)	SW9.1
Incorrect medley order (back, breast, fly, free)	SW9.2
Finish of each stroke not in accordance with rules for the particular stroke	SW9.3
<b>THE RACE</b>	<b>FINA RULE</b>
A swimmer, swimming the course alone shall cover the whole distance to qualify	SW10.1
A swimmer must finish the race in the same lane where they started	SW10.2
A swimmer when turning shall make contact with the end of the pool	SW10.3
Standing on the bottom during freestyle events or during the freestyle portion of the medley events shall not walk	SW10.4
Pulling on the lane rope is not allowed	SW10.5