

SW Ref	START
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) during the race
	Head did not break surface at or before 15m mark following start or turn
BACKSTROKE	
6.1	Both hands not holding starting grips or standing in or on the gutter or bending the toes over the lip of the gutter.
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) during the race
6.4	Did not touch the wall during the turn
	More than one single or double simultaneous arm pull used to initiate the turn or not performed immediately
	Not on back when leaving wall
6.5	Not on the back at finish
BREASTSTROKE	
7.1	Single fly kick not started during the propulsive part of the first arm pull or not followed by a breast kick
	At the turn or finish, more than one single arm stroke not followed by a breaststroke leg kick
7.2	Body not on the breast during the swim or 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 or finish
	Arm movements not simultaneous or not in the same horizontal plane
7.3	Hands not pushed forward together from the breast on, under or over the water
	Elbows over water except for last stroke before the turn, during the turn or the final stroke at the finish
	Hands not brought back on or under the surface of the water
	Hands brought back beyond the hip line (except after the 1 st stroke following the start or turn)
7.4	Head not breaking surface before hands turn inward at widest point in 2 nd stroke after start or turn or during stroke cycle
	Leg movements not simultaneous (alternating leg movement) or leg movements not on the same plane
7.5	Feet not turned out during the propulsive part of the kick
	Executed alternating or downward dolphin kicks (except after the start or after the turn (as in SW 7.1)
7.6	Did not touch at turn or finish with both hands, or touch not simultaneous and/or hands not separated
	Head not breaking surface during the last complete or incomplete cycle preceding the touch
BUTTERFLY	
8.1	Body not on the breast during the swim or when leaving the wall after a turn (except when executing a turn)
8.2	Arms not brought forward simultaneously or 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 or alternating movement of legs or feet
	Breaststroke kick used (legal in Masters Competitions)
8.4	Did not touch at turn or finished, or touched with both hands not simultaneous and separated
8.5	More than one arm pull under water (following start or turn)
	Head did not break surface at or before 15m mark following start or turn or not on surface during stroke
MEDLEY	
9.1	Incorrect individual stroke order i.e. (Fly, Back, Breast, Free)
9.2	Incorrect medley relay stroke order i.e. (Back, Breast, Fly, Free)
9.3	Finish of each stroke not in accordance with rules for the particular stroke
THE RACE & RELAYS	
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 or turn not made from the wall or took stride or step from bottom of the pool
10.5	Walks during freestyle events or during the freestyle portion of the medley
10.6	Pulled on the lane rope
10.7	Obstruction or interfering with another swimmer - foul
10.8	Unauthorised use of tape, device or swimsuit aiding speed, buoyancy or endurance, power bands or 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 or team not (2 x men, 2 x women) or team members not registered with same club (MSW 4.1)
10.11	Swimmer's feet lost touch with starting place 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 or team when leaving the pool following completion of a race or relay leg
10.16	Pacemaking, plan or device or instruction given