

Infraction Guidelines

Freestyle

1. Failed to break surface of water throughout the race (after 15M mark at the start or after turn)
2. Head did not break surface of water at or before the 15M mark at the start or after turn

Backstroke

1. Failed to remain on back throughout race (up to but not including 90 degree from horizontal) - swimming on breast
2. Failed to break surface of water throughout the race (after 15M mark at the start or after turn)
3. Head did not break surface of water at or before the 15M mark at the start or after turn ___ m
4. Touch of wall during turn or finish was not in the lane swimmer started in
5. Failed to do an immediate continuous single or simultaneous double arm pull to initiate a turn after shoulders passed vertical onto breast ___ m
6. Left the wall after turn with shoulders at or past 90 degrees from horizontal (on breast)
7. Toes bent over the lip of the gutter at start

Breaststroke

1. Took more than one arm stroke to legs at the start or after turn ___ m
2. Executed two or more butterfly kicks prior to first breaststroke kick after the start or after turn ___ m
3. Failed to remain on breast once feet left the wall after turn ___ m
4. Failed to maintain stroke cycle of one arm stroke and one kick in that order
5. Failed to maintain simultaneous arm movement on the same horizontal plane
6. Failed to maintain his/her elbows under the water during race (except at or after turn or at finish)
7. Brought hands back to hipline or lower during stroke (except at start or turn)
8. Failed to have part of head break water surface during each stroke cycle
9. Head did not break water surface before hands turned inward at widest part of second stroke at start or after turn ___ m
10. Failed to maintain simultaneous leg movement on the same horizontal plane
11. Performed an alternating leg movement
12. Failed to turn both feet outward during propulsive part of kick
13. Did not perform a simultaneous and/or separated two hand touch at turn ___ m or at finish

Butterfly

1. Failed to remain on breast once feet left the wall after turn ___ m
2. Did not bring arms forward simultaneously together over the water
3. Did not bring arms backward simultaneously under water
4. Did not move their legs up and down simultaneously
5. Performed a breast stroke kick
6. Did not perform a simultaneous and/or separated two hand touch at turn ___ m or at finish
7. Performed more than one arm pull underwater at start or turn ___ m before coming to surface
8. Head did not break surface of water at or before the 15M mark after the start or after turn ___ m
9. Swimmer did not remain on the surface throughout race (after 15M mark at the start or after turn)

Medley Swimming

1. Swam the four strokes in incorrect order
2. Swam breaststroke, back or fly during freestyle portion of IM

Relay Swimming

1. Relay team had less than four members
2. Members of a relay team were not from the same team
3. Relay team swam four strokes in incorrect order
4. Outbound swimmer's feet lost touch with starting block before inbound swimmer touched the wall (early take over)
5. Swimmer not designated to swim entered water during race before all swimmers of all teams finished
6. Relay team members did not swim in the order submitted
7. A relay team member swam twice in one relay race
8. Relay team included an illegal substitution
9. Relay team included an unattached swimmer
10. Relay team member failed to leave the pool as soon as possible after finishing their race segment

General / Miscellaneous Infractions

1. Started the race before the starting signal was given
2. Pulled along the lane rope
3. Walked along bottom of pool
4. Did not finish race
5. Did not remain or finish race in lane that they started in
6. Did not touch the wall when turning at ___ m
7. Obstructed another swimmer