WORLD AQUATICS

Version: 25 June 2026

THE START	RULE	TICK
Initiating a start before the signal.	4.4	
FREESTYLE	**RULE**	
Did not touch the wall at the _____ m turn ☐ or finish ☐	5.2	
Head did not break the surface of the water at or before the 15m mark following the start ☐ or after _____ m turn ☐	5.3	
Completely submerged during stroke except within 5m whilst reaching for the finish	5.3/ 5.4	
BACKSTROKE	**RULE**	
Left position on the back except when executing a turn	6.2	
Head did not break the surface of the water at or before the 15m mark following the start ☐ or after _____ m turn ☐	6.3	
Did not start executing the turn immediately after turning onto the breast at _____ m turn	6.4	
Turn not initiated at completion of the arm pull after leaving position on the back during the _____ m turn	6.4	
Did not touch the wall during the _____ m turn	6.4	
Not on the back upon leaving the wall after the _____ m turn	6.4	
Completely submerged during stroke except within 5m whilst reaching for the finish	6.3/ 6.5	
Did not finish the race while on the back	6.5	
BREASTSTROKE	**RULE**	
More than one downward butterfly kick prior to first breaststroke kick after the start ☐ or _____ m turn ☐	7.1	
Head did not break the surface before the hands turned inward at the widest part of the second stroke after the start ☐ or _____ m turn ☐	7.1	
Body not on the breast during stroke	7.2	
Stroke cycle not one arm stroke to one leg kick in that order	7.3	
Arm movements not simultaneous	7.3	
Hands not pushed forward together from the breast	7.4	
Elbows not under the water during stroke	7.4	
Hands brought back beyond the hip line during stroke	7.4	
Head did not break the surface during each stroke cycle	7.5	
Leg movements not simultaneous	7.5	
Feet not turned out during propulsive part of the kick	7.6	
Executed a downward butterfly kick during stroke, prior to _____ m turn ☐, or immediately prior to the finish ☐	7.6	
Did not touch at the _____ m turn or finish ☐ with both hands ☐; separated ☐; simultaneously ☐	7.7	
BUTTERFLY	**RULE**	
Body not on the breast during stroke	8.1	
Arms not brought forward simultaneously over the water	8.3	
Arms not brought backward simultaneously under the water	8.3	
Alternating movement of legs or feet	8.4	
Leg movements not simultaneous	8.4	
Breaststroke kicking movement	8.4	
Did not touch at the _____ m turn or finish ☐ with both hands ☐; separated ☐; simultaneously ☐	8.5	
More than one arm pull under water following the start ☐ or _____ m turn ☐	8.6	
Head did not break the surface of the water at or before the 15m mark following the start ☐ or _____ m turn ☐	8.6	
Completely submerged during stroke except within 5m whilst reaching for the finish	8.6	
MEDLEY	**RULE**	
Backstroke, breaststroke or butterfly swum in the freestyle section	5.1	
Incorrect stroke order in individual medley ☐ / medley relay ☐	9.1 / 9.2	
In the freestyle section, did not return to the breast before any kick or stroke	9.3	
Finish of section not in accordance with rule of the stroke concerned *(check box as applicable below)* • Butterfly ☐ / Backstroke ☐ / Breaststroke ☐/ Freestyle ☐	9.4	
THE RACE	**RULE**	
Did not complete the whole distance	10.2.1	
Did not remain in the same lane in which they started	10.2.2	
When turning did not make contact with the end of the pool	10.2.3	
Took a stride or step from the bottom of the pool	10.2.3	
Stood on the bottom of the pool (except in freestyle)	10.2.4	
Pulled on the lane rope	10.2.5	
Obstructing another swimmer	10.2.6	
Entered the water during a race not entered in	10.2.7	
Device or plan used for pace-making	10.2.9	
Relay team did not swim in the order listed	10.4.2	
Relay exchange did not commence from the starting platform	10.4.4	
Feet lost touch with the starting platform before the preceding team-mate touched the wall • Exchange No: _____ • Time differential (if AOE available) _____	10.4.5	
Relay team member re-entered the water before all teams finished the race	10.4.6	
Failed to leave the pool as soon as possible at the end of the race or section in a relay	10.4.7	
Use of non-approved device, swimsuit, adhesive substance	14.2 / 14.3	
Taping of more than two fingers ☐ / toes ☐	14.4	