

SWIMMING RULE QUICK REFERENCE INFRACTION SHEET

This card is a quick reference guide to help Starters, Judges of Strokes & Inspectors of Turns to write up rule infractions. It does not cover all rule infractions as it must not be used as a substitute for the thorough knowledge of World Aquatics Rules.

THE START	RULE
Initiating a start before the signal 提前出發	4.4

FREESTYLE	RULE
Did not touch the wall at the turn or finish 轉身或抵達時未觸壁	5.2
Head did not break the surface of the water at or before the 15m mark following the start or turn 出發或轉身後15公尺處頭部未出水面	5.3
Completely submerged during stroke (except within 5m whilst reaching for the finish) 划動時全身沒入水中(不含抵達前5公尺)	5.4

BACKSTROKE	RULE
Left position on the back except when executing a turn 除轉身外未全程保持仰姿	6.2
Head did not break the surface of the water at or before the 15m mark following the start or turn 出發或轉身後15公尺處頭部未出水面	6.3
Did not start executing the turn immediately after turning onto the breast 轉成俯姿後未立即執行轉身	6.4
Turn not initiated at completion of the arm pull after leaving position on the back 轉成俯姿、完成手部動作後未立即執行轉身	6.4
Did not touch the wall during the turn 轉身時未觸壁	6.4
Not on the back upon leaving the wall after the turn 轉身後離開池壁未保持仰姿	6.4
Completely submerged during stroke (except within 5m whilst reaching for the finish) 划動時全身沒入水中(不含抵達前5公尺)	6.5
Did not finish the race while on the back 抵達終點時未保持仰姿	6.5

BREASTSTROKE	RULE
More than one downward butterfly kick prior to first breaststroke kick after the start or turn 出發或轉身後踢超過一次蝶腳	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 turn 出發或轉身後第二次划臂至最寬處而雙手轉向內划臂前，頭部未露出水面	7.1
Body not on the breast during stroke 划動時未保持俯姿	7.2

Stroke cycle not 1 arm stroke to 1 leg kick in that order 動作未保持一手一腳的週期	7.3
Arm movements not simultaneous 雙手臂動作未同時	7.3
Hands not pushed forward together from the breast 雙手掌未同時從胸部向前推出	7.4
Elbows not under the water during stroke 划動時手肘出水面	7.4
Hands brought back beyond the hip line during stroke 划動時雙手掌向後超過臀線	7.4
Head did not break the surface during each stroke cycle 每一動作週期中頭部未露出水面	7.5
Leg movements not simultaneous 踢腿動作未同時	7.5
Feet not turned out during propulsive part of the kick 踢腿推進時兩腳未外翻	7.6
Executed a downward butterfly kick during stroke, prior to X turn, or immediately prior to the finish 划動時、轉身前、抵達前，踢一次蝶腳	7.6
Did not touch at the turn or finish with both hands; separated; simultaneously 轉身或抵達時雙手掌未分開、未同時觸壁	7.7

BUTTERFLY	RULE
Body not on the breast during stroke 划動時未保持俯姿	8.1
Arms not brought forward simultaneously over the water 雙臂未同時在水面上同時向前擺動	8.3
Arms not brought backward simultaneously under the water 雙臂未同時在水面下同時向後划動	8.3
Alternating movement of legs or feet 雙腿或雙腳交替動作	8.4
Leg movements not simultaneous 雙腿動作未同時	8.4
Breaststroke kicking movement 踢蛙腿	8.4
Did not touch at the turn or finish with both hands; separated; simultaneously 轉身或抵達時雙手掌未分開、未同時觸壁	8.5
More than one arm pull under water following the start or turn 出發或轉身後水下超過一次划臂	8.6
Head did not break the surface of the water at or before the 15m mark following the start or turn 出發或轉身後15公尺處頭部未出水面	8.6
Completely submerged during stroke (except within 5m whilst reaching for the finish) 划動時全身沒入水中(不含抵達前5公尺)	8.6

MEDLEY	RULE
Backstroke, breaststroke or butterfly swum in the freestyle section 在自由式分段中使用仰、蛙、蝶式	9.1
Incorrect individual medley stroke order 個人混合四式之順序錯誤	9.1
Incorrect medley relay stroke order 接力混合四式之順序錯誤	9.2
In the freestyle section, did not return to the breast before any kick or stroke 在自由式分段中未轉成俯姿前即踢腿划手	9.3
Finish of section not in accordance with rule of the stroke concerned (complete with stroke infraction above) 未遵照各泳式規則完成各分段	9.4

THE RACE	RULE
Did not complete the whole distance 未游完全程	10.2.1
Did not remain in the same lane in which they started 未保持在出發之水道	10.2.2
When turning did not make contact with the end of the pool 轉身時未碰觸池端	10.2.3
Took a stride or step from the bottom of the pool 於池底踏步、蹬步等藉由池底施力推進	10.2.3
Stood on the bottom of the pool (except in freestyle) 除自由式外於池底站立	10.2.4
Pulled on the lane rope 拉泳道繩(藉繩推進)	10.2.5
Obstructing another swimmer 妨礙干擾其他泳者	10.2.6
Entered the water during a race not entered in 在未報名的賽事中入水	10.2.7
Device or plan used for pace-making 使用配速裝置或策略	10.2.9
Relay team did not swim in the order listed 未照棒次表之順序接力	10.4.2
Relay exchange did not commence from the starting platform 接力未從起跳台進行棒次交接	10.4.4
Feet lost touch with the starting platform before the preceding team-mate touched the wall 前棒次未觸壁、後棒次腳即離開跳台	10.4.5
Relay team member re-entered the water before all teams finished the race 所有接力隊員完成賽程前即重複入水	10.4.6
Failed to leave the pool as soon as possible at the end of the race or section in a relay 完成接力分段後未立即離開泳池	10.4.7
Use of non-approved device, swimsuit, adhesive substance or body tape 使用未經核准之裝置、泳裝、黏著物或貼布	14.2, 14.3 14.4