

SWIM ALBERTA & PARA-SWIMMING QUICK REFERENCE

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STARTS	SC Rules	WPS Rule
Irregularity at the start – Delay Start – Disobeying an order – Any other misconduct at start	SW 2.3.2	10.2.4.2
Support staff giving momentum – Balance + 90 degrees		11.1.2.2
Athlete with one functional leg – foot not at the front with one hand or part of the arm not at the front		11.1.2.3
Support staff giving momentum – Feet		11.1.2.7
Support staff giving momentum – any water start		11.1.2.8
Starting before the starting signal	SW 4.4	11.1.5
Verbal start instruction given S1-10, S14		11.1.7
Verbal start instruction given S11-13		11.1.8
Support staff giving momentum – backstroke start		11.3.1.3
FREESTYLE	SC RULES	WPS Rule
Did not touch the wall at the turn or finish	SW 5.2	11.2.2
Head did not surface at or before 15m mark following start or turn	SW 5.3	11.2.3
Some part of swimmer did not break surface of the water throughout the race	SW 5.3	11.2.3
Some part of S1-S5 swimmer did not break surface of the water during each stroke cycle	SW 5.3	11.2.3.1
BACKSTROKE	SC RULES	WPS Rule
Toes, not touch end wall when using backstroke ledge	SW 6.1	11.3.1
Left the position on the back (other than to execute a turn)	SW 6.2	11.3.2
Head did not break surface at or before the 15m mark	SW 6.3	11.3.3
Some part of swimmer did not break surface of the water throughout the race	SW 6.3	11.3.3
Some part of S1-S5 swimmer did not break surface of the water during each stroke cycle		11.3.3.1
More than one single or double simultaneous arm pull used to initiate the turn	SW 6.4	11.3.4
While on breast, did not initiate the turn before or after arm pull	SW 6.4	11.3.4
Did not touch the wall during the turn	SW 6.4	11.3.4
Not on back upon leaving wall	SW 6.4	11.3.4
Left position on the back at finish	SW 6.5	11.3.5
Completely submerged at the finish prior to touch	SW 6.3	11.3.5
BREASTSTROKE	SC RULES	WPS Rule
More than one arm pull or leg kick while submerged at start and turn	SW 7.1	11.4.1
Single butterfly kick (if done) not performed prior to the 1 st breaststroke kick	SW 7.1	11.4.1
Head did not break the surface before arms turn inward at the widest point of the second stroke after start or turn	SW 7.1	11.4.1
More than one non-simultaneous arm stroke or arm stroke not on the horizontal plane to attain the breast position (no push off with legs)		11.4.1.1
Body not on the breast	SW 7.2	11.4.2
Stroke cycle not 1 arm stroke and 1 leg kick in that order throughout the race	SW 7.2	11.4.2
Arm movements not simultaneous or same horizontal plane	SW 7.2	11.4.2
Hands not pushed forward together from the breast	SW 7.3	11.4.3
Hands brought back beyond the hip line during the race	SW 7.3	11.4.3
Elbows not under the water	SW 7.3	11.4.3
Head not breaking surface of the water during each stroke cycle	SW 7.4	11.4.4
Leg movements not simultaneous	SW 7.4	11.4.4
Leg movements not on the same horizontal plane	SW 7.4	11.4.4
Intent not shown of simultaneous leg movement or intent to kick in the same plane throughout the race		11.4.4.1
Leg(s) not trailed/dragged throughout the race		11.4.4.1
Feet/foot not turned out in the propulsive part of the kick	SW 7.5	11.4.5
Executed a downward butterfly kick (except after the start and the turn)	SW 7.5	11.4.5
Executed alternating kick movements	SW 7.5	11.4.5
Did not touch at finish or turn with both hands, or touch not simultaneous, or hands not separated at the touch	SW 7.6	11.4.6
Both arms not stretched forward simultaneously at turn or finish		11.4.6.1 11.4.6.4
Did not touch with the one hand/arm being used to swim, when swimming with one arm		11.4.6.3
Non-functioning arm not being dragged or stretched forward during the race, when swimming with one arm		11.4.6.3

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BUTTRFLY	SC Rules	WPS Rules
Body not on breast	SW 8.1	11.5.1
Arms not brought forward simultaneously – Arms not brought forward over the water	SW 8.2	11.5.2
Arms not brought backwards simultaneously under the water	SW 8.2	11.5.2
Non-functioning arm not being dragged or stretched forward during the race, when swimming with one arm		11.5.2.4
Body not in line with the normal water surface, when swimming with one arm (swimmer rolling)		11.5.2.4
Movement of the legs not simultaneous	SW 8.3	11.5.3
Alternating movement of legs or feet - Athlete used breaststroke kick	SW 8.3	11.5.3
Touch at finish or turn with one hand, or touch not simultaneous, or hands not separated	SW 8.4	11.5.4
Both arms not stretched forward simultaneously at turn or finish		11.5.4.1 11.5.4.4
Did not touch with the one hand/arm being used to swim (when swimming with one arm)		11.5.4.3
Athlete's head did not surface at or before the 15m following the start or turn	SW 8.5	11.5.5
Once athlete has surfaced, athlete totally submerged during stroke	SW 8.5	11.5.5
MEDLEY	SC RULES	WPS Rule
Stroke other than fly, back or breast not swum in Freestyle leg of medley or medley relay	SW 9.1	11.2.1
Incorrect stroke order (fly, back, breast, free)	SW 9.1	11.6.1
Stroke didn't cover ¼ of distance (four stroke IM)	SW 9.1	11.6.1
Incorrect stroke order (back, breast, free in 150 m or 75 m)		11.6.1.1
Stroke didn't cover 1/3 of distance (three stroke IM)		11.6.1.1
Incorrect medley relay order (back, breast, fly, free)	SW 9.3	11.6.2
After each turn in freestyle section, not on breast prior executing any kick or stroke	SW 9.2	11.6.3
Finish of each stroke not in accordance with rules for the particular stroke	SW 9.4	11.6.4
RELAY	SC RULES	Rule
Team swum not in listed order	SW 10.13	11.7.5.1
Team member swum more than once; Mixed relay team not two men and two women	SW 10.13 SW 10.10	11.7.9
Lost contact with starting platform before preceding team member touches	SW 10.11	11.7.10
Lost contact with wall before preceding team member touches		11.7.10.1
Team member entered water during race not to swim their length	SW 10.12	11.7.11
Team member water starting enters water before preceding takeoff at the same end has been executed		11.7.11.1
THE RACE	SC RULES	WPS Rule
Advertising violations	GR 6	3.7
Swam with unapproved protective medical taping	CSW 10.8.1	6.6.2.1
Not medical withdrawal		10.6.1
Athletes coached or massaged by support staff		10.7.1
Support Staff use or visibly carry stopwatches, radio communication devices, back packs or bags		10.7.1
S11/SB11/SM11 athlete did not use tapper(s) or not tapped		10.7.3.1
Didn't report to the first call room no later than 15 minutes prior to the start of their race		10.8.1
Failed to attend classification or classification protest		10.11.2
Swam in swimwear not approved		10.15.1
Swam in more than one swimsuit	CGR 5.2.1	10.15.5
Walk on bottom during the race	SW 10.5	11.2.4
Did not cover the whole distance – DNF	SW 10.2	11.8.2
Did not remain and finish the race in the same lane in which he started	SW 10.3	11.8.3
No contact with the end of the pool – Took a stride or step from the bottom of the pool	SW 10.4	11.8.4
Pulling on the lane rope is not allowed	SW 10.6	11.8.5
Obstructing or interfering with another swimmer	SW 10.7	11.8.6
S11/SB11/SM 11 athlete without prosthetic eyes not wearing opaque goggles	SW 10.8	11.8.8
Device aiding speed, buoyancy or endurance used	SW 10.8	11.8.9
Swam with unapproved strapping to limit unwanted movement		11.8.9
Pace making, plan, device		11.8.13

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