

SW Ref	START
2.3.2	Delaying the start
4.4	Starting before the 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 or top of the touchpad or feet not in contact with the wall or touchpad face.
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 or at the finish
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	After the start or after each turn single butterfly kick not performed before the first breaststroke leg kick Head not breaking surface before hands turn inward at widest point in second stroke after start or turn
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 first stroke following the start or turn)
7.4	Head not breaking surface during each complete 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 butterfly 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 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 finish with both hands or touch not simultaneous or hands not 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. not Fly, Back, Breast, Free Each stroke did not cover ¼ of race distance
9.2	Body not returned to breast during freestyle leg before kick or stroke performed
9.3	Incorrect medley relay stroke order i.e. not Back, Breast, Fly, Free Each stroke did not cover ¼ of race distance
9.4	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 platform 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

Chief Timekeeper Briefing

- 1. Check all the timekeepers are present and hand out the lane sheets/cards**
- 2. Ensure all timekeepers know how to use their stopwatch**
- 3. Start a watch check “3..2..1..go” (let everyone know when to start the stopwatch eg on “go” and how you will complete it)**

While the watches are running go through the applicable points below:

- On arrival at lane, ask the swimmer to tell you their full name – never say a name and ask them to confirm or assume they are wearing a hat with the correct name on it.
Also, you can ask them to confirm the event, younger swimmers in particular can get it wrong.
If backstroke ledges are being used check if the swimmer wants it or not.
- Before the start of each heat the Referee blows a series of short whistle blasts. This is your signal to clear your stopwatch (Split/Reset button). Check the watch is zeroed.
- Stand up on the long whistle (if not already standing).
- If backstroke ledges are being used on the second whistle check the swimmers toes (tips on each foot at least) are in contact with the pad. When they are step back.
- Watch for the light on the start box – start watch with flash, Not when you hear the sound.
- Move forward and step onto the wall to watch the swimmer depart and the underwater phase, then check the watch has started. If it hasn't, remain standing forwards so the Chief Timekeeper can see you have a problem. If no issue, step back from poolside so it is clear all is OK.
Care should be taken to avoid standing on any part of the Automatic Timing equipment that overlaps the wall as this can trigger the pad.
- If backstroke ledges are being used before stepping back carefully lift the ledge out of the water so as not to bang against the pad as that can trigger it.
- Observe the Start and every turn by stepping on the wall. If you suspect an infraction remain standing forwards so the Chief Timekeeper can see you have an issue. Otherwise step back from poolside so it is clear all is OK.
- If you are forwards the Chief Timekeeper will check with you what is wrong:
 - Stopwatch issue, they will take over the timing for the lane and give you the time to record.
 - Something to report, if Radios are being used the Chief Timekeeper will inform the Referee that a report is coming in for the lane and then on confirmation will take over timing and IoT for the lane whilst the Report is being made.
 - Other reason like a Nature Break being needed, the Chief Timekeeper will take over timing and IoT for the lane whilst the Official takes a break.
- Report infractions as soon as you see them, remember not to discuss it with each other (including Mentors for trainees) or the Chief Timekeeper/Chief Inspector of Turns until it has been reported to the Referee and they have made their judgement. Just tell the Chief that you need to report.
- Always count the number of lengths. When a swimmer is about 15m from the finish get up and move forwards to the Chief Timekeeper knows you are aware. Stand up on the wall so you can observe the final 5m (from flags to wall). Stand over the end of the lane where you can see the wall (on the final length pick up the AOB backup button as you step up).
- When the swimmer has about 1.5m to go switch your eyes to the wall and watch for the swimmers' hands to contact the wall, don't anticipate it. Stop the stopwatch, and the backup button, when you see the touch in. The backup button should be in your dominant hand and the stopwatch in your other hand.
- Return to your seat and record the time on the lane sheet/card.
If backstroke ledges are being used and the swimmer wants it, return the ledge to the pool ready for the swimmer.

- 4. Complete the watch check “3..2..1..stop” and check how close everyone is, replace any stopwatches which are far out.**
- 5. If Backstroke ledges are being used, ensure all timekeepers know how to use them, when to put them in and how and when to take them out of the water and off the start blocks.**