FÉDÉRATION INTERNATIONALE DE NATATION

INTERPRETATION
FINA Swimming Rules

(Version 07.11.2017)

SW 4 THE START

SW 4.4 Any swimmer starting before the starting signal has been given, shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back and start again. The Referee repeats the starting procedure beginning with the long whistle (the second one for Backstroke) as per SW 2.1.5.

Interpretation:

*After all swimmers are "**stationary**" (SW 4.1), any swimmer initiating a start before the signal may be disqualified when such movement if observed and confirmed by both the starter and referee (SW 2.1.6). When video timing is available (FR 4.7.3), it may be used to verify the disqualification.*

SW 7 BREASTSTROKE

SW 7.6 At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

Interpretation

***"Separated**" means that the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands. Incidental contact at the fingers is not a concern.*

See also SW 8.4

SW 8 BUTTERFLY

SW 8.4 At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously, at, above or below the water surface.

Interpretation:

*"**Separated**" means that the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands. Incidental contact at the fingers is not a concern.*

SW 9 MEDLEY SWIMMING

SW 9.1 In individual medley events, the swimmer covers the four swimming strokes in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. Each of the strokes must cover one quarter (1/4) of the distance.

Interpretation:

According to SW 9.1 each of the strokes must cover one quarter (1/4) of the distance. Being on the back when leaving the wall for the Freestyle portion of the Ind. Medley is covering more than one quarter of the distance in the style of Backstroke and is, therefore, a disqualification. Backstroke swimming is only defined as being on the back.

Leaving the wall on the back during the freestyle portion is permissible but no kicking action is permitted until the swimmer has returned past the vertical to the breast at which point kicking, including a butterfly kick(s) may commence."

See also SW 5.1, SW 6.1 – SW 6.5, SW 7.1 to 7.6, SW 8.1 – 8.5