Section	Rule Code	Rule
The Start	2.5.2	If an Athlete delays the start, willfully disobeys an order by the Starter, or commits any other misconduct at the start, the Starter will report that conduct to the Referee, who may disqualify the Athlete.
	4.4	Any Athlete who initiates a start before the signal may be disqualified.
	4.4.1	If the starting signal is given before the disqualification is declared, the race will continue and the Athlete will be disqualified at the completion of the race.
	4.4.2	If the disqualification is declared before the starting signal is given, the starting signal will not be given,the remaining Athletes will be stood down using the command "stand down please", and the Referee will repeat the starting procedure from the long whistle in accordance with Article 4.1.1 or 4.2.2 of this Part Two (as applicable).
Freestyle	5.1	In a Freestyle race, Freestyle means an Athlete may swim any style. In an individual Medley race or a Medley relay race, Freestyle means an Athlete may swim any style other than Backstroke, Breaststroke or Butterfly.
	5.2	At least one part of the Athlete's body must touch the wall upon completion of each length and at the finish.
	5.3	At least one part of the Athlete's body must break the surface of the water throughout the race, except that the Athlete may be completely submerged during the turn and for a distance of not more than 15 metres after the start and after each turn. By the 15 metre-mark, the Athlete's head must have broken the surface of the water.
	5.4	Once some part of the head of the Athlete has passed the 5 metre-mark, immediately prior to reaching for the finish wall, the Athlete may be completely submerged.
Backstroke	6.1	Prior to the starting signal, the Athletes will line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited. When using a Backstroke ledge at the start, at least one toe of each foot must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.
	6.2	At the starting signal and after each turn the Athlete must push off and swim on their back throughout the race except when executing a turn in accordance with Article 6.4 of this Part Two. The Athlete's normal position on their back may include a roll movement of the body up to but not including 90 degrees from horizontal. The position of the head is not relevant.
	6.3	At least one part of the Athlete's body must break the surface of the water throughout the race, except that during the turn and for a distance of not more than 15 metres after the start and after each turn. By the 15 metre-mark, the Athlete's head must have broken the surface of the water.
	6.4	When executing the turn, the Athlete must touch of the wall with at least one part of their body. During the turn the shoulders may be turned over the vertical to the breast after which an immediate continuous single arm pull or immediate continuous simultaneous double arm pull may be used to initiate the turn. The Athlete must have returned to the position on the back upon leaving the wall.
	6.5	When reaching for the finish wall, it is permissible for the Athlete to be completely submerged once his/her head has passed the 5 metre-mark. At the finish of the race, the Athlete must touch the finish wall while on the back.
Breaststroke	7.1	After the start and after each turn, the Athlete may take one arm stroke completely back to the legs during which the Athlete may be submerged. At any time prior to the first Breaststroke kick after the start and after each turn a single Butterfly kick is permitted. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.
	7.2	From the beginning of the first arm stroke after the start and after each turn, the Athlete's body must be on the breast.
	7.3	It is not permitted to roll onto the back at any time, except at the turn after the touch of the wall when it is permissible to turn in any manner as long as the body is on the breast from the beginning of the first arm stroke after leaving the wall. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms must be simultaneous without alternating movement.
	7.4	The hands must be pushed forward together from the breast on, under, or over the water. The elbows will be under water except for the final stroke before the turn, during the turn, and for the final stroke at the finish. The hands must be brought back on or under the surface of the water. The hands must not be brought back beyond the hip line, except during the first stroke after the start and after each turn.
	7.5	During each complete stroke cycle, some part of the Athlete's head must break the surface of the water. All movements of the legs will be simultaneous without alternating movement.
	7.6	The feet must be turned outwards during the propulsive part of the kick. Alternating movements or downward Butterfly kicks are not permitted except in accordance with Article 7.1 of this Part Two. Breaking the surface of the water with the feet is allowed unless followed by a downward Butterfly kick.
	7.7	At each turn and at the finish of the race, the touch must be made with both hands separated and simultaneously, at, above, or below the water surface. In this Article, "separated" means that the hands cannot be stacked one on top of the other (it is not necessary to see space between the hands, and incidental contact at the fingers is permitted). At the last stroke before each 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.
Butterfly	8.1	From the beginning of the first arm stroke after the start and after each turn, the Athlete's body must be on the breast.
	8.2	It is not permitted to roll onto the back at any time, except at the turn after the touch of the wall when it is permissible to turn in any manner as long as the body is on the breast from the beginning of the first arm stroke after leaving the wall.
	8.3	Both arms must be brought forward simultaneously over the water and brought backward simultaneously under the water throughout the race, subject to Article 8.6 of this Part Two.
	8.4	All up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but they must not alternate in relation to each other. A Breaststroke kicking movement is not permitted.
	8.5	At each turn and at the finish of the race, the touch must be made with both hands separated and simultaneously, at, above, or below the water surface. In this Article, "separated" means that the hands cannot be stacked one on top of the other (it is not necessary to see space between the hands, and incidental contact at the fingers is permitted).
	8.6	At least one part of the Athlete's body must break the surface of the water throughout the race, except that the Athlete may be completely submerged during the turn and for a distance of not more than 15 metres after the start and after each turn. At the start and at each turn, the Athlete is permitted one or more leg kicks and one arm pull under the water, which must bring the Athlete to the surface. By the 15 metre-mark, the Athlete's head must have broken the surface of the water. It is permissible for the Athlete to be completely submerged once his/her head has passed the 5 metre-mark prior to reaching for the finish wall.

Section	Rule Code	Rule
Medley Swimming / IM	9.1	In an individual Medley race: the Athlete must perform the four swimming strokes, each for one quarter (1/4) of the total race distance, in the following order: Butterfly, Backstroke, Breaststroke, and Freestyle.
	9.2	In a Medley relay race: the Athletes must perform the four swimming strokes, each for one quarter (1/4) of the total race distance, in the following order: Backstroke, Breaststroke, Butterfly, and Freestyle.
	9.3	For both individual Medley and Medley relay races: during the Freestyle section, the Athlete's body must be on the breast, except when executing a turn. The Athlete must return to the breast before any kick or stroke. Leaving the wall on the back during the Freestyle section is permissible; however, no kicking action is permitted until the Athlete has returned past the vertical to the breast, at which point kicking – including one or more Butterfly kicks – may commence.
	9.4	Each stroke section must be finished in accordance with the applicable rules for that stroke.
The Race	10.1	All individual races must be held as separate sex competitions.
	10.2.1	An Athlete must complete the course distance (or, in a relay, their quarter of the total race distance).
	10.2.2	An Athlete must start the race in his/her allocated lane, remain in that lane throughout the race, and finish the race in that lane.
	10.2.3	When performing a turn, an Athlete must make physical contact with the wall at the end of the pool or course, and – subject to Article 10.2.4 of this Part Two – the Athlete must not take a stride or step from the bottom of the pool.
	10.2.4	An Athlete must not stand and/or walk on the pool bottom (except during Freestyle events or the Freestyle portion of Medley events, during which Athletes are permitted to stand on the pool bottom).
	10.2.5	An Athlete must not pull on the lane rope.
	10.2.6	An Athlete must not obstruct or otherwise interfere with another Athlete.
	10.2.7	An Athlete who is not entered in a race must not enter the water during that race or before all Athletes in that race have completed the course distance.
	10.2.8	An Athlete who has completed the course distance must leave the pool as soon as possible without obstructing or otherwise interfering with any Athlete who has not yet completed the course distance.
	10.2.9	An Athlete must not act (or attempt to act) as a pacemaker for another Athlete, and an Athlete must not use (or attempt to use) any pacemaking device or plan.
	10.3	If the Referee determines (in his/her sole discretion) that an Athlete has breached any of the requirements of Article 10.2 of this Part Two, the Referee will disqualify the Athlete from that event (save in the case of breach of Article 10.2.7 of this Part Two, where the Referee will disqualify the Athlete that entered the water from the next race that the Athlete is scheduled to compete in at the competition).
	10.3.1	The Referee must report apparently intentional breaches of Article 10.2.6 of this Part Two to the Management Committee, which will report the matter to (as appropriate) (1) the Member Federation representing the country in which the World Aquatics Event is being held, and (2) the Member Federation that the Athlete is registered with for further investigation and possible disciplinary action. Further or alternative disciplinary action may be taken by the Aquatics Integrity Unit in relation to breaches arising at a World Aquatics Event or by the relevant regulatory authority in relation to breaches arising at other competitions.
	10.4.1	Each relay team must be comprised of four (4) Athletes, and each relay team in a Mixed Relay must be comprised of two (2) men and two (2) women.
	10.4.2	Prior to the race and in accordance with the deadline specified by the Management Committee, the team leader must specify the order in which the relay team members will compete.
	10.4.3	An Athlete may compete in a race only once as a relay team member.
	10.4.4	Athletes must commence relay exchanges from the starting platform, and must not perform a running start from the pool deck.
	10.4.5	Until an Athlete touches the wall to complete their quarter of the total race distance, the feet of the Athlete in the same relay team who is next in order to compete must remain in contact with the starting platform.
	10.4.6	Unless they are specified as next in order to compete in the relay, an Athlete who is a relay team member must not enter (or re-enter) the water during that race or before all Athletes in the race have completed the course distance.
	10.4.7	An Athlete who has completed their distance must leave the pool as soon as possible without obstructing or otherwise interfering with any Athlete who has not yet completed their distance.
	10.5	If the Referee determines (in his/her sole discretion) that an Athlete or other person has breached any of the requirements of Article 10.4 of this Part Two, the Referee will disqualify the relevant relay team (and, if it was an Athlete that breached the requirement, will disqualify that Athlete).
	10.6	If the Referee determines (in his/her sole discretion) that a breach of the requirements of Article 10.2 or Article 10.4 of this Part Two by an Athlete has adversely impacted the chances of success of another Athlete (or relay team), the Referee (in his sole discretion) may order that the impacted Athlete (or relay team) be permitted to compete again in the next heat or, if the breach occurred in the final heat or in a final, may order that the final heat or the final be re-swum.
Swimwear, Technology and Wearables	14.1	During competition, an Athlete must wear a swimsuit and may wear goggles and/or a cap, in each case that is permitted by Article 6 of Part One.
	14.2	Other than permitted Swimwear, an Athlete must not wear or use during competition any device or swimwear that may aid his/her speed, buoyancy, or endurance (such as, for example, webbed gloves, flippers, fins, or adhesive substances).
	14.3	An Athlete is permitted to use an automated data collection device for the sole purpose of collecting data. Such device must not be capable of transmitting or used to transmit data, sounds, or signals to the Athlete and must not be capable of aiding or used to aid the Athlete's speed, buoyancy, or endurance.
	14.4	An Athlete will be permitted to use tape on one (1) or two (2) fingers or toes (including to bind together two fingers or toes) if use of the tape is required to treat or protect an injury to a finger or toe.