

SKWIM 'Premier' Basic Rules - 2020

SKWIM Certification™ Curriculum = C.A.R.E. (Critical Aquatic Response Education)

The 'Life-Ring' game philosophy is to play with Safety, Spirit and Sportsmanship.

Serve-Up: SKWIM™ teams meet and shake hands mid-bay. Visiting team calls the disk-flip; winner chooses serve or receive. Teams start in their own flag bays. Four 10-minute quarters; switch sides each time. If tied at game end, first team to score 2 points wins.

- 1** **Safety First!** Play with lifeguard supervision! Players will apply C.A.R.E. & respect for teammates' and opponents' space and welfare. No swimming over or under players, officials, or goals. Pass and score "around" your opponent.
- 2** **Game Play:** Two teams; 8 on 8 (may vary); two SKWIM Goals, one SKWIM Disk, and float boundaries: The "Lagoon" is 12m x 25m (may vary) is marked by three (3) bays. SKWIM Fins make the game safer, faster and easier to play.
- 3** **Non-Contact:** Play must always be around opponents. Elbow-room for the swimmer™ is respected. Deliberate contact is prohibited with players or the goal. No play on or over the goal is allowed while the disk is in play or motion.
- 4** **Skimming:** Players in motion may only have intermittent disk contact; one (1) second or less, on the water or in the air. If stationary, player can hold the disk up to 3 seconds. Defense may, from the front, take any disk on the water.
- 5** **Double-Grab:** When players on opposing teams both have a grasp of the disk for more than one full second, play stops and possession stays with the last controlling offensive team, but resets to the back bay and play then resumes.
- 6** **Disk on Water:** The disk must touch water, a) between offensive players; b) on any score shot; c) in the mid-bay when serving, passing, or shooting from the back-bay to the forward-bay. The disk may not be taken or held under water.
- 7** **Scoring:** Must be off the water. 1-point from within the front-bay; 2-points from the mid-bay; 3-points from the back-bay. The disk must be completely in the trap for a score. Then, defense becomes offense and may retrieve and go.
- 8** **Dead / Live Disk:** A disk that stops on the goal is a 'DEAD' disk and only then may be retrieved by defending team. A disk that stops on the top of the boundary is a 'LIVE' disk. If the disk is touching water out of bounds, it is out.
- 9** **Goal Tending:** In the defensive bay, except for the goalie, defenders must be closer to an offensive player than to the goal. Defenders may not push on or extend over the goal ramp in any way, until the disk comes to rest on the goal.
- 10** **Off-Sides:** In the forward bay, an offender is temporarily disqualified if found behind the last defender prior to the disk being played into that bay. An off-side player can re-qualify in play by coming back on-side without disk contact.

Violations: Pass or score attempts through a defender's core plane (or threats to do so), taunts, rough play, holding, delay of game, disputing a call, foul language, and/or unsportsmanlike conduct will constitute a penalty or ejection by any referee or official.