

SKWIM 'Ultra™' Basic Rules - 2020

Skwim 'Ultra' is Skwim without goals, and scoring is performed as per rule #6

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 back bays. Four 10-minute quarters; switch quarterly. If tied at game end, first team to score 2 points wins.

- 1 **Safety First!** Play with lifeguard supervision! Every player is to be respectful of teammates' and opponents' space and welfare. No swimming over or under other players or officials. Always pass and score "around" your opponent.
- 2 **Game Play:** Two teams; 8 on 8 (may vary), one SKWIM Disk, (boundaries optional). Area size 12m x 25m (may vary). SKWIM Fins make the game safer, faster and easier for all ages and abilities. Use flags, cones or other markers.
- 3 **Non-Contact:** Play must be around opponents, never through. No 'reaching-in' or around another player, if it inhibits another's movement. No railing or rough contact. No moving blocks. Stationary torso posts only, are permitted.
- 4 **Skwimming:** Players in motion may have only intermittent disk contact (1 second or less including lifts / spins); but if stationary, can hold the disk for 3 seconds. Defense may steal (cleanly) any disk on or off the water.
- 5 **Disk on Water:** The disk must touch water, a) between offensive players; b) in the mid-bay before advancing; c) before entering the score zone. The disk can be held on or above the water but never taken underwater intentionally.
- 6 **Scoring:** Is a pass from outside the score zone, off the water, to a player in the score zone. The disk must be caught 'still-in-motion' within the score zone for a score. 1-point from front-bay; 2 from mid-bay; 3 from back-bay.
- 7 **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, and the disk is reset to the offense at mid-bay.
- 8 **Off-Sides:** Is when an offensive player moves behind the last defender prior to the disk being released to the forward bay, and that player receives the disk before coming back on-side. Such play turns the disk over to other team.
- 9 **Goal Tending:** Offensive players may not be in the score zone until the disk is released toward and does make the forward bay, from an offensive player. Only two offensive players may be present in the score zone at any given time.

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