1   2/14/2009 SKWIM GUIDELINES / RULES / REGULATIONS (Summary)

2 SKWIM GUIDLINES

3 TITLE	CONDITION / SITUATION	RESULT
4 "GRACE & EXCELLENCE"	Playing with your utmost sportsmanship, effort & control	SKWIM games of great excitement, passion, and fair play
5 "SAFETY & WELLFARE"	Playing with concern for your teammates and opponents	A SKWIM event to be proud of, and for mentoring youth
6 "COMMUNITY SPIRIT"	Helping your team, neighborhood, and community with talents	Sport growth, attracting players, parents and sponsorship
7 NON-CONTACT	No deliberate contact permitted in game play	Reduced risk of injury and intimidation of player

8 PLAYER POSITIONS

9 GOALKEEPER	May play close to the goal, does not have to guard a player	May guard any offensive player or retreat to goal
10 GUARDS Left / Right	Play in back bay, may move up to mid but not to front bay	Must defend opposition, not the goal otherwise is goaltending
11 MIDS Left / Right	Set up on both offense and defense; may go into any bay	Usually require the most swimming and help set up the play
12 POINT	Positions at the center top of the red zone and sets plays	Often times faces off on the opposing goalkeeper
13 FORWARDS Left / Right	To penetrate deep into the opponent's defensive bay and score	create opportunities by pulling defense back behind goal

14

15 SKWIM RULES

16 THE CALL	CAUSE OR ACTION	RESULT
17 "GAME SKWIMMER "	Player exhibiting the most grace & excellence in the game	Determined and awarded by officials at game end.
18 "GOAL " or "SCORE"	Disk is completely in the goal trap after contacting water	Score of point(s); other team retrieves; play resumes
19 "1 POINT GOAL"	Goal shot is released from within front offensive bay	1 point is given to the scoring team; play resumes
20 "2 POINT GOAL"	Goal shot is released from within mid offensive bay	2 points awarded to the scoring team; play resumes
21 "3 POINT GOAL "	Goal shot is released from within rear offensive bay	3 points awarded to the scoring team; play resumes
22 "NO GOAL "	Disk comes to rest partially in the scoring trap	Disk is turned over to other team at that place
23 "DEAD DISK "	Disk comes to rest on any part of the goal	Disk is turned over to other team at that place
24 "OUT "	Disk is completely out of the Lagoon, not on boundary	Disk is turned over to other team at that place
25 "3 SECONDS "	Player holds disk for 3 seconds without release	Disk is turned over to other team at point of infraction
26 "SWIMMING with DISK "	Player swims while holding the disk beyond one glide stroke	Disk is turned over to other team at point of infraction
27 "UNDEREWATER "	Player intentionally pulls or draws the disk underwater	Disk is turned over to other team at point of infraction
28 "IN THE AIR "	Disk is touched by offense before it strikes the water	Disk is turned over to other team at point of infraction
29 "BAY TO BAY "	Disk travels across the mid-bay in the air	Disk is turned over to the other team at front bay line
30 "DOUBLE GRAB "	Opposing players have hold of disk simultaneously	Disk is awarded to last offense at rear bay
31 "SPLASHING "	Intentional splashing or projecting of water in / around lagoon	Penalty box 1 minute resulting in player short / power play
32 "OFFENSE OFFSIDES"	Offense is behind last defender before disk is in front bay	Disk is turned over to other team at point of infraction
33 "OFFENSIVE FOUL"	Intentional or unnecessary contact with opposing player	Disk is turned over at point of contact
34 "SHOOTING FOUL"	Shooting through a defensive player's neck or face	Fouled player receives free front bay-line shot on goal
35 "OFF. GOALTENDING"	When offense crosses over or contacts any part of the goal	Disk is turned over to other team at point of infraction
36 "DEFFENSIVE FOUL"	Intentional or unnecessary contact with opposing player	Offensive advances to front bay line; Play resumes
37 "DEF. SHOT FOUL"	Foul by defender on offensive player attempting shot	Fouled player receives free front bay-line shot on goal
38 "DEF. GOALTENDING " #1	3 defenders retreat to the goal within arm's length	Free shot from front bay line awarded to offended player
39 "DEF. GOALTENDING " #2	When a defender disrupts the goal or is in the trap	Free shot from front bay line awarded to offended player
40 "CROWDING the Bay"	5 defenders are in their respective back bay	Violating 5th back bay defender is out for 30 seconds.

41	"POST SCORE PRESS "	Defensive play on disk-retriever in back bay after a score	Offended team takes possession at front bay line
42	"3rd TEAM FOUL "	3rd team foul of any kind in the same game	Free shot from front bay line awarded to offended player
43	"PENALTY FOUL "	4th or more team foul or flagrant foul judged by official	Free shot from either bay line awarded to offended player
44	"2 POINT ELECTION"	Fouled player elects and scores a 2-point penalty shot	2 points awarded to the scoring team; play resumes
45	"LIVE PLAY"	On any penalty shot; missed shot is live disk	Play resumes once disk leaves contact with goal
46	"SHOT BOX"	Imaginary box measured by goal width from goal to player	Shot box is activated when any penalty shot is allowed
47		Flutter kicking on your back with head high	Best for defensive retreat or protective offensive Skwimming
105	HEADHIGH BREAST	Breaststroke with head high for transitioning between sprints	A good swim stroke for recovery from crawl sprints or defense
106	HEADHIGH SIDESTROKE	Long side-stroking gliding is an efficient recovery stroke	Best at sideline for offensive or defensive tracking of the disk