

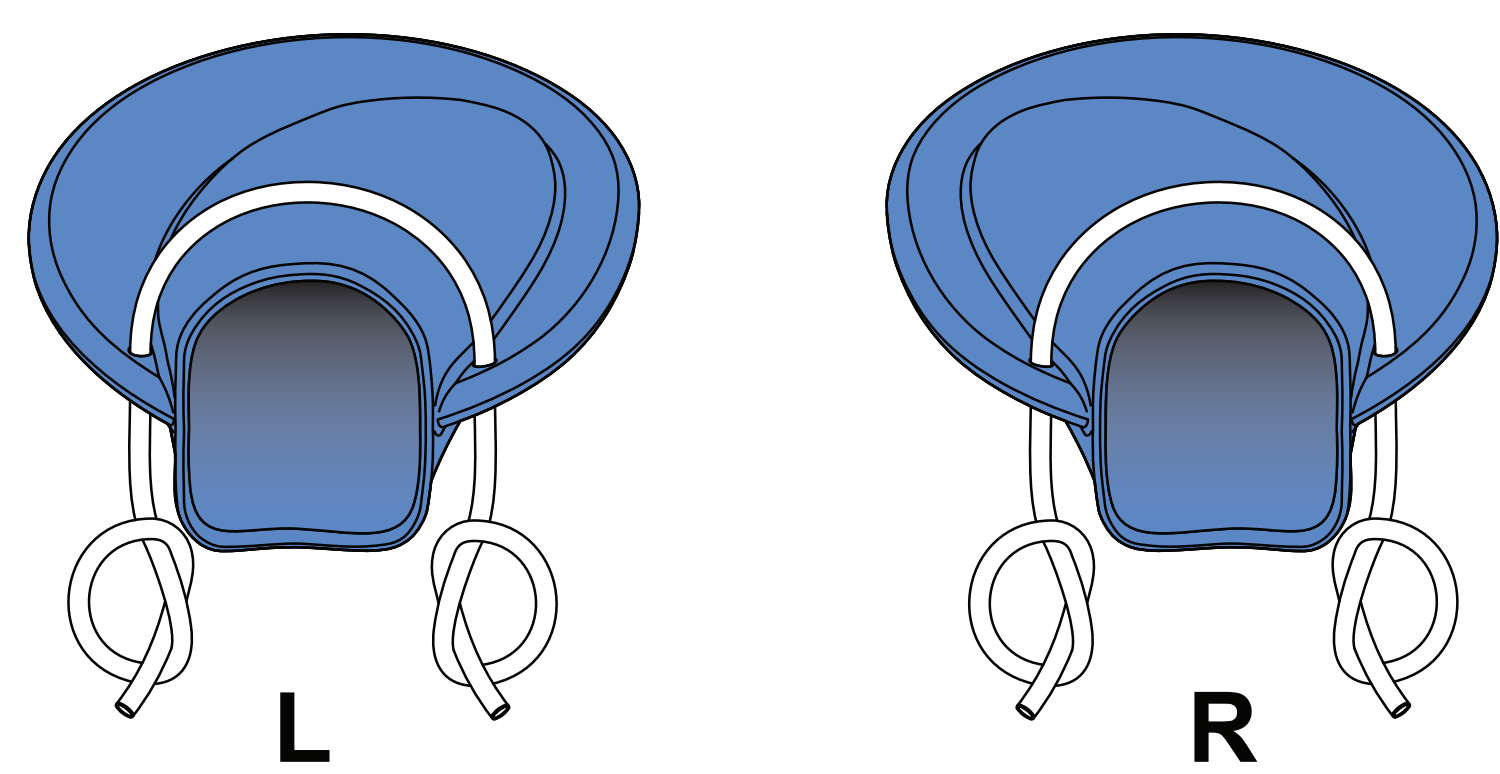


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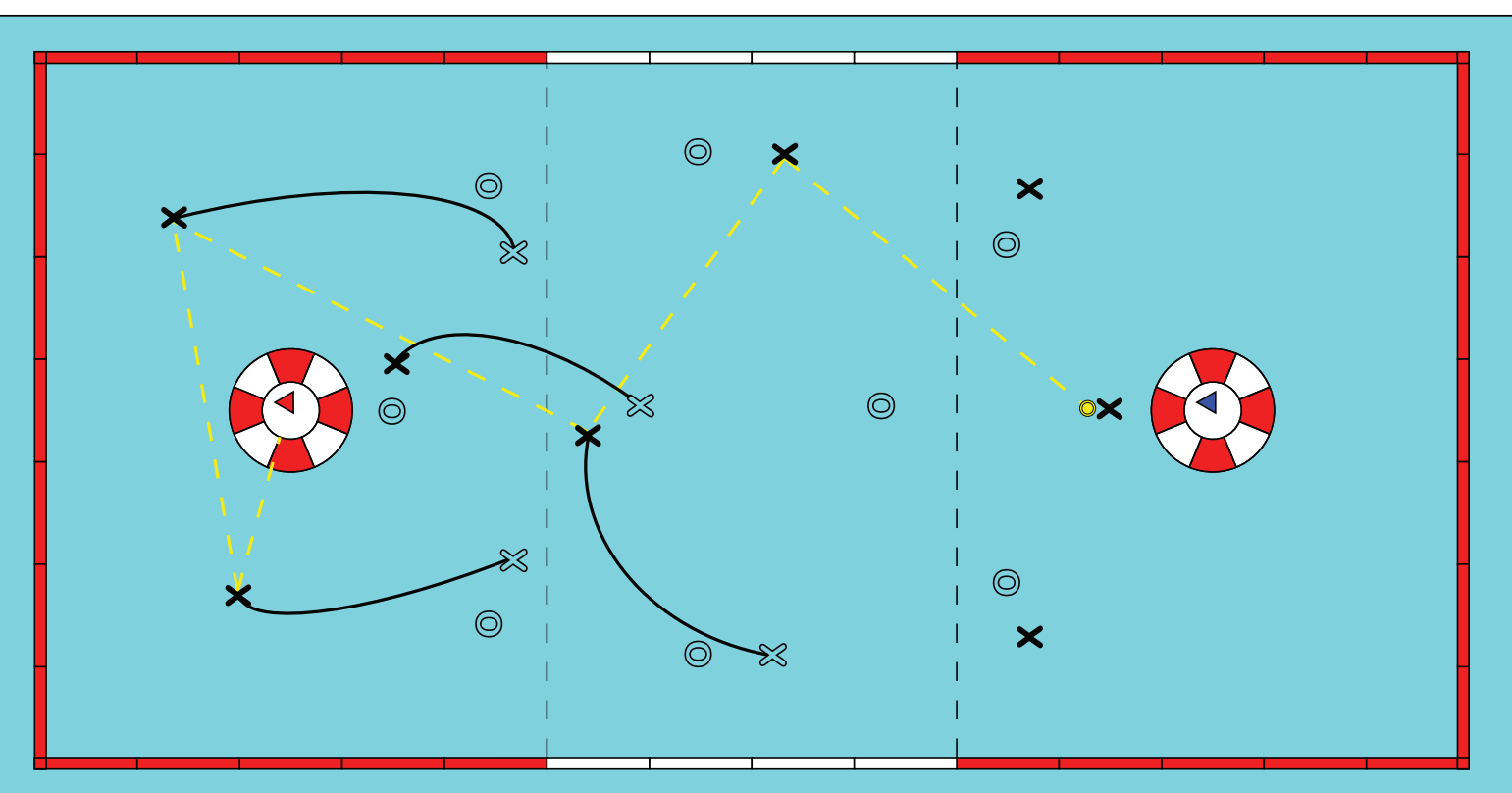


HOW TO PLAY SKWIM™

HOW TO: ADJUST SKWIM FINS



▲ **Skwim / Lifeguard Fins** help you improve your kick and increase speed and safety, making Skwim easier and more fun for all ages! Skwim fins fit comfortably like athletic shoes, and are available in 9 adjustable sizes. Wear your Skwim Fins knots facing down as shown. The fin and tube-strap should feel comfortable, not tight, with a bit of wiggle room.



▲ **Skwim Lagoon:** Both end-bays are bordered by red floating boundaries, signifying each team's respective goal zone. The mid-bay is bordered with white boundaries. Disk play must touch water when crossing in mid-bay.

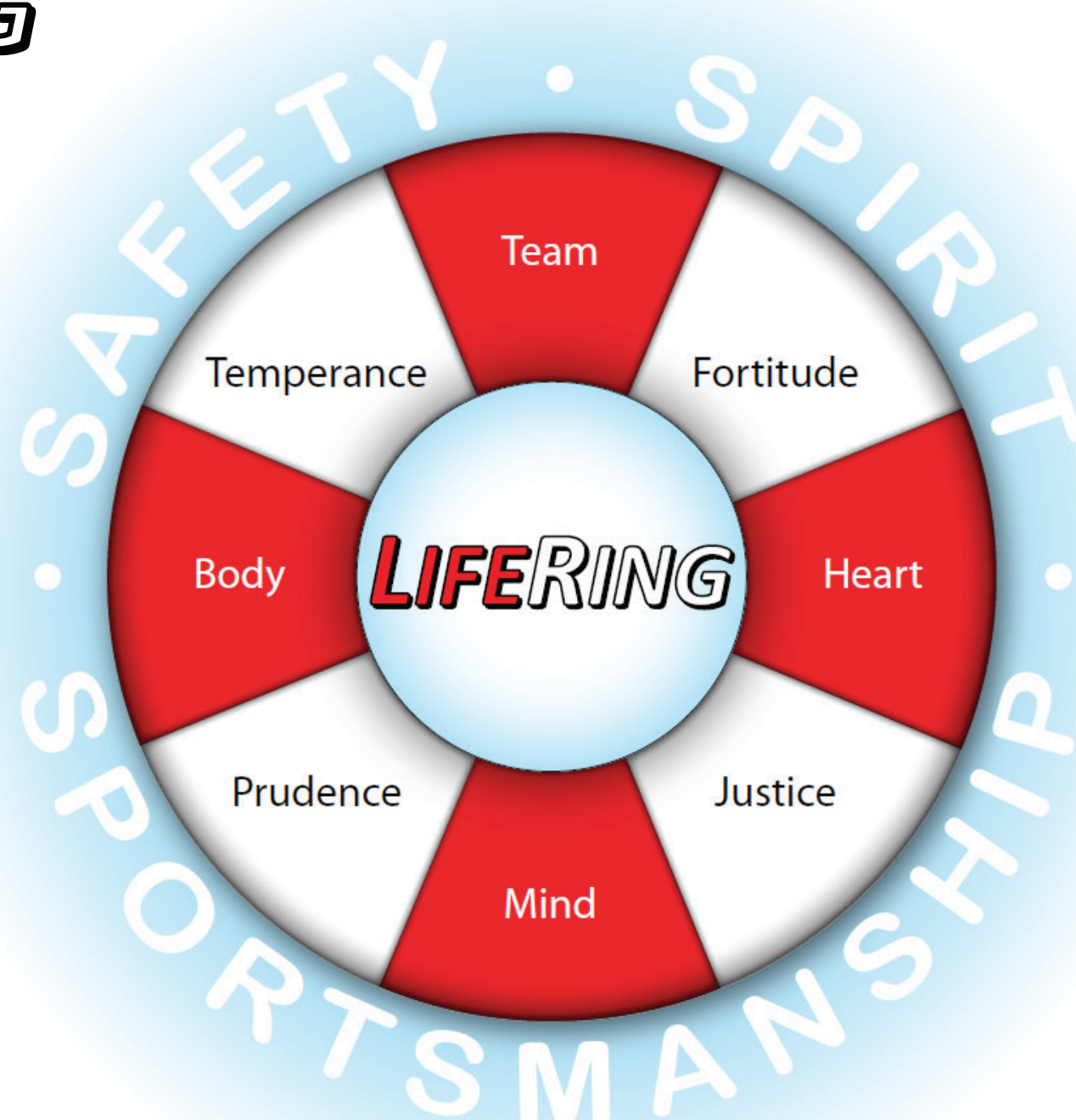


10 BASIC RULES

- 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, official, or the 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 divided into 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 skwimmer™ 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** **Skwimming:** Players in motion may only have intermittent disk contact; one (1) second or less, including lifts/spins). If stationary, one can hold the disk up to 3 seconds. Defense may take, without contact, 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 player that first had the disk, but is reset to 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 can't be deliberately held under water.
- 7** **Scoring:** Must come 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. Defense becomes offense and retrieves the disk from the trap to play.
- 8** **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 to play by coming back on-side before disk contact.
- 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 contact or extend over the goal ramp in any way, until the disk comes to rest on the goal.
- 10** **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 the official.

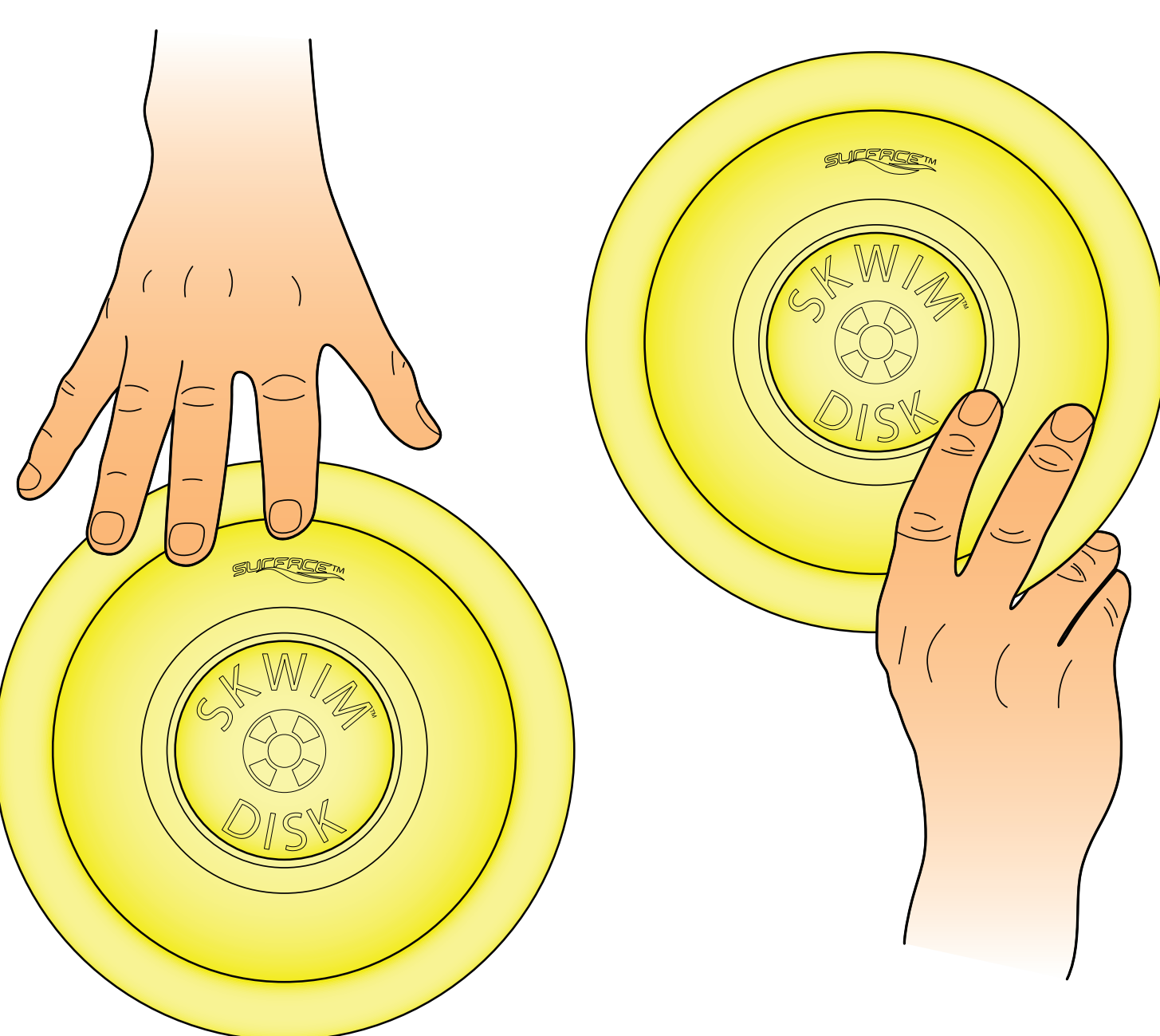
SKWIM™ LIFERING™ "Teaching Team Safety, Spirit and Sportsmanship"

The success of your team depends on a united effort toward sportsmanship, spirit-filled competition, and above all safety. The iconic Life-Ring™ logo serves to remind each player that water safety is a team effort, especially in competition. In SKWIM™, each and every player is the guardian of every other person in the water. SKWIM™ International Certification thereby serves as the foundation and safeguard for the sport's growth. Players compete by age, skill, and certification level.



More information at www.skwiminternational.org

HOW TO: CATCH, PASS & SKWIM



Receiving
Hand Position

Passing
Hand Position

▲ The SKWIM Disk is made of soft XL Extralight®, and designed to "Skwim™" across the water! Always position your hands with fingers on top of the disk and thumb below when receiving and passing. This will provide for the most secure grip and better passing technique.



▲ **"Skwimming"** is how you swim with the disk. You may have only intermittent contact with the disk while in motion. The disk must remain on or above the surface of the water while skwimming.



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