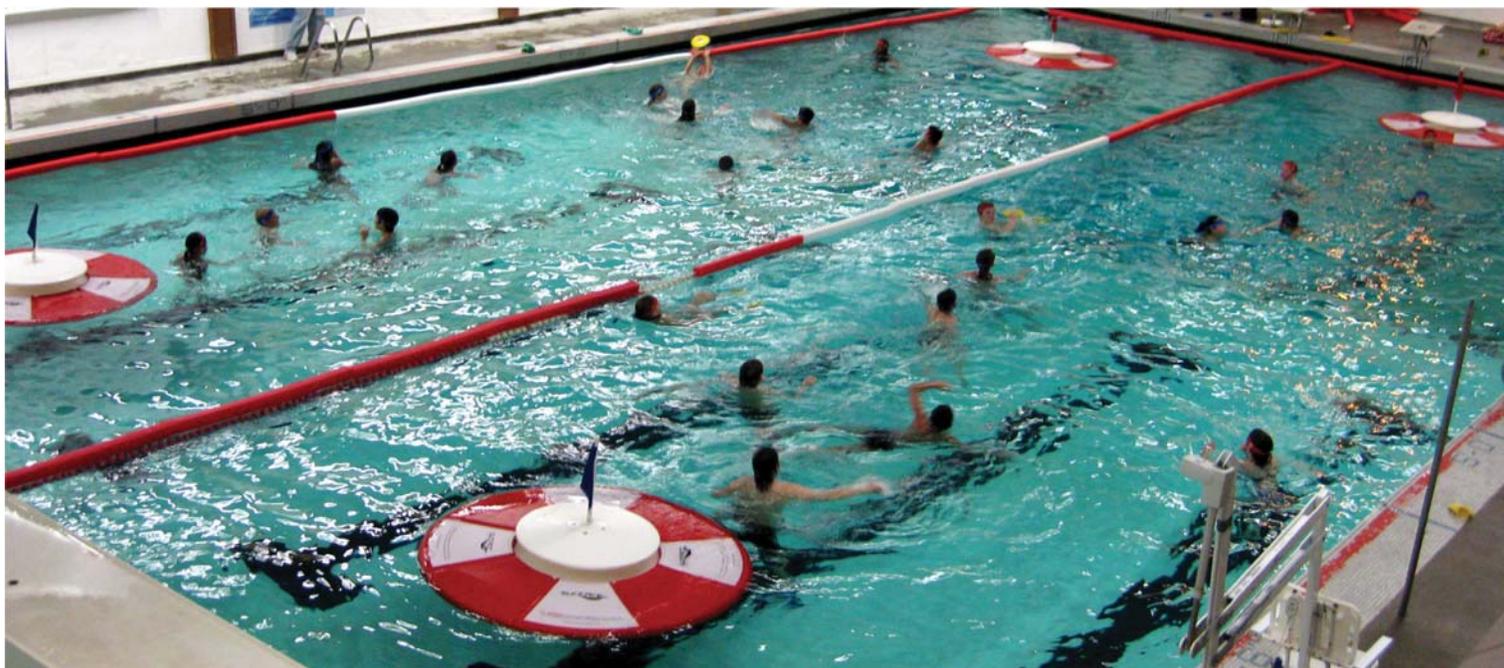




COME  
PLAY

**skwim**

THE ORIGINAL WATER DISK SPORT



# Quick Start Guide

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## SAFETY

### SKWIM Safety Summary

As a SKWIM, supervisor, lifeguard, coach, official, administrator or player, the following are some safety tips which can help ensure an enjoyable experience for those playing SKWIM

- 1) Know and understand the level of swimming ability of your participants. Assessments are required in most cases to ensure safe play.
- 2) Be certain the participants understand the rules, regulations, and philosophy of playing SKWIM with Grace and Excellence.
- 3) Players may rest on the foam boundaries but never on the goals.
- 4) Never anchor the goals with heavier than 15lbs. pool weight or covered dumbbell.
- 5) Though the disk is softer and more flexible than most sport balls, it still can hurt to be hit in the face with a hard throw. To help avoid this, remind all players that the disk is best controlled at lower speeds. The harder the disk is thrown the less accurate is the throw.
- 6) Only pass the disk to a person that is ready to receive the disk.
- 7) To be more accurate, it is always best to throw and follow-through with your hand finishing by pointing at your team mate you are throwing to.
- 8) Always catch the disk with fingers up
- 9) Always pass the disk with fingers on the TOP of the Disk.
- 10) Always pass or score "AROUND" your opponent.
- 11) Never pass the disk close to, or through a player's face or body. Always play the disk "around" your opponent.

### EQUIPMENT:

- 1) Be sure that the game equipment is always under supervision when in the water. During play, no players are allowed to be on the goals or touch the goals.
- 2) Be sure that no one is allowed to climb on the goals or on the boundary system, but players are permitted to rest one arm on the boundaries.
- 3) No one under the age of 13 should be permitted to set the weights, tie off, or secure the goals or boundaries unless accompanied by a lifeguard or coach.
- 4) Always seek help moving the goals or ramps
- 5) In moving the ramps, keep them vertical. Position yourself at the center of the ramp and roll, or lift to carry.
- 6) Always gently slide the ramps into the water. Never drop the ramp on the ground or into the water.
- 7) When moving the base and lid, slide them assembled onto the horizontal ramp that is in the water, then into the ramp recess.
- 8) When removing the goals from the water, a) bring the goal to the side of the pool. Then from the deck, hold the lid firmly with one hand and sink the ramp with one foot. When the ramp is sunk below the base, lift and slide the base onto the sunken ramp. Then, allow the floating ramp to rise and drain the base. Now lift the bucket from the ramp, onto the deck.
- 9) When removing the ramp, slowly lift one side of the ramp. Resting it against the side of the pool, allow it to completely drain. Then carefully and slowly lift the vertically positioned ramp edge up on the deck. Then carefully roll the ramp to the wall.
- 10) Ramps need to be stored either a) horizontally on a shelf, or b) vertically on a pad, against a wall, with the bottom 10" from the wall.
- 11) Set the bottom edge of the ramp on a foam kickboard or other non-skid soft surface.
- 12) Secure the ramp to the wall with cord, or bungee.

# INTRODUCTION

# INTRODUCTION



## WHAT IS SKWIM?

## WHAT IS SKWIM?

### WHAT IS SKWIM

SKWIM is a fun, fast-paced water-disk sport played in shallow or deep water, and by people of most all ages and swimming abilities. SKWIM is played with a flexible foam disk that slides on the water. Team members swimming with fins, score by sliding the disk into their opponent's goal. The goals are circular and allow players to score from 360 degrees. Participants may wear flotation.

### HOW TO PLAY

The following is an abbreviated guideline of the game.

- 1) The Mechanics of SKWIM are similar to soccer or basketball.
- 2) SKWIM is a non-contact sport, and scoring is made "around" the opponent.
- 3) SKWIM can be played effectively with 2 or more players per team, but best with 5 or more players per team. Optimizing Lagoon size, the sport is played 8 on 8.
- 4) Players wear Positive Drive Fins on their feet, for speed and maneuverability
- 5) The disk is played with a spinning motion and glides on the water surface
- 6) Moving with the disk is called "Skimming", whereby the disk is maintained above water and moved by alternating touches on the disk.
- 7) The disk must touch water between teammates and before a goal.
- 8) A Score must be completely in the trap. Other team immediately restarts. No rest.
- 9) Front bay score is 1 point. Mid bay score is 2 points. Back bay score is 3 points.
- 10) Serve, pass or shot from rear bay must touch water in mid bay before advancing.
- 11) OFFSIDES; Offense cannot proceed behind last defender until the disk is in that RED Zone
- 12) Players can hold the disk for 2 seconds continuously. 3 seconds is a turnover.

(PLEASE SEE "RULES SECTION" FOR MORE DETAIL)

### How to Serve, Catch, Pass and Score the Disk:

- 1) Always be sure teammates are looking, and ready to accept the disk
- 2) Always catch the disk in the hand position with finger up!
- 3) Always serve or pass the disk with your fingers on top.
- 4) When scoring up close, shoot the disk from a low elevation
- 5) Always attempt to score "around" an opponent

### Why SKWIM??

By Kevin McCarthy

**A) SKWIM is the first interactive team sport for both the occasional and avid swimmer!** “Lets go to the pool and have a “pick-up game”! This proclamation can now be made about SKWIM. U.S. and global aquatic enthusiasts deserve an interactive and social team sport that reaches a broader populous; for all ages and abilities. Roughly 150 million Americans (50% of the population) can swim. Approx. 52 million (18%) swims at least once a year (NSGA 2007), second only to walking. But less than 1% swim regularly or seasonally. SKWIM can bring more people to the water for fitness and safety and keep them coming back.

**B) SKWIM enhances water safety and can help save lives !** According to the CDC (Center for Disease Control 2007) 50 people a day in the U.S. are hospitalized due to a near drowning or drowning incident. Of these 50, 10 do not survive the incident, and others are left disabled physically, psychologically, or emotionally. SKWIM is possibly the most engaging, entertaining, and gratifying way to becoming Water-Safe, Water-Smart, and Water-Strong. The sport mechanics of SKWIM most closely emulate lifesaving technique, and help prepare students for lifeguard training.

**C) SKWIM appeals to the social being!** Both demographics and history support the fact that people prefer to “interact” in a sporting event. Of the top U.S. youth sports, the majority of participants are involved in interactive team sports, vs. individualized sporting events. The top 3 being soccer, baseball, and basketball. In addition, these three are also non-contact, co-gender, and have a common “ease” of entry. SKWIM is the only watersport that shares these same common traits.

**D) SKWIM is more about team skills!** It requires a composite of many skills, and not just swimming speed, or strength. SKWIM is more about technique and imagination. SKWIM is more like soccer and basketball, in how the sport moves and is tempered regarding aggression.

**E) SKWIM is about playing time!** Again, SKWIM compares best to soccer or basketball. SKWIM requires less overall water time for practice, using more for actual “game-time”.



DJ Weidner, center, plays on the red team with students as they participate in a game of SKWIM at the Redmond Pool last week. The game's concept grew out of a need for a water sport that people of all ages and skill levels could play and enjoy together.

REDMOND REPORTER

### SKWIM lands in Redmond Pool

**TIM WATANABE, Sports Reporter**

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Published: July 30, 2008 3:00 PM

Don't scratch your head in bewilderment the next time you visit Redmond Pool and see a large group of swimmers tossing bright foam disks around a pool.

They're just enjoying the sport of SKWIM, invented by Kevin McCarthy, creator of the Redmond-based SKWIM International.

The game's concept grew out of a need for a water sport that people of all ages and skill levels could play and enjoy together.

"In the water we have the equivalent of basically track and field, which is competitive swimming, and water polo, which is like football," said SKWIM marketing director DJ Weidner. "There's a lot in between that."

SKWIM is played in two 20-minute halves with two teams in a pool called a "lagoon," marked off by boundaries in three sections — two red sections called offensive and defensive "bays" as well as a middle section called a mid-bay. The object is to get the disk, designed to skim across the water, into your opponent's circular goal trap by strategically passing it between teammates. One point is earned for a goal scored from a team's own offensive bay, two points from the mid-bay and SKWIMmers that are skilled, or lucky, enough to score from across the pool will earn three points for their team.

"At first when people hear about it, they go 'what is this game?' but the minute we get people in the water and playing, they're like, 'this makes sense, this is fun,' Weidner said. "Their initial reaction is one of curiosity, but after that it's one of excitement."

The organization also offers SKWIM lessons for kids, taking all the ordinary techniques taught in regular lessons and teaching them in a game-oriented platform, which makes coming to the pool more fun and appealing for youngsters.

"We teach them the crawlstrokes, breaststrokes, backstrokes, but we do it in the context of the game," Weidner said. "Our hope is that we can do SKWIM lessons here... and that by fall we can start actually transitioning from a lesson platform to a "team" platform, where we will actually have SKWIM teams and youth development programs."

Although the sport has only been in existence for a little more than a year, Weidner said he believes that the community reception the organization has received has been very positive, and Weidner hopes that the sport will continue to spread locally and nationally.

“Over the last year we’ve been working with community pools, lifeguards, swim instructors, we have talked to the YMCA nationally, we’ve talked to the American Swim Coaches Association,” Weidner recalled. “We’ve basically been getting the word out that we have this cool sport. Through those partnerships and through that conversation, we started to design the programming and the game in a way that’s really inclusive.”

More than anything, Weidner hopes that SKWIM will help those that aren’t as comfortable in the water become competent swimmers in the pool.

“One of the missions of the organization is to promote water safety and water confidence through the game of SKWIM,” Weidner said.

He also stressed that safety is a top priority in the program, noting that it is a requirement for each SKWIM contest’s three referees to be lifeguard-certified, and that he enforces that all traditional water safety rules apply whenever his guests are in the water.

From a marketing standpoint, however, Weidner has lofty goals for where the sport of SKWIM will be in the next decade or so.

“We can dream big. Our hope is that, especially with the Olympics coming up, is that we can get into conversation with the U.S. Olympic Committee, within the next five, 10, 15 years, and hopefully it will become accepted as a great way for people to have fun, work out, stay physically fit, become water-safe and water competent,” Weidner said. “We want to spread this throughout the United States in the next five years, and in the next 10, get a significant saturation internationally.

Weidner was happy to announce that he just had a school in Hong Kong contact SKWIM, and that he will likely be working with them in the fall to develop a SKWIM program for high school students in Hong Kong.

“(SKWIM) has caught on and it’s growing,” he said.

### SKWIM MASTERMIND

Just about everything involved with SKWIM has been through the hands of Kevin McCarthy, a Sammamish resident who grew up in southern California near the water. As a product developer for big-name sporting goods manufacturers like Nike and Speedo for the past 30 years and former competitive swimmer, he says coming up with the idea has been a lifelong endeavor for him ever since he fell in love with surfing, and wearing a certain accessory that is a large part of SKWIM.

“I liked how wearing fins made you fast and efficient in the water,” McCarthy said. “I thought there should be a water sport that encompassed the use of swim fins not only to get around fast but to help those who weren’t strong swimmers feel more confident in the water.”

He has a company in Los Angeles making the official SKWIM fins for the game, but what about the colorful foam “skip-disks?”

“The disk design is about 10 years old,” said McCarthy, father of five. “It took a while to get the design right, but it slides on the water pretty efficiently. The whole goal is to have an implement other than a big ball, something that little kids, people with special needs ... or senior citizens can play with, something that’s fast and exciting on the water like a frisbee.”

McCarthy, who was the co-designer of the “Croc” line of beach sandals, reiterated the fact that SKWIM’s ultimate goal is to help build confident swimmers by bringing people to the water more regularly so that both children and adults are less likely to panic when faced with a dangerous situation in the water.

He also brought up a frightening statistic: every day an average of nine people in America drown, and another 30-40 require hospitalization for a water-related incident.

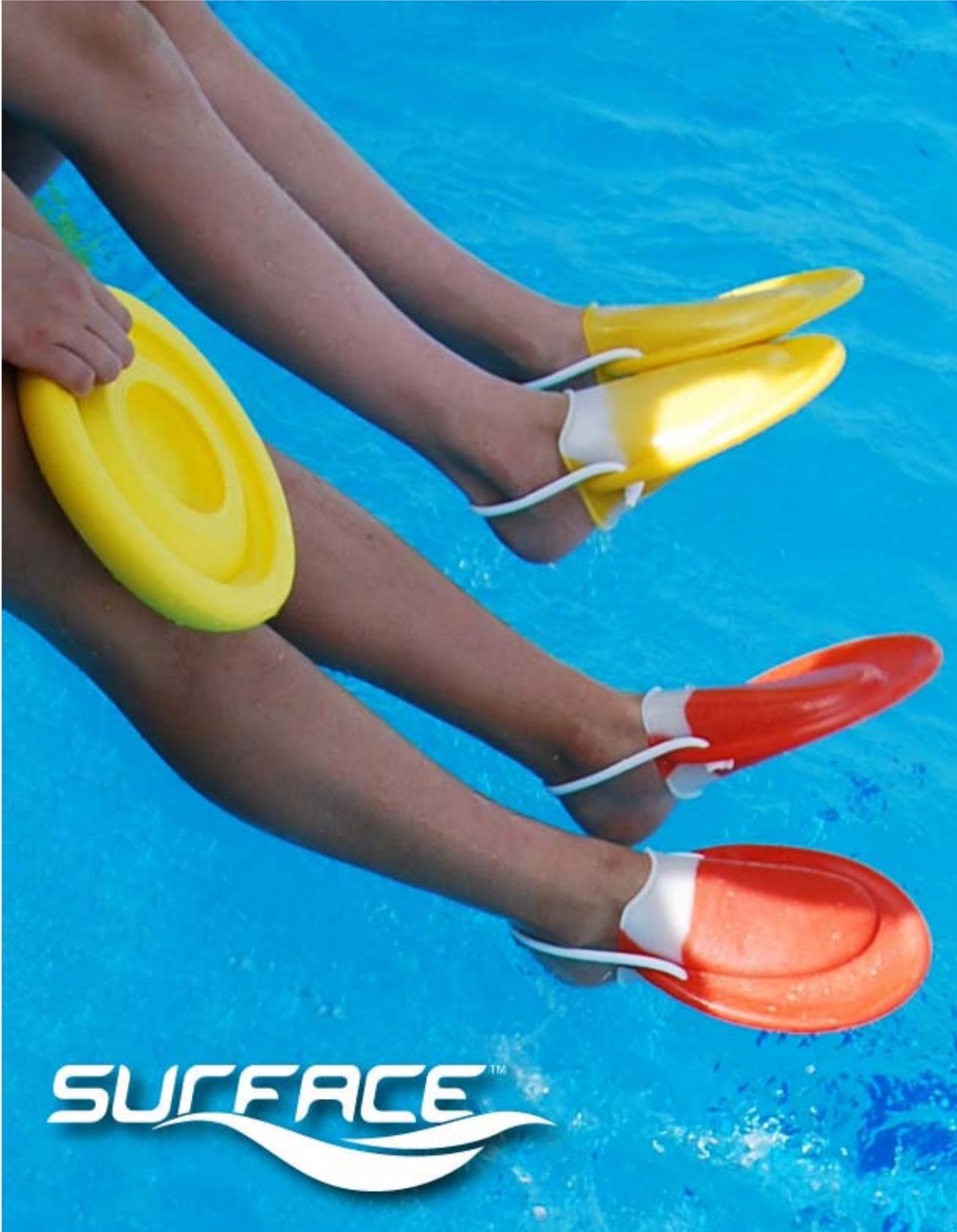
“That means that 40-50 people every day have a traumatic encounter with the water, and many of those people are rarely in the water,” McCarthy said. “If we can have a sport that is open to more people than say, competitive swimming or water polo, it is our hope that it serves the community.”

For more information on SKWIM, visit [www.skwiminternational.org](http://www.skwiminternational.org) or call (425) 869-6505. To find out when SKWIM is offered at the Redmond Pool, contact manager Melissa Stepp at [mstepp@nwcenter.org](mailto:mstepp@nwcenter.org)

Tim Watanabe can be reached at [twatanabe@reporternewspapers.com](mailto:twatanabe@reporternewspapers.com) or by calling (425) 867-0353 ext. 5054.

# EQUIPMENT

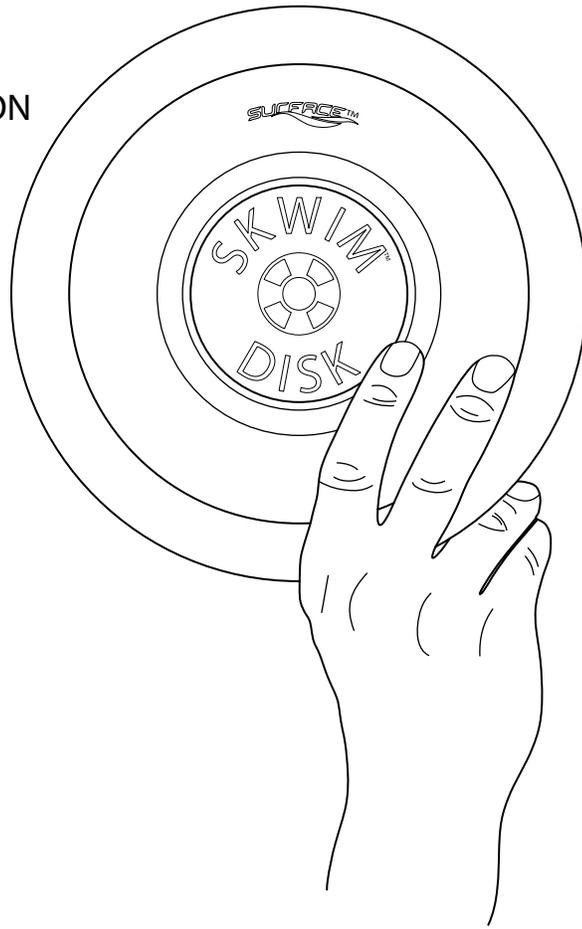
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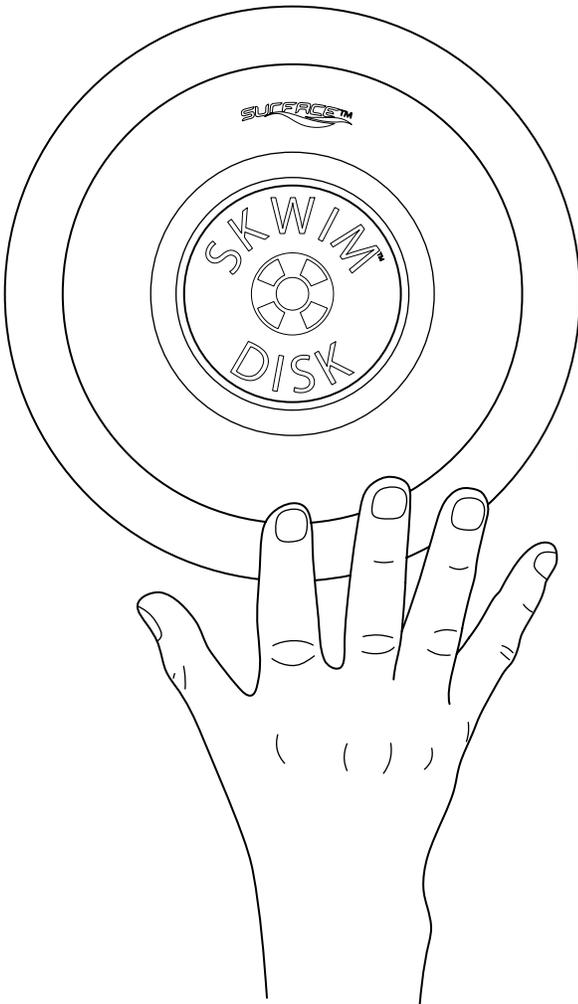
**DISK MECHANICS**

**DISK MECHANICS**

RT. HAND THROW POSITION



RT. HAND CATCH POSITION

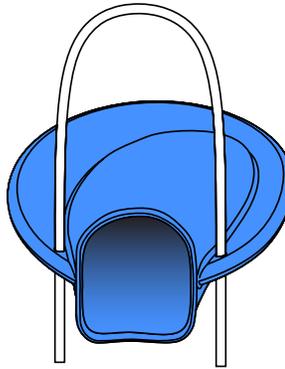
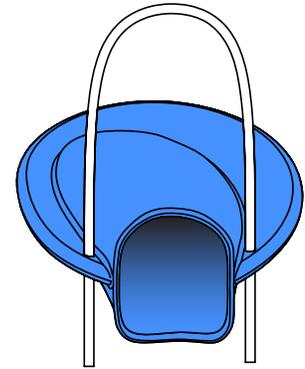


## FIN STRAP-UP

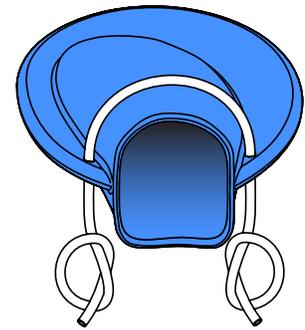
## FIN STRAP-UP

Each fin is the same and has a contour to fit your foot. Before Strapping, orient the fins to form a Left and Right.

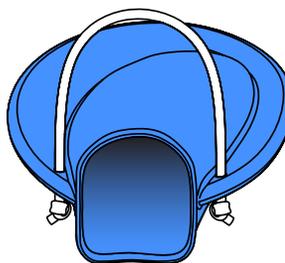
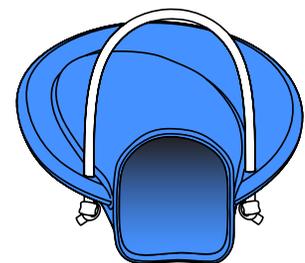
**1** Bring the tubing ends down through the top as shown in step 1.

**1**

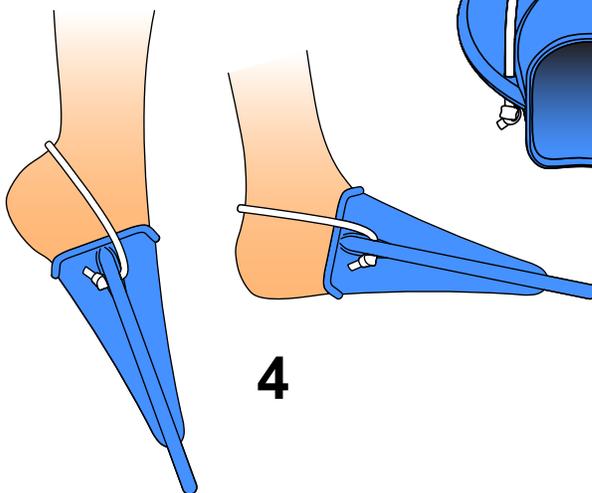
**2** Tie simple half knots at each tubing end, loosely at first. Adjust the knots so that the strap fits just right. Not too tight and not too loose. They should fit comfortably like a slipper.

**2**

**3** Once you have your strap adjusted correctly, gradually tighten your knots securely. You may want to keep one side knot looser so it is easy to make one more adjustment after swim testing.

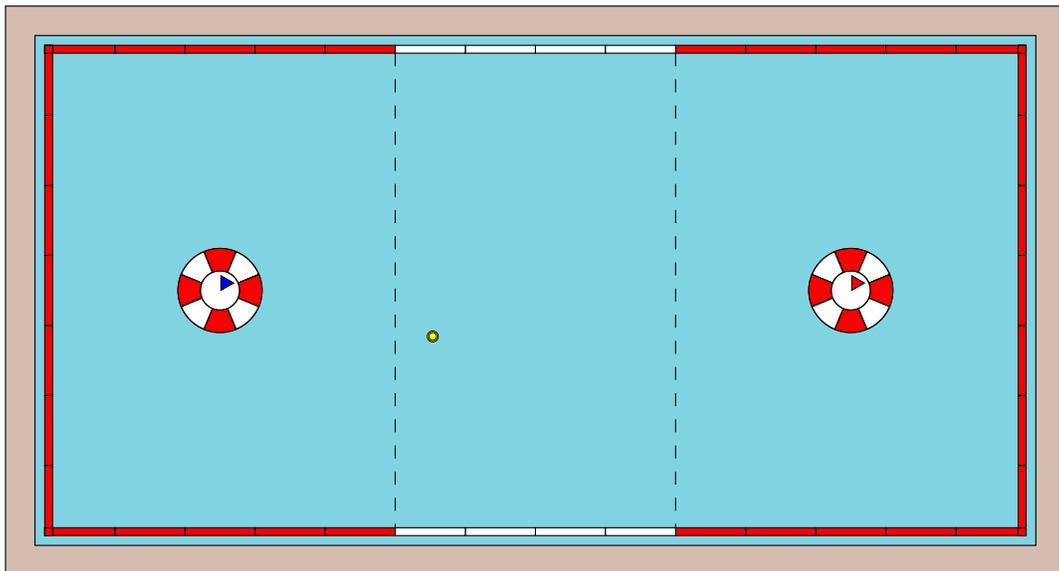
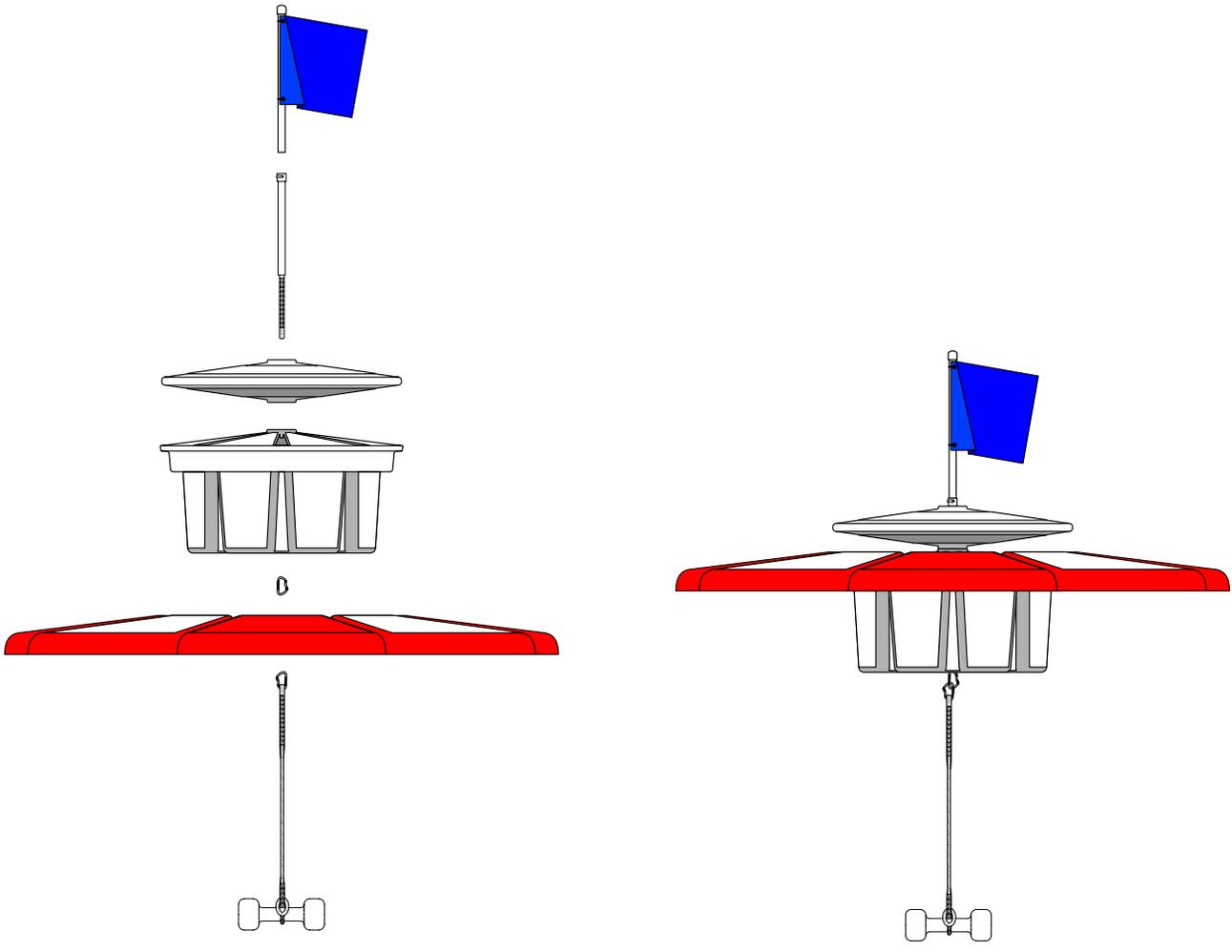
**3**

**4** With the knots below, the straps come up through the holes and around your ankles.

**4**

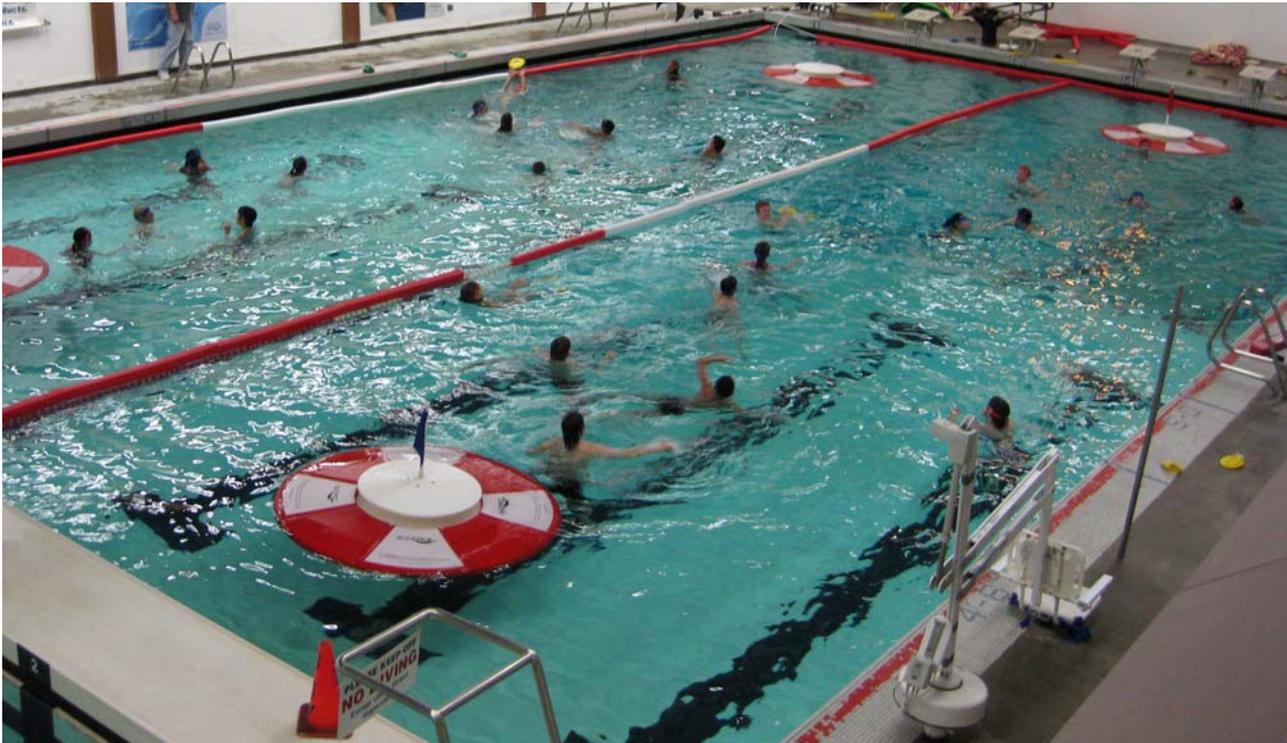
# GOAL ASSEMBLY

# GOAL ASSEMBLY



# COACHING

# COACHING



## TOP TEN RULES

BASIC SKWIM RULES & OBJECTIVES: March 8, 2009

- 1) **Game Format: Two teams, two goals, a disk, and boundaries:** The area of play is called a Lagoon, separated into 3 "bays". Teams are 8 on 8 in full pool; (can be less, if less room) See "Player Count" section!. Players wear swim fins on their feet to increase maneuverability and speed. Shallow or variable depth pool OK, players may stand but cannot walk. There are two - 20 minute halves.
- 2) **SKWIM is played with the core principles of "Grace and Excellence":** Grace is about discovering your gifts and Excellence is in finding their best use!. SKWIM is a game of quickness, agility and finesse, not necessarily speed or strength. SKWIM is non-contact and very fast-paced. SKWIM mechanics are similar to soccer, in that the participants remain "spread". Scoring is 360 degrees about the goal, promoting motion and rotation. SKWIM is non-confrontational, but elusive, and strategic. Positioning and scoring is therefore always done "around" the opponent, never through. (see the SKWIM Life Ring )
- 3) **"Service":** Each team aligns at center bay to meet their opponent and shake hands. Home team calls the disk-flip and chooses to serve or receive. Each of the two 20 minute halves start with players in own back-bays. Serving team passes across to receiving team and play begins. Should the game result in a tie, an overtime period starts with another disk-flip and "Service", concluding with the first score made. First scoring team in overtime is the victor.
- 4) **"On the Water":** The disk must touch water, a) between offensive players; b) on any score shot; c) in the white bay between scores, d) in the white bay when serving, passing, or scoring the disk from the back-bay to the front-bay.
- 5) **"Score":** Players must slide the disk into their opponents center goal trap "completely". NEITHER team can touch the goal. Offense CANNOT pass any part of their body on or over the goal ramp. (No slam dunking). Players can score from any angle or side of the circular goal. One point is given when scoring happens within the defensive Red Bay, two points from the neutral zone (white bay), and 3 points from the offensive back bay. After a score, the opposing team immediately restarts from the goal with one free pass inside their back-bay only.
- 6) **"Skwimming":** Skwimming is swimming with only intermittent contact with the disk, such as alternating hands on the disk between strokes. When stationary, Skwimmers can hold the disk for less than 3 seconds, then they must let go and re-grab. Defense may take the disk in a moving "SKWIM", provided no contact is made. A "double-grab" on the disk forces the disk back to the offense's back-bay for a restart. Defense may "double-grab" but not rip the disk away, if the offensive player is holding the disk in the air.
- 7) **"OFF-Sides":** is when an offensive player is behind the last defender, before the disk is advanced into the front-bay, and makes a play on the disk. To re-engage in the play, the offensive player must first reset in front of the last defender and the disk must then re-cross back over the bay line for the offense, to "reset".
- 8) **"Goal Tending":** Except for the Goalie, defense may not collapse to encircle the goal, but rather keep closer to the offensive player than to the goal. Goalie and defenders may cross over the ramp but not touch the ramp, nor enter the trap. Shot attempts which stop partially, or completely on the ramp or lid are dead. No offensive rebounds off the goal. Play resumes with immediate restart to other team, with one "free" pass inside offensive back-bay only.
- 9) **"FOUL":** Like soccer and basketball, SKWIM is non-contact, but incidental contact may be allowed when retrieving the disk if in pursuit. No forearms, checking, pushing, swimming over or through. A pass or score attempt through an opponent's torso (shoulder to shoulder) is a violation and constitutes automatic free shot, plus 1 minute violating player penalty.
- 10) **"Safety-First":** "Grace and Excellence" means player comes before play. Each player is to be conscious of teammate's and opponent's welfare. Should a player be injured or in need of assistance, play immediately ceases and player is attended to, and/or assisted to the pool deck as time stops. Flotation is allowed in most levels of play and required unless player has met SKWIM swim standards. Officiating occurs with a minimum of 2 rotating referees, one on deck and one in the water. The preferred arrangement is 2 deck referees and one in the water. Players may not use the water referee as a shield or screen.

## LIFE RING

## LIFE RING

The "Spirit" of SKWIM radiates through its core principles of "**Grace and Excellence**". These two principles influence how the sport is played, coached and officiated.

Four "Aspects" and four "Virtues" of SKWIM Spirit emanate from these core principles and form the SKWIM Life Ring. The **Life Ring** therefore symbolizes the many facets of the sport. The Aspects and Virtues in turn manifest working Attributes.

Emphasizing safety and wellbeing, a holistic balance is coached in SKWIM, so that the gifts of each player can be witnessed in the game.



### LIFERING™ LEGEND

- Core Principles
  - **Grace**
  - **Excellence**
- ◻ Aspects
- ◼ Virtues
- Attributes

**Core Principles of Team Spirit** **Grace** - allowing one's gifts and talents to be realized.  
**Excellence** - the good use of our gifts to the best of our ability.

**4 "Aspects" of Spirit** - Team, Heart, Mind and Body. **Team** - is the interdependent community aspect of the Spirit by which we become a part of something greater than ourselves. **Heart** - is the conscious aspect of the Spirit, determining moral decision making. **Mind** - is the intellectual and psychological aspect of Spirit, building knowledge for good. **Body** - is the physical aspect of Spirit responsible for noble action.

**4 "Virtues" of Spirit** - Compassion, Hope, Wisdom and Patience. **Compassion** - is treating others as you would hope to be treated. **Hope** - is a decision to believe in, look for, and expect the good from others. **Wisdom** - is the good use of knowledge. **Patience** - is to invest in the present, with your time and attention.

**8 Attributes of Team Spirit** - Sacrifice, Perseverance, Trust, Imagination, Servant-Leadership, Temperance, Encouragement, and Inspiration. **Sacrifice** - is the outward sign of compassion; giving of ourselves for the sake of the team. **Perseverance** - is the outward sign of Heart; the act of steadfast commitment and sportsmanship. **Trust** - is the outward sign of Hope; counting on our teammates to come through for us, as we do for them. Imagination is the outward sign of the Mind; to envision and create a new level of play. **Servant Leadership** - is the outward sign of Wisdom; working in service for the good of the team. **Temperance** - is the outward sign of the Body; self-mastered and working in service. **Encouragement** - is the outward sign of Patience, with yourself and with your team. **Inspiration** - is the outward example of team unity, playing with Grace and Excellence on behalf of the sport.

### COACHING SKWIM

(coaching applications and background checks are to be completed first)

Revised 02-21-09

In so many ways, "COACHES" are the life-blood of sport. It is especially so with the sport of SKWIM. Great athletes can increase popularity of a sport temporarily, but it is the coaches that cement a sport into culture. Coaches help chisel character into our youth and young adults; guiding them to new heights in play, by impacting who they are as people. The "Spirit" of SKWIM therefore lives and breathes through good coaching. Like the steeple of a cathedral, a good SKWIM Coach is the "Spire" of the local SKWIM community; easy to find, "inspiring" great teamwork, and helping save lives.

SKWIM is loads of fun but always balanced with safety, and tempered with respect for the welfare of everyone in the water. It's tragic, but on average, each day in the U.S. alone, 10 people drown due to a water related accident and another 40 are hospitalized, many of which are left with a permanent disability, (CDC 2007). Some of these accidents could have been avoided if the person had been an experienced swimmer, or better understood his or her limitations around water. Coaching SKWIM is all about building water-safe, water-smart, water-strong community; it's about helping save lives! Coaches that develop out a quality SKWIM program understand the balance with fun, fitness and safety, and the temperance needed regarding play. SKWIM is a fast paced, non-contact sport, similar in tempo to basketball or soccer. Key aspects of temperance in SKWIM include: Disk Play, Defensive play, and Offensive Play, which will be covered under the Safety and Coaching sections.

### Who can coach SKWIM?

Do you hear the call to help coach SKWIM? Coaching does not require great swimming skills. A separate lifeguard is required on deck during all SKWIM practices and games, to supervise the pool use. Coaches can focus on coaching. If you have a passion for the water, reasonable swimming skill, and some previous coaching, mentoring, or counseling experience, you may qualify! If you have not been swimming lately but want to coach that's OK. SKWIM is designed for the greater population which is not in the water regularly. You will need to start playing SKWIM yourself to understand the nuances of the sport. You will gradually become stronger along with your team, while you enjoy this fast-growing sport.

SKWIM is played with comfortable customized swim fins (Positive Drive Fins or "PDF") for your feet that enable beginning and average swimmers to compete with confidence, and good swimmers to perform at much higher levels! Coaching with PDF Fins will enable you to swim with ease while you coach. Experience is not necessary, but communication and enthusiasm mandatory! In just a few hours a week, you can improve lives and help blend water-safety with an exciting sport. Historically, water sport competition has been for the elite few. The majority of the population has been left out of competitive participation in the water. Now there is a dynamic team water-sport which enables all members of community to play! Its not about being the fastest, its about being one with the team. Its SKWIM! But we need coaches like you to help it grow.

### **What will I need to be a great SKWIM Coach?**

- 1) A completed background check on file with your chosen pool location
- 2) A desire to make a positive difference in other people's lives
- 3) A growing "spirit" for the sport of SKWIM and its core principles of Grace and Excellence
- 4) A great passion for aquatics and water safety.
- 5) Enjoyment and satisfaction from teaching physical education
- 6) Growing knowledge of offensive and defensive strategies of SKWIM
- 7) An understanding of SKWIM rules and regulations
- 8) Familiarity with SKWIM equipment, set-up, and care
- 9) Familiarity helping players with PDF fin sizing and "fit" and adjustment
- 10) A growing network of local pool owners, managers, and aquatic directors
- 11) 2-6 hours a week available for coaching, studying and SKWIM networking

### **Where can I go to coach a SKWIM Team?**

- 1) If your local pool has a SKWIM team started, they will very soon need a second coach for an additional youth, teen, or adult team. Inquire within and be enthusiastic. Play in a few adult games and get your feet wet.
- 2) For a new SKWIM prospective location, pick the pool that is closest to your home or work. Make coaching a convenient way to get both your exercise and participate in community service.
- 3) Its best if the pool has 6 or more lanes and at least a 25 yard course, so the pool can be shared. If only 4 lanes, it can work, but SKWIM will take most of the space.

### **Starting SKWIM in your area !**

- 1) Drop by your local pool and tell them about SKWIM. Once you reveal the Advantages of SKWIM Programming, the SKWIM wheels begin to turn!
- 2) Direct them to the SKWIM Website and show them around.
- 3) Your local pool staff may have already heard of SKWIM....and waiting for someone like you to volunteer to coach!
- 4) Offer to host an in-service game for the pool staff so that they can experience SKWIM. An In-Service is a monthly training meeting for the pool staff. SKWIM is an excellent "team-building" sport for pool staff in-service events, and a great workout! You can participate as player coach and/or Be the Official. It will give you practice applying the rules and implementing calls. Be strict on aggressive play, but be lenient on other rules to start. Like any sport you have to allow some "innocent" rule violations at the beginning. (Just imagine a group playing basketball or soccer for the very first time) Gradually as the game progresses in the first 10 minutes, you can gently reinforce and explain more rules.

- 5) Offer to facilitate SKWIM for your local competitive swim team, as a team-building reward from swim training. Invite the swim team coach to observe, or to play in the staff SKWIMMAGE.
- 6) Once people have played, suggest a time slot for SKWIM each week at the pool.
- 7) Start with asking for just 3-4 lanes, one hour a week, in the afternoon or early evening during open or public swim time.
- 8) **VERY IMPORTANT: Piggyback SKWIM!** Start SKWIM in just 3 or 4 lanes wide. Be sure to share the pool with an existing program, such as public swim, open swim, lap swim, so that SKWIM has an audience! Therefore SKWIM can “share” an existing recreation program and does not need its own time slot to start a program. This sounds tough to do but it is a sure-fired way to make SKWIM visible to the community. Work with the pool director to pick a time that can fit SKWIM in, without compromising the other program. You may find a few early evening programs that under-utilize the pool space. It may ruffle some feathers the first time. Remember, you only need 3 lanes for 45-60 minutes once a week, to start the program.
- 9) Make sure you have someone designated to help you set up the SKWIM system. If so, set up time can be 5 minutes.
- 10) SKWIM will start to grow in the very first session. Invite anyone at any age to play; families, individuals, groups and friends. Take the time to explain the use of the fins and the disks.
- 11) SEE SKWIM RULES AND REGULATIONS FOR COACHING DETAILS

### When can I start Coaching SKWIM?

- 1) You can start today. Call us to discuss your interest and the opportunity.
- 2) SKWIM equipment is distributed through Surface Water Sports, [www.surfacewatersports.com](http://www.surfacewatersports.com)
- 3) The online coaching support is here at [www.skwiminternational.org](http://www.skwiminternational.org) or for Northwest U.S. residents, view [www.skwimnorthwest.org](http://www.skwimnorthwest.org)
- 4) Start with our condensed “RULES and REGULATIONS” page.
- 5) View our online videos and photos and study the nuances of SKWIM.
- 6) Tap into the techniques and drills of SKWIM and understand why SKWIM is the fastest growing water-sport in America.

### Why Coach SKWIM?

- 1) In just 2-3 hours a week, you can help build water-safe, water-smart, water-strong community! Without being a lifeguard, you can help save lives.
- 2) The sport of SKWIM is designed to help people, young and old, learn to compete in the water. Interactive competition is perhaps the single best way to gain strength, stamina, confidence, and experience in the water. As coach, you facilitate and encourage the team to learn SKWIM and therefore enhance their swimming expertise.
- 3) You can share this coaching experience with a special player: your child, your spouse, or a friend, and make it your time together!

4) Your time is extremely valuable! That is why we encourage coaching from the water. As coach, this water-class is free to you. Get your weekly exercise as you coach. There is no better way to get a balanced workout than to Swim with SKWIM fins. A lifeguard will always be on-deck for you, monitoring all participants. Teach the drills and techniques by example. SKWIMMAGE with the team. No matter what your skill level, attempt to lead by example. Before long many of the players will surpass you in skill, grace and excellence. That is a great day to behold, and a time to measure and tune your coaching style. Congratulations!

### How to Coach?

- 1) SKWIM is coached, officiated, practiced and played with Grace & Excellence!
  - a. Grace....learning to use the gifts we have, with respect for the game, and all participants
  - b. Excellence....striving for the best in others, and yourself, at all levels of play.
- 2) Get to know the Rules, Regulations, and Equipment of SKWIM
- 3) Coaching SKWIM is very similar to coaching other team sports such as soccer, basketball, and many of the same techniques and drills can be applied.
- 4) You will have access to short online weekly coaching tips that are fast and easy to learn. SKWIM is designed to be intuitive.
- 5) Be committed. Give it all you have for those few hours per week. Be a little early for practice and leave a little late. Parents and friends of SKWIM will want to get to know you, so offer some time. Show Grace & Excellence always, and it will rub-off on the players! It will also rub-off on the rest of your day!
- 6) Whether coaching youth or adults, offer your background check information early-on in your discussions with a public or private pool, or aquatic facility.

SKWIM is about Grace & Excellence both in and out of the water. These two attributes are reflected in the way the game is coached, officiated, practiced and played. SKWIM is a non-contact team sport, yet, also a full-mind and whole-body competition, with oneself and one's opponent. Coaching with Grace & Excellence sets a high expectation for each player's behavior and performance. Expect the very best from your players. Youth and adults tend to rise to expectations and are attracted to grace and excellence and a positive attitude. Look for the best in all your players, and instruct for the best. Coach the positive in what gains results for the team. Spend little time discussing poor behavior or technique. Always correct with the positive and Toward Grace and Excellence. You have little time with your team. Use it wisely.

Great coaches care about others, can convey a simple message, live by example, and find joy in hard work. You may be a parent, a friend, a lifeguard, a teacher. If you are interested in joining our coaching or officiating team at SKWIM Northwest, or SKWIM International, please contact us at the above contact icon.

### **SOME REASONS WHY SKWIM HELPS SAVE LIVES**

SKWIM is more than just a fun easy-entry water sport. It is also a precursor to live-saving. The following are the ways in which SKWIM skills can carry over to live-saving and water-safety technique:

- 1) In SKWIM, players are required to be highly aware of all other players in the lagoon.
- 2) Players swim predominantly “head-high” so as not to lose sight of the disk and other players.
- 3) Players are often required to sprint to the disk side by side, in close proximity with others in the water.
- 4) Players are required to work cooperatively in the water with teammates in sometimes difficult conditions and sometimes in a state of fatigue.
- 5) Players assess their limitations in the water and understand when it is wise to ask for support or substitution. Limitations in the water are experienced and expanded under lifeguard supervision.
- 6) Players learn to pace themselves and to understand aquatic anaerobic and aerobic function.
- 7) Players learn to work above water and underwater, installing the goals and securing anchorage for the goals.
- 8) Players learn multitasking and dexterity in the water playing with the disk, while also swimming.
- 9) Players learn to swim with swim fins and understand the safety advantages thereof.

**BUILDING WATER-SAFE, WATER-SMART, WATER-STRONG COMMUNITY**

# RULES

# RULES



## RULES AND REGULATIONS

<b>1 2/14/2009 SKWIM GUIDELINES / RULES / REGULATIONS (Summary)</b>		
<b>2 SKWIM GUIDELINES</b>		
<b>3 TITLE</b>	<b>CONDITION / SITUATION</b>	<b>RESULT</b>
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
<b>7</b>		
<b>8 8 PLAYER POSITIONS</b>		
<b>9 GOAL KEEPER</b>	May play close to the goal, does not have to guard a player	May guard any offensive player or retreat to goal
<b>10 GUARDS Left / Right</b>	Play in back bay, may move up to mid but not to front bay	Must defend opposition, not the goal otherwise is goaltending
<b>11 MIDS Left / Right</b>	Set up on both offense and defense; may go into any bay	Usually require the most swimming and help set up the play
<b>12 POINT</b>	Positions at the center top of the red zone and sets plays	Often times faces off on the opposing goal keeper
<b>13 FORWARDS Left / Right</b>	To penetrate deep into the opponent's defensive bay and score	create opportunities by pulling defense back behind goal
<b>14</b>		
<b>15 SKWIM RULES</b>		
<b>16 THE CALL</b>	<b>CAUSE OR ACTION</b>	<b>RESULT</b>
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 the DISK "	Player swims while holding the disk beyond one glide stroke	Disk is turned over to other team at point of infraction
27 " UNDERWATER "	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 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 arms 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 " IN THE BOX "	Player crosses over or into the 'shot box' during penalty shot	Automatic Point (s), disk awarded to other team at back bay
48 " UNSPORTSMANLIKE"	Flagrant infraction against any person or the sport	Warning; 1 minute or permanent ejection (official determined)
49 " POWER PLAY "	Missing player for 1 minute resulting from penalty	All other rules apply; player can be replaced after 1 minute
50 " FLAGRANT FOUL"	Player fouling often, repetitively, flagrantly, or intentionally	Penalty box 1 minute or ejection as determined by official
51 " THIRD PERSONAL FOUL"	Player commits own third personal foul of the game	Penalty box 1 minute
52 " FORTH PERSONAL "	Final Foul for an individual	Ejection from game
53 " DELAY OF GAME "	Intentional disruption or delay of game by official determination	Penalty box for 1 minute by participant (s)
<b>54</b>		
<b>55 REGULATIONS</b>		
<b>56 SUBJECT</b>	<b>DEFINITION</b>	<b>PURPOSE / APPLICATION</b>
57 SKWIM LAGOON	Area of play divided into 3 bays within foam boundary floats	Defines area; retains disk in play; facilitates and marks rules
58 SKWIM GOALS	Circular plastic ramps with trap, lid, line, anchor	Location and place of scoring a goal from 360 degrees about
59 SKWIM DISK	Yellow foam disk shaped with flat bottom and channeled top	Slides on water and into goal for score
60 SKWIM FINS	Positive Drive Fins for added propulsion and help safety	Players wear on feet to increase endurance and speed
61 HEAD BANDS	Team colored head bands adjustable to fit and numbered	Identify team and individual players and contrast other team
62 TEAMS TO PLAY	Only 2 teams play at a time, starting from respective bays	Each team defends one goal, typically marked by team flag
63 PLAYERS PER TEAM	Based on lagoon size, level of play, age, and substitution	must not be in excess of 2 x the player count for youth
64 WARM UP	Warm up is performed in other pool or connected pool	after warm up team enters lagoon 5 minutes before the hour
65 CHECK-IN	All members of each team check in with official safety check	To account for game fitness and equipment check
66 TIME KEPT	Two, 20 minute halves for regulation game, may vary by level	To promote continuity of play and time for substitutes
67 DISK TOSS	Disk is flipped in the air and home team calls top or bottom	To determine the Skwim-off, one team chooses side or disk
68 TEAMS TAKE POSITIONS	Teams move to own back bay area (marked by red boundary)	Teams must start from their own red zones then move disk
69 SKWIM-OFF	One team passes off to the other to commence play	Receiving team receives disk and moves up to score
70 SCORING	See rules for 1,2,3 point shots	Team with most points at end of game wins the game
71 PLAYER COUNT	The number of players determined for level of play & lagoon	Player count per side must match unless ruled otherwise

## RULES AND REGULATIONS

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<b>72</b> SUBSTITUTION	Players may be substituted only when a player leaves lagoon	Player count may not exceed specified game count
<b>73</b> SUB PROCEDURE	Substitute must enter water feet first from seated position	No diving is permitted at any time
<b>74</b> CONDITIONS	Weather, water, temperature, equipment, to be deemed safe	Official determines safety of the game, coaches may appeal
<b>75</b> GAME DELAY	Games may be delayed or postponed due to conditions	Games will be resumed, or rescheduled accordingly
<b>76</b> SWIM ADEQUACY	Players must show officials swimming adequacy for game	Officials have final call on swimming adequacy of all players
<b>77</b> EQUIPMENT CHECK	Officials and coaches are responsible for safety of equipment	Goals, boundaries, flags, disks, fins, goggles, suits approved
<b>78</b> PLAYER CONDUCT	Must conduct themselves according to the SKWIM Code	SKWIM Code of ethics and conduct - for players
<b>79</b> COACHES CONDUCT	Must conduct themselves according to the SKWIM Code	SKWIM Code of ethics and conduct - for coaches
<b>80</b> OFFICIALS CONDUCT	Must conduct themselves according to the SKWIM Code	SKWIM Code of ethics and conduct - for officials
<b>81</b> PARENT / RELATIVES	Must conduct themselves according to the SKWIM Code	SKWIM Code of ethics and conduct - for parents / relatives
<b>82</b> SPECTATOR CONDUCT	Must conduct themselves according to the SKWIM Code	SKWIM Code of ethics and conduct - for spectators
<b>83</b>		
<b>84</b> SKWIM TERMINOLOGY		
<b>85</b> TITLE	<b>DESCRIPTION</b>	<b>PURPOSE/RESULT</b>
<b>86</b> SKWIMMING	Swimming with intermittent contact with disk (various forms)	Skwimming allows skwimmer to swim and control the disk
<b>87</b> STEPPING	Skwimming, swimming crawl and alternating hands on disk	Allows Skwimmer to crawl with disk in front alternating hands
<b>88</b> OTTERING	Swimming on your back with disk on chest or in wake	The disk trails and stays in the eddy of your body
<b>89</b> BOW-WAKING "WAKING"	Head high crawl controlling the disk between arms on wake	Disk stays in front and rides the bow wake off the body
<b>90</b> SKWIM ROLL or "ROLLING"	Rolling in a SKWIM crawl with disk in hand to avoid a defender	Skwimmer can avoid a defender by rolling around with disk
<b>91</b> PASSING / SCORING	Releasing the disk with a spin and projection to goal or player	With spin and momentum the disk will slide over the water
<b>92</b> BACK-HAND	Fingers on top with hand starting across chest then follow-thru	Back-hand is the most accurate way to pass or score
<b>93</b> "SLINGSHOT" (Sidearm)	Fingers on top with sidearm throw horizontal with water	Effective pass or shot around defender who is close
<b>94</b> "TOMAHAWK" (Overhand)	Fingers top overhand pass with followthrough to outside	Most effective for long throws requiring accuracy
<b>95</b> "LOB" or "DROP"	To toss the disk over the top of a defender to another player	Best when there is no other way to progress on offense
<b>96</b> "FLOATER"	To lob an overhead with spin so that it lands and slides to goal	Best shot when the defenders are distant from the goal
<b>97</b> REVERSE (around the back)	Fingers top wrap around the back pass	Most effective if defender is favoring a forehand sidearm pass
<b>98</b> BACKHAND REVERSE	From a side arm strong side, backspin to a backhand reverse	Most effective from a forehand fake, into a reverse back spin
<b>99</b> UNDERHAND (sidearm)	Just as a slingshot forhand but with thumb on top	A good distance pass around a defender
<b>100</b> "SLAP"	Overhand pass with no spin, disk lands flat and slides	best when there is no room to pass from either side
<b>101</b> "PUSH"	To "push" the disk from the chest with no spin	best when the pass needs to be quick and short.
<b>102</b> SWIMMING STYLES		
<b>103</b> HEADHIGH (Crawl)	Classic crawl, head above water for continuous visual contact	Best for fast travel while maintaining visual contact
<b>104</b> OTTER "back kick head high	Flutter kicking on your back with head high	Best for defensive retreat or protective offensive Skwimming
<b>105</b> HEADHIGH BREAST	Breaststroke with head high for transitioning between sprints	A good swim stroke for recovery from crawl sprints or defense
<b>106</b> HEADHIGH SIDESTROKE	Long Sidestroking gliding is an efficient recovery stroke	Best at sideline for offensive or defensive tracking of the disk

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