

1 12/8/2008 SKWIM GUIDELINES / RULES / REGULATIONS (Summary)

2 **GUIDLINES**

3 **TITLE**

4 "GRACE & EXCELLENCE"

CONDITION / SITUATION

Playing with your utmost, control, sportsmanship

5 "SAFETY & WELFARE"

Playing with concern, supporting teammates and opponents

6 "COMMUNITY SPIRIT"

Invest in your team, neighborhood, and community with talents

7 **RULES**

8 **THE CALL**

CAUSE OR ACTION

RESULT

SKWIM games of great excitement, passion, and fair play
A SKWIM event to be proud of, and for mentoring youth
growing sport attracting, students, parents, and sponsorship

9 " GAME SKWIMMER "

Determined by official as showing best sportsmanship

Awarded by official after game

10 " GOAL "

Disk is completely in trap after contacting water

Score of point(s); other team retrieves; play resumes

11 " 1 POINT GOAL "

Goal shot is released from within front offensive bay

1 point is given to the scoring team; play resumes

12 " 2 POINT GOAL "

Goal shot is released from within mid offensive bay

2 points awarded to the scoring team; play resumes

13 " 3 POINT GOAL "

Goal shot is released from within rear offensive bay

3 points awarded to the scoring team; play resumes

14 " NO GOAL "

Disk comes to rest partially in the scoring trap

Disk is turned over to other team at that place

15 " DEAD DISK "

Disk comes to rest on any part of the goal

Disk is turned over to other team at that place

16 " OUT "

Disk is completely out of the Lagoon, not on boundary

Disk is turned over to other team at that place

17 " 3 SECONDS "

If player holds the disk for 3 seconds player loses possession

Disk is turned over to other team at point of infraction

18 " SWIMMING w/ DISK "

Player swims while holding the disk

Disk is turned over to other team at point of infraction

19 " UNDERWATER "

Player intentionally takes the disk underwater

Disk is turned over to other team at point of infraction

20 " IN THE AIR "

Disk is touched by offense before it strikes the water

Disk is turned over to other team at point of infraction

21 " BAY TO BAY "

Disk travels across the mid-bay in the air

Disk is turned over to other team at front bay line

22 " DOUBLE GRAB "

Opposing teams have hold of disk simultaneously

Disk is awarded to last offense at rear bay

23 " SPLASHING "

Intentional splashing or projecting of water in / around lagoon

Penalty box 1 minute resulting in player short / power play

24 " OFFENSE OFFSIDES "

Offense is behind last defender before disk is in front bay

Disk is turned over to other team at point of infraction

25 "OFFENSIVE FOUL "

Intentional or unnecessary contact with opposing team

Disk is turned over at point of contact

26 " SHOOTING FOUL "

Shooting through a defensive player's neck or face

Fouled player receives free front bay-line shot on goal

27 " OFF. GOALTENDING "

When offense crosses over or contacts any part of the goal

Disk is turned over to other team at point of infraction

28 " DEFFENSIVE FOUL "

Intentional or unnecessary contact with opposing team

Offensive advances to front bay line; Play resumes

29 " DEF. SHOT FOUL "

Foul by defense on player attempting shot

Fouled player receives free front bay-line shot on goal

30 " DEF. GOALTENDING "

3 defenders retreat to the goal within arms length

Free shot from front bay line awarded to offended player

31 " DEF. GOALTENDING "

When a defender disrupts the goal or is in the trap

Free shot from front bay line awarded to offended player

32 " POST SCORE PRESS "

Defensive play on disk-retrieving player after a score/back bay

Disk is turned over to other team at front bay line

33 " 3rd TEAM FOUL "

3rd team foul of any kind in the same game

Free shot from front bay line awarded to offended player

34 " PENALTY FOUL "

4th or more team foul or flagrant foul judged by official

Free shot from either bay line awarded to offended player

35 " 2 POINT ELECTION "

Fouled player elects and scores a 2 point penalty shot

2 points awarded to the scoring team; play resumes

36 " LIVE PLAY "

On any penalty shot; missed shot is live disk

Play resumes once disk leaves contact with goal

37 " SHOT BOX "

Imaginary box measured by goal width from goal to player

Shot box is activated when any penalty shot is allowed

38 " 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
39 " UNSPORTSMANLIKE "	Flagrant infraction against any person or the sport	Warning; 1 minute or permanent ejection (official determined)
40 " POWER PLAY "	Missing player for 1 minute resulting from penalty	All other rules apply; player can be replaced after 1 minute
41 " FLAGRANT FOUL "	Player fouling often, repetitively, flagrantly, or intentionally	Penalty box 1 minute or ejection as determined by official
42 " THIRD PERSONAL FOUL "	Player commits own third personal foul of the game	Penalty box 1 minute
43 " FORTH PERSONAL "	Final Foul for an individual	Ejection from game
44 " DELAY OF GAME "	Intentional disruption or delay of game by official determination	Penalty box for 1 minute by participant (s)

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46 **REGULATIONS**

47 **SUBJECT**

DEFINITION

PURPOSE / APPLICATION

48 SKWIM LAGOON	Area of water for play limited by boundary system	Defines area; retains disk in play; facilitates and marks rules
49 SKWIM GOALS	Circular plastic ramps with trap, lid, line, anchor	Location and place of scoring a goal from 360 degrees about
50 SKWIM DISK	Yellow foam disk shaped with flat bottom and channeled top	Slides on water and into goal for score
51 SKWIM FINS	Positive Drive Fins for added propulsion and help safety	Players wear on feet to increase endurance and speed
52 HEAD BANDS	Team colored head bands adjustable to fit and marked	Identify team and individual players and contrast other team
53 TEAMS TO PLAY	Only 2 teams play at a time, starting from respective bays	Each team defends one goal, typically marked by team flag
54 PLAYERS PER TEAM	Based on lagoon, level of play, age and substitution	To promote good team play, passing, scoring and enjoyment
55 CHECK-IN	All members of each team check in with official safety check	To account for game fitness and equipment check
56 TIME KEPT	Two, 20 minute halves for regulation game, may vary	To promote continuity of play and time for substitutes
57 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
58 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
59 SKWIM-OFF	One team passes off to the other to commence play	Receiving team receives disk and moves up to score
60 SCORING	See rules for 1,2,3 point shots	Team with most points at end of game wins the game
61 PLAYER COUNT	The number of players determined for level of play & lagoon	Player counts in-water must match unless ruled otherwise
62 SUBSTITUTION	Players may be substituted only when a player leaves lagoon	Player count may not exceed specified game count
63 SUB PROCEDURE	Sub must enter water feet first from seated position	No diving is permitted at any time
64 GAME COUNT	Players in the water determined by officials for one game	Based on lagoon size, player ability, age, conditions etc..
65 CONDITIONS	Weather, water, temperature, equipment, to be deemed safe	Official determines safety of the game, coaches may appeal
66 GAME DELAY	Games may be delayed or postponed due to conditions	Games will be resumed, or rescheduled accordingly
67 SWIM ADEQUACY	Players must show officials swimming adequacy for game	Officials have final call on swimming adequacy of all players
68 EQUIPMENT CHECK	Officials and coaches are responsible for safety of equipment	Goals, boundaries, flags, disks, fins, goggles, suits approved
69 PLAYER CONDUCT	Must conduct themselves according to the SKWIM Code	SKWIM Code of ethics and conduct - for players
70 COACHES CONDUCT	Must conduct themselves according to the SKWIM Code	SKWIM Code of ethics and conduct - for coaches
71 OFFICIALS CONDUCT	Must conduct themselves according to the SKWIM Code	SKWIM Code of ethics and conduct - for officials
72 PARENT / RELATIVES	Must conduct themselves according to the SKWIM Code	SKWIM Code of ethics and conduct - for parents / relatives
73 SPECTATOR CONDUCT	Must conduct themselves according to the SKWIM Code	SKWIM Code of ethics and conduct - for spectators