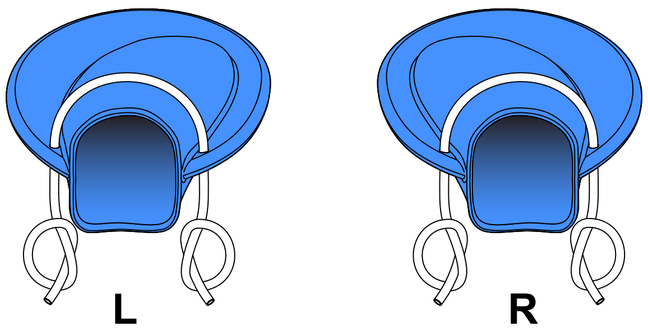
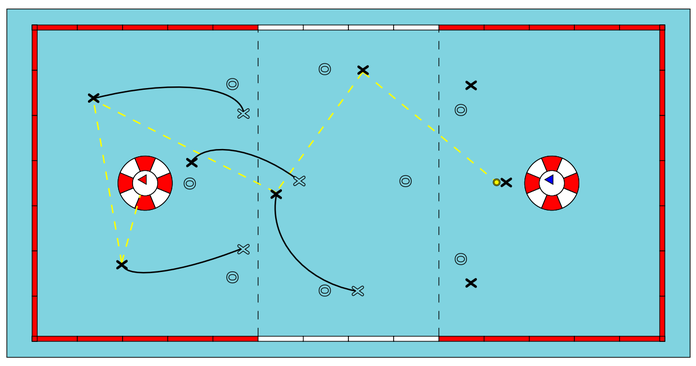
CATCH THE SPIRIT! HELP BRING SKWIM TO INTERNATIONAL OLYMPIC RECOGNITION AND COMPETITION FOR 2020. CALL 1-877-SKWIM-IN

DO YOU KNOW HOW TO PLAY?

HOW TO:
ADJUST SKWIM FINS



▲ **Skwim Fins** increase speed and safety in the water, making the game easier and more exciting to play, at every level. The foot pocket should fit like a comfortable shoe; not sloppy and not snug. There are nine sizes. Each fin is customized with an adjustable heel tube. For quick adjustment, use only a single half-knot at each end of the tubing.



▲ **Skwim Lagoon:** Both end-bays are bordered by red floating boundaries and signify each team's respective goal zone. The mid-bay is bordered with white boundaries and is the neutral zone.

10 BASIC RULES

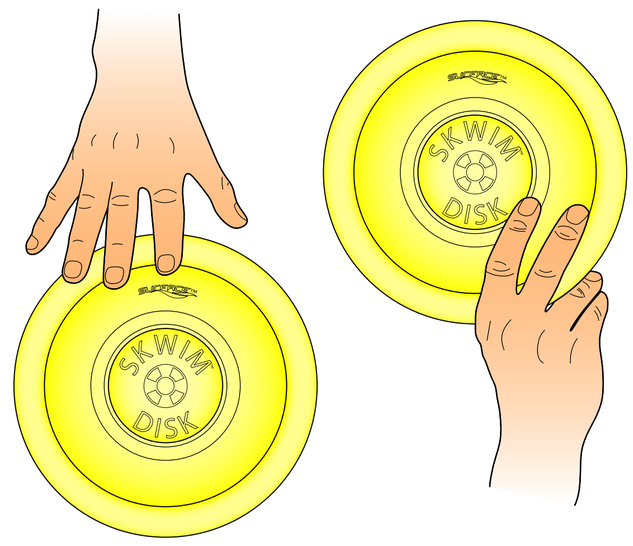
1. **Safety First!** Every player is to be respectful and conscious of teammates' and opponents' welfare. No swimming under the goals, other players, or official. Always play under lifeguard supervision.
2. **Game Play:** Two teams (8 on 8 in full pool), two goals, one disk, and boundaries: The area of play is called the Lagoon, and is divided into 3 bays. Skwim Fins make the sport faster and easier for all ages.
3. **Limited Contact:** Physical impact between players is discouraged. Play must be around an opponent, never through. No player can make contact with the goal. Offense cannot cross the goal perimeter.
4. **Service:** Teams shake hands at mid-bay. The visiting team calls the disk-flip and chooses to serve or receive. Two, 20 minute halves; 5 minute overtime - first team to score 2 points wins.
5. **Skwimming:** Players in motion may have only intermittent, above water disk contact (1 second or less, including lifts or spins), but if stationary can hold the disk for up to 3 seconds, without penalty.
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.
7. **Scoring:** 1 point for shots made from within the forward-bay, 2 points from the mid-bay, and 3 points for back-bay shots! The disk must be completely in the goal trap. If not, defending team gains possession.
8. **Off-Sides:** In the forward-bay, an offensive player is disqualified if found behind the last defender prior to the disk being played into that bay. An off-side player can re-qualify by coming back on-side.
9. **Goal Tending:** Except for the goalie, defensive players cannot be closer to the goal than to an offensive player. Defenders may cross over the goal ramp to block a shot, but not touch or enter the trap.
10. **Violations:** Pass or score attempts through the body of an opponent, roughing a player or shooter, holding, delay of game, disputing a call, foul language, and unsportsmanlike conduct will constitute a penalty.

SKWIM® LIFERING™
"Teaching Team Spirit through Grace and Excellence"

SKWIM is played with a Spirit of "Grace and Excellence". Players are encouraged to find balance within their Team, Heart, Mind, and Body. The virtues of Patience, Sacrifice, Faith, and Wisdom are coached in SKWIM. These four virtues help enhance "Attributes" which build character, cooperation, and safety.

More information at www.**skwiminternational**.org

HOW TO:
CATCH, PASS & SKWIM



Receiving Hand Position — Passing Hand Position

▲ **SKWIM Disks** are made of soft ***XL Extralight®,*** a cushioned flexible material designed to glide 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 may swim with the disk, maintaining only intermittent contact, of one second or less at a time. The disk must remain on or above the surface while Skwimming.

international® SKWIM association

Call toll free: 877-SKWIM-IN 877-759-4646

www.**skwiminternational**.org

Building Water-Safe, Water-Smart, Water-Strong Community!