

Water Polo Rules

1. Players must throw and catch the ball with one hand
2. The Goal keeper is allowed to throw and catch with two hands.
3. NO standing on the bottom of the pool (Except the GK in the shallow end).
4. NO ATTACKING player is allowed within the 2m area, unless the ball is in front of him/her.
5. NO player may take the ball under the water.
6. NO HOLDING, SINKING OR PULLING BACK.
7. Major fouls result in the player who gave the foul being excluded for 20 seconds or a penalty shot at goal.
8. Ball out of play:
 - I. Hits the side of the pool and bounces back into play
 - II. Passed out of the side of the pool
 - III. Hits overhead obstructions
 - IV. Attempt at goal goes and ball goes back over line

Principles of Passing

You should consider:

A – Accuracy

T – Timing

W – Weight

D – Distance

D – Direction

The Game - is divided into 4 periods of 7 minutes actual playing time (shorter periods for younger age groups) with teams exchanging ends after each period.

Teams - comprise 7 players in the water plus up to 6 substitutes. Substitutions may be made after each period end, when a goal has been scored (by either team), if a player has been excluded by the referee or by injury; and during play by the team in possession of the ball.

Officials - include 2 referees plus timekeepers/scorekeepers.

Basic Rules - catching, passing and shooting with the ball must be one handed (with the exception of the goalkeeper).

Standing or jumping are not allowed (with the exception of the goalkeeper in pools with a shallow end), or fisting or sinking of the ball by anyone.

Holding or sinking of an opposing player is not allowed unless that player is holding the ball at the time.

Fouls - are classified as ordinary or major (3 major fouls will cause a player to be excluded for the remainder of the match)

Possession of the ball by each team is limited to 35 seconds actual playing time, at the end of which possession is awarded to the other team (possession time will be restarted by the occurrence of a shot on goal resulting in a corner, or by a major foul).

Equipment Required - Goal-posts, markers for playing area, 1 ball (football size but lighter); 2 sets of numbered caps of contrasting colours; Enthusiasm.