

NEWBIES INTRO TO WATER POLO LEAGUE RULES

RULE 1: SEVEN PLAYERS

A team consists of seven players in the water at one time – one goalie and six field players. A team can have up to 6 substitutes (but we recommend 3) who can either be interchanged after a goal has been scored and before play has started again OR at any time from their corner of the pool, but only when the player being replaced has reached his/her corner of the pool, so as to ensure there are only 6 field players in play per team at all times.

RULE 2: GAME DURATION

A game consists of 2 x 8 minute halves with teams switching ends at half time. There is a 1-2 minute break in between each half.

RULE 3: STARTING PLAY

To start the game, players line up along their respective goal lines. At the referees whistle, the referee drops the ball in the middle of the pool and players move to the centre line. Position is granted to the team who reaches the ball first.

RULE 4: GOAL

A goal is awarded when the whole ball crosses the line of the front two posts (the ball does not need to touch the back of the net). The ball carrier can only shoot when they are in the attacking half of the court. It is not permissible to shoot from one's own half or after a foul has been awarded.

RULE 5: AFTER A GOAL

To start play after a goal has been scored, players from each team must return to their own half. The ball starts at halfway with a player from the team who did not score the goal. On the referees whistle, the player with the ball can pass either forwards or backwards to a teammate and then the game will continue.

RULE 6: CORNER THROW

A corner throw (taken from beside the red 2-meter cone) is awarded if a defending player or goalie knocks the ball out of play.

Rule 7: FREE THROW INFRINGEMENTS

Minor foul or infringements below will result in a free throw being awarded by the referee. The free throw must be taken from the where the foul occurred or an area not closer to the attacking goal of the team awarded the foul. The player taking the free throw cannot shoot at goal after receiving a foul and defenders cannot interfere with the taking of the free throw. All of the infringements below will result in a free throw being awarded by the referee.

- A player cannot throw the ball with two hands (exception being the goalie)

- A player cannot take the ball under the surface of the water with two hands
 - A player cannot walk or run with the ball
 - A player cannot hit ball with a closed fist
 - A player cannot swim on or over an opponent's legs
 - A defensive player cannot contact an attacking player
 - An offensive player cannot fend away a defensive player
 - Offside play

RULE 8: MAJOR FOUL INFRINGEMENTS

Major foul infringements will result in a free throw awarded to the attacking team by the referee and the defending player excluded to his/her team's corner of the pool for a period of either 20 seconds or when the referee signals the player back into the court of play.

RULE 9: EXCLUSION INFRINGEMENTS

Aggressive play and use of abusive language are prohibited in the and the penalty will be exclusion for the remainder of the game with a substitute entering play on signal from referee (aggression is defined as deliberately striking or attempting to strike a fellow player or abusive language).

RULE 10: TEAM

Players not in game are to sit on team bench or designated bench area. Players are not to wear items such as jewellery, goggles, glasses or anything that could cause harm or injury to another player or yourself.

RULE 11: COACHES

Coaches may walk along the near side of the pool and may be behind the goal. **No coaches should be along the side of which the referee is on.** If a coach has a query or question for the referee this must be done at half time or after the game. The referees are not to be interrupted during the game unless there is an emergency.

RULE 12: TWO HANDED CATCHING

(New Rule) Players are able to catch and pick up the ball with two hands. They must only throw and shoot with one hand.

RULE 13: WALKING WITH THE BALL

The pool is shallow, (approximately 1 – 1.1M) allowing players to stand on the bottom of the pool. Players are permitted to walk along the bottom if they DO NOT have the ball. However, if in possession of the ball the player must swim or pass.

RULE 14: BALL UNDER

A player cannot take the ball under the surface of the water. Note that the player whose hand is closest to the ball will be the player deemed to have taken the ball under.

RULE 15: NO CONTACT

A player cannot swim on or over an opponent's legs, a defensive player cannot contact an attacking player, an offensive player cannot fend away a defensive player – if this occurs, a minor foul/free throw is awarded. NO splashing, sinking, holding or pulling back. We do allow some contact at Millenium League, only minor however. If a player is able to carry on while being contacted the referee will allow it (otherwise the game becomes slow).

RULE 16: OFF-SIDE

An attacker will be deemed offside if the attacker enters the attacking 2-metre zone if they are not holding or following the ball. If the ball carrier enters the 2-metre zone, other attackers are then allowed to enter as long as they remain behind the line of the ball carrier. A Goalie is deemed offside if they enter their attacking half.

RULE 17: NEUTRAL THROW

When two players simultaneously gain possession of the ball, the referee will signal a neutral throw. The two players involved face the referee, close to the side of the pool, same side as their goalie; The referee then blows the whistle and throws the ball high in the middle of the two players, who attempt to gain possession by jumping and tapping the ball to a player on their team.

RULE 18: HOLDING THE BALL UNDER ELBOW

Holding the ball under the elbow (or in the crook of the arm) when tackled by a defender, is a foul with possession being awarded to the opposing team.

RULE 19: SPECTATOR AND COACH BEHAVIOUR

The league coordinator will have the right to warn coaches or spectators about abusive behaviour and, if the behaviour continues, request the person to leave the pool facility. We ask that all parents/ spectators are to be seated/standing on the closest side of the pool. No parents are to be behind the goals or along the side of the referee.