

1 - The **referee's** decision is final.

2 - **The following** are the most important rules which form the Rules of the Game.

Overview...

Layout: Pitch or field of play - goals at each end. One end often shallower than the other.

Object: Score goals by throwing ball or swimming ball into opposing team's net.

Positions: A team attacks and defends. At a high level players are assigned positions, and in Social Water Polo it is also a good idea to know who in the water is generally on the left, right, breaking forward, hanging back, etc.

Playing: Players can move the ball by throwing it to a teammate or swimming with the ball in front of them (dribbling). Players are **not permitted to push or hold the ball underwater** in order to keep it from an opponent. Players must not push, hold or sink, nor splash the face of, an opposing player.



These are **fouls**.

Ball handling: In Social Water Polo, you can receive the ball and bring it under control with TWO hands, but when you shoot or pass to another person you must use one hand.

The 5 second rule - Shooting and passing: Once you raise the ball with one hand, you have 5 seconds, unimpeded, from setting the pass or shot in which to take it. **If the 5 seconds expire**, and/or you hear the whistle, you must drop the ball and it turns over possession to the opposing team.

Blocking the shot or pass: As it is non-contact, the defending player can only block the shot or pass, not knock the ball out of hand.

Fouls...

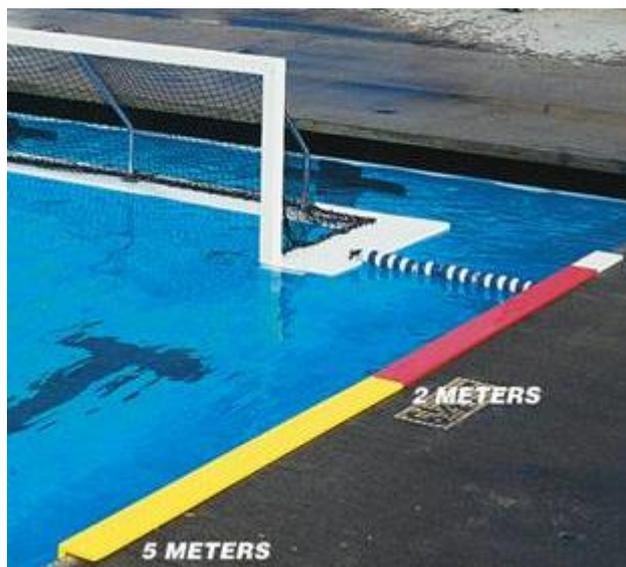


Diagram showing the 2m and 5m markers in relation to the goal(s)

Ordinary Fouls (one short whistle burst):

If there is a foul (such as those mentioned above) there is a free throw [if foul by defender], or a 'turnover' of possession [if foul by attacker]]. Free throws must be taken very quickly and ball passed to a teammate. You cannot shoot on a free throw unless you are outside the opposing 5m zone.

Major Fouls or 'ejections' (two short whistle bursts):

The best way to think of this is, if a defender splashes, holds or pulls or pushes an attacker who is on her/his way to score, a minor foul becomes a major foul. The fouler is 'ejected' for a minimum of 20 seconds to the 'ejection corner', out of play. *ejection corners are usually on the far side of the pool from the referee, near the subs standing area (if any).

As long as the major foul is not too rough (remember Social Water Polo involves mixed abilities, mixed sex and mixed ages) exclusions are fun because for the 20 seconds the fouler is out, there is a 'power play' or 'man-up' situation, which should result in a goal for the man-up side. The attacking team can even call a Time Out as the ejection takes place, to heap more pressure on the defending team.

Penalties:

A penalty shot or '5-metre' is awarded when a major foul is committed inside the 5-metre line and a probable goal was prevented by the foul.

Exclusion or 3 major fouls:

If a player is too rough or anything brutal or threatening takes place this will result in the player being excluded from the whole match and being extremely embarrassed and humiliated. So do not lose your temper in Social Water Polo. If a player has three ejections, this also results in exclusion (but not the embarrassment and humiliation).

General game rules of Social Water Polo...

Offside/anti-goal hanging Rule:

2m line, **Red marker** - There is a 2 metre marker (measured out from the goal) and no attacking player can receive the ball in the 2 metre area. So hang back. Once received, you can swim inside the 2m with the ball to get nearer the goal.

Etiquette: Social Water Polo is mixed sex and non-contact so please minimise accidental contact especially between male and female. Contact can only be tolerated if accidentally made when attempting to play the ball. Try to block shots and passes.

Fair play: No aggressive actions and never a clenched fist (this is not volleyball), except the Goalies. Elbows, heads and kicks can cause injury so please be careful. Please be very careful with your feet when kicking away to swim and with your elbows whilst swimming.

You can only use one hand to pass, shoot and throw the ball but you get 5 seconds from setting yourself to doing it.

The goalkeeper is the only player who can throw the ball with both hands.

Penalties:

5m line, Yellow marker – This is where penalties are taken from.

Standing on the pool floor:

Ok for Goalie within the 5m area. This is also permitted for field players but **only when not near active play**. Standing, walking and pushing off when playing the ball is classed as a foul.

Further Essential Rules and summary below:

Social Water Polo [Mixed Sex]

Non Contact [with opposing players]:

Try to block a shot. If you do make contact with the player you MUST have been going for the ball. Otherwise – a foul, or even a 20 second ejection.

Time wasting prevention and the 5 second rule:

Social Water Polo is non-contact and blocking is the only way to stop a shot or pass; so if you have the ball don't spend too long staying still and holding the ball. The player in possession must shoot or pass within 5 seconds of being set up with the ball in one hand, poised. Otherwise possession is awarded to the other team (whistle by referee indicates turnover).

4 field players and one goalie*

*minimum of one female and one male in the water.

Up to 5 subs on poolside.

NOTE: Subs enter at the corner of the pool.

Duration: 2 or 4 halves/quarters of 7 minutes continuous play.

*Yes, you've only got to keep going for 7 minutes. How hard can it be? Hmmm.

Timeouts: 1 per team of 1 min **per quarter** if required. (clock stops). This aids learning.

League Water Polo [Single Sex]

NOT APPLICABLE... FOR INFO only.

It is full contact and you may be in contact with opposing players whilst trying to get or release the ball.

Time wasting prevention and the SHOT CLOCK:

Shot clock – possession restricted to 30 seconds before a shot must be taken, or there will be a turnover of possession.

6 field players and one goalie.

Up to 6 subs on poolside.

Duration: 4 quarters, anything from 6 – 8 minute [in play] quarters. But the clock stops during fouls and free throws so quarters can easily become 12 – 15 minutes.

Timeouts: 2 of 1 min per team per entire game (clock stops)

NOTE ON SUBSTITUTIONS AND GETTING IN AND OUT: Players may be substituted at any time. In and out after goals, during timeouts, at the beginning of each quarter and after ordinary fouls from any part of the poolside. During game play, players enter and exit in the corner of the pool, or in front of their goal. **Once again, substitutions do not have to wait until a break in play.**

We want Social Water Polo to be like Social football, volleyball or Softball. Just take to the field, start playing, relax and have fun!