

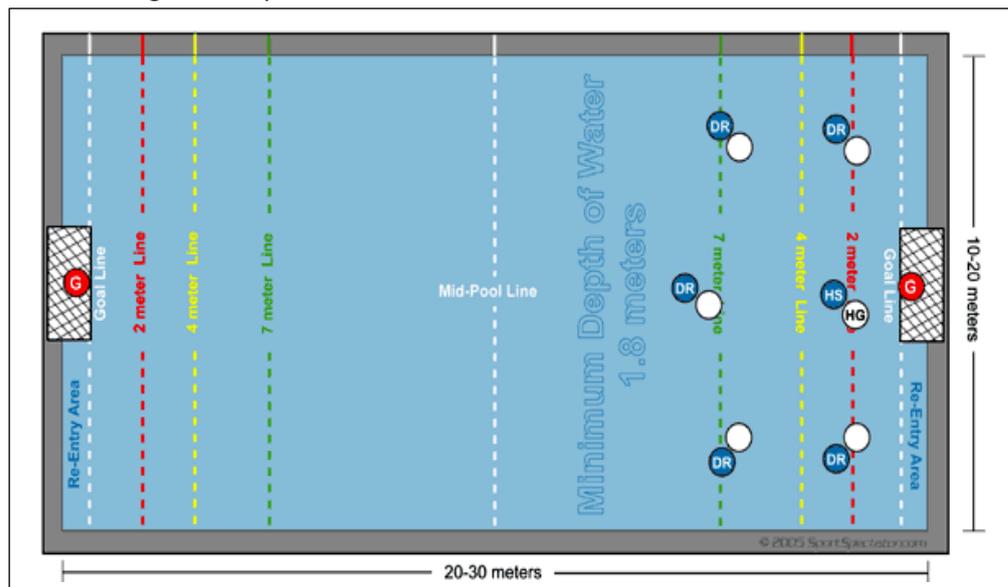
WATER POLO OFFICIAL RULES

Water Polo is conducted under the rules of the Water Polo Australia, unless otherwise stated and works in conjunction with the SACSSGSA rules.

Please note these rules have been simplified for the benefit of the completion, for all rules see website link on last page.

1. COURT

- a) The minimum distance between goals needs to be 20m with maximum distance being 25m
- b) The umpire walks alongside the pool



2. CAPS

- a) All players must wear a cap fitted with ear protectors

3. SUBSTITUTIONS

- a) These can be made during any part of the game- during breaks in play, after a goal, during a time out or if a player is injured. This can occur anywhere in the pool.

4. TIMEOUTS

- a) Each team is allowed one timeout per period of play.

5. STARTING A GAME

- a) The home team will shoot towards the left side first and away team will shoot towards the right side first.
- b) After a goal is scored each team must be in their goal side half of the pool. There should be about 1m between both teams
- c) At the commencement of each quarter the referee will place the ball on the half way line for 1 player from each team to swim for the ball to gain possession.

6. SCORING

Updated June 2015

- a) A score does not count unless the ball is fully over the goal line.
- b) A goal can be scored from anywhere in the pool, except the goal keeper cannot score after the half way line.
- c) A goal can be scored by any part of the body except a clenched fist. At the start of the game or after a goal is scored at least two players must touch the ball before scoring.
- d) After a goal is scored the ball goes back to the middle for the opposition team to take possession- set up the same as the start of the game.

7. THROW INS

- a) If the ball goes over the goal line and is touched by the goal keeper it becomes a corner ball for the attacking team. If the ball goes over the goal line and is blocked or deflected by a defending player it IS NOT a corner. It is a goalkeeper's ball.
- b) No attacking players are allowed to be with the 2 m area during this corner throw.

8. ORDINARY FOULS

- a) When an ordinary foul is committed a free throw is awarded
- b) Ordinary fouls are-

Players advancing over the goal line before the ball has been throw in by the referee

A player holding or pushing off the goal posts, the edge or bottom of the pool (this rule does not apply to the goalkeeper in their 5m area)

Hitting the ball with two hands or a clenched fist

Pushing off a player who does not have possession of the ball

A goal keeper going over the half way line

Being the last person to touch the ball before going outside the playing area.

- c) A foul outside 5m can be taken as a direct shot at goal if it is executed with 1 clean movement. Ie no baulking.

9. EXCLUSION FOULS

- a) When an Exclusion foul is committed the player is excluded from the pool and the opposition is awarded a free throw. This player is to move towards the excluded area nearest to their goal line. Three fouls per game means the player is excluded from the game.
- b) They can re entre play after 20 seconds, once a goal has been scored, once their team regains possession or when the excluded player's team has been award a free throw.
- c) They must not re-enter until the umpire has signalled so.
- d) An exclusion is awarded

If a player sits or stands on the side line during the game of play- without reason

They interfere during a free throw corner throw or goal throw

Attempt to use 2 hands to defend outside the 5m area

Splashing intentionally in the face of the opposition

Holding or pushing a player who doesn't have possession of the ball

To hold pull back or sink an opposition player

Use two hands to hold or tackle an opposition player

Kicking or striking a player

Any of these fouls committed inside the 5m area becomes a free throw at goal (Penalty)

- a) This is taken from the edge of the 5m area, the goal keeper cannot be over the goal line and no other player can be inside this area.

<http://www.waterpoloaustralia.com.au/about-us/fina-rules/>