

Water Polo Basics for RSHS

Goal Line:

- From the front of the goal to the wall behind.

2- Meter:

- **Off Sides Line** – Offensive player cannot be inside the 2-Meter unless the ball has preceded the offensive player.
- Marked in **RED**.
- **A Free Throw (Corner Throw)** – is awarded when the entire ball has passed fully over the goal line when it has been touched by the goalkeeper of the defending team or a defending player deliberately sends the ball over this line. Players may put the ball into play and move and shoot.
- **Free Throw** will be taken here if a foul is committed by a defending player within the defender's 2-meter area.
- **Signal** – Referee holds up 2 fingers with one hand and points to the 2-meter with the other hand.

6-Meter: Changed from 5-meter in 2021 rule book

- **Outside Shot** Line – An ordinary foul has occurred outside the 6, the offensive player may pick up the ball and move with the ball before taking a shot
- Marked in **YELLOW** or at yellow cone.

5-Meter:

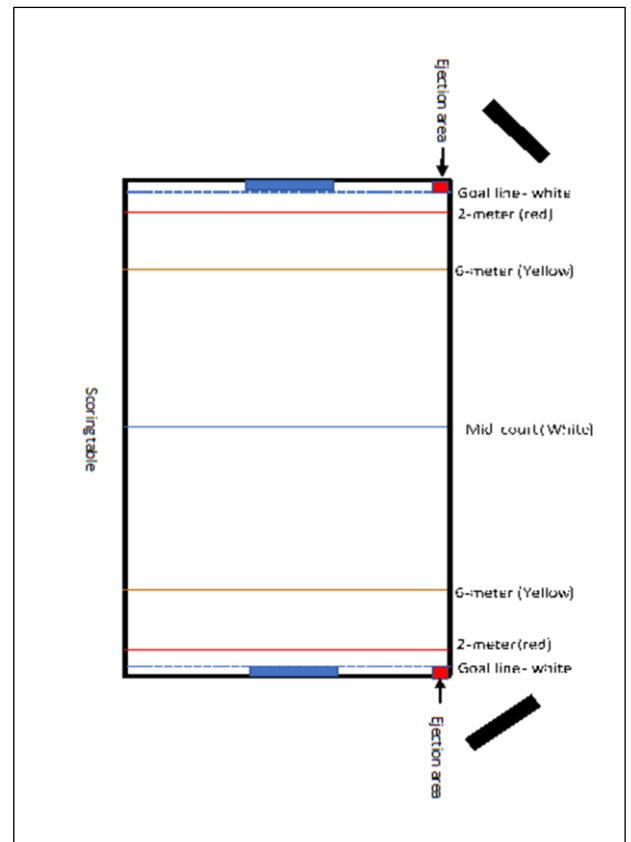
- **Penalty Shot**- Awarded when a defending player commits a foul within the 6-meter area for which a goal might have been possible. It will be shot 5-m away from the goal.

Half Court Line:

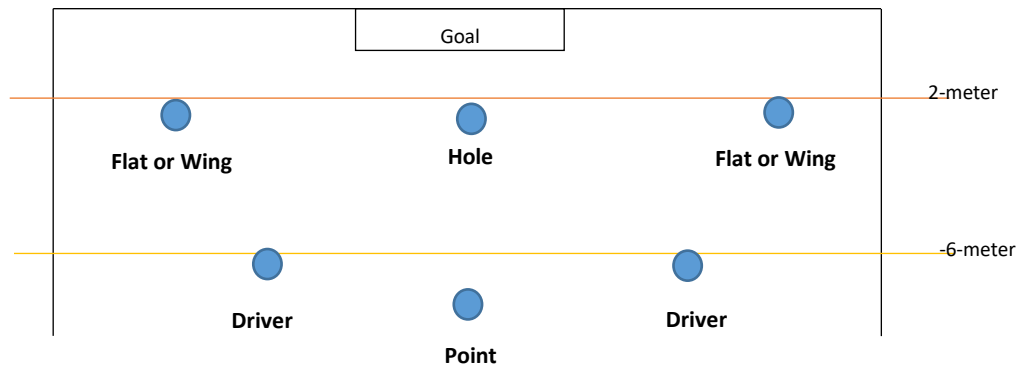
- **WHITE** mark at mid-court, where ball is dropped at the beginning of each quarter.
- **WHITE** marks sideline from the end line to the goal line.

Player's positions: Players should constantly moving and learn to play all positions as the need arises. Playing in the proper place enables you to shoot, rebound and reshoot the ball. Moving around not only helps you get away from your opponent but to get in a position to score a goal. Be aware of this movement so that the field can be balanced.

As with any sport on offense you do NOT want to crowd the middle so that your team members can move to areas where they can make the shot.



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Games:

- JV game has 6 minute quarters.
- Varsity has 7 minute quarters.
- If it is a deep / shallow pool, teams will switch ends each quarter. If it is an all deep pool, they will only change at half time.
- Time between quarters are **2 minutes**.
- Half-time is 5 minutes.
- Time outs are 2 minutes with a 15-second warning. Each team is allotted 3 per game and 1 in overtime.
- Overtime – There are two 3-minute quarters. If it is a deep / shallow pool, teams will switch ends.
- Second overtime is sudden death, first goal wins the game.

Whistles:

The referees control the game by a series of whistles and hand signals.

- **One Whistle:** Is an ordinary foul. The same team keeps possession of the ball.
- **Two short blasts:** Offensive foul, the ball is turned over to the other team.
 - * Note that the referee will also point the direction the ball should be heading.
- **Multiple short blasts followed by a LONG blast:** Exclusion Foul. A kick-out of a player. The referee will point to the player being kick-out for 20 seconds with a sweeping gesture toward the kick-out area in the pool. (Ejection area is on the opposite side of the pool away from the scoring table.) The referee will also hand signal the table the number being ejected.
- **One short blast followed by a long blast:** Penalty Foul also called a 5-meter. On the long blast, the referee will raise one hand with 5-fingers out-stretched. (This penalty is called when the offensive player is fouled within the 5-meter area and the goal-posts.

Fouls: There are different types of fouls.

- **Ordinary Foul:** The opposing team is awarded a Free-Throw.

Examples:

1. Using the bottom of the pool to influence the play.
2. Takes the entire ball under the water when tackled by opponent.
3. Field player uses their fist to strike the ball.
4. Field player touches the ball with two hands.
5. 30 second Shot clock is used up.

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6. A team player impedes, pushes off or tackles an opponent who does NOT have the ball.

- Exclusion Foul: (A 20 second Kick out in the ejection area.)

A Free throw is awarded to the opposing team from the location of the ball. The Ejected player is to go to their ejection area until 20 second expire, a goal is scored, or their team regains control of the ball. Two ways that the player may return to the pool is when the referee signals for them to return to the game or the table raises their colored flag for them to return. (Blue flag is for home team; White flag is for the away team; Red flag that person has had 3 kick-outs in that game and is out the rest of the game.)

Examples:

- Interfere with a Free Throw.
- Holds, sinks or pulls back an opponent who is not "Holding" the ball.
- Kicks, strikes an opponent intentionally, (Possible "Brutality").
- Misconduct, disobedience or disrespect to an official or referee.
- Splashes water in the opponents face intentionally.

- Penalty Foul:

Where a player commits any foul within the 5-meter line of the goal where a goal would probably resulted. The person is not kick-out to the ejection area, but the opposing team is rewarded a penalty shot from the 5-meter line. This foul is counted against the offender.

Examples:

- An excluded player intentionally interferes with the play of the game.
- A ball under by the goalkeeper or defending player when tackled within the 5-meter area.
- Defender within the 5-meter area commits an act of brutality.

The Advantage Rule:

- ¹"The referees shall have discretion to award or not award any ordinary, exclusion or penalty foul, depending on whether the decision would advantage the attacking team." ¹Water Polo Rules Book

Robert B. Gardner, Publisher 2016

Number of Players:

- One Goalie
- 6 Field players

Start of the game:

- Begins with a swim-off. Players that are closes to the table will complete with each other to get to and flip back the ball to his or her teammates.
- If it is a deep / shallow pool the game start with a player's hand on the end of the pool, if it is an all deep pool, their head has to be touching the lane rope at the end of the pool.

Commands from the side-lines:

Please let the coaches or goalies call out these commands or warnings.

- Yellow – 10 seconds on the shot clock
- Red – 5 seconds on the shot clock (Player should shoot or dump the ball in the opponent's corner.)
- Weak – Look to the far side for an open player.

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- Set – Toss play to the person setting the hole.
- Man-down – A 6 on 5 situation where a player has been ejected from the game for 20 seconds.

Substitution:

- May occur anytime when the game is in play, but has to occur in the ejection area of the pool. The person leaving the pool has to swim to the ejection area and once there, the person entering has to slide into the pool. This may occur when a player is tired and has let the coach they need to be switched out.
- After a goal, during a time-out or between quarters.
- A rotation of players in and out of the game helps to keep them fresh to return to the game renewed in energy.

Rule changes in 2020:

- Goalkeeper may now move beyond the half distance line, shoot from anywhere and may take a penalty shot or participate in a shootout as a goalkeeper and or shooter.
- A backup goalkeeper may now be substituted for an excluded goalkeeper.
- The ref will raise his hand will be used to award a free throw and
- A players can put into play the ball and score from a corner throw.
- 6-meter shots