

ADULT WATER POLO (AWP) – a program of Water Polo Manitoba



Website: <https://www.manitobawaterpolo.com/>

What is water polo?

An introduction to water polo.

So, you are seeking an introduction to water polo?

The sport combines speed and strength, as well as teamwork and a high level of fitness. One outfield player can cover up to two miles in one game alone!

Introduction to water polo rules -

Put simply, there are goals at each end of the pool and the winner of the game is the team that scores the most goals by getting the ball between the posts.

Players are not allowed to touch the bottom of the pool and must tread water the whole time. Water polo players use a movement called eggbeater which is more efficient than the normal action of treading water.

Players can move the ball by throwing it to a teammate or swimming while pushing the ball in front of them. They can only hold the ball with one hand, other than the goalkeeper who can use both hands.

The match starts with a swim-off. The ball is released in the middle of the pitch with the players lined up along their own goal lines. The first team to reach the ball has the first possession of the game.

After each goal, the team who conceded resume the match with the ball. All players for each team must be in their own half at the resumption of play.

Water polo matches have two referees with one stood on either side of the pool. The referees are in control of the game and are the only officials who can award fouls.

What is Adult Water Polo?

AWP is a recreational opportunity for adults to learn more about water polo. Our program is co-ed and requires no previous water polo experience. One requirement is that you must be able to swim.

This 8-week course will introduce you to the basics of water polo. Time will be spent on learning the rules and basic skills and strategies to play water polo at a recreational level. It will also provide you with an opportunity to experience some fun, fitness, and the opportunity to meet new people. Scrimmage opportunities will also be created as participants become more comfortable with playing water polo.

Our next class start April 12, 2024, 7:30 pm in the dive tank at CKRC. Space is limited.

To register for this session, visit manitobawaterpolo.com or contact MWPA at manitobawaterpolo01@gmail.com.

Register at <http://WaterPoloManitobaClub.rampregistrations.com>.

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