



WATER POLO 4S - RULES

FIELD OF PLAY

The distance between the goal line at each end of field of play shall be 15-18 meters.
The width of field of play shall be 8-12 meters.

Distinctive markers shall be provided on both sides of the playing area:

- a. 2 meter is red
- b. 6 meter is yellow
- c. 5 meter is smaller red
- d. Centre line is white

GOALPOSTS

Regular Nets or Inflatable Nets can be used.

THE BALL

Ball Sizes

- a. MY – size 3
- b. HSL female – size 4
- c. HSL male – size 5

CAPS

Caps shall be of contrasting colours other than solid red, as approved by the referee, but also to contrast with the colour of the ball. A team may be required by the referee to wear white or blue caps. The goalkeepers shall wear red caps. Caps shall be fastened under the chin. Caps shall be fitted with malleable ear protectors which shall be the same colour as the team's caps except that the goalkeeper may have red ear protectors.

A player who substitutes the goalkeeper shall wear a red cap. A player shall not be allowed to change cap number during the game except with the permission of the referee and with notification to the secretary. Caps shall be worn throughout the entire game. If a player loses the cap during play, the player shall replace it at the next appropriate stoppage of the game when the player's team is in possession of the ball.

TEAMS AND SUBSTITUTES

Each team shall consist of four players, one of whom shall be the goalkeeper plus substitutes. The head coach, other team officials and all players who are not in the game at that time, shall sit on or stand behind the players' bench.

Teams shall change ends at half time.

A substitute may enter the game anywhere along the goal line outside of the goal posts after the exiting player has visibly given them a high five out of the water. During the interval between each 1/2 of play or during a 20 seconds player substitute time out. Each team will have 1 x 20s player substitute time out per 1/2 of play.

OFFICIALS

- a. One or two Referees
- b. One secretary (keeps track of score)
- c. One timekeeper

Each school shall provide an individual to serve as a minor official for each of the games played by their school.

DURATION OF THE GAME

The duration of the game shall be two periods each of ten (10) running time with the last minute of each period being stopped time.

There shall be a two (2) minute break between the two periods. The teams, including the players and coaches, shall change ends during this time.

Should the scores be equal at the end of the twenty (20) minutes, there shall be a penalty shoot-out to determine the result.

- a. Each team will nominate three (3) players
- b. the nominated players will be required to be listed in order, and that order will determine the sequence, which cannot be changed.
- c. No player who is excluded from the game is eligible to be listed among those players to shoot.
- d. Penalty Shots will be taken alternately at either end of the pool, unless conditions at one end of the field of play advantage or disadvantage a team, in which case all shots may be taken at the same end. All players taking the shots will remain in the water.
- e. If the goalkeeper is excluded during the penalty shoot-out, a player from the nominated three players may substitute for the goalkeeper but without the privileges of the goalkeeper.
- f. The team to shoot first will be determined by toss of a coin.
- g. Should teams still be tied following the completion of the initial three penalty shots, the same three players shall then take alternate shots until one team misses and the other scores.

THE START OF PLAY

The first team listed in the official program will wear white caps or the caps reflecting the colour of their school and will start the game to the left of the official table. The other team will wear blue caps or caps of a contrasting colour and will start the game to the right of the official table.

At the start of each period, both teams will line up on their side of the playing area. When the referee is satisfied both teams are ready the referee shall blow the whistle to start and then throw the ball into play on the half distance line.

If the ball is thrown giving one team a definite advantage, the referee shall call for the ball and award a neutral throw on the half distance line.

SCORING

A goal shall be scored when the entire ball has passed fully over the goal line, between the goal posts and underneath the crossbar.

A goal can be scored with any part of the body except the clenched fist.

A goal may be scored by a player by a direct shot from a free throw awarded and taken outside the 6 meter area or after visibly putting the ball into play by swimming with the ball or throwing the ball up in the air (basically the ball must leave the contact of the players hand to be considered in play).

A goal may be scored by a player after visibly putting the ball into play or directly from a corner throw, goal throw, penalty throw or a free throw thrown by a player into the player's own goal.

A goal may be scored by dribbling the ball into the goal.

A goal may be scored by any player in the water, including the goalkeeper.

RESTARTING AFTER A GOAL

The goalkeeper shall put the ball into play from the two-meter line or behind immediately after a goal has been scored [continuous play].

TIME OUTS

Each team may request one time out in each half. The duration of the time out shall be twenty (20) seconds.

The time out may be requested at any time by the coach of the team in possession of the ball calling time out and signaling to the referee or secretary with hands forming a T– shape. If a time out is requested the Referee shall immediately stop the game by whistle, game clock is stopped and players leaving the pool can do so from anywhere and if substitutions are being made, players can enter at any place.

Play shall be restarted upon the whistle of the Referee by the team in possession of the ball putting the ball into play on or behind the half distance line, except that if a time out is requested before the taking of penalty throw or corner throw, that throw shall be maintained.

If the coach in the possession of the ball requests an additional time out to which the team is not entitled, the game shall be stopped, and play shall then be restarted by a player of opposing team putting the ball into play at the half distance line. If the coach of the team not in possession of the

ball requests a time out, the game shall be stopped, and a penalty throw awarded to the opposing team.

GOAL THROW

A goal throw shall be awarded when the entire ball passes over the goal line, having last been touched by any player other than the defending goalkeeper.

The goal throw shall be taken by any player of the team from anywhere within the 2-meter area. Goal keepers can shoot and score goals but are **not** allowed to go past the center line. They can only use two (2) hands on the ball inside of their penalty area.

CORNER THROW

A corner throw shall be awarded when the entire ball leaves the field of play over the goal lines, having last been touched by the goalkeeper of the defending team or when a defending player deliberately sends the ball over the goal line.

A corner throw shall be taken by a player of the attacking team from the buoy marking the 2-meter area on the side nearest to which the ball crossed the goal line.

At the taking of a corner throw, no players of attacking team can be within the 2-meter area.

A goal can be scored by a direct shot from a corner throw or by a shot after the ball is put into play and the player swims with the ball and/or fakes before taking the shot.

FREE THROW

The free throw shall be taken from the location of the ball by the player of the team who is the nearest to the ball.

The free throw must be taken in such manner so as to enable all the other players to see that the throw has been taken. The player can either throw the ball up into the air or let it fall on to the water.

The time allowed for a player to take a free throw shall be at the discretion of the referee. It shall be reasonable and without undue delay but does not have to be immediate. It shall be an offence if a player who is clearly in a position most readily to take a free throw does not do so.

PENALTY FOULS

It shall be a penalty foul to commit any of the following offences which shall be punished by award of a penalty throw to the opposing team. The referee will indicate that a penalty throw has been awarded by blowing the whistle and raising the arm with five fingers.

For a defending player to commit any foul within the 5-meter area but for would probably have resulted, including:

- a. sink or displace the goals
- b. for a defending player to play the ball with clenched fist
- c. for the goalkeeper or another player to take the ball under the water when tackled

For an excluded player intentionally to interfere with play, including affecting the alignment of the goal.

For a player or substitute, of the team not in possession of the ball, to enter the field of play improperly.

Inside the 5-meter area, when a player, in a “probable goal situation”, is swimming with and/or is holding the ball and is impeded (attacked) from behind during an attempt to shoot, a penalty foul must be awarded. [Note: unless only the ball is touched by the defender]

EXCLUSION FOULS

Exclusion fouls will be called for the more serious offenses, for instance:

- a. Impeding either a free throw, goal throw or corner throw
- b. Holding or sinking an opposing player by pushing him beneath the surface
- c. Pulling back a player*
- d. Splashing water in an opponent's face
- e. Blocking a shot with 2 arms beyond the 6 metre mark
- f. Kicking or hitting another player (brutality)
- g. Incorrectly returning to the field of play

***This includes holding the swimsuit of another player. Grabbing swimsuits will not be tolerated and will result in an exclusion in defence and a contra foul in attack.**

When an exclusion is called for the offending player, they will be sent out of the playing area, leaving their team one person down. The player (or a substitution) may re-enter immediately.

Specific to High School League, if a player receives more than three personal faults, they will be ejected for the remainder of the game (may sit on bench).

Ejection for the entire game (Misconduct and Brutality)

Players guilty of misconduct shall be excluded from the remainder of the game, with substitution after the earliest occurrence.

Misconduct offences include the use of unacceptable language, violent or persistent foul play, refuse obedience to or show disrespect for a referee or official, or behaviour against the spirit of the rules and likely to bring the game into disrepute.

A brutality offence is called if a player deliberately, as deemed by the referee, strikes or attempts to strike another player using any part of the body the player will be excluded from the remainder of the game. Additional discipline may be imposed under the Discipline and Complaints Policy.

The excluded player shall touch any part of the goal line indicated outside of the goal post and rejoin play immediately. A penalty will be awarded against the team of that player who, when leaving the playing area after being excluded, interferes with play.

DELAY OF GAME

It shall be deemed a delay of game for the team in possession of the ball to pass the ball back to the goalie from the oppositions 1/2. When this occurs, the referee will signal a turnover and give possession to the other team. A free throw will be taken from where the ball lays.