

## Rules & Regulations for A Div Girls Water Polo 5v5 Format 2024

### Modification to existing SSSC Water Polo Rules & Regulations 2024 Rule

4.2.4 A team shall start the game with not less than 5 players, one of whom shall be the goalkeeper and who shall wear the goalkeepers cap. Eight reserves may be used as substitutes. In the event of an injury during the competition season, a team playing with less than five players shall not be required to have a goalkeeper.

#### 5.6 Duration of Match

Division	Actual Play Time (per quarter)	Interval (After 1 <sup>st</sup> & 3 <sup>rd</sup> quarter)	Interval (Half time)
A Girls	6 min (running time)	2 min	4 min

#### 5.8 Timeouts

5.8.1 There is no time out for this competition.

20.5 Field of Play. The distance between goal lines will be about 20 meters. The width of the field of play will be not more than 15 meters.

## **Annex A: Water Polo 5v5 Rules - Adopted for the mentioned competition**

# **National Schools A Division Girls Water Polo Championships 2024**

### **WP 1 FIELD OF PLAY**

- WP 1.1 The distance between the goal line at each end of field of play shall be:
- 20m x 15m (estimated)
- WP 1.2 The depth of the water of playing area must not be less than 2.00 metres.
- WP 1.3 Distinctive buoys shall be provided on both sides of the playing area:
- a) 2 metre area red cones
  - b) 4 metre line red cones (signifying penalty line)
  - c) 5 metre line yellow cones
  - c) half distance line white cones
- WP 1.4 Exclusion area will be at each end 2 metres from the corner of the playing area on the side, opposite to the official table.
- WP 1.5 The boundary of the field of play at each end shall be in line with the front of the goalpost.
- WP 1.6 The secretary shall be provided with separate white, blue, red, and yellow flags, each measuring 0.35 metres x 0.20 metres.

### **WP 2 GOALPOSTS**

- WP 2.1 Two goalposts and crossbar rigidly constructed, rectangular with a dimension of 0.075 metres (Junior Goalpost) facing to the field of play and painted in white. The goals shall be located on the goal lines at each of the field of play end and equal distances from the sides.

### **WP 3 THE BALL**

- WP 3.1 The ball shall be round and shall have an air chamber with a self-closing valve. It shall be waterproof without external strapping or any covering of grease or similar substance.
- WP 3.2 The competition will be played with the following size ball:  
Size 4

## **WP 4 CAPS**

- WP 4.1 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.
- WP 4.2 Caps shall be numbered on both sides with 0.10 metres in height. The goalkeeper shall wear cap number 1 and the other caps shall be numbered 2 to 7.
- WP 4.3 Goalkeeper can swap caps with a player within the team. However, changes can only be made during dead time.

## **WP 5 TEAMS**

- WP 5.1 Each team can register a minimum of six (6) players, one (1) whom shall be the goalkeeper and a maximum of thirteen (13) players on match day.
- WP 5.2 The Coach and School Teacher shall sit on the team bench and shall not move away from there for the entire game.
- WP 5.3 Teams will change benches at half time.
- WP 5.4 Each team shall have a captain who shall be responsible for the behaviour of the team.
- WP 5.5 Players have to present themselves for matches with fingernails properly cut and shall remove any articles that are likely to cause injury. Players shall not have grease, oil or any similar or foreign substance on the body or hands. If the referee ascertains before the start of play that such a substance has been used, he shall order it to be removed immediately. If the offence is detected after the play has started, the offending player shall be excluded for remainder of the game.

## **WP 6 OFFICIALS**

- WP 6.1 In all official competitions the match officials shall have at least:
- a) one referees
  - b) one secretary and one timekeeper
- WP 6.2 The duties of the secretaries shall be:
- a) to maintain the record of the game, including the players, the score, exclusion fouls and penalty fouls awards against each player.
  - b) to signal with the red flag and whistle for any improper re-entry of an excluded player or substitute.
- WP 6.3 The duties of the timekeeper shall be:
- a) to record the exact periods of actual play and the intervals between the periods.

b) to record the periods of continuous possession of the ball by each team.

c) to announce the start of the last minute of the game.

WP 6.4 A horn will sound for the end of each period and shall take immediate effect and stop the game except:

a) in the case of the simultaneous award by the referee of a penalty throw, in which event the penalty throw shall be taken.

b) if the ball is in flight and crosses the goal line, in which event any resulting goal shall be allowed.

## **WP 7 REFEREE**

WP 7.1 The referee has absolute jurisdiction over the game, from the time the teams enter the playing area until they leave. All decisions are final and are to be accepted by all players and coaches. The referee may alter a decision, as long as this is done before the ball is back in play.

WP 7.2 The referee shall whistle to start the game and to declare goals, goal throws, corner throws, neutral throws, and infringements of the rules.

WP 7.3 The referee can apply the advantage rule so as not to favour the team that has committed the offence and should not stop play unless it is absolutely necessary.

WP 7.4 The referee has the power to order any player from the water in accordance with the rules. If a player refuses to obey the referee's instructions, the match shall be abandoned, and the game awarded five (5) goals to zero (0) to the opposing team.

WP 7.5 The referee shall have the power to order the removal from the precincts of the pool any player or official whose behaviour prevents the referee from officiating the game.

WP 7.6 The referee shall have the power to abandon the game at any time if the referee believes that the behaviour of players or officials, or any other circumstances, prevent the match from taking place in a fair and correct manner. If the game has to be abandoned, the referee shall report their actions to the Competition Committee.

## **WP 8 DURATION OF THE GAME**

WP 8.1 The duration of the game shall be four (4) periods each of six (6) minutes running time. Time shall commence at the start of each period when a player/goalkeeper start the ball. The clock will not stop for fouls, however, at signal and confirmation of a goal the clock shall stop. Restart of clock when the ball is put back into play.

WP 8.2 There shall be a two (2) minute interval rest time after every quarter.

WP 8.3 Should the scores be level at full time in any game for which a definite result is required, there shall be a penalty shoot out to determine the winner of the game.

Three (3) players will be required to be listed in order and that order will determine the sequence, which cannot be changed.

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 in front of their bench and the other players will be required to be seated on the team's bench.

The team to shoot first will be determined by toss of a coin.

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.

WP 8.4 Any visible clock shall show the time in descending manner.

WP 8.5 If a game (or part of a game) must be replayed, then goals, personal fouls and time outs that occurred during the time to be replayed are deleted from the game score sheet, however brutality, misconduct, and any red card exclusions are recorded on the game score sheet.

## **WP 9 TIME OUTS**

WP 9.1 This competition will NOT include Time Outs. However, if there is any reason that the game needs to be stopped, Referee can order a stoppage to the game and call for the ball.

## **WP 10 THE START OF PLAY**

WP 10.1 The first team listed in the official program will wear white caps or the caps reflecting the colour of their team 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.

WP 10.2 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.

WP 10.3 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.

## **WP 11 SCORING**

WP 11.1 A goal shall be scored when the entire ball has passed fully over the goal line, between the goal posts and underneath the crossbar.

WP 11.2 A goal can be scored by any player from any part of the field of play, except that the goalkeeper shall not be permitted to go or touch the ball beyond the half distance line. The goalkeeper can only score from inside the defensive half distance line.

WP 11.3 A goal can be scored with any part of the body except the clenched fist.

- WP 11.4 A goal can be scored only if two players from either team intentionally play or touch the ball after the start of play.
- WP 11.5 A goal CANNOT be scored by a player shooting from outside 5 metres after the player's team has been awarded a free throw for a foul committed outside 5 metres.
- WP 11.6 A goal shall be scored if, at the expiration of 30 seconds possession or at the end of a period, the ball is in flight and enters the goal.
- WP 11.7 A goal may be scored by dribbling the ball into the goal. At the start or any restart of the game, at least two players of either team excluding the defending goalkeeper must intentionally play or touch the ball except at the taking of:
- (a) a penalty throw
  - (b) free throw thrown by a player into the player's own goal
- WP 11.8 A goal may not be scored under this rule direct from the restart following:
- (a) a goal
  - (b) an injury, including bleeding
  - (c) the replacement of a cap
  - (d) the referee calling for the ball
  - (e) the ball leaving the side of the field of play
  - (f) any other delay
- WP 11.9 There is no Video Assisted Review (VAR) for this competition.

## **WP 12 RESTARTING AFTER A GOAL**

- WP 12.1 The ball will be put into play after a goal has been scored. As normal, each team will return to their own defensive side before the game resume. After a goal scored, goalkeeper can start the ball at their defensive court.

## **WP 13 GOAL THROW**

- WP 13.1 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.
- WP 13.2 The goal throw shall be taken by any player of the team from anywhere within 2 meter area.

## **WP 14 CORNER THROW**

- WP 14.1 A corner throw shall be awarded when the entire ball has passed fully over the goal line excluding between the goal posts and underneath the crossbar, having last been touched by the goalkeeper of the defending team or when a defending player deliberately sends the ball over the goal line.

- WP 14.2 The corner throw shall be taken by a player of the attacking team from the 2 metre mark on the side nearest to which the ball crossed the goal line. The throw need not be taken by the nearest player but shall be taken without undue delay.
- WP 14.3 At the taking of a corner throw, no players of attacking team can be within the 2 metre area.

## **WP 15 NEUTRAL THROW**

- WP 15.1 Neutral throw shall be awarded:
- (a) when, at the start of a period, a referee is of the opinion that the ball has fallen in a position to the definite advantage of one team;
  - (b) when one or more players of opposing teams commit an ordinary foul at the same moment which makes it impossible for the referees to distinguish which player offended first;
  - (c) when both referees blow their whistles at the same moment to award ordinary fouls to the opposing teams;
  - (d) when neither team has possession of the ball and one or more players of opposing teams commit an exclusion foul at the same moment. The neutral throw shall be taken after the offending players have been excluded;
  - (e) when the ball strikes or lodges in an overhead obstruction.

## **WP 16 FREE THROW**

- WP 16.1 A free throw shall be taken at the location of the ball, except if the foul is committed by a defending player within the defender's goal area and the ball is inside the goal area, the free throw shall be taken on the 2-metre line opposite to the location of the ball. If the ball is outside of the goal area at the moment that the foul is awarded, the free throw shall be taken from the location of the ball.
- WP 16.2 A player awarded a free throw shall put the ball into play immediately, including by passing or by shooting, if permitted by the Rules. 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. A defending player having committed a foul shall move away from the player taking the free throw before raising an arm to block a pass or shot; a player who fails to do so shall be excluded for "interference".
- WP 16.3 The responsibility for returning the ball to the player who is to take the free throw shall be that of the team to which the free throw is awarded.
- WP 16.4 The free throw shall be taken in a manner to enable the players to observe the ball leaving the hand of the player taking the throw, who shall also then be permitted to carry or dribble the ball before passing to another player, or to shoot, when permitted. The ball shall be in play immediately when it leaves the hand of the player taking the free throw.

## **WP 17 ORDINARY FOULS**

- WP 17.1 It shall be an ordinary foul to commit any of the following offences, which shall be punished by awarding of a free throw to the opposing team.
- WP 17.2 To advance beyond the goal line at the start of a period, before the referee has given the signal to start. The free throw shall be taken from the location of the ball or, if the ball has not been released into the field of play, from the half distance line.
- WP 17.3 To assist a player at the start of a period or at any other time during the game.
- WP 17.4 To hold or push off from the goal posts or their fixtures, to hold or push off from the sides or ends of the pool during actual play or at the start of a period.
- WP 17.5 To take any active part in the game when standing on the floor of the pool, to walk when play is in progress or to jump from the floor of the pool to play the ball or tackle an opponent. This Rule shall not apply to the goalkeeper while within the goalkeeper's 6 metre area.
- WP 17.6 To take or hold the entire ball under the water when tackled, or to deliberately hide it from the opposing team.
- WP 17.7 To strike at the ball with a clenched fist. This Rule shall not apply to the goalkeeper while within the goalkeeper's 4 metre area.
- WP 17.8 To play or touch the ball with two hands at the same time. This Rule shall not apply to the goalkeeper while within the goalkeeper's 4 metre area.
- WP 17.9 To push or push off from an opponent who is not holding the ball.

## **WP 18 EXCLUSION FOULS**

- WP 18.1 It shall be an exclusion foul to commit any of the following offences which shall be punished (except in the case of penalty throw) by the award of a free throw to the opposing team. The excluded player shall visibly risen to the surface of the water within the exclusion box area and/or touched hands above the water with the substitute before re-entering the field of play. A penalty will be awarded against the team of that player who (when leaving the playing area after being excluded) interferes with play.
- WP 18.2 There is NO limit to the number of exclusion fouls per player.
- WP 18.3 To interfere with the taking of a free throw, goal throw or corner throw:  
a) intentionally pushing the ball away to delay the throw  
b) any attempt to play the ball before it leaves the hand of the player taking the throw
- WP 18.4 To intentionally splash water in the face of an opponent. The punishment for intentionally splashing an opponent is exclusion and a penalty throw if the opponent is inside the 4 metre area.



- WP 18.5 To hold, sink or pull back an opponent who is not holding the ball.
- WP 18.6 To impede an opponent's movement who is not in possession of the ball (by holding the player or any part of the body).
- WP 18.7 To kick or strike an opponent intentionally or make disproportionate movement with that intent.
- WP 18.8 To be guilty of misconduct, including the use of unacceptable language, violent or persistent foul play, to refuse obedience or show disrespect to the referee or official, or behaviour against the spirit of the rules and likely to bring the game into disrepute. The offending player shall be excluded from the remainder of the game.
- WP 18.9 To commit an act of brutality against an opponent or official, during the game. The offending player shall be excluded from the remainder of the game and a penalty throw awarded to the opposing team.
- WP 18.10 For an excluded player to re-enter the playing area improperly, including:
- a) from any place other than the player's own re-entry area
  - b) by affecting the alignment of the goal
- WP 18.11 To interfere with the taking of a penalty throw. In which case the player excluded can only re-enter the field of play after the penalty throw has been taken. Players have to be at least 3 metres away from the player taking the penalty throw.
- WP 18.12 The defending goalkeeper, after having been warned by the referee, for not positioning correctly on the goal line before the taking of a penalty throw. Another defending player may take the position of the goalkeeper but without the privileges of the goalkeeper.
- WP 18.13 If two players from opposing sides commit simultaneous exclusion fouls, both players will be sent off with the referee restarting the game with a neutral throw.

## **WP 19 PENALTY FOULS**

- WP 19.1 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 extended.
- WP 19.2 For a defending player to commit any foul within the 4 metre area but for which a goal would probably have resulted, including:
- a) sink or displace the goals
  - b) for defending player to play the ball with clenched fist
  - c) for the goalkeeper or another player to deliberately take the ball under the water when tackled
  - d) for a defending player to attempt to block a shot or pass with two hands

- WP 19.3 For a defending player within the 4 metre area to kick or strike an opponent or to commit an act of brutality. In the case of brutality, the offending player shall also be excluded from the remainder of the game.
- WP 19.4 For an excluded player intentionally to interfere with play, including affecting the alignment of the goal.
- WP 19.5 For a player of the team not in possession of the ball, to enter the field of play improperly.
- WP 19.6 If in the last minute of the game a penalty throw is awarded to a team, the coach may elect to maintain possession of the ball and be awarded a free throw from the half way line. The timekeeper recording possession time shall reset the clock.

## **WP 20 PENALTY THROWS**

- WP 20.1 A penalty throw can be taken by any player of the team in favour of which the throw has been awarded. The penalty throw is taken from 4 metre line.
- WP 20.2 All players shall leave the 4 metre area and shall be at least three metres from the player taking the throw. On the 4 metre line, on each side of the player taking the throw, one player of the defending team shall have the first right to take position. The defending goalkeeper shall be positioned between the goal posts with no part of his body beyond the goal line at water level. The referees can give one warning to the players or the goalkeeper to take up the correct position. If that person does not do so, the player or goalkeeper shall be excluded and shall re-enter in accordance with the goalkeeper be out of the water, another player may take the position of the goalkeeper but without the goalkeeper's privileges and limitations.
- WP 20.3 When the referee controlling the taking of the throw is satisfied that the players are in their correct positions the referee shall signal for the throw to be taken, by whistle and by simultaneously lowering the arm from a vertical to a horizontal position.  
NOTE: The lowering of the arm at the same time as the signal by whistle makes it possible under any conditions, even amidst noise by spectators, to execute the throw in accordance with the Rules. As the arm is lifted, the player taking the throw will concentrate, for the player knows that the signal will follow immediately.]
- WP 20.4 The player taking the penalty throw shall have possession of the ball and shall throw it with an uninterrupted movement immediately on the signal of the referee.
- WP 20.5 If the ball rebounds from the goalpost crossbar or goalkeeper, it remains in play and it shall not be necessary for another player to play or touch the ball before a goal can be scored.

WP 20.7 If at precisely the same time as the referee awards a penalty throw the timekeeper whistles for the end of a period, all players except the player taking the throw and the defending goalkeeper shall leave the water before the penalty throw is taken. In this situation, the ball shall immediately be dead should it rebound into play from the goal post, crossbar or the goalkeeper.

## **WP 21 ACCIDENT AND INJURY**

WP 21.1 A player shall only be allowed to leave the water, or sit or stand on the steps or side of the pool during play in the case of accident, injury, illness or with the permission of a referee. A player who has left the water legitimately may re-enter from the team's exclusion re-entry area at an appropriate stoppage, with the permission of a referee.

WP 21.2 If a player is bleeding, the referee shall immediately order the player out of the water with the immediate entry of a substitute and the game shall continue without interruption. After the bleeding has stopped, the player is permitted to be a substitute in the ordinary course of the game.