

COLORADO



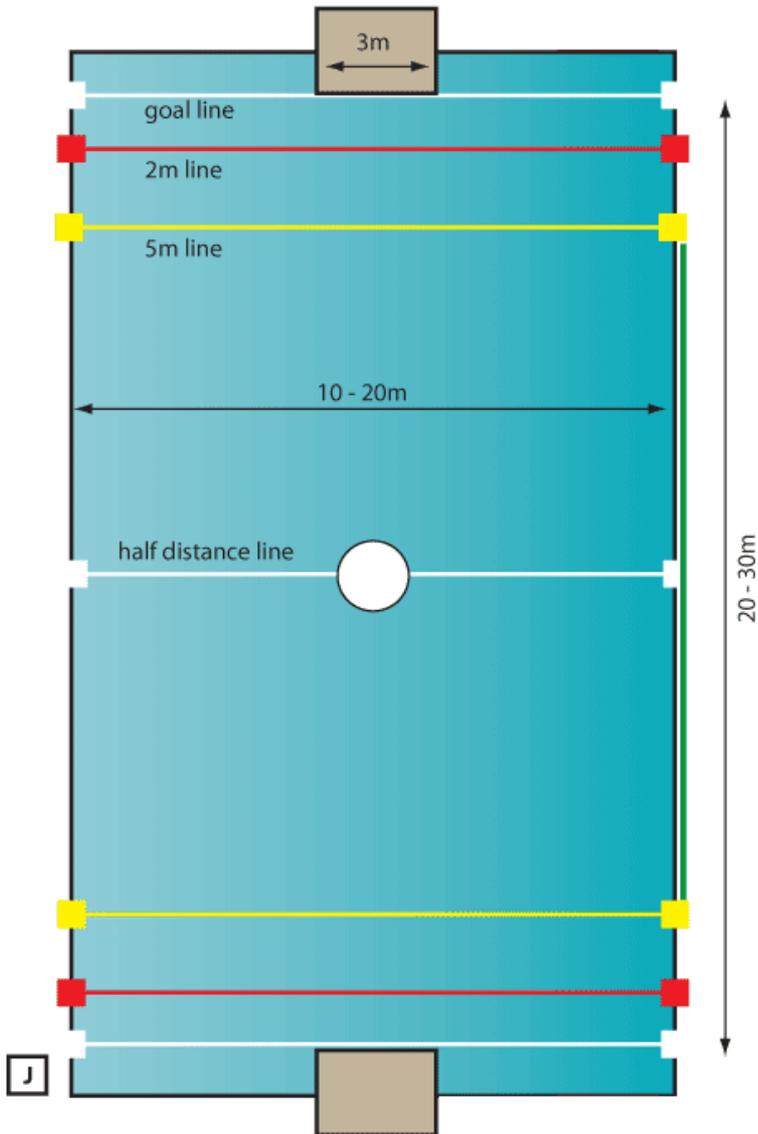
WATER POLO

Introduction to the Rules of Water Polo

Basic Rules

- 6 field (or pool) players and 1 goalie per side.
- Field players can only touch the ball with one hand at a time; goalies may use both hands.
- Game is split into 5-8 minute quarters depending on the level of play.
- 25-35 second shot clock.
- Two types of fouls – ordinary and exclusion.

The Pool



A regulation pool is too deep for players to touch bottom.

Offensive players may not cross the 2-meter line unless they have the ball or the ball has passed the line first.

Outside of the 5-meter line, players may shoot the ball after an ordinary foul, but they must shoot immediately.

Ordinary Fouls

- A quote from the rule: “To impede or otherwise prevent the free movement of an opponent who is not holding the ball”
- Basically, you must go around other players. You cannot physically move them or swim over them.
 - For example, if a player you are guarding is between you and the ball, you cannot reach over them for the ball, you must go around them to get the ball.
- A player who is the victim of an ordinary foul gets a free pass. Outside 5-meters the player may immediately shoot.
- Ordinary fouls are unlimited throughout the game.

Exclusion Fouls

- Holding, sinking or pulling back on a player that is not holding the ball.
- “Holding the ball” means the player has actually picked the ball up. Simply swimming with the ball in front of you or being between an opposing player and the ball is not “holding the ball.”
- The player who commits an exclusion foul must leave the game for 20 seconds, or until a goal is scored, or a turnover occurs. When that occurs, the other team has an advantage which we call “6-on-5”. We have special plays for this situation.
- Players are allowed 3 exclusion fouls in a game. They are ejected for the game after their third exclusion foul.

“Holding the Ball”

- Everything changes when a player picks the ball up.
- When that happens, a defensive player may hold, sink or pull back on them.
- As soon as the player stops holding the ball, the defensive player must let go or they will be called for an exclusion foul.
- No matter what, a player may never strike or kick another player, splash them in the face or do anything to another player’s head.