

1. Teams consist of 6 or 7 (across the pool) and up to 10 players (full length) are recommended.
2. The games consist of 5 minute periods of play. The number of periods to be played should be negotiated by coaches on match day
3. **BALL SIZE:** It is recommended that a **size 2 Water Polo ball** be used.
4. To start play, players line up along the goal line. At a signal from the referee, one player swims towards the centre where the referee has thrown the ball and passes the ball backwards to teammates. The team then manoeuvres the ball towards the opponent's goal with the aim of scoring a goal.
5. A goal is scored when the ball passes completely over the goal-line in the goal area.
6. When a goal is scored the players retire to their own halves and a member of the team that did not score the goal takes a throw from the half-way line.
7. Players are allowed to swim or wade to get into position but are not allowed to move while holding the ball.
8. Players can only catch, hold and throw the ball with one hand. Goalkeepers are permitted to use two hands.
9. No player may hold the ball for longer than five (5) seconds without passing it or playing it on the water.
10. The ball can be dribbled, by pushing it in front of the player. The ball can be stolen from a player who is dribbling or holding the ball provided that the player is not contacted.
11. If the ball passes over the goal-line outside the goal area, when thrown by an attacker, a free throw shall be awarded to the goalkeeper. If last touched by the defender or goalkeeper, an attacker shall take a corner throw from the two-metre line near the side of the pool. No player may use the pool edge or goal structure to gain an unfair advantage.
12. No player may tackle another player, whether in possession of the ball or not.
13. No player may swim on or over opponent's legs.
14. No player may take the ball underwater.
15. An infringement of the rules results in a free throw, signalled by a whistle from the referee. The free throw is to be taken from the spot where the foul occurred. The player taking the free throw must pass the ball. Opposition players must be at least a metre from the thrower.
16. No player is allowed to enter the opponents' two-metre area unless the player has the ball or the ball is in front of the player.
17. Any foul by a defending player in the four-metre area, which stops a shot at goal, shall result in a penalty shot. Any opposition player may take the shot from the four-meter line, without interference by an opponent. The goalkeeper must stay behind the goal-line until the referee blows the whistle. The goalkeeper can then attempt to stop the penalty shot. The penalty shot must be thrown immediately after the whistle is blown.
18. The penalty for tackling a player shall be exclusion from the game until the next goal is scored, or until the end of the period.
19. The penalty for abusive behaviour or language is exclusion for the remainder of the match with a substitute.
20. The penalty for unacceptable aggression (deliberately striking or attempting to strike another player) is exclusion from the game for the remainder of the game with a substitute. Teachers/coaches should implement all rules with discretion and judgment, encouraging a free flowing and continuous game, but unsportsmanlike behaviour or deliberate body contact should be discouraged.
21. **Mercy Rule/Termination Score:** The Mercy rule will be invoked when a team is **7 goals** ahead. When one team leads by **7 goals** the following strategies will apply:
 - a. Rotate key players
 - b. Pull defence backIf the score difference exceeds **10 goals**, the game is terminated and teams are mixed up to provide a more even competition for the duration of the match. The Home team must provide bibs for this situation.