



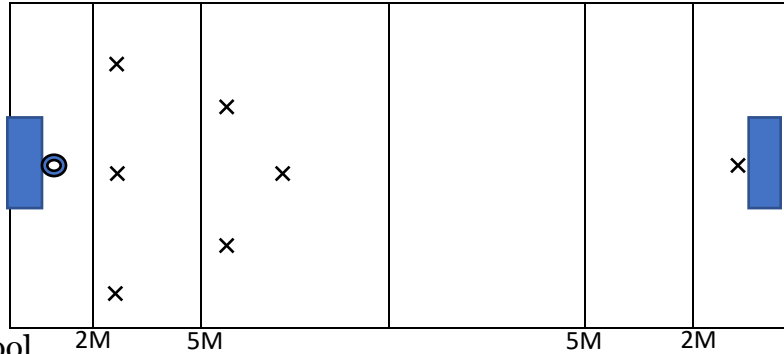
Water Polo



Water polo is a fun, fast-paced sport that requires athleticism, teamwork, and strategy!

Water polo fundamentals:

- Teamwork and communication
- Versatility and flexibility
- Legs!
- Pool balance and positioning
- Movement
- Strategy



Basic principles and rules:

- 6 field players, 1 goalie per team in pool
 - Teams wear protective caps (1 team wears dark caps, 1 team wears light caps; goalies wear red caps)
- 4 quarters (typically 8 minutes), with 30 second shot clock
- Played the entire pool with a goal at either end of the pool
 - 2M and 5M on both ends of the pool are significant markings for play/rules
- Players cannot use the walls or bottom of the pool
- 1 rubber ball (size depends on players)
 - Players can only use 1 hand on the ball (except goalie who can catch and block with two hands)
- Players play both offense and defense (similar to basketball or soccer)
- A goal is scored by the ball passing completely over the goal line of the opponents' goal
 - Goals are worth 1 point
- 2 referees, one on either side of the pool deck, control the game with whistles and hand signals
 - Minor (ordinary) fouls: impeding the free movement of a player who is not holding the ball
 - Fouled player puts the ball into play by taking a free throw (can take an immediate shot if outside 5M)
 - Common fouls include:
 - Playing too long before taking a free throw;
 - Wasting time (most often when a team elects not to shoot the ball and instead throws the ball to a vacant part of the pool and swims away without trying to retain possession);
 - Holding the ball underwater so that the opponent cannot play it;
 - Touching the ball with two hands (does not apply to goalkeeper inside of the 5-meter line);
 - Blatantly pushing off a defensive player to get to the ball;
 - Walking on or pushing off the bottom of the pool (does not apply to the goalkeeper inside of the 5-meter line);
 - Tipping the ball out of the field of play;
 - Failing to take a shot within 30 seconds (letting the shot clock expire);
 - Goaltender goes past the center line
 - Major (personal) fouls:
 - Exclusionary: holding, sinking, or pulling back a player who is not holding the ball
 - Result in the offending player being excluded from the game for 20 seconds (powerplay for fouled team)
 - Penalty fouls: awarded when a player commits any kind of a foul in the penalty area (inside the 5m line) that, in the opinion of the referee, prevented a probable goal
 - Result in a penalty shot on goal being taken at 5M by fouled team
 - Individual players are allowed a total of 3 exclusionary and/or penalty fouls per game before they are excluded from the remainder of the game

Resources/References:

- USA Water Polo: <https://usawaterpolo.org>
- American Water Polo: <https://americanwaterpolo.org>

Water polo is a sport where you can learn teamwork. You make friends and learn about discipline and you've got to hang together. In lots of sports, an individual star can do his or own thing, but you cannot do that in water polo." Peter Ueberroth

