

Basic Attack

Basic offense surrounds a centre player called the centre forward or pit player who tries to hold position in front of the goal. The other field players attempt to pass the ball to him. The pit player will either attempt to score, draw a major foul (ejection foul) from his defender or draw an ordinary foul. In the case of an ejection, the team reforms into a man up attack. In case of an ordinary foul, the pit player must pass the ball. The field players swim to create opportunities for themselves or their teammates to get into scoring position or pass the ball to the pit player again.

Basic Defence

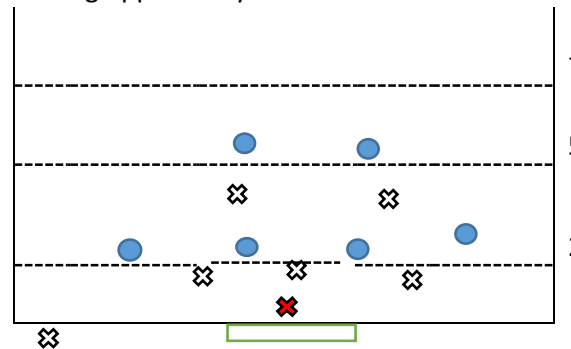
Basic defence is man to man. Each player tries to thwart their opponent's attempt to pass or shoot the ball. Basic defensive position is between the attacking player and the goal.

Fun Facts

Men's water polo featured in 1900 as the first Olympic team sport. Women's water polo didn't become an Olympic sport until 2000. The water polo ball is thrown at speeds of up to sixty miles per hour. High level water polo players may swim up to a mile and a half during a game.

Man Up Attack

When a defensive player is ejected from the game, the offense reorganises to spread out and take advantage of the extra man. The attacking players pass the ball around the outside to draw the defence out of position sufficiently to create a scoring opportunity.



Man Down Defence

The defence reorganises to cover the defensive area by shifting into a zone defence. Each player is responsible for defending an area rather than a man. Basic man down defence is shown as the X's in the above man up attack diagram. The excluded player is ejected for 20 seconds.

Players' Code of Conduct

1. Never argue with the referee.
2. Follow the rules of the game.
3. Show respect to your coaches and teammates
4. Never intentionally try to hurt another athlete, either physically or verbally.

Warrington Swimming and Water Polo Club

The club has water polo sessions as follows

At Orford Jubilee Hub

Saturday 4pm to 5pm for Mini Polo (8 years to 13 years) and Beginners

Saturday 4.30pm-6pm Academy players (under 15) Youth age group (under 17),

Wednesday Mini polo 7pm-8pm Mini Polo 8-12 years old

Wednesday 8pm-9:30pm 13-18 years old

At Lymm High School

Monday 6:45pm – 8:30 pm 13yrs—17yrs

Water Polo Rules

This pamphlet contains a broad overview of the rules of water polo and a beginner's guide to the game. For the complete rules, please look for water polo rules www.fina.org

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Teams

Each team has six outfield players and a goal keeper. Field players may only use one hand to touch the ball, while goalies may use two. In shallow/deep pools, only goalies may use the bottom of the pool when participating in the play.

Field of Play

The game is played in a pool anywhere from 20 metres long by 8 metres wide, to 30 meters long by 20 meters wide, with a goal situated at each end of the pool. Ideally, the pool is all deep.

Equipment

Goals are 3m wide and 0.9m tall. Ball size varies from 38cm – 71cm in circumference. Each player wears a cap with solid ear guards. One team wears white and the other a coloured cap usually blue.

Time

The game consists of four 8 minute quarters. The clock is stopped on time outs, goals, out of bounds corner throws, fouls, neutral throws, and/or penalty throws. Each side has possession for 20-30seconds.

Game Overview

Each quarter starts with the sprint. The team obtaining possession of the ball works to score. If a goal is scored, the teams line up across the centre of the pool. The team that was scored against starts with possession of the ball. If there is no goal and the shot goes out of bounds or the goalie secures the ball, the defending team becomes the attacking team and attacks the opposite goal.

Sprints

At the start of each quarter, the teams line up at their corresponding ends, holding onto the end wall. The referee stands on poolside at the centre line and throws the ball down as he/she blows

his/her whistle. The two teams sprint to the ball and the game time begins when the ball is touched.

Fouls

Water polo fouls are often difficult to see as there is some underwater play that the referee cannot detect. There are two types of fouls in water polo: ordinary and major or exclusion fouls.

Ordinary Fouls

Ordinary fouls are minor fouls that either do not involve a player against a player, or are not severe enough to warrant a major foul. An example would be pushing off from a player (with hands or feet) who is not holding the ball. Standing, walking, jumping or pushing off from the bottom, the sides or the ends of the pool to play the ball. Touching the ball with both hands (except the goal keeper). Pushing the ball underwater when under attack (pick up ball underneath to avoid!)

Penalties for Ordinary Fouls

Ordinary fouls are penalised by awarding a free throw to the opposing team. A free throw is a chance for a player to pass the ball without the interference of the defender. The free throw is taken at the spot the ball lands after the foul occurs unless it lands closer to the opponent's goal. In that case, the ball must move back to where the foul occurred. A player may not shoot during his free throw unless they are at least 6 meters away from the goal. In this case, they must shoot immediately and without faking.

Major Fouls

Most personal fouls occur when a player holds, sinks, or pulls back an opposing player in order to take away his positional advantage. Personal fouls also involve interfering with a free throw or showing disrespect to the referee.

Penalties for Personal Fouls

If the major foul occurs during a shot on goal within five metres, the attacking team is awarded a penalty shot. Otherwise, the player making the foul is ejected from the game for 20 seconds or until the ball is shot or turned over. The penalty shot is taken from the five-metre line. On the referee's whistle, the shooter must take the shot without faking or hesitation. Players are eliminated from the game once they receive their third major foul. However, a player can commit any number of ordinary fouls and remain in the game.

Off-Sides

No player may be within two metres of his opponent's goal unless the ball is also within that distance. If a player enters 2m their team is penalised by awarding a free throw to the defending team.

Neutral Ball

When two players from opposing teams commit a foul at the same time, or the referee is not able to tell who was at fault, the ref has a player from each team come to the side of the pool. He drops the ball above the two players who attempt to tip the ball to their teammates.

Swimming and Treading Water

Water polo players tend to be very adaptive swimmers. Although the basic stroke is freestyle, it can change from head up, to head down, to freestyle with breast stroke kick, to backstroke all within one possession of the ball. Water polo players tread water using the eggbeater kick. The eggbeater kick is similar to the breaststroke kick except each leg kicks alternately instead of at the same time