

Compiled by Dolphins Water Polo Club

Intended for club use only as a general guide to the sport of water polo.

www.dolphinwaterpolo.ca



***Dolphins
Water Polo Club***

Parent and Player Handbook

HISTORY OF WATER POLO

Water polo began in the 1870's in England and Scotland. It was played in rivers or lakes and the game was a form of "water rugby". The game eventually changed to more of a soccer style format. Since then, its popularity has grown. Men's water polo was added to the Olympics in 1900 and women's in 2000. Historically, the most successful team of all time is the Hungarian team, who have won medals at almost all the Olympic games!



THE TEAM

Each team has seven players: a goalie and 6 field players. The field players play center forward, drivers and guard positions. The center forward is often referred to as the "hole" position.

Pups and Atom teams are co-ed. Bantam, Cadet, Youth and Masters teams are female/male.

NOTES

OFFICIATING

Referees:

There are always 2 referees in charge of the game. They watch the game closely and blow their whistles to stop play and indicate fouls. They signal when a goal is scored and hold up fingers to indicate the cap number of the player who scored.



Minor Officials:

1. Time Keepers

- A) Clock—run the game clock. Start and stop clock when whistle is blown etc.
- B) Shot clock—run the shot clock (30sec)

2. Secretary

- A) Game—keeps track of goals & who scored them
- B) Penalty—keeps track of penalties against individuals/teams
 - *max 3 major fouls per player per game
 - *max 5 major fouls per team per half game

THE EQUIPMENT



Ball—is made of rubber. It is usually bright yellow and has a rough texture to give players grip. There are different sized polo balls depending on the age group.

Goal—The goalie net floats on the water. It is secured to the pool deck and centered at each end of the pool.



Caps—are made from nylon or lycra, with a strap that ties under your chin and have hard plastic ear protectors. Goalies wear RED caps and are always marked #1. Other team members wear caps numbered #2—15. One team will wear “white” caps and the other will wear “blue”, depending on who is the home/away team.



WHAT TO WEAR

A swim suit or water polo suit. Most clubs encourage use of special water polo suits.

GAME ON!

Object of the Game:

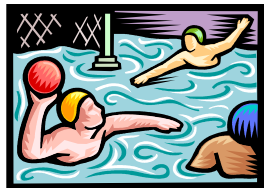
To throw the ball into the opposing team's goalnet to score a point. The team with the most points at the end of the game wins.

Game Length:

There are four, 6 or 7 minute quarters in one game, with 2 minute breaks between them. There is a game clock that counts down until the end of each quarter; there is also a shot clock (bantam level and above only) which is set at 30 seconds and counts down the time the offense has to score a goal. Both of the clocks will stop right after a foul and does not start again until the ball is in play. One game can last for about an hour because of the stopping, breaks between quarters, and timeouts.

Start of the Game:

Each team lines up on their goal line at the beginning of each quarter. Once the whistle is blown to start the quarter, all players except the goalie sprint towards mid-pool, where the ball is dropped by the referee. Which-ever team retrieves the ball first is on offense. The fastest swimmers usually are lined up on the side of the referee who is dropping the ball.



GLOSSARY

Ball Under: an ordinary foul for taking or holding the ball underwater.

Corner Throw: a free throw by the offensive team when the ball goes out of bounds over the goal line and was last touched by the defense. It is taken from the 2 metre line.

Dribble: to swim with the ball using a head of above water crawl stroke.

Drive: to swim quickly toward the goal without the ball to become open for a pass.

Eggbeater: a kicking motion, using alternating circular motions of the leg, for treading water.

Free Throw: a free pass granted immediately following a foul.

Goal Throw: a free throw awarded to the defense when the ball goes out of bounds over the goal line and was last touched by the offense.

Impede: to prevent the movement of a player not holding the ball.

Passing lane: the area between the ball carrier and the intended receiver of the ball.

Man-up: the offensive advantage when a defensive player is serving their 20sec. exclusion.

FOUL!!



Minor Fouls:

Are called against you for violation of minor rules. They result in the ball being turned over to the other team. They account for the majority of fouls in the game. Examples: using two hands, pushing off an opponent, holding ball under water, etc. Signalled by one whistle for defensive, two whistles for offensive and the referee will point in the direction the ball will be playing.

Major Fouls:

More serious violations. Often called for “playing the player” Examples: holding or interfering with a free throw, sinking or pulling at a player not ‘holding’ the ball, or committing an ordinary foul during dead time. They result in the “kick-out” of the player for 20 seconds (sort of like going to the penalty box in hockey). Signalled by several consecutive whistles and the referee will point to the player and then to the re-entry area. If a player gets three major fouls in a game they are sent out of the pool for the remainder of the game.

Penalty Shots:

For a defending player to commit any foul within the 5 metre area in which a goal would probably have resulted. They get a penalty shot from the 5 m line. Signalled by a long whistle from the referee and they will hold up 5 fingers (hand) to indicate it’s a penalty shot.

Scoring:

A goal is scored once the ball completely passes over the goal line. If a goal is scored, both teams line up mid-pool and the non-scoring team takes position of the ball.

Offense & Defense:

Players advance by swimming and passing the ball. With the exception of the goalie, they can only touch the ball with one hand at a time. The offense surrounds the hole-man, who is positioned directly in front of the opponent’s net. Perimeter players, also known as drivers, try to take a shot at the goal or attempt a wet-pass into the hole-set’s strategy called setting the hole. The hole-set shoots the ball if given the opportunity or passes it out to open players. The defending team guards their opposition (similar to basketball man to man coverage) in the attempts to block passes or steal the ball.

SWIM, SWIM, SWIM!!!

Once the action starts, no hanging onto the edge of the pool, no standing on the bottom...you must swim or tread water (egg beater) at all times until the whistle is blown!

THE RULES

1. No walking on the bottom of the pool if you are holding the ball.
2. No pushing off from your opponent.
3. No holding the ball under water.
4. No hitting the ball with your fist.
5. No holding the ball with two hands...only goalies allowed two handed touch.
6. No holding, sinking or pulling a player not 'holding' the ball.
7. No swimming over top of another player.
8. You cannot receive a pass inside the 2 metre line.
9. No arguing with the referee.
10. The goalie is not allowed to move the net during play.

*these are just the basics...in depth rules can be found by visiting the [FINA](#) or [Water Polo Canada](#) websites.

Note: Fouls will not be called if the offensive player is holding the ball in hand. Often the player holding the ball may be pulled, pushed, dunked etc., and no foul is called. Spectators may become upset, but there is no foul to be called until the player drops the ball!

THE POOL

