

### Basic Offense

Basic offense surrounds a center player called the Hole Set who tries to hold position in front of the goal. The other field players attempt to pass the ball to him. The Hole Set will attempt to score the ball, draw an ejection from his defender or draw an ordinary foul. In the case of an ejection, the team reforms into a man up offense. In case of an ordinary foul, the Hole Set 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 Hole Set again.

### Basic Defense

Basic defense 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 man and the cage.

### Fun Facts

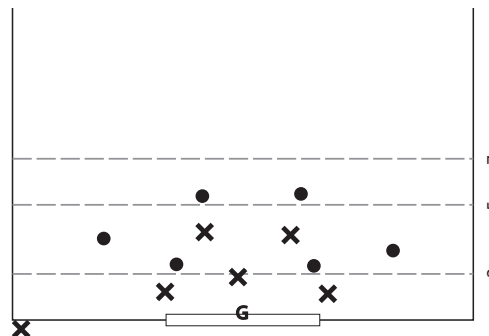
Men's water polo made its debut in 1900 as the first Olympic team sport. Women's water polo didn't become an Olympic sport until 2000.

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 Offense

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



Basic Man Up Offense (4-2)

### Man Down Defense

The defense reorganizes to cover the defensive area by shifting into a zone defense. Each player is responsible for defending an area rather than a man. Basic man down defense is shown as the X's in the above man up offense diagram.

### 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.
5. Keep the game in perspective. There are countless games to follow and many more important things in life.

### Water Polo on the Web

[www.waterpoloplanet.com](http://www.waterpoloplanet.com)



**Adult Practice**  
**Mon, Wed, Friday**  
**7 pm - 8:45 pm**

**Youth Practice**  
**Tuesday and Thursday Evenings**  
**7:00 - 8:30 pm**

**Joint Practice**  
**Sundays 10 - 11:30 am**

**Finley Swim Center**  
**Santa Rosa**

**[www.rewp.net](http://www.rewp.net)**

### Water Polo Rules

This pamphlet contains an a broad overview of the rules of water polo and a beginners guide to the game. For the complete rules, please look for the Fina or NCAA rules of water polo.

## Teams

Each team has six field players and a goalie. 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 25 yards long by 14 yards 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 10 feet wide and 3 feet tall. Ball size varies from 15" - 28" in circumference. Each player wears a cap with solid ear guards. One team wears white and the other a colored cap.

## Time

The game consists of four 5 - 8 minute quarters, depending on level of play. The clock is stopped on time outs, goals, out-of-bounds corner throws, fouls, neutral throws, and/or penalty throws. There is also a 30 - 35 second shot clock - again length depending on level of play.

## Game Overview

Each quarter starts with the sprint. The team obtaining possession of the ball works to score. Each goal is worth one point. If a goal is made, the teams line up across the center of the pool. The team that was scored upon 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 offensive team and attacks the opposite goal.

## Sprints

At the beginning of each quarter, the teams line up at their corresponding ends, either with their heads on the two-meter line, or holding onto the

end wall. The referee stands on the edge of the pool at the center line and throws the ball down as he blows his whistle. The two teams then 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 personal.

### 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 personal foul. An example of an ordinary foul would include handling the ball with two hands. Other ordinary fouls include a defensive player reaching over an offensive player's back while facing away from the goal. In this case, the offensive player does not have an advantage based on his position in the pool and the defending player is impeding the player's movement.

### Penalties for Ordinary Fouls

Ordinary fouls are penalized 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 5 meters away from the goal. In this case, they must shoot immediately and without faking.

### Personal 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 personal foul occurs during a shot on goal within five meters, the offense 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-meter line. On the referee's whistle, the shooter must take the shot without faking or hesitation. Players are eliminated from the game once they are charged with their third personal foul. However, a player can commit any number of ordinary fouls and remain in the game.

### Off-Sides

No player may be within two meters of his opponent's goal unless the ball is also within that distance. Off sides is penalized by awarding a free throw to the opposing team.

### Face-Offs

When two players from opposing teams commit a foul at the same time, or the referee is not able to tell who was a 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 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.