

Guernsey Water Polo

FUNdamental Rules for Beginners



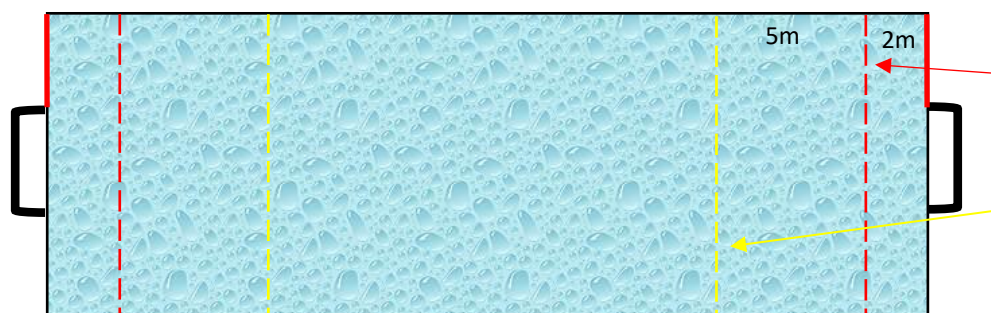
SwimMark
ESSENTIAL CLUB

Safety and Equipment

- Water polo ball ideally size 3 or 4.
 - Try not to use light weight balls with no grip as they can reduce skill development and leads to grabbing.
- Goals or a target
- Caps with ear protectors
- NO goggles!

Pool Set Up

- One goal keeper and six outfield players (although numbers can vary depending on age, ability and size of the pool).
- Substitutes (subs): Water polo uses rolling subs. Players must sub in and out of the pool using the red zone by the goal. No jumping or diving when subbing.



Only goalkeeper within the 2m zone

If a player is awarded a foul within 5m zone, that player must pass the ball

- At the start of each quarter, players line up along the goal line. The referee drops the ball in the centre of the pool and simultaneously blows the whistle to signal the match has started.
- Once a goal is scored, teams return to their halves of the pool. The team which conceded the goal, takes the centre throw.

Players CAN

- Swim with the ball
- Throw and catch with 1 hand
- Smile and have fun
- Stand WITH shoulders in-line with the water
- The goalkeeper is the only player who can jump and hold the ball with two hands

Players CANNOT

- Jump off the floor
- Touch a player who is not handling the ball
- Swim over another player
- Push the ball under water
- Punch the ball
- Touch the ball with two hands
- Answer back to the referee
- Splash another player