



Rules for 'I Love Water Polo' League

Listed below are the modified water polo rules we will be using for our ILWP Sunday Night League Games (underlined parts indicate changes as a result of the new FINA rules, in effect as of September 2005).

Official water polo rules can be found at http://www.fina.org/rules/WP/rules_wp.htm

- Players will play six periods of 4 minutes duration with 1 minute breaks. Occasionally the length/ number of shifts will be adjusted to finish on time.
- Each period begins with a swim for the ball, called a *swim-off*, and is signaled by the referee with a blast of the whistle.
- Players must handle the ball with one hand at a time and from underneath – picking up the ball from on top will be considered a minor foul (NOTE: This is a "Titans" rule intended to help the athletes learn better technique).
- Jumping from the bottom of the pool or pushing from side of the pool is NOT allowed except during the swim for the ball at the start of a period (goalies excepted). This results in a foul, and the opposing team is awarded a *free throw*.
- No contact is allowed with an opposing player even if that player is holding the ball. Contact results in a foul against the initiating player.
- Only the goalie is allowed to handle the ball with 2 hands.
- Referees signal a *foul* with a whistle blast, and pointing in the direction of the attacking team.
- When a player is fouled, he/she is given a *free throw*.
- Field players are not allowed to raise two hands out of the water to block a shot.
- Free throws may be taken by passing the ball, swimming with the ball or tossing it into the air to oneself but the taking of the free throw must be done without delay (outside 5m players may shoot directly at net/within 5m players must pass to a teammate before a shot is made).
- Players are not allowed to interfere with the taking of a free throw.
- When a shot on net passes the goal line even if it is touched by a defending player (except the goalie – see below) then a *goal throw* is to be awarded.
- When a shot on net passes the goal line having last been touched by the defending goalie then a *corner throw* is to be awarded.
- A *corner throw* is to be taken like a free throw but from the 2m line on either side of the pool.
- If the referee cannot determine which team has committed a foul or if simultaneous fouls occur the referee will call for a *jump ball* and one player from each team will participate in a *jump ball*.
- A *jump ball* is taken at the side of the pool with the referee throwing the ball between the two opposing players (the ball may be played before it touches the water when thrown in by the referee for this *jump ball*.)
- Players on the attacking team are not allowed to be within the 2m line near the opponent's net unless they have the ball or the ball is inside this line already.
- After a goal is scored teams line up in their respective halves and one player of the attacking team awaits the referee's signal (whistle) to put the ball into play (i.e. take a free throw).
- Please note that rough play will not be tolerated. If a player continues with rough play after being warned by a referee, they may be ejected from the game and the issue will be discussed with the Head Coach before the player is allowed to play again. Please consult our Titans Code of Conduct, available on our website.