

## Glossary Of Terms Cont.

**Pick:** This term describes the method for an offensive player to free himself momentarily from his defender. This is accomplished by swimming so close to another offensive player, that his defender swims into his offensive teammate by mistake, allowing the player to be open for an instant.

**Press:** A type of defense in which everyone is covered tightly, man to man.

**Red:** The period of time immediately prior to the expiration of the shot clock or game clock. Some teams yell "RED" when either of these clocks indicates 10 seconds or less.

**Shot clock:** The clock which displays the time of possession in which a team must take a shot.

**Slough:** The action taken by a defender when he moves away from his opponent to help defend in another area.

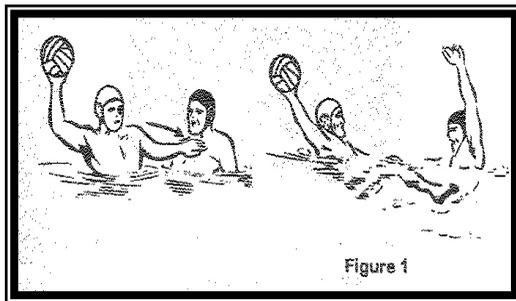
**Sprint:** The manner in which a water polo game begins each quarter. Each team lines up on the wall or at the two meter line to start. When a referee blows his whistle, the two players closest to the referee sprint towards the ball, which is dropped on the halfway line.

## Parents' Guide To Understanding Water Polo



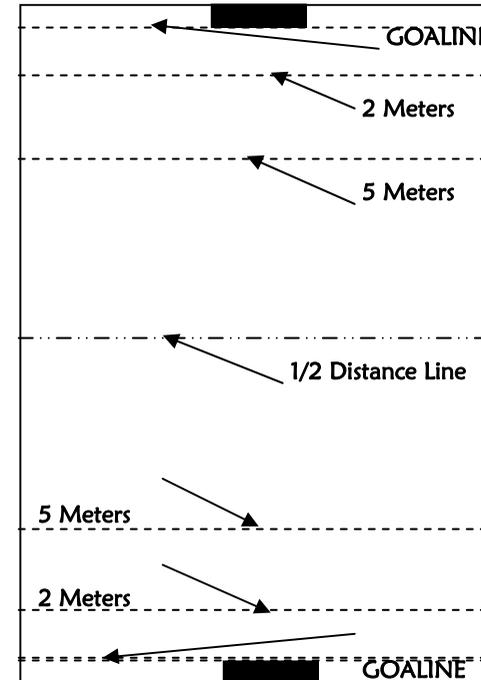
### WHAT IS WATER POLO ?

Water Polo is a contact sport which requires strength, quickness and endurance. The sport has a combination of soccer and basketball elements. Unlike soccer, water polo athletes use their arms rather than their legs to move the ball across the playing field. Each team consists of 7 players in the water.



## THE GAME !

The playing field is 30x20 meters for men and 25x20 meters for women. The depth should be at least 5'10".



## TEAMS

Each team can have a maximum of 16 players, with 7 players in the water at any given time (6 field players, 1 goalie). Substitutions can be made after a goal, during the break between quarters, or when a player is ejected.

## Duration of Play

The game is separated into four quarters, depending on skill level each quarter can be 5 -7 minutes long. There is a 2 minute grace period between each quarter.

## Start of Play

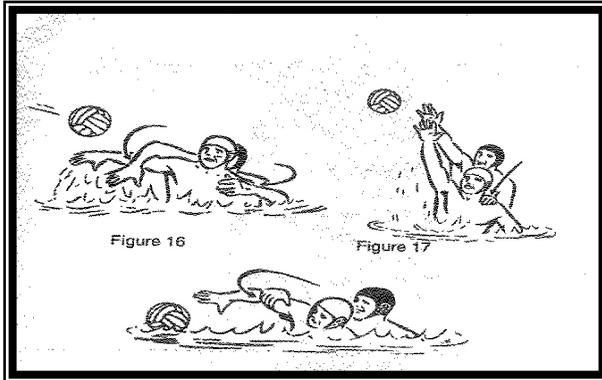
Each quarter starts with the teams lined up on opposing goal lines. On the signal (whistle) from the referee, teams sprint for the ball which is dropped in the center of the pool.

## Time Clocks

As in basketball, there is a shot clock. Each team has 30 seconds to shoot the ball at the opponent's goal. If no shot is taken or time expires, the opposing team is awarded the ball for a free throw. Additionally a game clock keeps track of the remaining time left in each quarter and game.

## Fouls

There are two kind of fouls that a referee can call: **minor** (ordinary) fouls and **major** (personal) fouls. There is no limit to the number of minor fouls a player may commit. In contrast, once a player has committed 3 major fouls, that player is unable to participate for the remainder of the game. If a foul is committed outside the 5m mark, a free throw may be taken as a “direct shot” at the goal. The free throw must be taken within 3 seconds by releasing, swimming, or passing the ball.



## Exclusion / Major Fouls

**Major** fouls include; kicking or striking, deliberate splashing, interfering with the free throw, misconduct or disrespect to the referee, holding, sinking or pulling back an opponent not holding the ball. **Exclusion** fouls result in a player being ejected for 20sec. The player may not return until the 20sec penalty time expires, a goal is scored, and/or a change of possession takes place. Once a player commits 3 major fouls, the player must leave the game and may not return to the playing field. See Figure 16 & 17 for examples of major fouls

## Ordinary Fouls

**Ordinary** fouls account for 80% of whistles during the game. There is no limit on the number of ordinary fouls a player can commit. After a minor foul, the fouled player must put the ball in play within 3 seconds by releasing, swimming or passing the ball. If a foul is committed outside the 5m line, the player may take the free throw as a “direct shot” at the goal. The most common ordinary fouls is impeding a player without the ball.

**Ordinary** fouls include: touching the ball with two hands, taking the ball under water when tackled, pushing off of an opponent with his/her arms or legs, and stalling (failing to shoot or advance the ball within 30 sec).

## Penalty Fouls

A penalty foul is awarded when a player commits any kind of foul in the penalty area (inside the 5m line).

Other types of major fouls are:

- Any field player, except the goalie, playing the ball with two hands or a clenched fist.
- The goalkeeper or a defensive player takes the ball underwater when tackled inside the 5m line.
- If an offensive player, in control of the ball and facing the goal, is fouled by holding, sinking, or pulling back, both **exclusion and penalty** fouls are considered personal fouls.

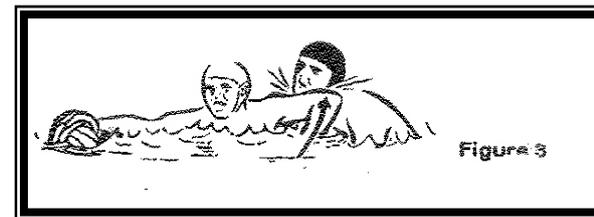
## Conduct Fouls

When the behavior of participants not in the water (players, coaches, or any other team personal) is inappropriate, the referees can issue yellow or red cards. The yellow card is reserved for the head coach as a warning for inappropriate behavior from players or the coach. The red card can be issued when behavior is bad enough for the referee to order a person to leave the bench, which can include spectators in viewing area of the pool deck. Those persons must leave the pool deck and are not allowed back in until completion of the game. See fig 3 for example of brutality

## Brutality Fouls

Brutality fouls occurs when a offending player demonstrates obvious intent to injure another player. A brutality foul can result in:

- The offending player being removed from that game and the next game
- The game can end immediately with a forfeit for the offending team if multiple opponents engage in brutality
- The game ending in a double forfeit and all parties involved are subject to additional punishment. See figure 3



## Glossary Of Terms

**Advantage Rule:** A rule permitting the referee to refrain from declaring a foul, such as declaration would give the advantage to the defending team.

**Counterattack:** A term used to describe a transition play between half court offense. Generally it is used to set up a half court offense or to exploit a main advantage over the opponents defense for a high score shot.

**Dribble:** The method a player uses to swim with the ball.

**Driver:** A player who normally tries to get away from his defender in the front court by quick, explosive swimming.

**Ejection:** A major foul which requires a player to go to the penalty area for 20 seconds (Kick out). Player may leave the penalty area before 20 seconds has expired if his team recovers the ball, or if the opposing team scores.

**Face-off:** A neutral throw awarded by the referee. Face offs generally occur when two players commit a foul at the same time. The referee will award a face-off by requiring two players from opposing teams to face each other, at which point he blows his whistle and throws the ball between them.

**Front court:** The area of the pool in front of the goal

**Game clock:** The clock that displays the time remaining in the period.

**Goalie:** A player whose primary responsibility is to defend the goal. He may use two hands to defend against shots by opposing team and may stand.

**Man-down:** The time of play in which a defending team has one less player, normally due to an ejection, Man up describing the offensive perspective (also 6 on 5).

**Penalty:** The location of the pool behind each goal line, where a penalized player must await re-entry after an ejection.

**Penalty shot:** A shot awarded to the offense when a defender commits a major foul within five meters of his own goal. Any offensive player currently in the pool (NO goalies) may take a free shot at the goal when the referee blows the whistle. Player may take shot no closer than five meters and may not fake or delay. The defending goalie may not move to block the shot until the referee blows the whistle.