

National Federation of State  
High School Associations



# WATER POLO

Rules Book



National Federation of State High School Associations  
PO Box 890 • Indianapolis, IN 46206  
Phone: 317-972-6900 • Fax: 317-822-5700 • [www.nfhs.org](http://www.nfhs.org)

# 2017-18

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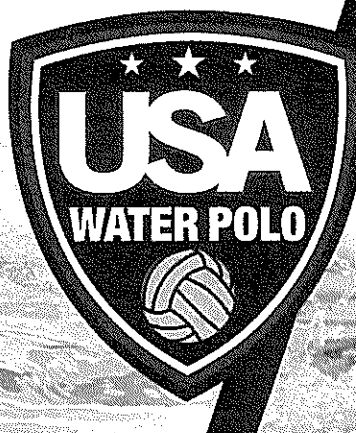
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# USA WATER POLO

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## 2017-18 NFHS WATER POLO RULES BOOK

**ROBERT B. GARDNER, Publisher**  
**Sandy Searcy, Editor**  
**NFHS Publications**

To maintain the sound traditions of this sport, encourage sportsmanship and minimize the inherent risk of injury, the National Federation of State High School Associations writes playing rules for varsity competition among student-athletes of high school age. High school coaches, officials and administrators who have knowledge and experience regarding this particular sport and age group volunteer their time to serve on the rules committee. Member associations of the NFHS independently make decisions regarding compliance with or modification of these playing rules for the student-athletes in their respective states.

NFHS rules are used by education-based and non-education-based organizations serving children of varying skill levels who are of high school age and younger. In order to make NFHS rules skill-level and age-level appropriate, the rules may be modified by any organization that chooses to use them. Except as may be specifically noted in this rules book, the NFHS makes no recommendation about the nature or extent of the modifications that may be appropriate for children who are younger or less skilled than high school varsity athletes.

Every individual using these rules is responsible for prudent judgment with respect to each contest, athlete and facility, and each athlete is responsible for exercising caution and good sportsmanship. These rules should be interpreted and applied so as to make reasonable accommodations for athletes, coaches and officials with disabilities.

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**NOTE:** The NFHS is calling to the attention of all schools, referees and coaches the following risk management warnings and rules prohibiting the use of tobacco and alcohol products:

1. Players shall enter the water feet first at all times. The referee must point out the rule to a representative of the offending institution whose players are not in compliance with the rule. If the situation persists, the referee must notify the appropriate authority as determined by the state association or section (each state association or section must draw up guidelines for the reporting of non-compliant coaches/schools). No game penalties may be instituted nor do the games officials contact the school directly subsequent to the game.
2. Before the start of the game, the referee shall meet with facility personnel for the purpose of knowing how to summon emergency assistance and to ascertain the location of emergency supplies, such as first aid supplies, should any be required. This includes agreement on appropriate signals (whistles) to summon aid as well as awareness of facility personnel who will summon first responders.
3. No participant, coach, administrator or game official shall use alcohol or any form of tobacco product (e-cigarette or similar items) beginning with arrival at the competition site until departure following the completion of the contest.

**PENALTY (3):** Team personnel/competitor(s) shall be disqualified from further participation for the use of any tobacco product.

**DISCLAIMER – NFHS Position Statements and Guidelines**

The NFHS regularly distributes position statements and guidelines to promote public awareness of certain health and safety-related issues. Such information is neither exhaustive nor necessarily applicable to all circumstances or individuals, and is no substitute for consultation with appropriate health-care professionals. Statutes, codes or environmental conditions may be relevant. NFHS position statements or guidelines should be considered in conjunction with other pertinent materials when taking action or planning care. The NFHS reserves the right to rescind or modify any such document at any time. Please see pages 90-93 for these position statements.

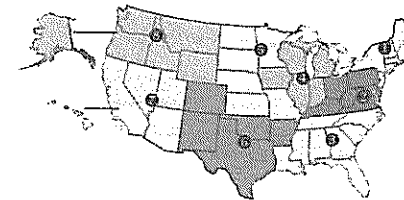
Accommodation for special-needs students may be addressed through rules and policies promulgated by a variety of organizations. Four such organizations are:

<p><b>Special Olympics</b> 1133 19th Street N.W. Washington, DC 20036 <a href="http://www.specialolympics.org">www.specialolympics.org</a></p>	<p><b>Disabled Sports USA</b> 451 Hungerford Drive Suite 100 Rockville, MD 20850 <a href="http://www.dsusa.org">www.dsusa.org</a></p>	<p><b>U.S. Paralympics</b> 25 North Tejon Lower Level 110 Colorado Springs, CO 80903 <a href="http://www.usparalympics.org">www.usparalympics.org</a></p>
<p><b>USA Swimming</b> 1 Olympic Plaza, Colorado Springs, CO 80909   <a href="http://www.usaswimming.org">www.usaswimming.org</a></p>		

**2017-18 NFHS Water Polo Rules Committee**



Robert B. Gardner  
NFHS  
Publisher



Sandy Searcy  
NFHS  
Editor



Kristine Palle  
California  
Chair



Frank Beasley  
Florida



Andy De Angulo  
Florida



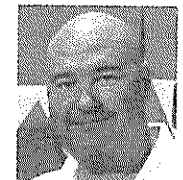
Levon Dermendjian  
California



Jack Horton  
Florida



William Hudson  
California



Bryan Lynton  
California



Richard Marsh  
Illinois



Kyle Perry  
Illinois



Beth Sauser  
Illinois



Jeff Wimer  
Illinois

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# Rule 1 *Field of Play and Equipment*

## SECTION 1 PREGAME INSPECTION

The host school shall be responsible for the correct measurements and markings of the field of play and shall provide all stipulated fixtures and equipment. Before the game the referees shall ensure that the field of play, game equipment, game balls, suits and caps comply with the rules. The referees shall make any corrections possible at that time, and report any deficiencies to the administrator in charge. Afterwards, the referees shall contact the state association office, school athletic director and assigning authority, unless determined otherwise by state association policy, in order that these may be corrected (3-9). Each state association shall establish its requirements for reporting.

## SECTION 2 POSITION OF CLOCKS

**ART. 1 . . .** The visible clocks shall display the time in descending manner (e.g. time remaining in a period or period of possession). The game clock, shot clocks and the score must be equally visible to both teams, the referees and the score table personnel. If there is no scoreboard, there must be a visible display (flip cards, chalkboard, etc.) of the score of the game maintained by the score table. The buzzer for the expiration of time on the game clock must be a different sound from that of the buzzer on the shot clock.

**ART. 2 . . .** There shall be a minimum of two shot clocks used in each game. It is recommended that there be four shot clocks, one located at each corner of the pool. If there are only two shot clocks, it is recommended that each be located across from a front court referee. If this is not possible, they shall be located on the same side of the pool as the score table. The shot clocks shall display the time remaining in the period of possession only in whole numbers and shall be set to blank automatically when less than 30 seconds remain in the period and a new period of possession is awarded.

## SECTION 3 FIELD OF PLAY

The layout and markings of the field of play in a pool with floating goals for a game officiated by two referees shall be in accordance with the diagrams in Appendix A, when possible. The score table shall be located approximately at the center of one side of the pool. The field of play is the area between the end (boundary) lines and the sidelines.

## SECTION 4 POOL DIMENSIONS

**ART. 1 . . .** For pools with floating goals, the length of the course from goal line to goal line shall be 25 meters (75 feet). For pools with wall goals, the length of the pool from wall to wall shall be 25 meters (75 feet).

**ART. 2 . . .** In both types of pools, the maximum pool width is 20 meters (66 feet) and the minimum pool width 13.7 meters (43 feet). It is recommended that the minimum pool depth be 2.0 meters (6 feet 6 inches). The boundary of the field of play at each end of a pool with floating goals is 0.30 meters behind the goal line. It is recommended that, for new facilities, the minimum distance from the goal line to the pool wall shall be 1.66 meters. (Appendix A)

#### **SECTION 5 WATER TEMPERATURE**

The water temperature shall be no less than 78° Fahrenheit (26° Celsius) and no more than 82° Fahrenheit (28° Celsius).

#### **SECTION 6 MARKERS**

Distinctive marks shall be provided on both sides of the field of play to denote the following:

- white marks: goal line and half-distance line
- red marks: 2 meters from goal line
- yellow marks: 5 meters from goal line

**ART. 1 . . .** Sidelines: If the pool is more than 20 meters wide, properly colored sidelines are required. The sideline from the end line to the goal line shall be colored white (0.3 meters); from the goal line to the 2-meter line shall be colored red; from the 2-meter line to the 5-meter line shall be colored yellow; from the 5-meter mark to the half-distance mark shall be colored green or a color other than yellow or red. A white mark shall be placed at the half-distance line. Measurements for the markers shall be taken from the front edge of the goal line and include the marker.

**ART. 2 . . .** Horizontal markers on the pool deck: If long horizontal markers are used on the pool deck, the white marker shall be 0.3 meters in length and extend from the end line to the goal line; the red marker shall be 2 meters in length and extend from the goal line to the 2-meter mark; and the yellow marker shall be 3 meters in length and extend from the 2-meter mark to the 5-meter mark. There shall be a white marker on the deck to denote half-distance.

**ART. 3 . . .** Cones on the pool deck: If cones are used on the pool deck, they shall be placed on the goal line, 2-meter line, 5-meter line, and half-distance line. They shall be colored white, red, yellow and white, respectively. The cones shall be of adequate size and weight so that they are visible and remain at the correct location. The distances between the cones shall be measured from the center of one cone to the center of the next cone.

**ART. 4 . . .** Painted or tiled sides of the pool: If the sides of the field of play are painted or tiled, the side of the field of play from the end line to the goal line shall be painted white; from the goal line to the 2-meter line shall be painted red; and from the 2-meter line to the 5-meter line shall be painted yellow. The half-distance mark shall be painted white.

#### **SECTION 7 RE-ENTRY AREA**

**ART. 1 . . .** A red mark shall be placed at each end of the field of play on the boundary line, 2 meters from the corner of the field of play on the side opposite the score table, to denote the re-entry area. It is recommended that the entire re-entry area from the sideline to the mark at 2 meters on the boundary line be colored red.

**ART. 2 . . .** The depth of the re-entry area shall be determined by the pool configuration, but shall include the space in the shape of a rectangle immediately behind the boundary line. Unless clearly marked by lane lines and/or the back wall of the pool, the referees should notify the captains in the pregame meeting of the specific boundaries of the re-entry area. If the referees do not do this and an excluded player reaches the sidewall of the pool, the player is considered to have passed through the re-entry area.

#### **SECTION 8 TEAM BENCHES**

The teams' benches shall be situated on the side opposite the score table, unless prevented by permanent structural restrictions. In such cases, the teams' benches and re-entry areas will be located on the same side as the score table. The team bench shall be located at the corner behind the goal line. The team area may extend no farther along the boundary line than the mark for the re-entry area 2 meters from the corner of the field of play. The team area may only be expanded at the corner of the pool behind the goal line. (Appendix B)

#### **SECTION 9 SPACE FOR REFEREE AND GOAL JUDGES**

Sufficient space shall be provided to enable the referees to have free movement from end to end of the field of play. Space shall also be provided at the goal lines for the goal judges.

#### **SECTION 10 FLAGS**

The exclusion secretary shall be provided with separate red, white and blue flags, each measuring approximately 0.35 meters x 0.20 meters.

#### **SECTION 11 USE OF ARTIFICIAL COMMUNICATION DEVICES**

The use of megaphones, other artificial communication devices or whistling (artificial or natural) by a coach to communicate with the team during play is prohibited. The use of an air horn by a coach to call time-outs is permitted.

#### **SECTION 12 USE OF ELECTRONIC DEVICES**

**ART. 1 . . .** A team may use electronic devices during the game:

- a. The location and use of the device(s) shall not be in a restricted area as determined by host management.
- b. The referee may restrict the use of the device(s) if determined to interfere with the contest.



- c. Use of electronic devices by a coach to communicate with a player(s) in the pool is prohibited.
- d. A coach who has been removed from the pool area due to unsporting conduct or a player removed for flagrant misconduct or for receipt of a red card shall not communicate directly or indirectly with any team personnel by use of electronic devices.

**NOTE:** State associations may also have policies in place to further address the use of electronic devices.

**ART. 2 . . .** The coach may use electronic devices to instruct players during time-outs or period breaks.

**ART. 3 . . .** Electronic video devices shall not be used for any review of an official's decision either during a game or after a game.

#### **SECTION 13 GOAL DIMENSIONS**

**ART. 1 . . .** Two goal posts and a crossbar, rigidly constructed, rectangular with a dimension of 0.075 meters (3 inches) facing the field of play and painted white, shall be located on the goal lines at each end, equal distances from the sides, and, for floating goals, not less than 0.30 meters in front of the ends of the field of play.

**ART. 2 . . .** The end lines (boundary lines) shall be attached not less than 0.30 meters behind the goal lines. If they are not attached at least 0.30 meters behind the goal line, any ball that contacts the end line shall be deemed out of bounds.

#### **SECTION 14 GOAL POSITION**

**ART. 1 . . .** The inner sides of the goal posts shall be 3.0 meters (10 feet) apart. When the water is 1.50 meters (5 feet) or more in depth, the underside of the crossbar shall be 0.90 meters (3 feet) from the water surface. When the water is less than 1.50 meters (5 feet) in depth, the underside of the crossbar shall be 2.40 meters (8 feet) from the floor of the pool.

**ART. 2 . . .** The dimensions of goals may conform to either metric or standard English measurements.

#### **SECTION 15 GOAL BACKING AND GOAL SPACE**

**ART. 1 . . .** For floating goals, limp nets shall be securely fastened to the goal posts and crossbar to enclose the entire goal area and shall be attached to the goal fixtures in such a manner as to allow not less than 0.30 meters clear space behind the goal line everywhere within the goal area.

**ART. 2 . . .** For wall goals, the goal space shall be a minimum of 45.72 cm (18 inches) deep without obstruction. Wall goals must have a backing that is loosely attached to the goal fittings to enclose the goal space in front of all supports.

#### **SECTION 16 BALL DESCRIPTION**

The ball shall be round and yellow or gold. It may have colored areas, such as panels, pentagons or circles, provided it retains a predominant yellow or gold col-

or. The colored areas must be as manufactured (not hand-painted). It shall have an air chamber with a self-closing valve and shall be waterproof, without external strappings or any covering of grease or similar substance.

#### **SECTION 17 BALL WEIGHT**

The weight of the ball shall be no less than 400 grams and no more than 450 grams.

#### **SECTION 18 BALL SIZE**

**ART. 1 . . .** Boys: The circumference of the ball shall be no less than 0.68 meters and no more than 0.71 meters. The ball shall be inflated to a pressure of 13-14 pounds per square inch.

**ART. 2 . . .** Girls: The circumference of the ball shall be no less than 0.65 meters and no more than 0.67 meters. The ball shall be inflated to a pressure of 12-13 pounds per square inch.

#### **SECTION 19 NUMBER OF BALLS**

**ART. 1 . . .** At least five game-quality balls must be available for all championship games and are recommended for all games.

**ART. 2 . . .** If there are goal judges, one ball shall be with the referee and at least two with each goal judge. When there are no goal judges, one ball shall be with the referee and at least two at each bench. If a ball goes out of bounds over the end line, the coach must have a team member from the bench immediately retrieve the ball. If the coach does not provide the team member, the referee shall issue a warning to the coach and, at the next occurrence, issue the coach a yellow card. A player in the field of play may retrieve the ball only if it is immediately outside a sideline or end line in a location where the player can reach it without having to leave the field of play, or if the player leaves with the permission of the referee. If the referee did not give the player permission to leave the field of play, the referee will exclude the player for 20 seconds. (7-4)

**ART. 3 . . .** The ball shall have the NFHS Authenticating Mark. The mark can be displayed in either format:



(A current list of NFHS authenticated products can be located at [www.nfhs.org](http://www.nfhs.org))

#### **SECTION 20 CAP COLORS**

**ART. 1 . . .** Each team shall have two sets of caps manufactured for water polo, one white and the other a dark contrasting color. The caps of the home team may be any dark color that contrasts with the color of the ball and with the color of the numbers of contrasting color to the cap. (Yellow, gold, orange, powder blue,

light gray, pale green or similar light colors may not be used for the dark caps.) The caps of the home team field players may be divided into thirds or quarters, consisting of two colors, two a solid dark color such as navy blue or black on the sides of the caps, and the other one (or two on a cap with four quarters) on the top of the caps of a solid color such as powder blue, medium blue, orange or green (this panel shall not be white). These caps must be clearly distinguishable from the caps of the goalkeepers (the caps of the field players may not be divided into red and white thirds or quarters or into red and dark thirds or quarters). The numbers on the caps shall be white, yellow or gold, clearly visible, of the correct size and the numbers are placed on the darker portion of the cap. No logos or other designs may be in the panels with the cap numbers. The middle panel(s) (if in quarters) on the dark caps may contain, with no restriction on the size or number, the competitor's name, school name, school nickname, and/or the school logo, provided the background remains a contrasting color.

**ART. 2 . . .** The caps for the visiting team field players shall be solid white. The middle panel(s) (if in quarters) of these caps may contain, with no restriction on the size or number, competitor's name, school name, school nickname, and/or the school logo, provided that the background remains white.

**ART. 3 . . .** Caps may have piping of any single solid color not to exceed a width of 1 cm around the edges of the cap and/or on the seams of the cap. The piping must be solid, not dashed or double, and may not cross a cap number. Cap strings or straps may be the same color as the piping or match the cap color.

**ART. 4 . . .** All team caps may have one visible manufacturer's logo/trademark/reference, not to exceed 2¼ square inches in area and not to exceed 2¼ inches in any dimension. This logo/trademark/reference, if present, must be located on either the front or the back of the middle portion of the cap.

**ART. 5 . . .** Caps shall be worn throughout the entire game by all players on the bench and in the water. Caps shall be fastened under the chin. If a player loses his/her cap during play, it shall be replaced at the next appropriate stoppage of the game when that player's team is in possession of the ball.

## SITUATION AND RULING

### RULE 1, SECTION 20

**1.20.5 SITUATION:** If a player loses his/her cap during play, the referees shall apply the advantage rule (3-5). For risk minimization, the referee should stop play as soon as possible to replace a cap, but should not stop play at the beginning of an extra-player situation, at the beginning of a counterattack, if there is the possibility of a direct shot, near the end of the possession time or if the team on offense has the advantage. Stopping play to replace a cap when a player is making progress towards the goal would be considered to give an advantage to the offender's team.

## SECTION 21 SWIM CAPS

A player may only wear a swim cap under the water polo cap; the color of the swim cap shall match the color of the water polo cap as closely as possible. The swim cap worn by a goalkeeper shall be red or a color which matches the color of the water polo cap of the goalkeeper as closely as possible (red or dark for the home goalkeeper or red or white for the visiting goalkeeper).

## SECTION 22 EAR GUARDS

Each player (in the water or on the bench) shall wear a cap with protective ear guards at all times. The single solid color of the ear guards on the field players' caps shall match the color of the caps as closely as possible: dark on dark caps, white on white caps. Ear guards on the cap of the home goalkeeper shall be dark and match the color of those on the field players' caps as closely as possible. The ear guards may be red only if the home team caps are of red color. The ear guards on the caps of the visiting goalkeeper shall be white.

## SECTION 23 GOALKEEPER CAPS

The caps of the home goalkeeper shall be divided into red and dark thirds or quarters, with dark ear guards and white, yellow/gold cap numbers; the caps of the visiting goalkeeper must be divided into red and white thirds or quarters, with white ear guards and dark cap numbers.

## SITUATION AND RULING

### RULE 1, SECTION 23

**1.23 SITUATION:** To ensure goalkeepers can be readily distinguishable from the field players, the goalkeepers' caps shall not be striped; the panels shall be of approximately the same size, divided into thirds or quarters. The intent of this rule is that the visiting goalkeeper's cap has red and white panels and the home goalkeeper's cap has red and dark panels. Goalkeepers' caps shall have the number 1. If there are additional goalkeepers, it is recommended that their cap numbers be 1A, 1B, etc.

## SECTION 24 NUMBERS ON CAPS

**ART. 1 . . .** Clearly visible numbers, at least 8 cm (preferably 10 cm) in height, shall be placed on both sides of the caps. The numbers on the dark caps shall be white or yellow/gold. The numbers on the white caps shall be a contrasting dark color, such as black, navy, royal blue, etc. (Powder blue, light gray or similar light colors shall not be placed on the white caps.) The numbers must be of block number format. Field players' caps are numbered beginning with No. 2. Caps of the same color must have different numbers. All players on the same team shall have the same color numbers on their caps.

**ART. 2 . . .** Additional cap numbers may also be located on the middle panel of the caps; one number on the back and/or front of the cap. These numbers shall be a minimum of 4 cm in height. It is required to have the third number on the cap, preferably on the back to assist in identifying an excluded player.

**ART. 3 . . .** It is recommended that each team either have a replacement set of caps readily available so that a cap with the same number can replace a lost or damaged cap during the game or the team should have additional cap numbers available of the original set. If a replacement cap is not available, a player may change cap number with the permission of a referee who will notify the game secretary and the coach of the opposing team, but the player may not use either the cap number of a player previously excluded from the remainder of the game or that of a player who has any personal fouls. If a goalkeeper and field player change positions, the goalkeeper must use a differently numbered cap when moving into the field if there are any personal fouls charged to the cap number of the field player moving into the goal. The name of the field player moving into the goal must be written on a different line on the scoresheet. Any fouls previously charged to that field player must be transferred to that line on the scoresheet and lined out on the line for the original cap number.

#### **SECTION 25 CAPS – LACK OF ADHERENCE**

Lack of Adherence Team's caps not meeting specifications in the rules book regarding cap color, ear guard color, number color, design of the caps for goalkeeper and field players and visibility of numbers shall result in the team being required to change caps unless there is mutual agreement of both teams that the game will be played with non-compliant caps and with the agreement of the referees that the cap numbers are clearly visible. Otherwise, the game shall be declared a forfeit and the incident reported to the appropriate authorities. (3-9)

If the game is played with non-compliant caps, the referee shall notify the state association of the offending team of the nature of the offense with the caps (color, design, numbers, etc.) and whether the game was played.

## **Rule 2 Teams and Substitutes**

#### **SECTION 1 NUMBER OF PLAYERS, ILLEGAL PLAYERS**

**ART. 1 . . .** At the beginning of a game, each team shall consist of seven players, one of whom shall be the goalkeeper wearing the goalkeeper's cap, and reserves who may be used as substitutes. After the start, a team may have less than seven players. A team playing with less than seven players shall not be required to have a goalkeeper.

**ART. 2 . . .** An illegal player is defined as an extra player or a player who has received a third personal foul or who has been excluded for the remainder of the game. If a referee starts a period, after a time-out or after a goal with an extra player in the water, the referee shall stop play, remove the extra player, reset the game and shot clocks and restart play. A personal foul shall not be charged to that player. If the referee starts a period or after a time-out with an excluded player in the water, the referee shall stop play, remove the excluded player, reset the game and shot clocks to the appropriate time and restart play. An additional personal foul shall not be charged to that player.

**ART. 3 . . .** If a player has three personal fouls but was not visibly red-flagged by the exclusion secretary, the player shall be removed from the water as soon as the error is discovered. The offended team may elect to either:

1. Reset the game and shot clocks to the time the player with three personal fouls re-entered the pool;
2. Any goals scored during this period shall not count with the exception that an extra-player goal scored before the player with the three personal fouls re-entered the pool shall be counted. In that case, the clocks shall be reset to the time the extra-player goal scored.
3. Fouls assessed during this time shall not count, except that the following cards and fouls shall remain as issued: yellow and red cards, misconduct (excluding minor acts of misconduct) and flagrant misconduct.
4. A penalty shot awarded for flagrant misconduct shall not be counted.

OR

1. The offended team may elect to not reset the game clock, keeping all goals scored and fouls assessed during this period of time as recorded.
2. The player with three personal fouls would be replaced with a substitute and play continues from that point.

**ART. 4 . . .** This same rule will apply to the opposite error, if the desk signaled that a player had three fouls when the player actually had only two and the player was removed from the game at that time.

**ART. 5 . . .** In all other cases, if a desk error is not involved and a player who is not entitled under the rules to participate enters the field of play, a penalty foul is committed and the game clock is not reset. (8-6)

### **SITUATIONS AND RULINGS**

#### **RULE 2, SECTION 1**

**2.1.2 SITUATION:** A player's third personal foul is an exclusion foul. The exclusion secretary fails to signal that this is the third personal foul and the player enters the field of play from the re-entry area when signaled. When the error is discovered, the game clock is reset to the time the excluded player re-entered the field of play. If an extra-player goal scored before the player re-entered the field of play, the game clock is reset to the time the goal scored. The goal counts.

**2.1.3 SITUATION A:** A player's third personal foul is a penalty foul. The ex-



clusion secretary fails to signal that this is the third personal foul and the player remains in the pool for the taking of the penalty shot that scores. The player continues playing. When the error is discovered, the player is removed, the goal counts, and the game clock is reset to the time of the penalty goal. Play is restarted with the opposing team putting the ball in play as after a goal. If the penalty shot was not scored, the game clock is reset to the time of the third personal foul. The penalty shot is not retaken. The ball is put into play at a location depending on the outcome of the missed penalty shot (put in play by the goalkeeper of the opposing team if the ball was shot over the goal; by a corner throw if the goalkeeper deflected the ball over the goal line; at the point the ball rebounded into the field of play by the team that regained possession of the ball, etc.)

**2.1.3 SITUATION B:** A player receives a third personal foul. The exclusion secretary fails to visibly red flag the player. The player is substituted for during the exclusion period and does not return to the game until much later in the game. The referee knows the time of return precisely (for example, the player entered directly after a goal was scored, after a time-out or at the beginning of a period). In this instance the referee must stop the game, remove the player (without a penalty shot), reset the game clock to the time of the return of the player (to the time of the goal, time-out or beginning of the period) and resume the game.

## SECTION 2 TEAM BENCH, CHANGE OF ENDS

**ART. 1 . . .** All players not in the game, together with the coaches and officials with the exception of the head coach, shall sit on the team bench and shall not move away from the bench throughout the game, except during intervals between periods, when called on to substitute and during a time-out. In inclement weather, with the mutual consent of both coaches, substitute players may be in the water behind the goal line outside the re-entry area, at least 2 meters from the goal, provided that this is possible at both ends of the field of play. If a substitute player in this location interferes with play, a penalty shot shall be awarded to the opposing team and a personal foul committed against the offending player. (7-19)

**ART. 2 . . .** The head coach shall sit or stand behind the goal line in the team area when the team is on defense. When the team is on attack, the head coach may advance to the team's 5-meter line. The head coach may advance along the pool side up to the half-distance mark when making substitutions after a goal has been scored and shall return to the correct position (either behind the goal line if on defense or behind the 5-meter line if on offense) before play is restarted. If the head coach receives a warning or a yellow card, the head coach is still permitted to progress to the 5-meter line when the coach's team is on attack, shout instructions and stand.

**ART. 3 . . .** The assistant coach(es) must remain seated on the bench at all times, except during a time-out, after a goal or during a lengthy stoppage of play,

when both coaches may stand and coach. The assistant coach(es) may speak to players on the bench or in the water, move behind the bench to take care of or speak to a player behind the bench, and may stand to throw in a counter ball, but then must immediately sit down. The assistant coach(es) may not speak to the referee at any time. The referee may issue a warning, followed by a yellow card, and then a red card for violation of these rules by the assistant coach(es). The referee shall issue a red card immediately if the assistant coach(es) stands, moves up to the 5-meter line and coaches. This yellow or red card penalty awarded against an assistant coach does not apply during a time-out or after a goal or during a lengthy stoppage of play, when both coaches may stand and coach.

**ART. 4 . . .** A team may have co-head coaches; however, one shall be designated before the game to the referees as the head coach and this designation shall remain in effect for the entire game. The head coach is the only coach who can stand during play, move up to the 5-meter line while on offense, and speak to the referees at the times permitted. Co-head coaches may alternate in subsequent games, but must always inform the referees before the respective game which coach is the head coach. If the designated head coach receives a red card during the game, another coach or other authorized school staff member may assume the rights and privileges of the head coach for the remainder of that game. (3-7)

## SECTION 3 CAPTAINS

The captains shall be playing members of their respective teams and each shall be responsible for the good conduct of the team. The captain may be any player listed on the team roster and must be designated before the pregame meeting.

## SECTION 4 APPAREL

**NOTE:** Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, heighten risk to the athlete/others or place opponents at a disadvantage.

**ART. 1 . . .** Players shall wear non-transparent, one-piece competitive swim suits. Boys shall wear suits which completely cover the buttocks. Girls shall wear suits which completely cover the buttocks and breasts. The girls' suit shall have a solid high back with broad straps (style optional for goalkeepers).

**ART. 2 . . .** The suits shall contain only one visible manufacturer's logo/trademark/reference not exceeding 2¼ square inches in area and not exceeding 2¼ inches in any dimension. The suits shall have no restriction on the competitor's name, school name, school nickname and/or school logo.

**ART. 3 . . .** One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption,

to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without interfering with the visibility of the cap numbers or compromising the integrity of the uniform.

**ART. 4 . . .** Before taking part in a game, the players shall remove any articles likely to cause injury, including, but not limited to, the following: jewelry, medical or religious medals, watches and swim goggles. Sharp fingernails and toenails shall be trimmed. The referee may direct the player to remove items deemed to likely cause injury, including the trimming of nails.

**NOTE:** The list above is not all-inclusive as each article shall be reviewed and judged by the referee.

**ART. 5 . . .** A player may be permitted to wear prescription goggles designed specifically for contact sports, to withstand impact to the eye for the purpose of risk minimization. Following the specific state association policy for authorizing the wearing of the goggles, protective face mask (that closely adheres to the upper face), protective nose guard and other similar devices for medical reasons, the referee shall be presented with such authorization before each game.

The use of a mouth protector is permitted requiring no special permission.

**ART. 6 . . .** A zipper which is not fully zipped or is broken is considered to be an article which is likely to cause injury to either that player or to another player. If the zipper becomes unzipped, the player should zip up the suit at the next appropriate stoppage of the game when that player's team is in possession of the ball. If the zipper cannot be fixed, the referee must remove the player, allow the immediate entrance of a substitute, and the original player may be substituted in later after the problem is corrected. No foul is charged to that player. However, if a replacement suit is readily available at the team bench, the player may immediately put the suit on over the original suit while in the water and continue play. It is recommended that the coach notify the referees before the game that replacement suits are immediately available at the bench.

**ART. 7 . . .** If a player's suit does not meet the rules specifications, the player will be required to change suits. If this is not possible and if the game is played with non-compliant suits, the referee must notify the state or district association of the offending team of the nature of the offense so that this will be corrected in the future. The state association will also assess the appropriate penalty.

**NOTES:**

1. The use of the term solid back does not preclude the use of a zipper in the field player's suit. The suit of the goalkeeper on the girls' team must be a competitive one-piece suit. There is no requirement for straps of a particular width on the goalkeeper's suit.
2. In girls' competition, a defender shall be excluded for 20 seconds after grabbing an offensive player's suit and causing breast exposure. When an offensive player grabs a defender's suit and causes breast exposure, the player shall be excluded for 20 seconds and the ball turned over. A player grabbing her own suit and exposing a breast, results in a 20-second exclusion being called.

**SECTION 5 SUBSTANCES ON BODY**

**ART. 1 . . .** A meeting of captains and referees shall be held prior to the game. It is recommended that the head coach of each team attend this meeting. By state association adoption, the head coaches may be required to attend the pregame meeting. At the pregame meeting, captains, referees and head coaches shall discuss the ground rules. The fingernail rule, the rule concerning the absence of foreign substances such as oil or grease or similar substances on the players' bodies or ball, the prohibition of jewelry, shall be addressed, and captains shall verify that players are properly equipped. The referees shall make arrangements to inspect all players for articles likely to cause injury, such as sharp toenails and fingernails, goggles, jewelry, for oil and grease or similar substances on the ball/body, color of the swim caps and players in rule-compliant suits. The referee shall order an offending player to correct the violation immediately. The start of play shall not be delayed for the violation to be corrected.

**ART. 2 . . .** If the presence of an article likely to cause injury, sharp nails or the presence of oil or grease is detected after play has started, the player is removed from play and must correct the violation before returning to the game as a substitute. The referee must check the player before that player may enter or re-enter the game.

**NOTES:**

1. Players needing to wear sunscreen should use a product that is not oily or greasy in its final form when applied to the body.
2. By state association adoption, a player detected wearing oil or grease after play has started shall be excluded from the remainder of the game with immediate substitution.
3. A player shall not use a substance on the hand(s) to improve the grip on the ball. If such a substance is found, the referees shall order the player to remove the substance and shall inspect the player's hands before he/she returns to the game. The referee shall warn both teams through the head coaches that another player found with the same or similar substance on the hands shall be removed for the remainder of the game and immediately replaced by a substitute. The game exclusion is not classified as misconduct.

**SECTION 6 METHOD OF SUBSTITUTION**

**ART. 1 . . .** Live-time direct substitution: At any time during play, a player may be substituted by leaving the field of play directly at the re-entry area nearest to that player's own goal line. The substitute may enter the field of play from the re-entry area as soon as the player leaving has visibly risen to the surface of the water within the re-entry area. A goalkeeper substitute under this rule shall be required to wear a goalkeeper's cap. No substitution shall be made under this rule between the time a referee awards a penalty throw and the taking of the throw, except if the team on offense calls a time-out. In making a live-time direct substitution of a field player, the substitute field player must not enter from the re-entry area until the exiting field player arrives directly at the re-entry area. The

exiting player may not leave the field of play at any other place and then swim to the re-entry area. If the substitute enters the field of play before the exiting player leaves the field of play, the entering player is removed for the remainder of the game and a penalty throw is awarded. A player (usually the player leaving the field of play) must be in the re-entry area for the taking of the penalty throw. (8-6)

**ART. 2 . . .** Substitution for an excluded player: An excluded player may leave the field of play at any point on the end line or sideline, swim to the re-entry area and leave the pool. The substitute may enter from the re-entry area after the excluded player has reached the re-entry area after 20 seconds have elapsed, there is a change of possession, or other event. If an excluded player is being substituted, the excluded player does not have to remain in the re-entry area and may leave the pool immediately after entering the re-entry area before the substitute enters. (7-3-7)

**ART. 3 . . .** Players may not be substituted, either from the re-entry area or from the side of the pool, during a temporary stoppage of play, such as while a player is retrieving a cap, while a referee is checking on an injury or while the referee is resetting a clock.

During a time-out or between periods or after a goal, an excluded player is not required to go to the re-entry area before leaving the pool to meet with the team. If a substitution is being made for an excluded player during the time-out or between periods or after a goal, the excluded player in this instance does not have to go to the re-entry area before a substitute may enter from the re-entry area in the place of the excluded player at the proper time.

### SITUATION AND RULING

#### RULE 2, SECTION 6

**2.6.1 SITUATION:** A player is in the re-entry area to make a direct substitution for a player immediately after the ball turns over and that team is counterattacking down the field of play. The player leaving the pool swam under the end line half-way between the goal and the side line. The referee blew the whistle immediately for the improper exit from the field of play just as the substitute entered from the re-entry area. The referee excluded the player who left the field of play at the wrong area for a direct substitution for 20 seconds (7-4) and removed the player who entered the field of play from the re-entry area without penalty as that player entered improperly due to the mistake of the player leaving the field of play.

#### SECTION 7 ENTRY OF SUBSTITUTE

A substitute may enter the field of play from any place:

- During the interval between periods of play, including between any periods of overtime;
- After a goal has been scored;

- During a time-out; and
- To replace a player who is bleeding or injured.

A substitute shall be ready to replace a player without delay. If the substitute is not ready, the game shall continue without the substitute and, at any time, that player may enter the field of play from the re-entry area nearest to that player's own goal line.

### SITUATION AND RULING

#### RULE 2, SECTION 7

**2.7 SITUATION:** Usually the referee applies Rule 3-11 and restarts play with the correct number of players in the field of play. However, if the coach persistently takes too long to substitute in the opinion of the referee, the referee may issue a warning to the coach, followed by a yellow card if the coach persists in this action. (3-6-3 NOTE)

#### SECTION 8 SUBSTITUTION OF INJURY TO GOALKEEPER

A goalkeeper who has been replaced by a substitute may re-enter the game and play in any position. Should a goalkeeper retire from the game for any medical reason, the referees shall allow an immediate substitution, subject to one of the players taking the goalkeeper's cap.

## Rule 3 Officials

#### SECTION 1 NUMBER OF OFFICIALS

**ART. 1 . . .** The officials shall consist of two referees, a scorekeeper, exclusion secretary, game timer and shot clock timer. The use of one referee is allowed only in extenuating circumstances (sudden illness, transportation issues, etc.). The use of goal judges is optional. In a game called by two referees and no goal judges, the referees shall assume the powers and duties (but without making the specified signals) allocated to the goal judges. (3-15)

**ART. 2 . . .** The score table of the home team must accommodate a minimum of one observer from the visiting team and up to two additional observers as space permits. All desk officials, including the observers from the opposing team at the score table, must act in a neutral, professional manner during the game.

#### SECTION 2 AUTHORITY/JURISDICTION

**ART. 1 . . .** The jurisdiction and authority of the referees begins 15 minutes

before the game, a minimum time to be present before competition, and ends five minutes after the conclusion of the game or when any protest procedure has been completed. There shall be no interaction between officials and coaches before or after a game, including tournaments, other than pregame instructions and otherwise provided.

**ART. 2 . . .** The authority of the referees over the players, coaches and team officials shall be effective during the entire time that the referees, players, coaches and team officials are within the precincts of the pool. The referees retain clerical authority over the contest through the completion of any reports, including those imposing disqualifications that are responsive to actions occurring while the referees had jurisdiction. State associations may intercede in the event of unusual incidents that occur before, during or after the referees' jurisdiction has ended or in the event that a contest is terminated prior to the conclusion of regulation play. All decisions of the referees on questions of fact shall be final and their interpretation of the rules shall be obeyed throughout the game. The referees shall not make any presumption as to the facts of any situation during the game, but shall interpret what they observe to the best of their ability.

### SECTION 3 UNIFORM

Uniform and equipment for referees shall consist of a white shirt or jacket, white trousers, white shoes, a whistle, a watch, red and yellow cards and a coin.

## SITUATIONS AND RULINGS

### RULE 3, SECTION 3

**3.3 SITUATION A:** Shorts and sandals are not permitted. Unless determined otherwise by state association policy, no advertising is permitted on the referees' attire. A manufacturer's logo/trademark/reference not to exceed approximately 2¼ square inches in area and not to exceed 2¼ inches in any dimension is permitted on the uniform as this is not considered to be advertising. If a tournament shirt is provided, both referees must wear this shirt or both wear the white shirt. The tournament director or game administrator must report violations of this rule to the state association or other state association policy to correct for subsequent games.

**3.3 SITUATION B:** When a state association must deal with extreme heat and humidity and there is concern for the officials working in these conditions, the individual state association may make a temporary adjustment and permit the wearing of white shorts to address heat-related issues. If shorts are authorized, referees must dress alike.

**3.3 SITUATION C:** A referee may wear protective ear plugs during a game. However, he/she must exert care not to miss the sound of a tip, a call for a time-out, or a question from the desk, etc.

### SECTION 4 ALTERING DECISION

The referees shall whistle to start and restart the game, to declare goals, goal throws, corner throws (whether signaled by the goal judge or not), neutral throws and infringements of the rules. A referee may alter a decision provided it is done before the ball is put back into play. If the referee indicates the award of a free throw by pointing in the wrong direction, the referee shall stop play and call the ball out of the water; play is resumed when neither team has an advantage. If the hand signals of the two referees differ (e.g., the referees point in opposite directions), the ball is called out of the water; play is resumed when neither team has an advantage.

### SECTION 5 ADVANTAGE RULE

The referees shall have discretion to award or not award any ordinary, exclusion or penalty foul, depending on whether the decision would advantage the attacking team. They shall officiate in favor of the attacking team by refraining from awarding a foul if, in their opinion, awarding a foul would be an advantage to the offending player's team. The referees shall apply this principle to the fullest extent.

### SECTION 6 REFEREES CONTROL OVER CONDUCT

**ART. 1 . . .** There shall be at least one authorized school staff member (head coach, assistant coach, athletic administrator, etc.) on the bench to oversee team and bench personnel at all times. Only those persons meeting the state association standards shall be eligible to meet this requirement. If the head coach receives a red card and there is no other representative of the school on the bench, the referees shall allow two minutes for an authorized school staff member to take the bench to assume coaching responsibilities. If no authorized school staff member is available, the game shall be declared a forfeit.

**ART. 2 . . .** After the pregame meeting, the head coach and captain are the only individuals authorized to address the referees, only during time-outs, the interval between periods, with the permission of the referee, or, in the case of the head coach, when filing a protest. The head coach and captain may only discuss rule clarifications and potential misapplications of rules with the officials, but may not comment to or address the referees during the actual play of the game. Judgment calls are not subject to discussion at any time. The referee may issue warnings, yellow cards or red cards to address conduct, according to the rules.

**ART. 3 . . . Warning:** If a coach or team official is disruptive or if the assistant coach(es) or other team official stands instead of remaining seated on the bench, that person may be issued a verbal warning by the referee. Warnings are not issued to players and are not recorded on the scoresheet.

**NOTE:** A coach may also be issued a warning if, in the opinion of the referee, he/she persistently takes too long to substitute after a goal or at other times.

**ART. 4 . . . Yellow card:** A yellow card may be issued to the head coach, the assistant coach(es), other team officials on the bench or the bench (the players

collectively on the bench). A yellow card is a visible warning to the bench for behavior such as interfering with the duties of the officials or progress of the game, the head coach for going beyond the area designated for the head coach or to other coaches or team officials for standing during the game. A yellow card may be issued to the head coach if, in the opinion of the referee, he/she persistently takes too long to substitute after a goal or at other times after a warning has been previously issued. A yellow card may be issued if there is an additional disruption after a warning or issued immediately without the previous issuance of a warning, depending upon the severity of the infraction. The yellow card is valid for that game only. If the head coach is issued a yellow card, the coach is still permitted to progress to the 5-meter line when that coach's team is on attack, shout instructions and stand. A yellow card may be displayed during the progress of the game without stoppage in play. At the next normal stoppage in play, without taking away the advantage of the non-offending team, the referee shall notify the coach of the offending team and the score table which coach, other bench personnel or the players collectively on the bench was issued the yellow card. This shall be recorded on the scoresheet.

**ART. 5 . . . Red card:** A red card may be issued to the head coach, assistant coach(es), other team officials on the bench and to individual players on the bench for disruptive behavior. If a coach or team official is disruptive after receiving a yellow card, a red card is issued. In the judgment of the referee, depending upon the severity of the infraction, a red card may be issued immediately without issuing a warning or a yellow card.

A red card shall be issued only at a normal stoppage of play without taking away the advantage from the non-offending team. The card is displayed once play is stopped. The referee must take the ball from the water to issue the red card and to assure compliance with the requirement that the offending individual leaves the bench area. The referee must also notify the score table which individual received the red card.

- a. A coach or other team official receiving a red card must leave the pool facility and have no visual or electronic contact with the team. The assistant coach assumes the rights and privileges of the head coach when the head coach receives a red card during a game.
- b. A player receiving a red card shall sit in the spectator stands under supervision during the remainder of that game. The player may not communicate with the players, team officials or referees by any means until after the duration of the referees' jurisdiction. Further misconduct by an excluded player, coach or other team official could result in a forfeit.
- c. The person receiving a red card is automatically suspended from the next game. The suspension shall be served immediately upon the resolution of the matter by the state association or other appropriate governing authority. An individual who has received a red card in the previous game may sit in the spectator stands during the game at which the suspension is being served but may not communicate with the players, team officials or referees

by any method during the entire time of the referees' jurisdiction.

**NOTE:** A state association may impose more severe penalties on the coach or team official who received a red card.

**ART. 6 . . .** When the referee issues a yellow or red card, the referee shall whistle to stop play without taking the advantage away from the non-offending team, call the ball out of the pool, and show the appropriate card. When a yellow or red card is issued, the referee must notify the secretary and the other referee as to whom the card was issued or, in the case of a yellow card, if it was issued to the bench. The time and person (or bench) to whom the card was issued shall be indicated in the "Progress of the Game" portion of the scoresheet. The referee shall then put the ball back into play. A goal may not be scored by a direct shot on goal in this instance.

**NOTE:** If the referee on the opposite side of the pool from the score table issues a card, that referee must notify the referee on the score table side who then must inform the secretary as to whom the card is to be charged.

## SITUATIONS AND RULINGS

### RULE 3, SECTION 6

**3.6.5 SITUATION A:** Red cards are usually not issued to players in the water unless otherwise specified in the rules. However, the referees shall have the authority to order any player from the water in accordance with the appropriate rule and to issue a red card should a player refuse to leave the water when so directed (3-5). The referee may abandon the game if a player continues to refuse to leave the water when so directed. (3-8)

**3.6.5 SITUATION B:** Exclusion from the remainder of the game for misconduct is the typical penalty for disruptive behavior of a player in the water who is still eligible to play.

**3.6.5 SITUATION C:** A referee can issue a red card to a head coach for taunting the referee as this can be considered disruptive behavior. If a player in the water taunts another player, the player is excluded for the remainder of the game for misconduct. (7-11)

**3.6.5 SITUATION D:** The use of profanity or obscene language by a player is classified as misconduct. The player is excluded for the remainder of the game for misconduct, but does not receive a red card. (7-11)

### SECTION 7 REMOVAL FROM POOL

The referees shall have the authority to order the removal from the precincts of the pool any player, substitute, coach or other team official whose behavior prevents the referees from carrying out their duties in a proper and impartial manner. The referee will also award a red card to that individual. Any player removed under this rule must remain in the bleachers under supervision. When the spectator becomes unruly and prevents the referees from carrying out their duties in a proper



manner and/or the orderly progress of the game, the referees shall communicate with the host institution management to take the appropriate action to resolve the situation, which may result in the removal of the disruptive spectator.

## SITUATION AND RULING

### RULE 3, SECTION 7

**3.7 SITUATION:** Disruptive behavior may include a spectator who persistently whistles during the game so loudly that it can be confused with the referee's whistle. After a warning to stop, the referee should request the host institution management to remove the spectator from the premises. The same procedure should followed if a spectator sounds an air horn as it may be used by a team to call a time-out or may be used by the timekeeper to signal the end of a time-out or the end of the period.

## SECTION 8 ABANDONMENT OF GAME

The referees shall have the authority to abandon the game at any time if, in their opinion, the behavior of the players, spectators or other circumstances prevent it from being brought to a proper conclusion. Referees shall have the authority to suspend the game any time weather-related conditions prevent it from being brought to a proper conclusion (Appendix I). If the game has to be abandoned, the referees shall report their actions to the state association and to the institutions' athletic directors.

## SECTION 9 REFEREES – REPORTING RESPONSIBILITY

The referees shall report:

- a. Any conduct that requires a suspension from the remainder of the game for misconduct as well as for any conduct that also requires suspension from future games (flagrant misconduct, fighting, receipt of a red card or for misconduct), to the state association and the commissioner of the local association (when applicable), who shall then be responsible for notifying the principal of the offending school. Should the player/coach be from a different state and/or different local association, the host state and/or local association shall be responsible for notifying the second state association and/or local association of the reportable offense, which will then be responsible to notify the principal of the offending school.
- b. Any issues with the field of play, non-compliant caps or suits, abandonment of game, forfeit of game, protests, etc., should be reported following state association policy, to the state association, school athletic director, and the assigning authority, in order that these may be corrected.

**NOTE:** Each state association shall establish its requirements for reporting, and also determine whether an additional game suspension is required for the foul of misconduct. This suspension is in addition to the required suspension from the remainder of the game in which this foul occurred.

## SECTION 10 REFEREES – CHECKING AND SIGNING SCORESHEET

The referees must verify the score and sign the scoresheet after the conclusion of the game. The referees must also verify after each game that all incidents of misconduct, flagrant misconduct, fighting, yellow cards, red cards and protests have been recorded on the scoresheet. The referees must inform the appropriate coaches after the game of the occurrence of these reportable fouls (exception: yellow card). It is not necessary for the referees to check the remainder of game information unless a protest is involved.

**NOTE:** It is recommended that one of the referees check the scoresheet after each period, particularly for score and number of time-outs taken.

## SECTION 11 CORRECTABLE ERRORS

**ART. 1 . . .** Correctable errors, including technical errors by desk officials, equipment malfunction, timing errors, difference in hand signals of the referees (if the two referees point in opposite directions), and misapplication of rules, should not affect the outcome of the game. No team shall gain an advantage over an opponent due to this type of error.

**ART. 2 . . .** If, for any reason, an entire game or a portion of the game must be replayed (4-6), all goals, 20-second exclusion fouls and penalty fouls recorded during the part to be replayed are removed from (lined through on) the scoresheet. However, notations of misconduct, flagrant misconduct, fighting, red cards and yellow cards that occurred at any time during the game must be retained on the scoresheet. All participants who committed these latter personal fouls or who received a red card may not take part in the game but they may be substituted for, according to the rules. The game and shot clocks are reset as appropriate (usually to the time of the error for game clock). If the error is not discovered during the game by the coaches and/or referees and corrected at that time by the referees, but is detected within 5 minutes after the conclusion of the game, the error should be corrected.

In addition, if several errors are made at once, the referees must determine to the best of their ability, which error(s) shall be corrected in the interest of fairness.

Examples of correctable errors include, but are not limited to:

- a. If a player has three personal fouls, but is not visibly red-flagged by the desk, the player shall be removed from the water as soon as the error is discovered. Usually the offended team elects to reset the game clock to the time of entry of the player with the third personal foul, the shot clock is reset, any goals scored and fouls assessed during this time period shall not count and the illegal player is removed from the game except that the following cards and fouls shall remain as issued: a yellow card; a red card; misconduct; flagrant misconduct and fighting. An extra-player goal scored before the player with the three personal fouls enters the pool shall be counted. In that case, the clock shall be reset to the time the extra-player goal scored. (2-1-3)
- b. If a signal is not given at the proper time by the exclusion secretary for the entry of an excluded player and a goal is subsequently scored, the game

shall be stopped; the game clock reset to the re-entry time; the shot clock reset to the appropriate time, the goal shall not be counted and play shall resume from the re-entry time with the excluded player in the re-entry area until play restarts.

**NOTE:** The error in the time the signal is given for the entry of an excluded player must be of such magnitude that it affects play. The referee has the authority to determine if the error was significant.

- c. If a referee starts a period, after a time-out or after a goal with an extra player or too few players in the water, the referee shall stop play, correct the situation, reset both clocks and restart play. A personal foul shall not be charged to the extra player. (2-1-2)
- d. If a referee starts a period or after a time-out with an excluded player in the water, the referee shall stop play, remove the excluded player, reset both clocks to the appropriate time and restart play in the usual manner. An additional personal foul shall not be charged to that player. (2-1-2)
- e. If no player or an incorrect player(s) leaves the field of play after an exclusion, the referee should immediately correct the situation if a goal has not been scored. The referee should stop play quickly, allow the incorrect player(s) to re-enter, exclude the correct player(s), reset both clocks and restart play.
- f. If the two referees point in opposite directions, the ball is called out of the water, and play is resumed when neither team has an advantage. (3-4)
- g. If the referee indicates the award of a free throw by pointing in the wrong direction, the referee shall stop play and call the ball out of the water and play is resumed when neither team has an advantage. (3-4)
- h. If there are errors in the operation of the game and/or shot clocks, the referee shall correct the errors and resume play. (Appendix C)

**NOTES:**

- 1. The whistle stops play. If the buzzer for the end of the possession time on the shot clock sounds immediately after the referee whistles for a foul, the referee administering the free throw must determine whether this was a clock operator error (failure to stop the clock in a timely manner) or if the clock was operated correctly and the buzzer sounded after the whistle due to normal human reaction time. The former is a correctable error; the latter is not. (Appendix B)
- 2. If the referee removes the ball from a player fouled outside the 5-meter line to correct a clock error, the referee, after returning the ball to the player fouled, shall allow the player to take a direct shot on goal. The referee restarts the game with a whistle. (4-21-3)
- i. If there is equipment malfunction, the referee must take action appropriate for the situation. The action could include temporarily halting the game until the equipment is fixed, replacing the equipment with any backup or alternate equipment available, etc. Equipment malfunction should have no effect on the outcome of the game.
- j. If the exclusion secretary waves in the substitute for an excluded player before the excluded player reaches the re-entry area, the referee shall stop play and correct the error. No penalty foul is charged.

- k. During an extra-player situation, if a warm-up ball enters play, a goal becomes unfastened and moves, the game is stopped for lightning, malfunction of a game clock or if a similar event occurs that affects play, the game shall be stopped. The game clock shall be reset to the time of the exclusion and the shot clock reset.
- l. If the referees, due to noise or other conditions, do not hear the first call of a coach for a time-out, they must, when aware of the call, stop play, award the time-out, and make the appropriate changes in the clocks.
- m. If the team in possession of the ball ends a time-out early and, in error, the game timer does not cancel the remainder of the time-out, resulting in a failure of the game clock to start, but play is restarted and a goal is scored before the error is discovered, the goal shall be counted had, in the opinion of the referees, the goal would have counted if the game clock started. The game and shot clocks shall then be set to reflect how much time the referees estimated had elapsed.

## SITUATION AND RULING

### RULE 3, SECTION 11

**3.11 SITUATION:** A player was excluded at 6:45. A goal was scored at 6:20 with the excluded player still in the re-entry area. This error by the exclusion secretary was not discovered until the next day. The coach can not file a protest at that time and expect to have this error corrected.

## SECTION 12 PROTESTS

**ART. 1 . . .** Protests may be lodged only for potential misapplication of the rules, equipment malfunction, errors in recording information or other desk errors, including timing errors. Judgment calls are not subject to protest. A referee may alter a decision provided that it is done before the ball is put into play (3-4). Differences of opinion of the referees shall not serve as a basis for protest or appeal. (Appendix C-1)

**NOTES:**

1. Misapplication of rules includes:

- a. A player of the team not in possession of the ball is excluded for 20 seconds and enters improperly during the extra-player period of time. The referee excludes the player for 20 seconds and continues play. This is protestable as Rule 7-16 requires a penalty shot in this situation in addition to the exclusion.
- b. A player interferes with the taking of a penalty shot. The referee excludes the player for 20 seconds and retakes the penalty shot if missed. This is protestable as the player should have been excluded for the remainder of the game. (7-16)
- c. The desk waves in an excluded player who has not reached the re-entry area. The referee awards a penalty foul. This is protestable as the referee should have corrected the desk error. (3-11)

2. Judgment calls of the referees, which may not be protested, include:
- The referee signals that a direct shot on goal scores. The decision of the referee that the shot was taken correctly cannot be protested.
  - A player initiates a drive. The referee calls no foul on the defense. The coach cannot protest later that the player was held or sunk at that time.
  - The goalkeeper is excluded and a field player enters the goal and blocks a shot. The referee allows play to continue. The coach cannot protest later claiming that the player really had two hands up, even though the player blocked the ball with only one hand.

**ART. 2 . . .** A coach filing a protest must do so at the time of the incident, at the next goal or next time-out or start of the next period, whichever comes first. If an incident occurs in the fourth period, a coach should follow the same procedures or has until five minutes after the game, whichever occurs first. If a coach fails to notify the referee by this procedure, the opportunity to protest is lost.

**ART. 3 . . .** When filing a protest, the coach should address the referee following the time guidelines without taking the advantage away from either team, and inform the referee of the rule or event the coach is protesting. If the referees agree that the protest is not for a judgment call and that they can handle the protest at that time, the referees will notify the opposing coach and rule on the protest immediately. If the protest is upheld, the game will be replayed with the clocks reset to the point of the event protested. The coach must file a brief written description of the protest after the game, signed by the referees, attached to the scoresheet.

**ART. 4 . . .** If the protest is upheld, that portion of the game will be replayed with the clocks reset to the point of the event protested. Protests must be lodged at the site, recorded on the official scoresheet or attached and signed by the referees. The written protest may be provided after the game.

**ART. 5 . . .** Protests must be ruled on immediately if there is a tournament committee. If there is not a tournament committee, the decision being protested, if not handled by the referees, shall be referred to the sponsoring league or agency. The sponsoring league is that to which both schools in a dual meet or all the schools in a tournament belong. If the schools involved do not belong to the same league or conference, the appropriate governing authority shall be the league or conference of the host school or other entity as set forth in state association policy.

**NOTES:**

- When a protest is upheld, the game shall be replayed from the point of the protested event (3-12-4). An upheld protest should not disadvantage the offended team by the correction of the protest.
- The written protest with the decision must be attached to the scoresheet or as otherwise directed by the state association. This serves as the official record of the protest and result.
- When a protest is denied by the referees, the reason for denial must be in writing (citing rule) and attached with the protest to the scoresheet. The coach shall be informed of the reason for denial. The referee must also file a written report to the state association of the protest and the reason for the decision.

**SECTION 13 FORFEITS**

**ART. 1 . . .** A game may be declared a forfeit:

- If a team fails to follow the water polo rules as stated in this book or modified by state association policy;
- If a team is not ready to start the game within 30 minutes of the announced starting time, unless there is mutual consent between the competing institutions to wait an additional period of time or to reschedule; or
- When a team decides, for any reason, not to start or complete the game.

**ART. 2 . . .** The score of a forfeited game shall be 5-0 and declared by one of the referees. Goals are not credited to any player. Withdrawal of a team from competition, either before or during the game, to gain an advantage in advancement or final placement in a tournament (as determined by the tournament committee) shall result in disqualification from the remainder of the tournament. If this occurs during a game, the existing score or 5-0, whichever reflects a greater goal difference, shall be recorded.

**SECTION 14 GOAL JUDGES – LOCATION**

When the pool is set up with the re-entry areas on the opposite side from the score table (Appendix A), the goal judges shall be situated on the same side as the score table, each on the goal line at the end of the field of play. If the team benches are located on the same side as the score table, the goal judges shall be situated on the opposite side from the score table.

**SECTION 15 GOAL JUDGES – DUTIES**

The duties of the goal judges shall be to signal:

- By raising one arm vertically when the players are correctly positioned on their respective goal lines at the start of a period;
- By raising both arms vertically for an improper start or restart;
- By pointing with the arm in the direction of the attack for a goal throw;
- By pointing with the arm in the direction of the attack for a corner throw, and;
- By raising and crossing both arms for a goal.

The goal judges shall use the signals in Appendix D (Figures V-Y).

**SECTION 16 GOAL JUDGES – BALLS**

Each goal judge shall be provided with a supply of balls (1-19). When the original ball goes outside the field of play, the goal judge shall immediately throw a new ball to the goalkeeper or to a field player in position to take the goal throw, to the nearest player of the attacking team (for a corner throw) or as otherwise directed by the referee.

**SECTION 17 GAME TIMER DUTIES**

**ART. 1 . . .** The duties of the game timer are to time the exact periods of actual play, regular time-outs and give the warning signal (if equipment is available at the score table to do so) and time the intervals between the periods.

**ART. 2 . . .** The game timer shall:

- a. Start the game clock at the beginning of each period when a player touches the ball and stop the clock each time the whistle blows. Start the clock again when the ball is put into play. Play resumed when the ball is put into play by the player taking a free throw, goal throw or corner throw;
- b. Start the game clock on a penalty throw when the ball leaves the hand of the player taking the penalty throw and stop the clock on the whistle, or, if the shot is missed and the ball rebounds, continue running the clock;
- c. Start the game clock on a neutral throw when one of the players touches the ball;
- d. If there is no announcer, audibly announce the start of the last minute of the game, the last minute of the second period of overtime and the last minute of any subsequent sudden-victory overtime periods, and;
- e. For regular time-outs, signal by air horn or clock buzzer at 1:45 minutes and at 2:00 minutes if equipment is available at the score table to do so.

**NOTE:** If there is not automatic timing of time-outs on the game clock or if a stopwatch is not available, the referees shall continue timing time-outs and sounding the warning signal and the conclusion of the time-out period. The referees must determine prior to the game if the referee or the game timer shall time the regular time-outs.

#### **SECTION 18 SHOT CLOCK TIMER – DUTIES**

**ART. 1 . . .** The duty of the shot clock timer is to time the periods of continuous possession of the ball by each team.

**ART. 2 . . .** The timekeeper shall start the shot clock at the beginning of the period when the first player gains possession of the ball (the player need not actually touch the ball) and shall stop the shot clock each time the whistle blows. Play is resumed when the player taking the free throw makes a water polo move (5-13). If the game or shot clock timer is in doubt as to when to start the clock, he/she should watch the referee's arm go from horizontal to vertical when the ball is put in play.

**NOTE:** Even though these directions refer to starting and stopping the shot clock, the shot clock timer usually only resets the shot clock as it is usually integrated with the game clock.

**ART. 3 . . .** The timekeeper shall reset the shot clock:

- a. After a goal or goal attempt. Reset the shot clock when the ball leaves the hand of the shooter. If the ball rebounds into the field of play after an attempt, reset the shot clock again and start the shot clock when either team gains possession of the ball;
- b. After an exclusion or double exclusion, if there is a neutral throw, a change in possession or offensive turnover (start the shot clock when the ball is put into play). The shot clock is not reset after a double exclusion if team on offense retains possession of the ball;
- c. When the opposing team gains possession of the ball ("possession" shall not include the ball merely being touched in flight by an opposing player);
- d. When a neutral throw is awarded (start the shot clock when one player gains possession of the ball);

- e. When a penalty throw is awarded (if the shot is missed and the ball rebounds, start the shot clock when a player gains possession of the ball), and;
- f. On a goal throw or corner throw (start the shot clock when player makes a water polo-related move. (5-13))

**ART. 4 . . .** The shot clock is not reset when the ball goes out of bounds on the side of the pool last touched by a defensive player unless a shot was taken.

**ART. 5 . . .** If a player relinquishes possession of the ball by dumping it into a vacant area before the expiration of the shot clock, the referee shall blow the whistle, turn the ball over and the shot clock is then reset. Both the game clock and the shot clock are started when the ball is put into play by the opposing team at the site of the free throw.

**ART. 6 . . .** The shot clock timer shall blank the shot clock when less than 30 seconds remain in a period and a new 30-second period of possession is awarded.

#### **SITUATION AND RULING**

##### **RULE 3, SECTION 18**

**3.18 SITUATION:** Rule 6-6 states that it is an ordinary foul to take or hold the entire ball under the water when tackled. Therefore, if the referee signals ball under (Appendix D, Fig. Q), the timer shall reset the shot clock as this signal indicates that the player committed the ordinary foul of taking the ball under, resulting in a change of possession and a new shot clock.

#### **SECTION 19 END OF PERIOD**

A timekeeper shall signal with automatic clock buzzer, air horn (or by any other means provided it is distinctive, acoustically efficient and readily understood), the end of each period independently of the referees and that signal shall take immediate effect except:

- a. In the case of the simultaneous award of a penalty throw by a referee, the penalty throw shall be taken in accordance with the rules; and
- b. If the ball is in flight and crosses the goal line, any resultant goal shall be allowed. The time of the goal is recorded as 0:00.

#### **SITUATION AND RULING**

##### **RULE 3, SECTION 19**

**3.19 SITUATION:** A shot is taken near the end of the period. The buzzer for the end of the period sounds while the ball is in the air. If the ball then crosses the goal line, the goal counts.

#### **SECTION 20 GAME SECRETARY – DUTIES**

**ART. 1 . . .** The duties of the game secretary (scorekeeper) are to maintain the record of the game, including the players, score, time-outs, exclusion fouls and

penalty fouls awarded against each player. The home team scoresheet shall be the official record of the game.

**ART. 2 . . .** The scorekeeper shall record on the scoresheet:

- a. The date, place and starting and ending time of the game, names of teams, player names and corresponding cap numbers in numerical order for all players (the team roster for each team with cap numbers designated must be in the secretary's hands before the start of the game);
- b. The players' goals (time, cap number, team, goal and score) on the lower portion of the scoresheet. In the upper part of the scoresheet, record goalie saves, attempts and goals with vertical lines in the appropriate spaces;
- c. Personal fouls (time and cap number). Note personal fouls on the lower portion of the scoresheet. Use E (for an exclusion foul), P (for a penalty foul), E-game misconduct, E-game flagrant misconduct, E-game fighting and E-MAM (for a minor act of misconduct). In addition, on the upper portion of the scoresheet in the Personal Fouls columns, record the personal foul and period (for example, E/2 for an exclusion foul in the second period) in the appropriate box. If the foul requires removal of the player for the remainder of the game (such as for misconduct, flagrant misconduct and fighting), on the upper portion of the scoresheet in the Personal Fouls columns, after recording the exclusion and period (for example, M/2 or FM/2), draw a horizontal line across the remainder of the boxes to indicate that the player was removed from the remainder of the game;  
**NOTE:** If a player is excluded for the remainder of the game for any other reason, such as an excluded player walking on the deck to the re-entry area, an 8th player in the pool, a player completely pulling over the goal, a player with a sticky substance on the hands after warning or interference with a penalty shot, the notation on the lower portion of the scoresheet should merely read E-game.
- d. The issuance of yellow and red cards in the Progress of Game section of the scoresheet;
- e. Regular and 30-second time-outs, the time and period each occurs, and notify the coach and referees when a team has used its allotted time-outs, and;
- f. Protests, if any.

#### **SECTION 21 EXCLUSION SECRETARY – DUTIES**

**ART. 1 . . .** The duties of the exclusion secretary are to control the periods of exclusion of players and to signal the expiration of the period of exclusion by raising the appropriate flag. A referee shall signal the re-entry of an excluded player or a substitute when that player's team has retaken possession of the ball.

**ART. 2 . . .** The exclusion secretary shall:

- a. Record the cap number of the excluded players, time of exclusion and calculated time of re-entry of the excluded player or substitute;
- b. Raise the white or blue flag when the excluded player or substitute may enter the game at the conclusion of the 20-second exclusion period, provided that the excluded player has reached the re-entry area and is eligible to enter. The exclusion secretary shall keep the flag raised for several seconds

after the excluded player or substitute enters the pool to ensure that the referee is aware the entry was permitted by the exclusion secretary. The exclusion secretary shall not raise the flag for entry at the expiration of the 20-second exclusion period of a substitute player if the excluded player (for whom the substitute is going to enter) has not gone to the re-entry area (exception: substitution for excluded player during a time-out, after a goal or between periods);

- c. Signal with whistle for any improper entry of an excluded player or improper entry of a substitute, which shall stop play immediately, and;
- d. Signal, without delay, the award of a third personal foul against any player as follows:
  1. With the red flag if the third personal foul is an exclusion foul;
  2. With the red flag and whistle if the third personal foul is a penalty foul, before the penalty shot is taken.

If a player from each team is excluded and the foul is the third personal foul for one of the players, the secretary shall immediately raise the red flag and the flag corresponding to the cap color of that player.

In the case of a third personal foul which is a penalty foul, the entry of the substitute is immediate (before the penalty throw is taken). The exclusion secretary raises the red flag and blows the whistle immediately after the penalty foul is committed, before the penalty shot is taken. However, if a player is excluded for the second time and interferes with play when leaving the pool, a penalty foul shall be awarded against the excluded player, making that the player's third personal foul. The exclusion secretary must raise the red flag to indicate that this is the third foul on that player, but does not blow the whistle as the penalty throw is taken with the substitute for the excluded player in the re-entry area. The substitute may not enter until after the earliest occurrence of an event. (7-3)

In the case of a third personal foul which is an exclusion foul, the secretary shall blow the whistle if the player enters the field of play, even if the referee signals a change in possession. If the game is in progress when the player with three personal fouls enters the field of play, the player must be removed and substituted for immediately and a penalty throw awarded. No additional personal foul is charged. If the player with three personal fouls enters immediately after a goal has been scored, the referee should remove the player and allow a substitute to enter immediately. No additional personal foul or penalty throw is awarded in this instance.



## Rule 4 The Game

### SECTION 1 LENGTH OF GAME

The duration of the game shall be four periods each of seven minutes actual play. Time shall commence at the start of each period when a player touches the ball. At all signals for stoppage, the game clock shall be stopped until the ball is put back into play by the player taking the appropriate water polo move or when the ball is touched by a player following a neutral throw. It is recommended that junior varsity contests be four periods of six minutes and that freshman/sophomore games be four periods of five minutes each.

### SECTION 2 INTERVAL BETWEEN PERIODS, CHANGE OF ENDS

There shall be a two-minute interval between each period and a five-minute interval between the second and third periods of the game. The teams, including the players, coaches and other team officials, shall change ends before starting the third period and before the second period of any overtime. Referees change sides of the pool before the start of any period where the teams do not change ends (the referees shall change sides before the second period, before the fourth period and before the first period of any overtime). If requested by one coach, the teams must change ends and benches at the end of each period (and overtime period). In this instance the referees do not change sides during the game. This rule applies to all pools (all deep or shallow-deep).

**NOTE:** If both teams are ready to start before the conclusion of any interval in regulation play, the referee may start play.

### SECTION 3 OVERTIME

If the score is tied at full time in any game, continuation into overtime shall begin an interval of five minutes. Two periods shall then be played, each of three minutes actual play, with an interval of two minutes for the teams to change ends between the overtime periods. If, at the end of the first two periods of overtime the score is tied, there shall be an interval of two minutes. There shall be a coin toss to determine ends for the first sudden-victory three-minute period. Additional three-minute periods will be played until a goal is scored, at which time the game shall end. After each sudden-victory three-minute period, a two-minute interval shall be allowed for change of ends.

**NOTE:** A game shall not remain a tie.

### SECTION 4 DESCENDING TIME

The visible clock shall show the time remaining in a period, descending manner.

### SECTION 5 TOURNAMENT VARIATIONS

**ART 1 . . .** There may be variations in the length of game periods, length of overtime periods, type of overtime, requirement for overtime (for example, in a tournament with the group system of play, games may end in a tie), and number, type and duration of time-outs in a tournament, provided that teams are notified in advance of any special tournament rules. The teams shall also be notified in advance which team shall wear dark caps in each game.

#### NOTES:

1. The host may decide to allow only one regular and one 30-second time-out during regulation play and no time-outs of either type during overtime.
2. Breaking a tie by means of a penalty shoot-out at the end of regulation play or at any time during overtime in a tournament is not permitted.

**ART. 2 . . .** During a tournament, the referees will rule on a protest made during or after a game. However, if there is a tournament committee, the decision of the referees may be referred by the protesting team to the tournament committee. If there is not a tournament committee, the decision of the referees on the protest may be further protested by the team to the state association, if permitted by the state association policy. (3-12)

### SECTION 6 REPLAY OF GAME

If a game or portion of a game (3-11) must be replayed, the goals, 20-second exclusion fouls, penalty fouls and time-outs that occurred during the time to be replayed are removed from (lined through on) the secretary's scoresheet; however, notations of misconduct, flagrant misconduct, fighting, yellow and red cards must be retained on the secretary's scoresheet.

## SITUATION AND RULING

### RULE 4, SECTION 6

**4.6 SITUATION:** A player removed for the remainder of the game for misconduct may not play in any part of the game to be replayed, even if the misconduct occurred during the part of the game to be replayed. Similarly, if the coach received a red card during the part to be replayed, the coach may not coach in any part of the game to be replayed and must leave the facility.

### SECTION 7 NUMBER OF TIME-OUTS, HOW CALLED

**ART. 1 . . .** Each team shall be entitled to three time-outs during the first four periods; in overtime, each team shall be entitled to one time-out regardless of the number of time-outs called during regulation time. The duration of the time-out shall be no longer than two minutes. The game timer shall time regular time-outs, including giving the warning signal with a buzzer or air horn at the proper time, provided that equipment is available at the desk to do so. If it is not, the referees

shall accurately time time-outs and period breaks, using a watch, and give the warning whistles at the proper time.

**ART. 2 . . .** The referees must determine prior to the game if the referees or if the game timer shall time the regular time-outs and if the time remaining on a time-out will be displayed on the scoreboard.

**ART. 3 . . .** A time-out may be requested at any time by the coach or any player in the water of the team in possession of the ball calling "time-out" and signaling to the referee with the hands forming a T-shape. The coach may also signal with an air horn. If a time-out is requested, the referee shall immediately whistle to stop the game, remove the ball and the players shall immediately return to their respective halves of the field of play.

**ART. 4 . . .** A time-out may also be called by any defending player or by the coach of the team on defense after the team on offense has called a time-out and before the ball has been put into play after the time-out. After a goal is scored either team may call a time-out before the referee puts the ball into play. However, only the team on offense may call a time-out before a penalty throw is taken.

## SITUATION AND RULING

### RULE 4, SECTION 7

**4.7 SITUATION:** The team on offense called a time-out before taking a penalty shot. The team on defense may not call a time-out after the conclusion of the time-out called by the team on offense before the penalty throw is taken.

### SECTION 8 REGULAR TIME-OUTS – POSITION OF PLAYERS

**ART. 1 . . .** Both teams must stay in their respective halves of the pool during a time-out before the time-out warning signal. An excluded player may leave the water to meet with the team and then move to the re-entry area. A player may be substituted for an excluded player during a time-out. The excluded player in this instance does not have to go to the re-entry area before the substitute may enter from the re-entry area.

**ART. 2 . . .** Teams may only take up their position to restart on signal from the referee or game timer with 15 seconds remaining in the time-out. The coach or captain of the team that called the time-out may inform the referee, any time before 1:45 minutes have elapsed, that the team is ready to resume play. The referee shall blow a whistle when so informed, as a signal to both teams that play will start in 15 seconds and shall also verbally inform the other team after the whistle that play will start in 15 seconds.

**ART. 3 . . .** The referee may not shorten a time-out unless instructed by the team that called the time-out. At that time the referee must give the warning whistle and also verbally inform the other team that play will restart in 15 seconds.

### SECTION 9 STARTING AFTER REGULAR TIME-OUT

**ART. 1 . . .** Before the time-out warning signal, the players must stay on their side of half. After the time-out warning signal, players may take any position in the field of play, subject to the rules relating to the taking of penalty and corner throws. Play shall be restarted on the whistle of the referee at the conclusion of the time-out period by the team in possession of the ball putting the ball into play at or behind the half-distance line, except that if the time-out is requested before the taking of a penalty or corner throw, that throw shall be maintained.

If the time-out was called by either team immediately after a goal was scored, the team just scored upon shall put the ball in play after the time-out at or behind the half-distance line on the whistle of the referee. Players may take any position in the field of play. If, before the ball has been put into play after the time-out, the other team calls a time-out, the team just scored upon or the team on offense shall put the ball in play after that time-out at or behind the half-distance line and players may take any position in the field of play.

**NOTE:** The shot clock continues from the resumption of the play after the time-out.

**ART. 2 . . .** At the conclusion of the time-out period, the perimeter referee shall signal by whistle for the ball to be put into play. The player must put the ball in play without undue delay after the referee's whistle or lose it to the opposing team's nearest player. If the team calling the time-out does not come out from the time-out after the referee blows the whistle, the referee shall throw the ball to the offensive player closest to and behind the half-distance line and start play.

**ART. 3 . . .** If the team calling the time-out is ready to resume play at the conclusion of the time-out but the other team is not, the referee must warn the coach of the offending team on the first offense. After the warning, on the second offense, the referee will ask if the coach wants to call a time-out or to receive the appropriate card. Upon subsequent offenses, the referee will ask the coach to call a time-out or receive the appropriate card.

### SECTION 10 ADDITIONAL TIME-OUT – OFFENSIVE TEAM

If the coach of the team in possession of the ball requests a time-out to which the team is not entitled, the game shall be stopped. Play shall then be restarted by a player of the opposing team putting the ball into play at or behind the half-distance line as after a time-out. No time-out is charged to the team calling the improper time-out.

### SECTION 11 ADDITIONAL TIME-OUT – DEFENSIVE TEAM

The referee shall not award a time-out to the team not in possession of the ball above the number permitted or at times not permitted. If the team on defense calls a time-out more than the number permitted or at times not permitted, the referee shall blow the whistle and award a penalty throw to the opposing team. No time-out is charged to the team calling the improper time-out.

**SECTION 12 TIME-OUT CALLED WHEN NEITHER TEAM HAS POSSESSION**

If a team calls for a time-out when neither team has possession of the ball, the referee shall blow the whistle, award a penalty throw to the team not calling the time-out and remove the longest time-out available from the team that improperly called the time-out.

**SECTION 13 30-SECOND TIME-OUT**

In a tournament, the host may decide to have a 30-second time-out replace one of the regular time-outs. Only the team on offense or the team that will be on offense (after a goal is scored by the other team) may call a 30-second time-out. The 30-second time-out is to be used strategically for substitutions and/or to improve the location of the players in the pool. To signal a 30-second time-out, the coach calls "time-out" and touches both shoulders. The referee will immediately note the time and will begin to time the time-out. The coach calling the time-out may move along the sideline to the half-distance line during the time-out and the players may swim to the side of the pool to receive instructions from the coach. The teams do not move to their half of the pool for this time-out.

The referee will blow a whistle after 20 seconds and whistle again after 30 seconds, ending the time-out. All substitutions must be completed by the second whistle. The referee will then throw the ball to an offensive player at or behind the center of the pool, who shall then immediately put the ball into play or lose it to the opposing team's nearest player. If the time-out was requested before the taking of a penalty or corner throw, that throw shall be maintained.

**NOTES:**

1. A 30-second time-out may be shortened by the coach who called the time-out.
2. The time during either type of time-out (regular or 30-second) is classified as interval time. (4-14)

**SITUATION AND RULING****RULE 4, SECTION 13**

**4.13 SITUATION:** A tournament rule stated that each team is allowed two regular time-outs and one 30-second time-out in regulation and none in overtime. The coach on offense called for a regular time-out in the third period when that team only had a 30-second time-out remaining. The referee shall deny the request for the regular time-out and award the 30-second time-out, as opposed to turning the ball over. The reverse is also true if requesting a 30-second time-out and only a regulation time-out is available for that team.

**SECTION 14 INTERVAL TIME**

Interval time is defined as  
a. Time between periods.

- b. During a time-out;
- c. Before the restart after a goal; or
- d. Before a penalty throw is taken.

**SECTION 15 START OF THE GAME – COIN TOSS**

**ART. 1 . . .** If there are not pre-assigned starting ends of the pool for a game, the referee, in the presence of the captains, shall perform the coin toss at least 10 minutes before the start of the game, the winner to have the choice of ends.

**ART. 2 . . .** Although ends may be pre-assigned, one coach may always request a coin toss for ends. In addition, if requested by one coach to the referee prior to the start of the game, the teams must change ends and benches each period. (4-2)

**SECTION 16 START OF THE GAME – PLAYER POSITIONS**

**ART. 1 . . .** At the start of each period, the players shall take up positions with their heads on their respective goal lines, about one meter apart and at least one meter from the goal posts. No more than two players shall be allowed between the goal posts. No part of a player's body shall be beyond the goal line at water level.

**ART. 2 . . .** If it is possible for both teams to shove off from the ends of the pool, the players may grasp the ends no higher than water level at the start of each period; if it is not possible for both teams to grasp the ends of the pool, the players of both teams shall take positions with their heads on the goal lines or the 2-meter lines.

**SITUATION AND RULING****RULE 4, SECTION 16**

**4.16 SITUATION:** The referee started a period with eight players in the water. One player immediately left the field of play under the end line. The referee shall restart the period, but shall not award a penalty foul against that player or exclude the player for the remainder of the game as this was a referee correctable error. (3-11c)

**SECTION 17 START OF THE GAME**

**ART. 1 . . .** When satisfied that the teams are ready, a referee shall blow the whistle to start and then release or throw the ball into play on the half-distance line. If there are no goal judges present, the two referees shall take up a position opposite one another on the half-distance line. The starting referee shall wait with one arm raised in a vertical position for the signal from the second referee, raising one arm above the head, that both teams are correctly positioned on the goal line. The starting referee shall then signal immediately for the start by blowing the whistle and lowering the arm to a horizontal position.

**NOTE:** No player may pull the end line forward.

**ART. 2 . . .** A center sprint with a ball-release device, at the discretion of the

host, may be used for the start of the game and the restart of each subsequent period. If the center sprint is used, the referees will position themselves on their respective 5-meter lines. The starting signal shall be given by the referee on the same side as the score table. Both referees will move towards the center as the ball-release person releases the ball on the half-distance line.

#### **SECTION 18 BALL THROWN TO ADVANTAGE OF ONE TEAM**

If the ball is released or thrown giving one team a definite advantage, the referee shall call for the ball and award a neutral throw on the half-distance line.

#### **SECTION 19 GOALS – METHOD OF SCORING**

A goal shall be scored when the entire ball has passed fully over the goal line, between the goal posts and underneath the crossbar.

#### **SECTION 20 GOALS – GOALKEEPER RESTRICTION**

A goal may be scored from anywhere within the field of play, except that the goalkeeper shall not be permitted to go or touch the ball beyond the half-distance line.

### **SITUATION AND RULING**

#### **RULE 4, SECTION 20**

**4.20.4 SITUATION:** When taking a direct shot a player may pick up the ball on top using the ball for leverage to get up and out of the water as long as it is done in one motion.

#### **SECTION 21 GOALS – HOW SCORED**

**ART. 1 . . .** A goal may be scored by any part of the body except the clenched fist. A goal may be scored by dribbling the ball into the goal. At the start or any restart of the game, at least two players (of either team, excluding the defending goalkeeper) must intentionally play or touch the ball except at the taking of:

- a. A penalty throw;
- b. A free throw thrown by a player into that player's own goal;
- c. An immediate (direct) shot from a goal throw; or
- d. An immediate (direct) shot from a free throw awarded outside 5 meters.

**ART. 2 . . .** A goal may be scored by a player immediately shooting from outside 5 meters after the player's team has been awarded a free throw for a foul committed outside 5 meters. If the player puts the ball into play, a goal can then only be scored if the ball has intentionally been touched by another player other than the defending goalkeeper.

**ART. 3 . . .** If a free throw is awarded for a foul outside, but within one meter of the 5-meter line, the referee administering the free throw will point with one arm horizontal to the body in the direction of the attacking team and shall point with the other arm diagonal to the body to the 5-meter marker on the pool deck to

indicate that the player is eligible to shoot a direct shot on goal after that player's team has been awarded a free throw for a foul committed outside 5 meters.

**ART. 4 . . .** If, at the award of a foul outside 5 meters, the ball is inside 5 meters or closer to the defending team's goal, a goal may be scored under this rule if the ball is returned without delay to either the place where the foul was committed, to any place on the same line as the foul or to any place behind the line of the foul, provided the shot is then immediately made from that position. This article does not apply to a free throw awarded for an offensive foul called on a player outside 5 meters with the ball inside 5 meters, as the free throw for an offensive foul shall be taken at the location of the ball when the foul is awarded. (5-10c)

**ART. 5 . . .** A goal may not be scored under this rule direct from the restart following:

- a. A time-out;
- b. A goal;
- c. An injury, including bleeding;
- d. The replacement of a cap or while zipping up a suit;
- e. The referee calling for the ball, except in the case of a correctable clock error (3-11);
- f. The ball leaving the side of the field of play;
- g. At the taking of a corner throw;
- h. Any other delay, such as issuance of a red or yellow card.

### **SITUATIONS AND RULINGS**

#### **RULE 4, SECTION 21**

**4.21 SITUATION A:** A player may take a direct shot on goal in the following manner: if the ball is near the non-dominant hand. The player without hesitation sweeps (pushes) the ball with the non-dominant hand over the surface of the water (without picking the ball up with the non-dominant hand) to the dominant hand, raises the arm, and shoots with one continuous motion. The resultant goal would be allowed.

**4.21 SITUATION B:** The player taking a direct shot on goal may take a lob shot as long as it is without delay and without faking.

**4.21 SITUATION C:** Defensive players must not interfere with a direct shot on goal by continuing to hold the offensive player after the foul or by moving into the player with the free throw.

**4.21.2 SITUATION A:** A player who is either fouled outside 5 meters and has the ball outside 5 meters or is fouled outside 5 meters but the ball is inside 5 meters and returned without delay as described above, may look in the general direction of the goal and then take an immediate shot at the goal.

**4.21.2 SITUATION B:** A foul is committed outside five meters with the ball behind the player (farther from the goal). The player may turn, pick up the ball, turn 180 degrees to face the goal and take a direct shot on goal as long as the action is one continuous motion.

**4.21.4 SITUATION:** A player is fouled outside the 5-meter line. The player must pick the ball up with the hand with which he/she intends to shoot. Transferring the ball from one hand to the other is putting the ball into play. However, if the foul is committed outside 5 meters with the ball inside 5 meters and if the player must get the ball and move back to the line of the foul, the player may transfer the ball to the other hand while getting back to the correct position to take the free throw.

**4.21.5 SITUATION A:** A goal may not be scored by a direct shot on goal by the player taking the free throw after a double exclusion foul because the referee takes the ball out of the pool before returning it to a player for the free throw.

**4.21.5 SITUATION B:** A player may take a direct shot on goal after the referee returns the ball to a player fouled outside the 5-meter line after removing the ball to correct a clock error. For example, near the end of the game, the referee blew the whistle for a foul committed outside the 5-meter line. The clock operator let the clock run two seconds and the buzzer sounded, ending the game. The referee should correct the clock error, then return the ball to the player fouled, who may then take a direct shot on goal. The referee shall whistle to restart the game.

**4.21.5 SITUATION C:** All goal throws may be shot at the opposing goal regardless of whether the ball was within the field of play or came from outside the field of play. All balls that go out of bounds over the goal line that are awarded to the goalkeeper may be shot. However, if the ball goes out of bounds over the sideline, it may not be shot. A shot taken under the provisions of this rule must be taken directly.

#### SECTION 22 GOALS – EXPIRATION OF TIME

A goal shall be scored if, at the expiration of 30 seconds possession or at the end of a period, the ball is in flight and enters the goal.

##### NOTES:

1. If a ball entering the goal after hitting the goal post, crossbar, goalkeeper or other defending player, and/or bouncing off the water, a goal shall be allowed. If the end of the period has been signaled and the ball is then played or touched intentionally by another attacking player on its way into the goal, the goal shall not be allowed.
2. If the ball is in flight toward the goal and the goalkeeper or another defending player pulls down the goal, or within the 5-meter area a defending player other than the goalkeeper stops the ball with two hands or arms or punches the ball to prevent a goal being scored, the referee shall award a penalty throw if, in the referee's opinion, the ball would have reached the goal line if the offense had not occurred.
3. If the ball that is in flight toward the goal lands on the water and then floats completely over the goal line, the referee shall award a goal only if the ball floats over the goal line immediately due to the momentum of the shot.

#### SECTION 23 GOALS – WHEN COUNTED

A goal counts in the following situations and is awarded to the player on the opposing team closest to the goal if:

- a. A player awarded a free throw passes the ball to that team's goalkeeper, who

without having touched it (and without any other player having touched it) allows the ball to go through that team's goal;

- b. The ball is thrown by a player into that player's goal; or
- c. The defense puts the ball into its own goal (for example, by tipping a pass into the goal).

#### SECTION 24 GOALS – WHEN NOT COUNTED

A goal does not count if:

- a. The ball is in flight toward the goal when the referee blows the whistle for a foul;
- b. There is a player in the pool with three personal fouls who was not visibly red-flagged by the desk (2-3);
- c. The ball thrown by a player toward the goal hits an overhead obstruction and then goes into the goal space;
- d. The defending goalkeeper drops the ball when taking a goal throw or free throw and allows the ball to enter the goal (the goalkeeper is to take the throw again); or
- e. The ball is shot illegally. A goal in this circumstance is counted only if the ball is played (controlled) by a player of either team after the free throw and then goes into the goal. Examples include a shot on a corner throw; shot directly outside the 5-meter line with delay; shot on a free throw for a foul inside the 5-meter line; shot on a free throw after a time-out; shot on a free throw at the restart after a goal, regardless of whether the goalkeeper or another player tips the ball into the goal.

#### SECTION 25 METHOD OF RESTARTING AFTER A GOAL

After a goal has been scored, the players shall take up positions anywhere within their respective halves of the field of play. No part of a player's body shall be beyond the half-distance line at water level. A referee shall restart the game by blowing the whistle. At the time of the restart, actual play shall resume when a player of the team not having scored the goal makes a water polo move. A restart not taken in accordance with this rule shall be retaken.

## Rule 5 Throws

#### SECTION 1 GOAL THROWS – WHEN AWARDED

A goal throw shall be awarded when the entire ball has passed fully over the goal line, excluding between the goal posts and underneath the crossbar, having last been touched by any player other than the goalkeeper of the defending team. However, it is a corner throw if a defensive player deliberately sends the ball over the goal line or deflects a pass and sends the ball out over the goal line. (5-3)



**SECTION 2 GOAL THROWS – HOW TAKEN**

The goal throw shall be taken by any player of the team from anywhere within the 2-meter area. The goal throw shall be taken by the player nearest to the ball. A goal throw not taken in accordance with this rule shall be retaken.

**SECTION 3 CORNER THROWS – WHEN AWARDED**

A corner throw shall be awarded when the entire ball has passed fully over the goal line excluding between the goal posts and underneath the crossbar, having last been touched by the goalkeeper of the defending team or when a defending player deliberately sends the ball over the goal line.

**SITUATION AND RULING****RULE 5, SECTION 3**

**5.3 SITUATION:** If a defensive player deflects a pass and sends the ball over the goal line, this action is considered deliberate and play shall be restarted with a corner throw.

**SECTION 4 CORNER THROWS – HOW TAKEN**

The corner throw shall be taken by a player of the attacking team from the 2-meter mark on the side nearest to which the ball crossed the goal line. The throw need not be taken by the nearest player but shall be taken without undue delay.

**SECTION 5 CORNER THROWS – POSITION OF PLAYERS**

At the taking of a corner throw, no players of the attacking team shall be within the 2-meter area.

**SECTION 6 CORNER THROWS – WHEN RETAKEN**

A corner throw taken from the wrong position or before players of the attacking team have left the 2-meter area shall be retaken.

**SECTION 7 NEUTRAL THROWS – WHEN AWARDED**

A neutral throw shall be awarded when:

- a. At the start of a period, a referee is of the opinion that the ball has fallen in a position to the definite advantage of one team;
- b. One or more players of opposing teams commit an ordinary foul at the same moment, making it impossible for the referees to distinguish which player offended first;
- c. Both referees blow their whistles at the same moment to award ordinary fouls to the opposing teams;
- d. Neither team has possession of the ball and one or more players of opposing teams commit an exclusion foul at the same moment. The neutral throw shall be taken after the offending players have been excluded; or
- e. The ball unintentionally strikes or lodges in an overhead obstruction.

**SITUATION AND RULING****RULE 5, SECTION 7**

**5.7 SITUATION:** The player with the ball near the end of the 30-second possession time throws the ball up to the ceiling. If the referee feels this is a deliberate attempt to have a neutral throw called, the referee should turn the ball over.

**SECTION 8 NEUTRAL THROWS – HOW TAKEN**

A referee shall throw the ball into the field of play at approximately the same lateral position as the event occurred in such a manner as to allow the players of both teams to have equal opportunity to reach the ball. A neutral throw awarded within the 2-meter area shall be taken on the 2-meter line. One player from each team closest to the point where the foul and/or stoppage occurred shall be selected by the referee to engage in the neutral throw. No other players are allowed within 2 meters of the players involved in the neutral throw. If a goalkeeper is involved in action requiring a neutral throw, the nearest team member shall replace the goalkeeper in the neutral throw. At least one of the players selected for the neutral throw must touch the ball before any other player may touch the ball. The ball may be played before it touches the water.

**SECTION 9 NEUTRAL THROWS – WHEN RETAKEN**

If at a neutral throw the referee is of the opinion that the ball has fallen in a position to the definite advantage of one team, the referee shall call for the ball and retake the throw.

**SECTION 10 FREE THROWS – WHERE TAKEN**

**ART. 1 . . .** A free throw shall be taken at the location where the foul occurred, except:

- a. If the ball is farther from the defending team's goal, the free throw shall be taken from the location of the ball;
- b. If the foul is committed by a defending player within the defender's 2-meter area, the free throw shall be taken on the 2-meter line opposite to where the foul was committed or, if the ball is outside the 2-meter area, from the location of the ball;
- c. In the event of an offensive foul, the free throw is taken at the location of the ball when the foul is awarded (ordinary offensive fouls and exclusion offensive fouls); or
- d. Where otherwise provided for in the rules.

**ART. 2 . . .** A free throw taken from the wrong position shall be retaken.

**NOTE:** Improperly taken shots on goal should be treated like any other offensive (contra) foul (free throw taken at the spot of the ball). Examples of improperly taken shots on goal are when the entire ball has passed fully over the goal line between the goal posts and underneath the crossbar or strikes the goal posts, crossbar or the defending goalkeeper directly from a free throw awarded inside 5 meters or a free throw awarded outside 5 meters not taken immediately in accordance with the rules.

**SITUATIONS AND RULINGS****RULE 5, SECTION 10**

**5.10 SITUATION A:** If the ball goes out of the field of play in a lateral position, and the player can reach the ball (without leaving the field of play), the player can take the free throw from this point inside the field of play.

**5.10 SITUATION B:** If the ball is in the air when an offensive foul is called, the location of the ball at that point shall be considered the location where the team awarded the free throw takes possession of the ball, except if the ball is inside the 2-meter area, the free throw shall be taken on the 2-meter line.

**SECTION 11 FREE THROWS – TIME ALLOWED**

The time allowed for a player to take a free throw shall be at the discretion of the referees; it shall be reasonable, without undue delay, but does not have to be immediate. It shall be an offense if a player is clearly in a position most readily to take a free throw but does not.

**SITUATION AND RULING****RULE 5, SECTION 11**

**5.11 SITUATION:** A free throw awarded outside 5 meters must be shot immediately in order for the goal to count. (4-21-1)

**SECTION 12 FREE THROWS – RESPONSIBILITY FOR RETURN OF BALL**

The responsibility for returning the ball to the player to take the free throw shall be that of the team to which the free throw is awarded.

**SECTION 13 FREE THROWS – HOW TAKEN**

Any water polo related move by the player taking the free throw is considered putting the ball in play. This includes, but is not limited to, passing the ball to another player, dropping the ball from a raised hand into the water, throwing the ball in the air, swimming or dribbling the ball, spinning the ball in the hand, or a hard ball fake. The mere act of picking up the ball by the player awarded a free throw does not constitute a water polo move. The referee administering the free throw must indicate ball in play by dropping an arm from horizontal to vertical position when the player taking the free throw makes a water polo move. (Figures 1 & 2)

Figure 1



Figure 2

**Rule 6 Ordinary Fouls****SECTION 1 DEFINITION**

An ordinary foul shall be punishable by the awarding of a free throw to the opposing team.

**NOTE:** The location of a player in the context of Rule 19 is determined by the position of the head relative to the 2-meter, 5-meter, half-distance and goal lines.

**SECTION 2 STARTING EARLY**

An ordinary foul is committed when a player advances beyond the goal line at the start of a period, before the referee has given the signal to start. The free throw shall be taken from the location of the ball or, if the ball has not been released into the field of play, from the half-distance line.

**SECTION 3 ASSISTING A PLAYER**

An ordinary foul is committed when a player assists another player at the start of a period or at any other time during the game.

**SECTION 4 HOLDING OR PUSHING OFF FROM POOL**

An ordinary foul is committed when a player holds or pushes off from the goal posts or their fixtures, from the sides or ends of the pool during actual play or at the start of a period. An exception is made at the start of a period in a pool with wall goals if both teams are able to push off the walls.

**SECTION 5 USING THE BOTTOM**

**ART. 1 . . .** An ordinary foul is committed when a player takes any active part in the game when standing on the floor of the pool, walks when play is in progress or jumps from the floor of the pool to play the ball or tackle an opponent. This rule should be applied in deep pools (two or more meters deep). This rule shall not apply to the goalkeeper while within the goalkeeper's 5-meter area.

**ART. 2 . . .** In the case of a shallow-bottom pool (less than two meters deep), a defensive player who uses the bottom to otherwise impede or hold an offensive player and prevent him/her from moving will be excluded for 20 seconds for holding (7-9). Even if this foul might otherwise have been viewed as impeding, in this special situation of a shallow-bottom pool, using the shallow-bottom will be considered an exclusion foul, whether the offensive player is holding the ball or not. This rule also applies to the situation in a shallow-bottom pool where a defensive player uses the bottom to improve his/her defensive position and take away an advantage created by the offense. (Appendix A)

**SITUATIONS AND RULINGS****RULE 6, SECTION 5**

**6.5 SITUATION A:** If the ball is passed into the center forward in a shallow-bottom pool and a defender guarding another player launches himself/herself off the bottom in order to crash on the center forward, it is considered a violation of this rule, as the defender has now been able to impede the offense by use of the bottom. This would also apply to a defender on the perimeter who uses the bottom to take away an advantage gained by an offensive player on a drive. In both these cases, the offending player is excluded for 20 seconds.

**6.5 SITUATION B:** It is a penalty foul (8-2) for a defending player to commit any foul within the 5-meter area but for which a goal would probably have resulted. This includes any player other than the goalkeeper jumping off the bottom to prevent a probable goal in any pool.

**6.5 SITUATION C:** A field player pushes off the bottom to play the ball or tackle an opponent at approximately seven meters from the goal in an all-deep pool. This is an ordinary foul even if it occurred during a man-down situation.

**SECTION 6 TAKING THE BALL UNDER**

**ART. 1 . . .** An ordinary foul is committed when a player takes or holds the entire ball under the water when tackled. The foul of taking the ball under when tackled refers to taking or holding the ball under water when, through bodily contact, the player in possession of the ball is forced to take the ball under against that player's will or purposely takes the ball under and there is contact by the defender on the shoulder, arm or hand holding the ball.

**ART. 2 . . .** It is an ordinary foul to take or hold the ball under water when tackled, even if the player holding the ball has it forced under the water, as a result of the opponent's challenge (Figure 3). It makes no difference that the ball goes under water against that player's will. The foul is awarded against the player who was in contact with the ball at the moment it was taken under water. The offense of taking the ball under can only occur when a player takes the ball under when tackled. Thus, if the goalkeeper emerges high out of the water to save a shot and then while falling back takes the ball under the water, the goalkeeper has committed no offense; but if the goalkeeper then holds the ball under the water when challenged by an opponent, the goalkeeper will have committed an infringement of this rule and if the goalkeeper's actions prevented a probable goal, a penalty throw must be awarded. (8-2)



Figure 3

**SITUATIONS AND RULINGS****RULE 6, SECTION 6**

**6.6 SITUATION A:** If the referee signals "ball under" (Appendix D, Fig. Q), the action of the player on offense is the ordinary foul of taking the ball under when tackled, and must result in a change of possession and a new shot clock.

**6.6 SITUATION B:** "Challenged" refers to the situation where the goalkeeper takes the ball under water if the opponent goes after, chases, approaches, etc., the goalkeeper. This also applies to other field players in addition to the goalkeeper. A player cannot take the ball under to keep an opponent from getting the ball. An ordinary foul is committed unless this action, if committed inside the 5-meter line, prevents a probable goal, in which case a penalty throw is awarded.

**SECTION 7 USING A CLENCHED FIST**

An ordinary foul is committed when a player strikes at the ball with a clenched fist. This rule shall not apply to the goalkeeper while within the goalkeeper's 5-meter area.

**SECTION 8 USING TWO HANDS**

An ordinary foul is committed when a player plays or touches the ball with two hands at the same time. This rule shall not apply to the goalkeeper while within the goalkeeper's 5-meter area. Outside the 5-meter area, the goalkeeper loses his/her privileges.

**NOTE:** It is an exclusion foul (or penalty foul if inside 5 meters) instead of an ordinary foul to attempt to block a shot or pass with two hands. (7-6, 8-2)

**SECTION 9 IMPEDING**

An ordinary foul is committed when a player impedes or otherwise prevents the free movement of an opponent who is not holding the ball, including swimming on the opponent's shoulders, back or legs and ducking under to gain an advantage. "Holding" is lifting, carrying or touching the ball, but does not include dribbling the ball.

**NOTES:**

1. The first thing for the referee to consider is whether the opponent is holding the ball, because if the opponent is doing so, the player making the challenge cannot be penalized for impeding. It is clear that a player is holding the ball if the player holds it raised above the water (Figure 4). The player is also holding the ball if swimming with it held in the hand or making contact with the ball while it is lying on the surface of the water (Figure 5). Swimming with the ball (dribbling) (Figure 6) is not considered to be holding.
2. Common forms of impeding include a player swimming across an opponent's legs (Figure 7), thus reducing the pace at which the opponent can move and interfering with normal leg action, and swimming on the opponent's shoulders. The foul of impeding can also be committed by the player who is in possession of the ball. For example, Figure 8 shows a player keeping one hand on the ball and trying to force the opponent

away to gain more space. Figure 9 shows a player in possession of the ball impeding an opponent by pushing the opponent back with the head. Care must be taken with Figures 8 and 9, because, while any violent movement by the player in possession of the ball might constitute striking or even flagrant misconduct, the figures are intended to illustrate impeding without any violent movement. A player may also commit the offense of impeding even if that player is not holding or touching the ball. Figure 10 shows a player intentionally blocking an opponent with the player's body and with the arms flung open, thus making access to the ball impossible. This offense is most often committed near the boundaries of the field of play.



Figure 4

Figure 5

Figure 6

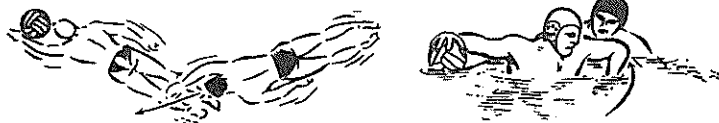


Figure 7

Figure 8



Figure 9

Figure 10

#### SECTION 10. PUSHING OR PUSHING OFF

An ordinary foul is committed when a player pushes or pushes off from an opponent who is not holding the ball.

**NOTE:** Pushing can take place in various forms, including with the hand (Figure 11) or with the foot (Figure 12). The punishment is a free throw for an ordinary foul. However, referees must take care to differentiate between pushing with the foot and kicking, which then becomes an exclusion foul or even flagrant misconduct. If the foot is already in contact with the opponent when the movement begins. This will usually be pushing, but if the movement begins before such contact with the opponent is made, then this should generally be regarded as kicking.



Figure 11



Figure 12

#### SECTION 11. INSIDE 2-METER AREA

**ART. 1 . . .** An ordinary foul is committed when a player is within two meters of the opponents' goal except when behind the line of the ball. It shall not be an offense if a player takes the ball into the 2-meter area and passes it to another player who is behind the line of the ball and who shoots at goal immediately, before the first player has been able to leave the 2-meter area. If the player receiving the pass does not shoot at goal, the player who passed the ball must immediately leave the 2-meter area to avoid being penalized.

**ART. 2 . . .** Referees should not penalize an attacking player who momentarily enters the 2-meter area without interfering with the play. If the player continues to stay there, the player is affecting play by his/her very presence there as that player is forcing a change in how or where the defense plays and the foul should be called.

#### SITUATION AND RULING

##### RULE 6, SECTION 11

**6.11 SITUATION:** An offensive foul should be called on an offensive player who attempts to swim from one deep wing position to the other side inside the 2-meter area.

#### SECTION 12. FAILING TO TAKE A PENALTY THROW

An ordinary foul is committed when a player takes a penalty throw other than in the prescribed manner.

#### SECTION 13. DELAY IN TAKING A THROW

An ordinary foul is committed when a player delays unduly when taking a free throw, goal throw or corner throw.

#### SECTION 14. BALL OUT OF BOUNDS OVER SIDELINES

**ART. 1 . . .** An ordinary foul is committed when a player last touches the ball that goes out of the side of the field of play (including the ball rebounding from the side of the field of play above water level) except in the case of a defensive field player blocking a shot over the side of the field of play, in which case a free throw

is given to the defensive team. The ball must pass completely over the sideline or rebound from the side of the field of play above water level to be out of bounds.

**ART. 2 . . .** A free throw is awarded to the defending player (defending field player or goalkeeper) if the defending field player tips out a shot over the sideline. The free throw may be taken at the location where the ball went out of the side of the pool or at any spot behind this location (including by the goalkeeper).

**ART. 3 . . .** If the defending goalkeeper tips a shot over the sideline or tips the ball so that it flies off the goal and over the sideline, a free throw is awarded to the offense at or behind the point where the ball went over the sideline.

**ART. 4 . . .** A free throw is awarded to the defending player if the offense sends the ball out of the side of the field of play by a shot or bad pass.

**ART. 5 . . .** A free throw is awarded to the attacking team if the defending team tips out a pass over the sideline.

**ART. 6 . . .** A free throw is awarded to a defending player if the offensive player shoots and the ball rebounds off the goal over the sideline untouched by any player.

#### **SECTION 15 KEEPING THE BALL MORE THAN 30 SECONDS WITHOUT SHOOTING**

An ordinary foul is committed when a player retains possession of the ball for more than 30 seconds of actual play without a shot on goal. However, if a team relinquishes possession of the ball by dumping the ball into a vacant area prior to the expiration of the shot clock, the referee shall blow the whistle and turn the ball over. The shot clock is reset.

The timekeeper recording the possession time shall reset the shot clock (3-17-2):

- a. When the ball has left the hand of the player shooting at goal. If the ball rebounds into play from the goal post, crossbar or the goalkeeper, the possession time shall not recommence until the ball comes into the possession of one of the teams;
- b. When the ball comes into the possession of the opposing team. "Possession" shall not include the ball merely being touched in flight by an opposing player; or
- c. When the ball is put into play following the award of an exclusion foul, penalty foul, goal throw, corner throw or neutral throw.

Visible clocks shall show the time in a descending manner (the possession time remaining).

#### **SECTION 16 TEAM NOT READY TO START**

An ordinary foul is committed when a player fails to be ready to start at the beginning of the period. The ball will be awarded to the opposing team at the half-distance line.

#### **SECTION 17 IMPROPERLY TAKEN SHOT ON GOAL**

An offensive ordinary foul is committed when the entire ball has passed full over the goal line between the goal posts and underneath the crossbar, or strikes the goal posts, crossbar or the defending goalkeeper directly from a:

- a. Free throw awarded inside 5 meters;
- b. Free throw awarded outside 5 meters and not taken immediately in accordance with the rules;
- c. Goal throw not taken immediately; or
- d. Corner throw.

## **Rule 7 Exclusion Fouls**

### **SECTION 1 ENFORCEMENT**

It shall be an exclusion foul to commit any offenses in Rules 7-4 through 19, which shall be punished (except as otherwise provided by the rules) by the award of a free throw to the opposing team and exclusion of the player who committed the foul for 20 seconds or the earliest occurrence of an event.

### **SECTION 2 METHOD OF LEAVING PLAY**

**ART. 1 . . .** The excluded player shall move to the re-entry area nearest that player's own goal line without leaving the water. An excluded player who leaves the water other than following the entry of a substitute, shall be excluded for the remainder of the game.

**ART. 2 . . .** An excluded player (including any player excluded under the rules for the remainder of the game) shall remain in the water and move (which may include swimming under water) to the re-entry area nearest to the excluded player's own goal line without interfering with the play. The excluded player may swim from the field of play at any point on the goal line or sideline and may swim behind the goal to reach the re-entry area provided the player does not interfere with the alignment of the goal.

On reaching the re-entry area, the excluded player shall be required to visibly rise to the surface of the water before the player (or a substitute) shall be permitted to re-enter in accordance with the rules. However, it shall not be necessary for the excluded player to then remain in the re-entry area to await the arrival of an intended substitute.

**ART. 3 . . .** If no player or an incorrect player(s) leaves the field of play, the referee should immediately correct the situation if a goal has not been scored. The referee should stop play quickly, allow the incorrect player(s) to re-enter, exclude the correct player(s), instruct both timers to reset both clocks and commence play. In this case, the incorrect player does not have to swim to the re-entry area before re-entering the field of play.

**ART. 4 . . .** If an excluded player climbs from the side of the pool instead of swimming to the re-entry area, that player is excluded for the remainder of the game, with



substitution after the earliest occurrence (7-3). (This game exclusion is not classified as misconduct.) If the excluded player does not go into the re-entry area, however, the substitute may not enter until after a time-out, goal or end of the period.

**ART. 5 . . .** If a player who has received a third personal foul or a game exclusion leaves the water to go to the re-entry area, no additional penalty is assessed that player and the substitute will be allowed to enter at the appropriate time. If the excluded player does not go into the re-entry area, however, the substitute may not enter until after a time-out, goal, or end of the period.

### SECTION 3 RE-ENTRY

**ART. 1 . . .** The excluded player or a substitute shall be permitted to re-enter the field of play from the re-entry area nearest to that player's goal line after the earliest occurrence of one of the following when:

- a. 20 seconds of actual play have elapsed, at which time the exclusion secretary shall raise the appropriate flag provided that the excluded player has reached the team's re-entry area in accordance with the rules;
- b. A goal has been scored;
- c. The excluded player's team has retaken possession of the ball (receiving control of the ball) during actual play, at which time the perimeter referee shall signal re-entry by a hand signal; or
- d. The excluded player's team is awarded a free throw or goal throw. The referee's signal to award the throw qualifies as the re-entry signal, provided that the excluded player has reached the re-entry area in accordance with the rules.

#### NOTES:

1. In the case of a double exclusion with the team on offense retaining possession of the ball, both excluded players are eligible to re-enter when a change of possession occurs. Each will be waved in on that change in possession as soon as that excluded player reaches that player's re-entry area.
2. If a player has not yet reached the re-entry area when the referee signals a change in possession, the player must still exit the field of play under the sideline or end line and swim to the re-entry area before coming back in and participating in the play.

**ART. 2 . . .** The excluded player or a substitute shall be permitted to re-enter the field of play from the re-entry area nearest to that player's own goal line, provided that:

- a. The player has received a signal from the exclusion secretary or a referee;
- b. The player shall not jump or push off from the side or wall of the pool or field of play;
- c. The player shall not affect the alignment of the goal;
- d. A substitute shall not be permitted to enter in the place of an excluded player until the excluded player has reached the re-entry area nearest to the player's own goal line except between periods, after a goal or during a time-out.

**ART. 3 . . .** After a goal has been scored, an excluded player or a substitute may re-enter the field of play from any place.

**ART. 4 . . .** These provisions shall also apply to the entry of a substitute when the excluded player has received three personal fouls or has otherwise been excluded from the remainder of the game in accordance with the rules.

**ART. 5 . . .** A team that has seven or more players eligible to participate in the game (any player awaiting re-entry after an exclusion is considered eligible to participate) must play with a goalkeeper, unless the goalkeeper has been excluded and is in the re-entry area.

**ART. 6 . . .** An excluded goalkeeper's substitute may only be another goalkeeper; an excluded field player's substitute may only be another field player. As a result, if a goalkeeper is excluded, a substitute wearing a goalkeeper's cap may not be substituted for an exiting field player during that exclusion period (as, for example, during a time-out or as a live-time direct substitute).

**ART. 7 . . .** A substitute shall not be signaled in by a referee, nor shall the exclusion secretary signal the end of the 20-second exclusion period until the excluded player has reached the re-entry area nearest to that player's own goal line. This shall also apply to the entry of a substitute who is to replace a player excluded from the remainder of the game. In the event of an excluded player failing to return to the re-entry area, a substitute shall not be permitted to enter until a goal has been scored or at the end of a period or after a time-out.

**ART. 8 . . .** The primary responsibility for giving the signal for the re-entry of an excluded player or a substitute is with the perimeter referee. However, the attack referee may also assist in this regard and the signal of either referee shall be valid. If a referee suspects an improper re-entry, then the referee should first be satisfied that the other referee or exclusion secretary had not signaled the re-entry.

**ART. 9 . . .** Before giving the signal for the re-entry of an excluded player or a substitute, the perimeter referee should wait momentarily in case the attack referee whistles to restore possession to the opponent's team.

**ART. 10 . . .** A change of possession does not occur merely because of the end of a period, but an excluded player or substitute shall be eligible to re-enter if the excluded player's team wins the ball at the sprint at the start of the next period. If a player is excluded when the end of a period is signaled, the referees and the secretary shall ensure that the teams have the correct number of players before signaling for the restart.

**ART. 11 . . .** The re-entry flag shall not be raised unless the player is eligible to re-enter the pool. The flag is not to be raised until the excluded player is in the re-entry area nor should it be raised if the player in the re-entry area is not eligible to play (for example, if the excluded player has three personal fouls).

**ART. 12 . . .** In order to determine when an excluded player is allowed to start play the next period, the referee must use the principle that if the ball would have been awarded to the defending team if there were time remaining on the clock at the end of the period, then the teams start even up. If the ball would not neces-

sarily have been awarded to the defending team, then the team with the excluded player starts with a player in the re-entry area.

#### SECTION 4 LEAVING THE WATER

For a player to leave the water, sit or stand on the steps or side of the pool during play, except in the case of accident, injury, illness or with the permission of a referee.

### SITUATIONS AND RULINGS

#### RULE 7, SECTION 4

**7.4 SITUATION A:** The player leaving the pool during play receives an exclusion foul, is excluded for 20 seconds or until the earliest occurrence of one of the events listed. (7-3)

**7.4 SITUATION B:** A player leaves the field of play under the sideline to retrieve a ball without the permission of the referee. The referee excludes the player for 20 seconds.

**7.4 SITUATION C:** An excluded player who leaves the pool (walks on the deck), other than from the re-entry area following the entry of a substitute, is excluded for the remainder of the game (7-2-4). This is not considered to be misconduct.

#### SECTION 5 INTERFERING WITH THROWS

To interfere with the taking of a free throw, goal throw or corner throw, including:

- Intentionally throwing away or failing to release the ball to prevent the normal progress of the game; or
- Any attempt to play the ball before it has left the hand of the thrower; or
- The defending player who committed the foul, not moving away from the player taking the free throw before raising an arm to block a pass or shot (approximately 1 meter).

#### NOTES:

- A player is not to be penalized under this rule if the player does not hear the whistle as a result of being under water. The referees must determine if the actions of the player are intentional.
- Interference with a throw may take place indirectly when the ball is hampered, delayed or prevented from reaching the player who is to take the throw, or it may occur when the execution of the throw is interfered with by an opponent blocking the direction of the throw (Figure 13) or by disturbing the actual movement of the thrower (Figure 14). (7-19)



Figure 13



Figure 14

### SITUATIONS AND RULINGS

#### RULE 7, SECTION 5

**7.5 SITUATION A:** The defensive player cannot interfere with the free throw. If the defensive player, with raised hand behind the head, is so close that the offensive player cannot make a throwing motion without hitting the defensive player, the defender has to back away or be called for interfering with the free throw. However, the offensive player may not unnecessarily lean or make some extraordinary arm motion into the defender to create this contact; that is, the free throw should be in a normal throwing motion.

**7.5 SITUATION B:** The defensive player puts one arm straight up while too close to the player. The referee should call interference with the free throw. The arm can be straight up or behind the player's head provided that the player does not interfere with the free throw.

#### SECTION 6 BLOCKING A PASS OR SHOT WITH TWO HANDS

To attempt to block a pass or a shot with two hands outside the 5-meter area.

**NOTE:** If a defending player outside the 5-meter area raises two hands in an attempt to block a pass or shot, the player shall be excluded for 20 seconds. The player does not actually have to touch the ball, and a shot or pass does not actually have to be taken. The player is punished for intent.

### SITUATION AND RULING

#### RULE 7, SECTION 6

**7.6 SITUATION:** A player may put two hands up to show that the player is not fouling the attacking player. However, the player must immediately lower one hand if the player attempts to shoot or pass.

#### SECTION 7 SPLASHING INTENTIONALLY

To splash in the face of an opponent intentionally.

#### NOTES:

- Splashing is frequently used as an unfair tactic but is often only penalized in the obvious situation when players are facing one another (Figure 15). However, it can also occur less obviously when a player produces a curtain of water with an arm, seemingly without deliberate intent, in an attempt to block the view of the opponent who is about to shoot at goal or to make a pass.
- The punishment for intentionally splashing an opponent is exclusion for 20 seconds or a penalty throw (8-1), if the opponent splashed is inside the 5-meter area and is attempting to shoot at goal. Whether to award a penalty throw or an exclusion is decided solely by the positioning and actions of the attacking player; whether the offending player is inside the 5-meter area or outside is not a decisive factor.



Figure 15

**SECTION 8 GOALKEEPER BEYOND HALF-DISTANCE LINE**

A goalkeeper to go or touch the ball beyond the half-distance line.

**SECTION 9 HOLDING, SINKING, PULLING BACK**

To hold, sink or pull back an opponent who is not holding the ball. "Holding" is lifting, carrying or touching the ball, but does not include dribbling the ball.

**NOTE:** The correct application of this rule is very important both as to the presentation of the game and in arriving at a proper and fair result. The wording of the rule is clear and explicit and can only be interpreted in one way: to hold (Figure 16), sink (Figure 17) or pull back (Figure 18) an opponent who is not holding the ball is an exclusion foul. It is essential that referees apply this rule correctly, without personal arbitrary interpretation, to ensure that the proper limits to rough play are not exceeded. In addition, referees must note that an infringement within the 5-meter area which prevents a probable goal must be punished by the award of a penalty throw.

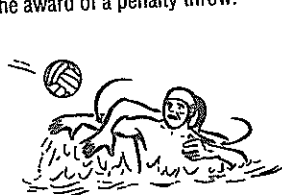


Figure 16



Figure 17



Figure 18



Figure 19

**SITUATIONS AND RULINGS****RULE 7, SECTION 9**

**7.9 SITUATION A:** It is an exclusion foul to hold, sink or pull back an opponent

even if the ball is not being passed to that player. Referees shall apply the advantage rule. (3-5)

**7.9 SITUATION B:** In competing for position, if both the center forward and the center defender are facing each other and holding, the player on offense must let go and face the ball before the pass is thrown to the center forward, or an offensive foul should be called.

**SECTION 10 KICKING OR STRIKING**

**ART. 1 . . .** To kick or strike an opponent intentionally or make disproportionate movements with that intent.

**ART. 2 . . .** The offense of kicking or striking can take a number of different forms, including being committed by a player in possession of the ball or by an opposing player; possession of the ball is not a decisive factor. What is important is the action of the offending player, including if the player makes disproportionate movements in an attempt to kick or strike, even if the player fails to make contact.

**ART. 3 . . .** One of the most serious acts of striking is elbowing backwards (Figure 19), which can result in serious injury to the opponent. Similarly, serious injury can occur when a player intentionally heads back into the face of an opponent who is marking the player closely. In these circumstances, the referee would also be justified in punishing the offense. (7-14)

**SECTION 11 MISCONDUCT**

**ART. 1 . . .** A player committing an act of misconduct engages in behavior such as:

- The use of profane, obscene, abusive, threatening language or gestures;
  - Any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstance;
  - Persistent foul play (referring to play that is unacceptable within the spirit of the rules and is likely to bring the game into disrepute);
- NOTE:** Persistent foul play is entirely different from and unrelated to "persisting in an ordinary foul."
- Overaggressive fouls (hard fouls unacceptable within the spirit of the rules, including deliberate elbowing to the head, face or neck or headbutting an opponent);
  - Refusal to follow directive or show disrespect toward a referee or an official.

The offending player shall be excluded from the remainder of the game, with substitution after the earliest occurrence. (7-3) A referee shall have the power to order any player from the water for misconduct and to issue a red card should a player refuse to leave the water when so ordered. The referee has the power to abandon the game if a player continues to refuse to leave the water when so ordered. (3-8)

If a player of either team commits a foul of misconduct during play, the player is excluded for the remainder of the game, the ball awarded to the offended team

and play restarted with a substitute in the re-entry area for 20 seconds or the earliest occurrence of one of the events. (7-3)

**ART. 2 . . .** If a player of either team commits misconduct or any other offense relating to Rule 7-10 during interval time, (the time between periods, during a time-out, before the restart after a goal or before a penalty throw is taken), no matter which team committed the foul, the player shall be excluded from the remainder of the game and the teams start even up:

- a. If misconduct occurs during the interval between periods, the game restarts even up with a sprint;
- b. If misconduct occurs during a time-out, the game starts even up with a free throw by the team in possession of the ball at the conclusion of the time-out;
- c. If misconduct occurs after a goal, the game starts even up at half as after a goal with a free throw by the team which was defending before the goal was scored.
- d. If misconduct occurs before a penalty throw is taken, the game starts even up with the taking of the penalty throw.

**ART. 3 . . .** If a player commits a foul of misconduct while exiting the pool after committing that player's third personal foul, an exclusion foul, the player is removed for the remainder of the game, the substitute may not enter for 20 seconds or the earliest occurrence of an event described in Rule 7-3, and a penalty throw is taken. If the penalty throw scores, the substitute enters immediately. If it is missed, the substitute shall not enter until earliest occurrence of an event (7-3). However, if the player continues to be disrespectful to the referee before or after the penalty throw is taken, the referee may also award a red card to the player.

**ART. 4 . . .** If a player commits a foul of misconduct while exiting the pool after committing that player's third personal foul, a penalty foul, the player is removed for the remainder of the game with immediate substitution, and a second penalty foul is awarded. The first penalty throw is a dead-time penalty throw, the second penalty throw is a live-time penalty throw. (Table 1)

## SITUATIONS AND RULINGS

### RULE 7, SECTION 11

**7.11 SITUATION A:** A player excluded for misconduct for the remainder of the game must remain on the bench with cap on for the remainder of the game.

**7.11 SITUATION B:** The term "during play" refers to the time between the calling of a foul and the taking of the free throw, goal throw, corner throw or neutral throw in addition to the time after the ball is put in play. It incorporates what was formerly called "dead time" before the ball was put into play, and "live time," after the ball was put into play.

**7.11 SITUATION C:** A player commits misconduct, the player's first personal foul. The player is excluded for the remainder of the game. If the player continues to be disrespectful to the referee or commits any other act of misconduct, a pen-

alty throw is awarded and taken with the substitute for that player in the re-entry area. If the player still continues to be disrespectful to the referee, the referee may also award a red card to that player.

## SECTION 12. MINOR ACTS OF MISCONDUCT (MAM)

**ART. 1 . . .** An exclusion foul with a 20-second period of exclusion will be awarded for minor acts of misconduct (MAM) that are not sufficient to warrant exclusion for the remainder of the game. (Appendix D-CC). Examples of this type of exclusion foul include a player directing minor comments to the referee or making minor gestures to the referee or making minor comments (minor taunting) or gestures or minor shoving to a member of the opposing team or to a member of the same team, as, for example, after a goal or after a personal foul. More than one minor act of misconduct may be called during play or during interval time during a game and more than one minor act of misconduct may be called during play or during interval time on the same player in a game. The referee signals for a minor act of misconduct in each case and excludes the player for 20 seconds.

**ART. 2 . . .** If a player commits a minor act of misconduct on the way out after committing a third personal foul which is an exclusion foul, a penalty throw is awarded. The substitute shall not enter until after the earliest occurrence of an event (7-3).

**ART. 3 . . .** If the player commits a minor act of misconduct immediately after committing a third personal foul which is a penalty foul, an additional penalty foul is awarded. A substitute enters immediately as the third foul was a penalty foul.

The first penalty shot is a dead-time penalty shot, the second is a live-time penalty shot. (Table 1)

- a. If a minor act of misconduct occurs during the interval between periods, the player is charged with a personal foul, excluded for 20 seconds, with immediate substitution, and the game restarts even up with a sprint.
- b. If a minor act of misconduct occurs during a time-out, the player is excluded for 20 seconds, charged with a personal foul, with immediate substitution, and the game restarts even up with a free throw by the team in possession of the ball. The shot clock is not reset if the minor act of misconduct occurs during a time-out.
- c. If a minor act of misconduct occurs after a goal, the player is charged with a personal foul, excluded for 20 seconds, with immediate substitution, and the game restarts even up with a free throw by the team which was defending before the goal was scored at half as after a goal.
- d. If a minor act of misconduct occurs in the interval before a penalty throw is taken, the player is excluded for 20 seconds and the game starts even-up with the taking of the penalty throw.

**TABLE 1**

**Summary of Actions of Referee After Either a Minor Act of Misconduct or Misconduct is Committed Immediately Following an Exclusion Foul or a Penalty Foul**

Personal foul committed	Appropriate action of the referee in each case of minor act of misconduct committed after the foul in the first column	Appropriate action of the referee in each case of misconduct committed after the foul in the first column
A player commits his/her first personal foul, an exclusion foul	Player awarded another personal foul (his/her second) and is excluded for 20 seconds*	Player excluded for remainder of game for misconduct; substitute excluded for 20 seconds*
A player commits his/her first personal foul, a penalty foul	Player awarded another personal foul (his/her second); player removed with immediate substitution, and live-time penalty throw conducted (player may re-enter as direct sub after 20 seconds or after goal or after change of possession)	Player excluded for remainder of game for misconduct; with immediate substitution, and live-time penalty throw conducted
A player commits his/her second personal foul, an exclusion foul	Player awarded another personal foul (his/her third) and excluded for remainder of game as the player has 3 personal fouls; substitute excluded for 20 seconds*	Player excluded for remainder of game for misconduct; substitute is excluded for 20 seconds*
A player commits his/her second personal foul, a penalty foul	Player awarded another personal foul (his/her third) and excluded for remainder of game as the player has 3 personal fouls with immediate substitution and live-time penalty throw conducted	Player excluded for remainder of game for misconduct, with immediate substitution, and live-time penalty throw conducted
A player commits his/her third personal foul, an exclusion foul	Player excluded for remainder of game as the player has 3 personal fouls, substitute excluded for 20 seconds*, live-time penalty throw conducted	Player excluded for remainder of game for misconduct, substitute excluded for 20 seconds*, live-time penalty throw conducted
A player commits his/her third personal foul, a penalty foul	Player excluded for remainder of game as the player has 3 personal fouls, substitute enters immediately as the third foul was a penalty foul; first penalty throw is a dead-time penalty throw, second is a live-time penalty throw	Player excluded for remainder of game for misconduct; substitute enters immediately as third foul was a penalty foul; first penalty throw is a dead-time penalty throw, second is a live-time penalty throw

\*Excluded for 20 seconds means 20 seconds or earliest occurrence of an event described in Rule 20-3.

**SITUATIONS AND RULINGS**

**RULE 7, SECTION 12**

**7.12 SITUATION A:** A player on the team on offense committed the exclusion foul of splashing intentionally. In the face of an opponent during interval time (7-7). The referee excluded the player for 20 seconds and turned the ball over as opposed to excluding the player from the remainder of the game for misconduct, since the foul of splashing is not classified as misconduct, even if committed during interval time.

**7.12 SITUATION B:** The goalkeeper commits a minor act of misconduct during a time-out. The player is excluded for 20 seconds, a substitute goalkeeper enters immediately and the teams start even with a free throw taken by the team in possession of the ball. The excluded goalkeeper can return after 20 seconds as a live-time substitute for the substitute goalkeeper. The exclusion secretary does not raise the flag to indicate the expiration of the 20-second exclusion period as the team has the full complement of players in the field of play. However, the excluded goalkeeper can remain in the re-entry area until the opportunity for a live-time substitution occurs after 20 seconds have elapsed or there is a change in possession or goal scored.

**SECTION 13 FLAGRANT MISCONDUCT**

**ART. 1 . . .** To commit an act of flagrant misconduct (including playing in a violent manner, kicking, striking, attempting to kick or strike with malicious intent, fighting or biting) against an opponent or official, at any time during the game, including intervals.

Fighting usually involves a minimum of two players or other personnel. Fighting could include, but not limited to, an attempt to strike an opponent with the arms, hands, legs or feet, or a combative action by one or more players, a coach or team personnel. Combative action includes but is not limited to: (1) a player, coach or other team personnel attempting to punch or kick an opponent, whether or not there is contact with an opponent; (2) a player, coach or other team personnel who, in the opinion of the referee, instigates a fight by perpetuating an unsporting act towards an opponent that causes the opponent to retaliate by fighting. Any player, coach or other team personnel who leaves the bench area during a fight shall be assessed a flagrant misconduct foul.

**ART. 2 . . .** The player who commits an act of flagrant misconduct during play shall be excluded from the remainder of the game, a dead-time penalty throw awarded, and the team shooting the penalty throw shall get the ball back at or behind the half-distance line as after a time-out whether the penalty shot is made or missed. The substitute for the excluded player must still remain in the re-entry area for 20 seconds or until the earliest occurrence of an event. (7-3)

**ART. 3 . . .** This rule shall also apply if the act of flagrant misconduct occurs during interval time. The offending player shall be excluded from the remainder of the game, a dead-time penalty throw awarded, and the team shooting the penalty throw shall get the ball back at or behind the half-distance line as after a time-out whether the penalty shot is made or missed, with the substitute for the excluded player still in the re-entry area for 20 seconds or until the earliest occurrence of an event (7-3). These provisions shall not apply, however, before the game has actually commenced.

**ART. 4 . . .** In the case of a double flagrant misconduct foul committed during play, both players are excluded for the remainder of the game and a dead-time penalty throw awarded each team. The penalty throws are taken with the substitutes in the re-entry areas. The first penalty throw shall be taken by the team in possession of the ball at the time of stoppage. After the second penalty throw has been taken (made or missed), the game shall be restarted by the team that last had possession of the ball taking a free throw as after a time-out on or behind the half-distance line with the substitutes for the excluded players still in the re-entry areas. The substitutes may not enter until the earliest occurrence of one of the events. (7-3)

If a double flagrant misconduct foul occurs between periods, the offending players are removed for the remainder of the game, with their substitutes in the re-entry areas, and the next period begins with a sprint. After one team gains possession, the referee will stop the game and award a penalty throw to the team that gained possession. This results in a goal or no goal. The second penalty shot will be taken by the defensive team, which will result in a goal or no goal. The referee will then award a free throw on or behind the half-distance line to the team that gained possession on the sprint as after a time-out. The substitutes still remain in the re-entry areas until the earliest occurrence of one of the events. (7-3)

If a double flagrant misconduct foul occurs during a time-out or after a goal, both players are excluded for the remainder of the game with their substitutes in the re-entry areas. The first dead-time penalty shot is taken by the team which would normally have possession of the ball, followed by the second. The referee will then award a free throw on or behind the half-distance line as after a time-out to the team that would have had possession of the ball after the time-out or after the goal. Both substitutes must remain in the re-entry areas until the earliest occurrence of one of the events. (7-3)

**ART. 5 . . .** If multiple players engage in a fight or enter the pool during a fight, the same principle is followed, with multiple alternate penalty shots.

**ART. 6 . . .** In the case of flagrant misconduct committed at any time by a substitute who was not in the water during the play, the offending player shall be excluded from the remainder of the game. The captain of the team shall be ordered to remove from the water a player of the captain's choice, a dead-time penalty

throw awarded, and the team shooting the penalty throw shall get the ball back at or behind the half-distance line as after a time-out whether the penalty shot is made or missed. The player who was removed (or a substitute) must still remain in the re-entry area for 20 seconds or until the earliest occurrence of an event (7-3). The player who has been removed can subsequently be used during the remainder of the game as one of that team's remaining players in the water and no personal foul shall be awarded in relation to that player's removal from the water.

**ART. 7 . . .** The player who committed flagrant misconduct must leave the team bench and may sit in the spectator stands under supervision, during the remainder of that game and may not communicate with the team, team officials or referees by any means during entire time of jurisdiction of referees. This applies to substitutes and other team personnel. A coach or other team official who commits an act of flagrant misconduct must leave the pool facility and have no visual or electronic contact with the team. (1-12)

**ART. 8 . . .** The offenders will also be suspended for the next traditional season game, including tournament competition or postseason championship competition. The offenders may sit in the spectator stands during that game but may not communicate with the team, team officials or referees by any method. If the flagrant misconduct was committed during the final game of the traditional season, the suspension will be carried over to the next traditional season game. It is the responsibility of the schools and their respective state association to ensure that the carryover penalties for flagrant misconduct are invoked.

**ART. 9 . . .** If an act of flagrant misconduct occurs immediately after the conclusion of a game, each player involved shall be suspended from the next game. Penalty shots shall not be awarded in this situation. If the flagrant misconduct occurs during a tournament, the tournament committee, if present, or the state association may assess an additional penalty, such as suspension from more than one game in the tournament.

**ART. 10 . . .** A state association may enact more serious penalties for flagrant misconduct or for participating in a fight than those described in this rule.

## SITUATIONS AND RULINGS

### RULE 7, SECTION 13

**7.13 SITUATION A:** A player on the white team commits an act of flagrant misconduct during a time-out called by the white team or immediately after a goal scored by the blue team. The offending player shall be excluded for the remainder of the game, a dead-time penalty throw awarded to the blue team, and the blue team shall get the ball back at or behind the half-distance line as after a time-out whether the penalty shot is made or missed, with the substitute for the excluded player still in the re-entry area for 20 seconds or until the earliest occurrence of an event. (7-3)

**7.13 SITUATION B:** This rule shall also apply if flagrant misconduct occurs during the interval between periods. The player shall be excluded for the remainder of the game. The period shall begin with a dead-time penalty throw and the team shooting the penalty throw shall get the ball back at or behind the half-distance line as after a time-out, whether the penalty shot is made or missed. The substitute for the excluded player must still remain in the re-entry area for 20 seconds or until the earliest occurrence of an event. (7-3)

#### SECTION 14 SIMULTANEOUS PERSONAL FOULS

**ART. 1 . . .** In the case of simultaneous exclusion of players of opposing teams during play, both players are excluded for 20 seconds and the team on attack shall maintain possession of the ball. The referee shall take the ball out of the pool and make sure that both teams and the secretaries know who is excluded. The shot clock shall be reset unless the team that was in possession of the ball retains possession of the ball. Players shall be excluded from the remainder of the game where the rules so provide. Play shall be restarted by a player of the team that had possession of the ball when the simultaneous exclusion fouls were committed, at the point of the foul or behind.

Both players excluded shall be permitted to re-enter at the next earliest occurrence of an event (goal scored, change of possession, or elapse of 20 seconds (7-3)). If the two players who have been excluded under this rule are eligible to re-enter before they have reached their respective re-entry areas, the perimeter referee or exclusion secretary, as appropriate, may wave in each player as soon as that player is in the re-entry area ready to re-enter. The referee or exclusion secretary does not have to wait until both players are ready to re-enter. If neither team has possession of the ball when a double exclusion foul is called, both players are excluded and a neutral throw awarded at the point of the foul. The shot clock is reset. Both players may enter after the next change in possession after the neutral throw or when 20 seconds expire or a goal is scored.

**ART. 2 . . .** If the simultaneous exclusion fouls are committed at the taking of a penalty throw, both players are excluded, the penalty throw shall be maintained and the shot clock reset. If the penalty throw is scored, both players shall re-enter. If it is not scored, the excluded players shall not be permitted to re-enter until the next earliest occurrence following the penalty shot. Players shall be excluded from the remainder of the game where the rules so provide. (7-3)

**ART. 3 . . .** If the offenses are committed simultaneously at the taking of a neutral throw, both players shall be excluded and the referee shall restart the play with a neutral throw.

**ART. 4 . . .** When a player of each team commits a penalty foul simultaneously during play, two dead-time penalty throws are awarded. The first penalty throw shall be taken by the team last in possession of the ball. After the second penalty

throw has been taken (made or missed), the game shall be restarted with a free throw on or behind the half-distance line as after a time-out by the team that last had possession of the ball. The shot clock is reset with the taking of the penalty throw.

#### SITUATION AND RULING RULE 7, SECTION 14

**7.14 SITUATION:** The team in blue caps has possession of the ball when a double exclusion was called with 12 seconds remaining in the period. The team in blue caps retained possession of the ball and the period ends with the team in blue caps still in possession of the ball, shot clock not reset. The next period began with a sprint with both excluded players or their substitutes still in the re-entry area. If the team with blue caps wins the sprint, both players remain in the re-entry area until the earliest occurrence of one of the events (7-3). If the team with white caps wins possession of the ball on the sprint, both excluded players may re-enter the field of play, as a change of possession occurred.

#### SECTION 15 ENTERING FIELD OF PLAY IMPROPERLY

**ART. 1 . . .** Entering the field of play improperly includes an excluded player re-entering or a substitute entering the field of play improperly:

- a. Without having received a signal from the exclusion secretary or referee;
- b. From any place other than that player's own re-entry area, except where the rules provide for immediate substitution;
- c. By jumping or pushing off from the side or wall of the pool or field of play; or
- d. By affecting the alignment of the goal.

**ART. 2 . . .** If this offense is committed by a player of the team not in possession of the ball, the offending player shall be excluded for an additional 20 seconds and a penalty throw is awarded to the opposing team. However, on the scoresheet, only one additional personal foul (an exclusion penalty marked as EP) shall be recorded against the offending player. The time of the foul shall be the time of the improper re-entry of the excluded player.

**ART. 3 . . .** If this offense is committed by a player of the team in possession of the ball, the offending player shall be excluded for 20 seconds and a free throw awarded to the opposing team. The player receives only one additional personal foul. On the scoresheet, an additional personal foul (E) shall be recorded against the offending player. The time of this exclusion foul shall be the time of the improper re-entry of the excluded player.

#### SECTION 16 INTERFERENCE WITH PENALTY THROW

A player who interferes with the taking of a penalty throw shall be excluded from the remainder of the game with substitution after the earliest occurrence and the penalty throw shall be maintained or re-taken as appropriate. This game exclusion



is not considered to be misconduct. (7-3)

**NOTE:** The most common form of interference with a penalty throw is when an opponent aims a kick at the player taking the throw, just as the throw is about to be taken. It is essential for the referees to ensure that all players are at least 2 meters from the thrower, to prevent such interference taking place. The referee should also allow the defending team the first right to take position on each side of the shooter.

## SITUATIONS AND RULINGS

### RULE 7, SECTION 16

**7.16 SITUATION A:** A player interferes with a penalty shot. If the shot was scored, the goal counts, the offending player is excluded for the remainder of the game and the substitute enters immediately.

**7.16 SITUATION B:** A player interferes with a penalty shot, causing the player to miss the shot. The offending player is excluded for the remainder of the game, the substitute is in the re-entry area, and the penalty shot is retaken. If the shot scores, the substitute enters immediately. If the shot is missed, the substitute shall not enter until after the earliest occurrence of one of the events (7-3)

**7.16 SITUATION C:** If a player commits an act of misconduct in the interval before the penalty throw is taken, such as directing foul language towards the referee or taunting the shooter, the player is excluded for the remainder of the game for misconduct, a substitute enters immediately before the penalty throw, and then the penalty throw is taken.

### SECTION 17 FAILURE TO TAKE POSITION ON GOAL LINE

For the defending goalkeeper to fail to take up the correct position on the goal line at the taking of a penalty throw, having been ordered once to do so by the referee, the goalkeeper is excluded for 20 seconds. Another defending player may take the position of the goalkeeper but without the goalkeeper's privileges or limitations.

### SECTION 18 COMMENCEMENT OF EXCLUSION PERIOD

When a player is excluded, the exclusion period shall commence immediately when the ball has been put in play or when the ball has been touched following a neutral throw.

### SECTION 19 INTERFERING WITH PLAY

If an excluded player intentionally interferes with play, including affecting the alignment of the goal, a penalty throw shall be awarded to the opposing team and an additional personal foul awarded against the excluded player. If the excluded player does not commence leaving the field of play almost immediately, the referee may deem this to be intentional interference under this rule.

**NOTE:** This rule also applies to substitutes in the water during inclement weather behind the goal line who interfere with play. (2-2-1)

## SECTION 20 CONTINUATION OF EXCLUSION INTO OVERTIME

In the event of overtime, the exclusion period of any excluded player shall also continue into the overtime. Personal fouls awarded during the periods of regulation time shall also carry forward into overtime and any player excluded under the rules from the remainder of the game shall not be permitted to take part in any periods of overtime.

# Rule 8 Penalty Fouls

## SECTION 1 WHEN AWARDED

A penalty foul shall be punishable by the awarding of a penalty throw to the opposing team.

## SECTION 2 WITHIN 5-METER TO PREVENT GOAL

A penalty throw is awarded when a defending player commits a foul within the 5-meter area for which a goal would have been the probable result.

**NOTE:** In addition to other offenses preventing a probable goal, it is an offense within the meaning of this rule for:

- a goalkeeper or other defending player to pull down or otherwise displace the goal (Figure 20);
- a defending player to attempt to block a shot or pass with two hands inside the 5-meter area (Figure 21);
- a defending player to play the ball with two hands;
- a defending player to play the ball with a clenched fist (Figure 22);
- a goalkeeper or other defending player to take the ball under the water when tackled;
- the goalkeeper to push off the wall in an attempt to block a shot (if the ball goes into the goal, the goal is scored. If the shot is blocked, a penalty throw shall be awarded); or
- a defending player other than the goalkeeper to jump off the bottom within the 5-meter area to prevent a probable goal.

**NOTE:** If a field player replaces an excluded goalkeeper, the field player does not assume the privileges of the goalkeeper. If the player attempts to play the ball with two hands, a penalty throw shall be awarded.



Figure 20



Figure 21



Figure 22

**SITUATION AND RULING****RULE 8, SECTION 2**

**8.2 SITUATION:** If the defending player intentionally blocks or attempts to block a pass which prevents a probable goal with two hands, a penalty foul is awarded. It is not a penalty foul if the ball is being passed to a player who was in such a position that the pass would not have led to a probable goal. An exclusion foul should be awarded in this case.

**SECTION 3 KICKING OR STRIKING WITHIN 5-METER AREA, FLAGRANT MISCONDUCT OR FIGHTING**

A penalty foul is committed when a defending player within the 5-meter area kicks or strikes an opponent or a player at any location in the pool commits an act of flagrant misconduct or engages in a fight.

**NOTE:** If a player commits flagrant misconduct, either inside or outside the 5-meter area, a penalty throw is awarded and the player excluded for the remainder of the game.

**SECTION 4 EXCLUDED PLAYER INTERFERING WITH PLAY**

A penalty foul is committed when an excluded player intentionally interferes with play, including affecting the alignment of the goal. (7-1-2)

**SECTION 5 PULLING OVER GOAL**

A penalty foul is committed when a goalkeeper or any defending player pulls over the goal completely with the object of preventing a probable goal. The offending player shall also be excluded from the remainder of the game, with substitution after the earliest occurrence. (7-3)

**SECTION 6 PLAYER NOT ENTITLED TO PARTICIPATE ENTERING FIELD OF PLAY**

A penalty foul is committed when a player or substitute who is not entitled under the rules to participate in the play enters the field of play. The offending player shall also be excluded from the remainder of the game with substitution. The substitute may enter the field of play after the earliest occurrence. (7-3)

**NOTES:**

1. Examples of a player not entitled to participate include the entrance of a player with three personal fouls during play; the entrance of an eighth player while the ball is in play; and the entrance of a substitute player before the excluded player has left the field of play. The penalties described in this rule do not apply to the early entrance of an excluded player who has one or two personal fouls as that player is entitled to participate, just not at that time. If an excluded player enters early on offense, the player is excluded again for 20 seconds. The player is eligible to continue playing after the exclusion time elapses and no penalty shot is administered. If a player on defense enters early, a penalty shot is administered and the player is excluded again for 20 seconds. That player is also eligible to play again after serving the penalty.

2. A penalty throw is awarded if a player with three personal fouls re-enters the water illegally while the ball is in play.
3. If an excluded player and a substitute both enter after the earliest occurrence, whichever player entered last shall be the player penalized. If both players enter simultaneously, the substitute shall be penalized. (7-3)

**SECTION 7 IMPROPER TIME-OUT OR TEAM OFFICIAL PREVENTING GOAL**

A penalty foul is committed when the coach of the team on defense calls for a time-out more than the number permitted or at times not permitted, or a coach or other team official takes any action to prevent a probable goal, except that no personal foul shall be recorded for this offense.

**SECTION 8 AWARD OF PENALTY FOUL IN THE LAST MINUTES**

**ART. 1 . . .** A penalty foul is committed when, in the last minute of the game, in the last minute of the second overtime period or at any time during sudden-victory overtime periods, a penalty throw is awarded to a team. The coach may elect to maintain possession of the ball in lieu of taking the penalty throw. The team will be awarded a free throw on or behind the half-distance line with a new possession clock and will start play as after a time-out.

**NOTES:**

1. It is the responsibility of the coach to give a clear signal by crossing the arms up across the chest (Appendix C, Figure Z) if the team wishes to maintain possession of the ball or by showing five fingers to request a penalty throw, without delay. The referee must take the ball from the pool, verify the decision of the coach if no clear signal was given, and then restart play, either with the penalty throw or by the team on offense restarting play by taking a free throw on or behind the half-distance line as after a time-out. Players may take any position in the pool for the taking of the free throw.
2. Substitutions are not permitted during this temporary stoppage of play unless a time-out is called by the team on offense. The team on defense cannot call a time-out before a penalty shot is taken as that is considered to be disruptive to the shooter.
3. If the team on offense declines the penalty throw, the player taking the free throw on or behind half may not take a direct shot on goal (as the referee called the ball from the water).

**ART. 2 . . .** If simultaneous acts of flagrant misconduct are committed during the last minute of the game, during the last minute of overtime, or at any time during sudden-victory overtime, the coach whose team was in possession of the ball will decide whether each team will shoot a penalty shot or whether the team in possession of the ball will maintain possession of the ball and put the ball in play behind half as after a time-out with both substitutes in the re-entry areas.

## Rule 9 Penalty Throws

### SECTION 1 PLAYERS ELIGIBLE TO TAKE THROW

A penalty throw shall be taken by any player of the team to which it is awarded, except the goalkeeper, from any point on the opponents' 5-meter line.

### SECTION 2 POSITION OF OTHER PLAYERS AND GOALKEEPER

All players shall leave the 5-meter area and shall be at least two meters from the player taking the throw. On each side of the player taking the throw, one player of the defending team shall have the first right to take position. With floating goals, the defending goalkeeper shall be positioned between the goal posts with no part of the goalkeeper's body beyond the goal line at water level. With wall goals, the defending goalkeeper must assume a position with hips on the goal line. Should the goalkeeper be out of the water, another player may take the position of the goalkeeper but without the goalkeeper's privileges and limitations.

### SITUATION AND RULING

#### RULE 9, SECTION 2

**9.2 SITUATION:** The goalkeeper is excluded and, on the way out, interfered with play, resulting in the award of a penalty throw. The defensive field player in the goal raised one arm and blocked the ball with one hand out of bounds over the goal line. The referee awarded a goal throw because the player in the goal was a field player.

### SECTION 3 REFEREE SIGNAL

When the referee controlling the taking of the throw is satisfied that the players are in their correct positions, the referee shall signal for the throw to be taken, by whistle and by simultaneously lowering the arm from a vertical to a horizontal position.

#### NOTES:

1. This lack of specificity in designating the position of the referee when the whistle is blown allows the referee controlling the taking of the throw to determine the most advantageous position for that referee to watch the shooter, the defensive players and the goalkeeper. The other referee will watch the back court for interference.
2. The lowering of the arm at the same time as the signal by whistle makes it possible under any conditions, even amidst noise by spectators, to execute the throw in accordance with the rules. As the arm is lifted, the player taking the throw will concentrate, for the player knows that the signal will follow immediately.

### SECTION 4 HOW TAKEN

The player taking the penalty throw shall have possession of the ball and shall immediately throw it with an uninterrupted movement directly at the goal. The player may take the throw by lifting the ball from the water (Figure 23) or with the ball held in the raised hand (Figure 24) and the ball may be taken backwards from the direction of the goal in preparation for the forward throw, provided that the continuity of the movement shall not be interrupted before the ball leaves the thrower's hand.

**NOTE:** There is nothing in the rules to prevent a player taking the throw with the player's back to the goal while the player adopts a half screw or full screw action. The player taking the throw may also lob the ball provided the shot is taken without delay.

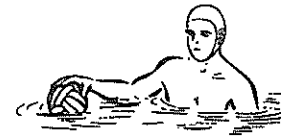


Figure 23



Figure 24

### SITUATIONS AND RULINGS

#### RULE 9, SECTION 4

**9.4 SITUATION A:** A penalty throw is awarded. Before the whistle, the player may pick up the ball with the left hand and immediately transfer the ball to the right hand and then wait for the referee's signal for the penalty throw. If the player transfers the ball from one hand to the other after the referee signals for the penalty throw to be taken, then the throw will be disallowed and the ball turned over.

**9.4 SITUATION B:** The defensive players may not interfere with the taking of the penalty throw (shout, whistle, kick the shooter, hit the shooter's arm, etc.). When the whistle is blown, the defensive player on each side of the shooter may move forward at an angle towards the goal, as long as the player does not interfere with the penalty shot. After the ball is released, the defensive players may move towards the shooter. The shooter may not move inside the 5-meter area until the ball leaves the hand of the shooter.

### SECTION 5 REBOUNDBING BALL

If the ball rebounds from the goal post, crossbar or goalkeeper, it remains in play and it shall not be necessary for another player to play or touch the ball before a goal can be scored.

**SECTION 6 EXTENSION OF TIME**

If at precisely the same time as the referee awards a penalty throw, the timer signals the end of a period, all players except the player taking the throw and the defending goalkeeper shall leave the water before the penalty throw is taken. In this situation, the ball shall immediately be dead should it rebound into play from the goal post, crossbar or the goalkeeper.

## Rule 10 *Personal Fouls*

**SECTION 1 WHEN AWARDED**

A personal foul shall be recorded against any player who commits an exclusion foul or penalty foul. The referee shall indicate the offending player's cap number to the secretary.

**SECTION 2 EXCLUSION AFTER THREE PERSONAL FOULS**

**ART. 1 . . .** Upon receiving a third personal foul, a player shall be excluded from the remainder of the game with substitution after the earliest occurrence. If the third personal foul is a penalty foul, the entry of the substitute shall be immediate, before the taking of the penalty shot. (7-3)

**ART. 2 . . .** If a player is excluded for the second time and interferes with play when leaving the pool, a penalty foul shall be awarded against the excluded player, that foul making that player's third personal foul. The exclusion secretary must raise the red flag to indicate that this is the third foul on that player, but does not blow the whistle as the penalty throw is taken with the substitute for the excluded player in the re-entry area.

## Rule 11 *Accident, Injury, Illness*

**SECTION 1 PLAYER LEAVING WATER**

A player shall only be allowed to leave the water, or sit or stand on the steps or side of the pool during play in the case of accident, injury, illness or with the permission of a referee. A player who has left the water legitimately may re-enter from the re-entry area nearest the player's own goal line at an appropriate stoppage, with the permission of a referee.

**SECTION 2 BLEEDING**

**ART. 1 . . .** If a player is bleeding or otherwise injured, the referee shall immediately stop play, remove the player, and allow the entrance of a substitute. However, if the team has a regular time-out remaining (whether the team is on offense or defense), the referee shall ask the coach if he/she wishes to call a time-out instead of immediately replacing the player.

**ART. 2 . . .** If the bleeding stops, the wound covered, the suit or body appropriately cleaned, and/or the suit is changed and the player is able to resume play by the end of the time-out, the player may continue play. If the bleeding has not stopped or if the player has not otherwise recovered, a substitute may enter play and the injured player may return to the game at a later time. (Appendix H)

**SECTION 3 ACCIDENT, INJURY, EXTENUATING CIRCUMSTANCES**

In case of accident, injury or extenuating circumstances, at the discretion of the referee, the game may be stopped and the injured player replaced immediately or the incident addressed. No time-out is charged and the injured player may return to the game at a later time. Should a goalkeeper retire from the game for any medical reason, the referees shall allow an immediate substitution, subject to one of the players taking the goalkeeper's cap.

**SITUATION AND RULING****RULE 11, SECTION 3**

**11.3 SITUATION:** "Extenuating circumstances" refers to some incident other than accident, injury, or illness, such as lightning or other weather-related condition, or a crowd-control problem, such as a fight in the stands, etc. At the discretion of the referee, the game may be stopped and the incident addressed (Appendix I). No time-out is charged.

**SECTION 4 CONCUSSION MANAGEMENT**

Any player who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate health-care professional. (Appendix F)

**SECTION 5 RETURN OF BALL INTO PLAY**

Should the game be stopped through accident, illness, bleeding, weather-related conditions (3-8, Appendix H) or other unforeseen reason, the team in possession of the ball at the time of the stoppage shall put the ball into play at the place of stoppage when the play resumes. The shot clock is not reset.

## 2017 POINTS OF EMPHASIS

### Managing Decorum

Athletes, coaches, referees and fans are all stakeholders in maintaining decorum throughout a water polo contest. Referees have the tools to ensure that a breakdown in decorum does not occur. It is important to note that following the pregame meeting, the head coach and captain are the only individuals authorized to address the referees, which can take place during time-outs, intervals between periods, with the permission of the referee or, in the case of the head coach, when filing a protest. The head coach and captain may only discuss rule clarifications and potential misapplications of rules with the officials, but may not comment to or address the referees during the actual play of the game. Judgment calls are not subject to discussion at any time. The referee has many tools to address conduct on the deck, including the issuance of warnings, yellow cards or red cards. Referees are encouraged to continue to use all of their options in maintaining decorum, and to understand their role in a competitive environment.

### Water Polo Move

A water polo move is the act of putting the ball into play, and any water polo-related move by the player taking the free throw is considered putting the ball in play. Examples include passing the ball to another player, dropping the ball from a raised hand into the water, throwing the ball in the air, swimming or dribbling the ball, spinning the ball in the hand, or a hard-ball fake. However, the mere act of picking up the ball by the player awarded a free throw does not constitute a water polo move. The referee administering the free throw must indicate the ball is in play by dropping an arm from horizontal to vertical position when the player taking the free throw makes a water polo move.

### Collaboration Between Referees

NFHS Water Polo Rules state that the authority of the referees over the players, coaches and team officials shall be effective during the entire time that the referees, players, coaches and team officials are within the precincts of the pool. It is important for the referees to work as a team so that they provide a consistent and fair environment for competition. Before the game begins, officials should discuss how they will share the pool so that the entire field of play is being monitored. Also, management of all of the players in the field, as well as appropriate application of the rules should be addressed. Referees must check the goals, exclusion areas and pool markings. They should ensure that benches are located properly, and confirm that desk personnel are properly trained and equipment works properly. During the contest referees must use clear and correct signals to avoid misunderstanding by players, coaches and spectators. Any mistake or misunderstanding must be clarified in collaboration between the two referees. Between periods, officials should address areas of concern and further spell out how they are sharing pool coverage based on what is happening in that particular game. Together, as a team, the referees can ensure that athletes and coaches are afforded a fair and level playing field.

## APPENDIX A INSTRUCTIONS FOR REFEREES FOR OFFICIATING IN SHALLOW-BOTTOM POOLS

The goal of this instruction is to increase the consistency of the punishment for inappropriate use of the bottom by either the offense or defense in a pool involving a shallow bottom (less than two meters deep) and to decrease the number of times a player chooses to use the bottom during a game because of the deterrent effect of a severe punishment (exclusion or offensive foul) for doing so. In pools over two meters (6.5 feet) deep, the rules are very clear and should be applied as written.

For pools with shallow ends less than two meters deep, referees are instructed to apply the following rules.

- (1) Under Ordinary Fouls, Rule 6-9 states, "It is an ordinary foul to impede or otherwise prevent the free movement of an opponent who is not holding the ball, including swimming on the opponent's shoulders, back or legs. 'Holding' is lifting, carrying or touching the ball, but does not include dribbling the ball."

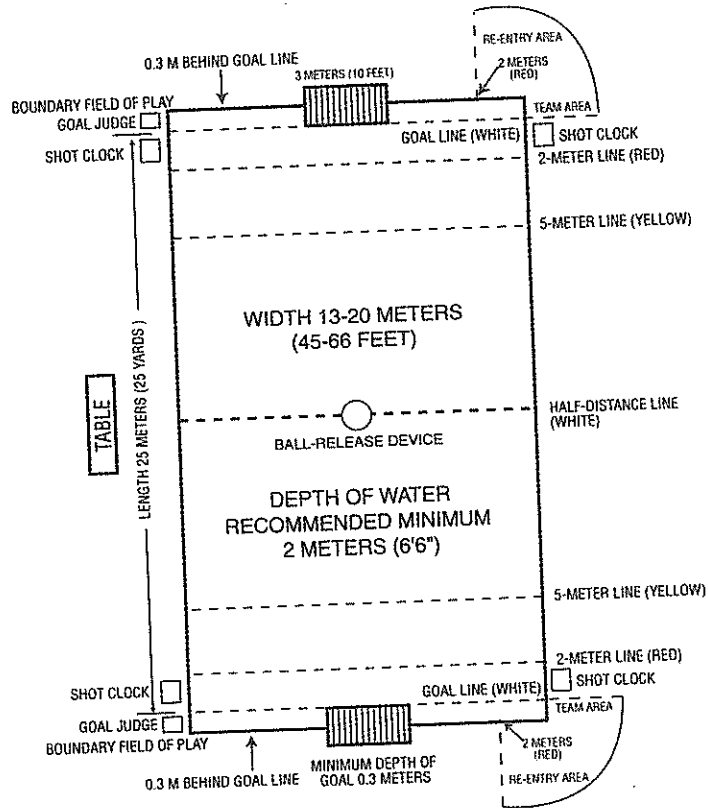
Under Exclusion Fouls, Rule 7-9 states, "It is an exclusion foul to hold, sink or pull back an opponent who is not holding the ball. 'Holding' is lifting, carrying or touching the ball but does not include dribbling the ball."

In the special case of games played in shallow-bottom pools referees are instructed as follows: A defensive player who uses the bottom to otherwise impede or hold an offensive player and prevent him or her from moving will be excluded for 20 seconds for holding under Rule 7-9. Even if this foul might otherwise have been viewed as impeding under Rule 7-9, in this special situation (shallow bottom) using the shallow bottom will be considered an exclusion foul. This rule is to be applied whether the player on offense is holding the ball or not.

This rule also applies to the situation where a defensive player uses the bottom to improve his or her defensive position and take away an advantage created by the offense. For example, if the ball is passed into the center forward and a defender guarding another player launches him or herself off the bottom in order to slough or crash on the center forward, this will be deemed a violation of this rule as the defender has now been able to impede the offense by use of the bottom. This would also apply to a defender on the perimeter who uses the bottom to take away an advantage gained by a player on offense on a drive.

- (2) Referees must also be aware of Rule 8-2, which states that it is a penalty foul "For a defending player to commit any foul within the 5-meter area but for which a goal probably would have resulted." This includes jumping off the bottom by any player other than the goalkeeper to prevent a probable goal.

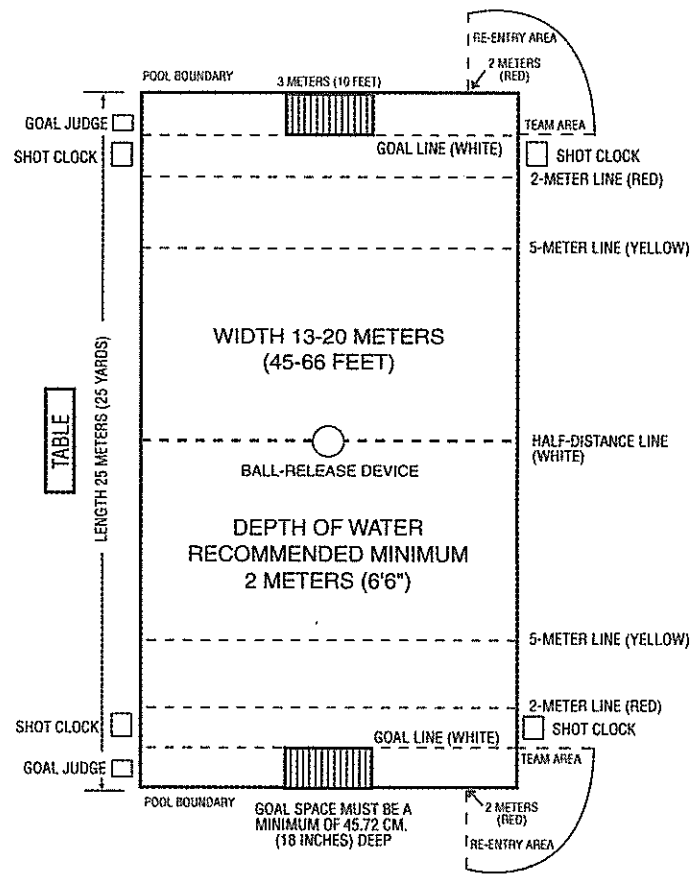
**Pool Diagram  
Floating Goal Pool**



NOTE: Minimum distance from goal line to pool wall recommended to be a minimum of 1.66 meters.

Hereinafter set forth, information on the diagrams in this book is suggestive only, it is not required by NFHS rules. The construction and layout of all venues used for high school competition are subject to any controlling laws and building codes, and to the sound judgement of the persons in charge of the facilities.

**Pool Diagram  
Wall-mounted Goal Pool**



Hereinafter set forth, information on the diagrams in this book is suggestive only, it is not required by NFHS rules. The construction and layout of all venues used for high school competition are subject to any controlling laws and building codes, and to the sound judgement of the persons in charge of the facilities.

### APPENDIX C INSTRUCTIONS FOR THE USE OF TWO REFEREES

1. The referees are in absolute control of the game and shall have equal powers to declare fouls and penalties. Differences of opinion of the referees shall not serve as a basis for protest or appeal.

2. The committee or organization appointing the referees shall have power to designate the side of the pool from which each referee shall officiate. Referees shall change sides of the pool before the start of any period when the teams do not change ends. Referees do not change sides during the game if one coach has requested that the teams change ends and benches each period in any pool.

**NOTE:** Whenever possible, the referees shall position themselves on opposite sides of the pool. If the two sides of the pool are parallel and do not have significant obstructions, each referee shall referee to the right. If this is not possible, due to an obstruction on one side of the pool, each referee shall referee to the left.

3. At the start of the game and of each period, the starting signal shall be given by the referee on the same side as the score table.

4. After a goal, both referees shall take up a position on the half-distance line. When both referees are satisfied that any substitutions have been completed, the referee who is to control the attacking play shall raise the hand and advance along the pool side to the right and the other referee (the referee who was controlling the attacking situation when the goal was scored) shall restart play.

**NOTE:** Both referees have the responsibility to determine if the coaches wish to substitute after a goal, although the primary responsibility is that of the referee on the side of the pool with the team benches.

5. Each referee shall have the power to declare fouls in any part of the field of play. Referees are expected to collaborate in order to get the call right, regardless of which referee makes the call. This means that the referee in the best position to see the offensive action should make the (no) call and his/her partner should monitor away from the action. Instead of thinking in terms of a front-court and a back-court official working to their right, collaboration involves an "attack" referee who watches the point of attack, and a "perimeter" referee who watches the rest of the pool. Within every possession this is a fluid situation, with the roles of the two partners frequently switching within a single possession.

6. When awarding a free throw, goal throw or corner throw, the referee making the decision shall blow the whistle and both referees shall indicate the direction of the attack, to enable players in different parts of the pool to see quickly which team has been awarded the throw. The referee making the decision shall point to where the throw is to be taken if the ball is not at that position. The referee administering the free throw shall point in the direction of the attack with the arm held horizontally until the ball is put in play, at which time the referee will drop the arm to the vertical position. Referees shall use the signals set out in Appendix C to indicate the nature of the fouls that they are penalizing.

7. The signal for a penalty throw to be taken shall be made by the attack referee, except that a player who wishes to take the throw with the left hand may request the perimeter referee to make the signal.

8. When simultaneous free throws are awarded by both referees to the same team, the award shall go to the player awarded the throw by the attack referee.

9. When simultaneous awards are made for ordinary fouls but for opposing teams, the award shall be a neutral throw, to be taken by the attack referee.

**NOTE:** A referee shall only change his/her decision under these circumstances if the referee realizes a mistake occurred.

10. When simultaneous awards are made by both referees against players either on the same team or on opposing teams and one is for an ordinary foul and the other is for an exclusion foul or penalty foul, the exclusion foul or penalty foul award shall be applied.

11. When one player of each team commits an exclusion foul simultaneously during play, the offending players shall be excluded. The referee shall call the ball from the water and make sure both teams and the secretaries know who is excluded, communicating the numbers of the excluded players to the players in the water and to the game secretary. If the same team maintains possession of the ball, the shot clock is not reset and play is restarted with a free throw awarded to the team that had possession of the ball at the time the simultaneous exclusion fouls were called. If neither team had possession of the ball when the simultaneous exclusion fouls were called, the shot clock shall be reset and play shall be restarted with a neutral throw.

12. In the event of simultaneous awards of penalty throws to both teams, the first throw shall be taken by the team last in possession of the ball. After the second penalty throw has been taken, the game shall be restarted with a free throw on or behind the half-distance line as after a time-out by the team that last had possession of the ball.

**NOTE:** Both penalty throws are dead-time penalty throws.

13. When simultaneous calls are made by both referees for personal fouls on the same team, both players shall receive a personal foul; also, the proper penalty (exclusion or penalty foul) shall be assessed to each player.

14. Both referees have the responsibility to observe that the game clock and the shot clock are being properly administered, although the primary responsibility is that of the perimeter referee. If a visible mistake is made on the game clock and/or the shot clock, the referees shall correct the mistake immediately.

15. Both referees have the responsibility to signal a change in direction of attack during an exclusion and are encouraged to wave in the excluded player with the other hand, although the primary responsibility is that of the perimeter referee.

16. Both referees have the responsibility to determine if the substitution from the re-entry area of one player for another player occurs correctly while play is in progress, although the primary responsibility is that of the perimeter referee.

17. If one referee signals for a corner throw and the other referee signals for a goal throw, the corner throw shall be awarded.

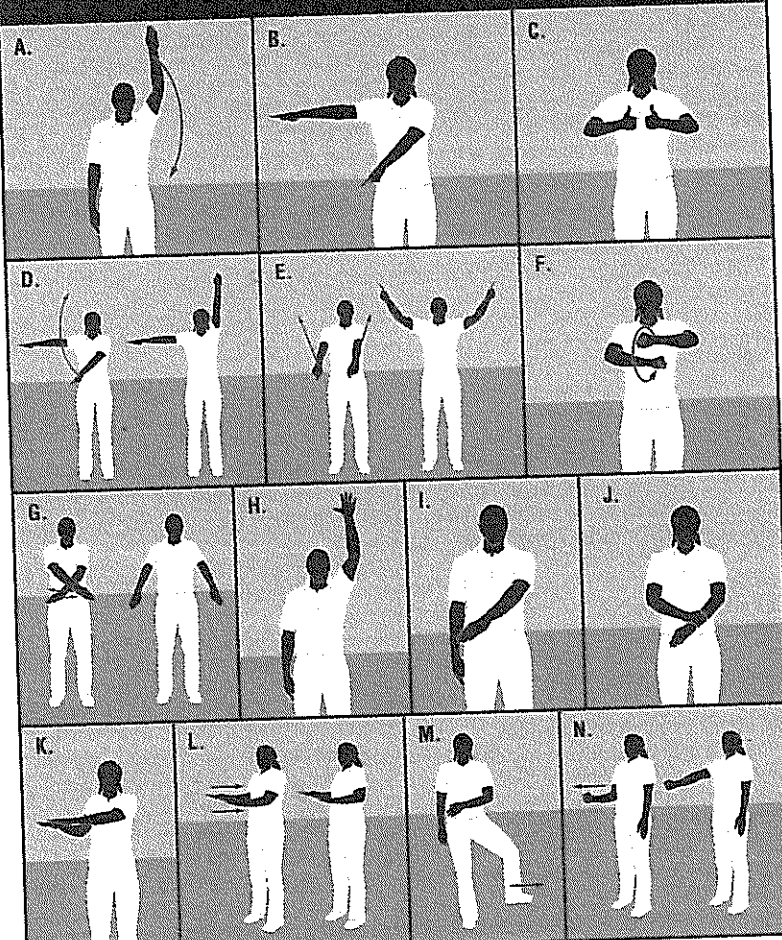
18. The referee who calls a foul should determine if that foul is inside or outside the 5-meter line in order to determine whether a direct shot on goal can be taken. If a free throw is awarded for a foul outside but within one meter of the 5-meter line, the referee administering the free throw will point with one arm horizontal to the body in the direction of the attacking team and shall point with the other arm diagonal to the body to the 5-meter line (usually marked by a yellow cone) to indicate that a player is eligible to shoot a direct shot on goal after that player's team has been awarded a free throw for a foul committed outside 5 meters.

19. At the taking of a corner throw on the side opposite to the attacking referee, the perimeter referee shall ensure that the throw is taken from the correct position by moving towards the 2-meter line, pointing with one arm to where the ball is to be put into play and with the other arm the direction of the throw.





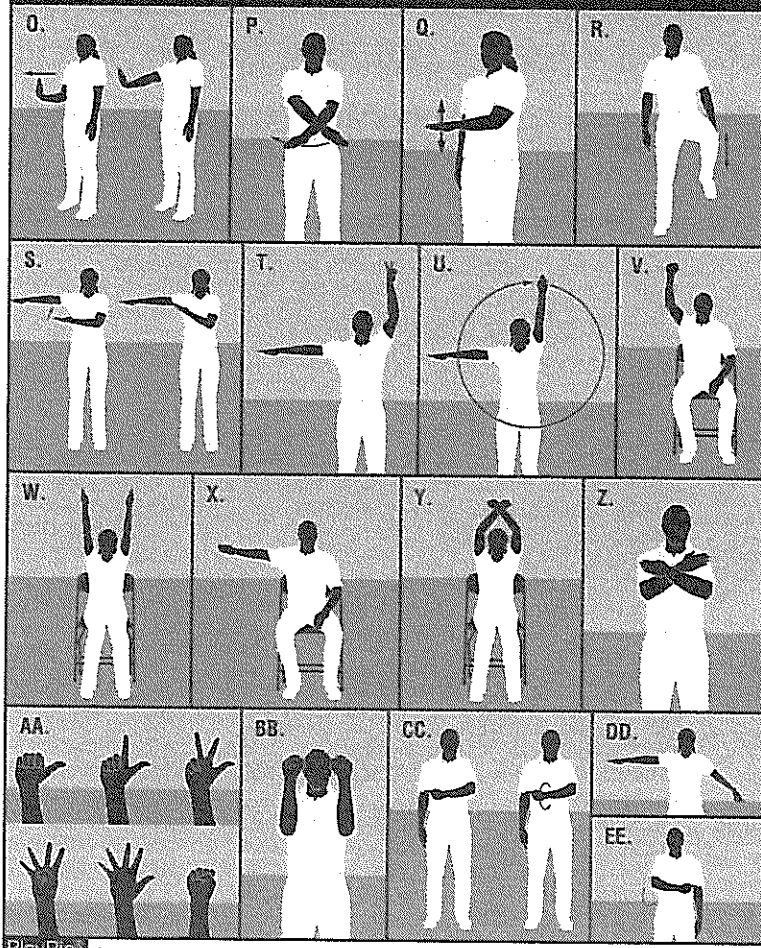
# NFHS OFFICIAL WATER POLO SIGNALS



PlayPic PlayPics courtesy of Referee magazine.



# NFHS OFFICIAL WATER POLO SIGNALS



PlayPic PlayPics courtesy of Referee magazine.

## APPENDIX D

### SIGNALS TO BE USED BY OFFICIALS

- Fig. A** The referee lowers the arm from a vertical position and blows the whistle to signal (i) the start of the period, (ii) the restart after a goal and (iii) the taking of a penalty throw.
- Fig. B** To point with one arm in the direction of the attack and to use the other arm to indicate the place where the ball is to be put into play at a free throw, goal throw or corner throw.
- Fig. C** To signal a neutral throw. The referee points to the place where the neutral throw has been awarded, points both thumbs up and calls for the ball.
- Fig. D** To signal the exclusion of a player. The referee points to the player and then moves the arm quickly towards the boundary of the field of play. The referee then signals the excluded player's cap number so that it is visible to the field of play and the score table. After the ball is put into play, the referee shall call out the cap color and number of the offending player to the score table.
- Fig. E** To signal the simultaneous exclusion of two players. The referee points with both hands to the two players, signals their exclusion in accordance with Fig. D, signals the players' cap numbers, calls the ball out of the pool, calls out the cap colors and numbers of the offending players to the score table, and awards a free throw to the team on offense. If neither team was in possession of the ball, a neutral throw is awarded.
- Fig. F** To signal the exclusion of a player from the remainder of the game with substitution. The referee signals exclusion in accordance with Fig. D (or Fig. E, if appropriate) and then rotates both hands round one another in such a way that is visible to both the field of play and the score table. The referee then signals the excluded player's cap number to the field of play and to the score table and then calls out the cap number of the offending player to the score table. The referee also must notify the scorer of this ruling, including the general reason for the game exclusion, such as misconduct, the entrance of a player not entitled to participate or an excluded player walking to the re-entry area, etc.
- Fig. G** To signal the exclusion of a player from the remainder of the game for flagrant misconduct. The referee signals exclusion in accordance with Fig. D (or Fig. E if appropriate) and then crosses the arms down over the abdomen in such a way that this signal is visible to both the field of play and the score table. The referee then signals and calls the excluded player's cap number to the field of play and to the score table. The referee also must notify the scorer of this ruling for notation on the scoresheet.
- Fig. H** To signal the award of a penalty throw. The referee raises one arm with five fingers in the air. The referee then signals the offending player's cap number to the field of play and to the score table. The referee shall also call out the cap color and number of the offending player to the score table.
- Fig. I** To signal that a goal has been scored. The referee signals by whistle and by immediately pointing to the center of the field of play. The referee shall signal the cap number and call out the cap color and number of the player scoring the goal to the score table.

- Fig. J** To indicate the exclusion foul of holding an opponent. The referee makes a motion holding the wrist of one hand with the other hand.
- Fig. K** To indicate the exclusion foul of sinking an opponent. The referee makes a downward motion with both hands starting from a horizontal position.
- Fig. L** To indicate the exclusion foul of pulling back an opponent. The referee makes a pulling motion with both hands vertically extended and pulling towards the referee's body.
- Fig. M** To indicate the exclusion foul of kicking an opponent. The referee makes a kicking movement.
- Fig. N** To indicate the exclusion foul of striking an opponent. The referee makes a striking motion with a closed fist starting from a horizontal position.
- Fig. O** To indicate the ordinary foul of pushing or pushing off from an opponent. The referee makes a pushing motion away from the referee's body starting from a horizontal position.
- Fig. P** To indicate the ordinary foul of impeding an opponent. The referee makes a crossing motion with one hand horizontally crossing the other.
- Fig. Q** To indicate the ordinary foul of taking the ball under the water. The referee makes a downward motion with the hand starting from a horizontal position.
- Fig. R** To indicate the ordinary foul of standing on the bottom of the pool. The referee raises and lowers one foot.
- Fig. S** To indicate the ordinary foul of undue delay in the taking of a free throw, goal throw or corner throw. The referee raises one hand once or twice with the palm turned upwards.
- Fig. T** To indicate a violation of the two-meter rule. The referee indicates the number 2 by raising the fore and middle fingers in the air with the arm vertically extended.
- Fig. U** To indicate the ordinary foul of expiration of 30 seconds possession or of relinquishing possession of the ball before 30 seconds has elapsed. The referee moves a hand in a circular motion two or three times and points in the opposite direction.
- Fig. V** By a goal judge to signal for the start of a period by raising one arm vertically.
- Fig. W** By a goal judge to signal an improper start by raising both arms vertically.
- Fig. X** By a goal judge to signal a goal throw or a corner throw by pointing the arm in the direction of the attack.
- Fig. Y** By a goal judge to signal a goal by raising and crossing both arms.
- Fig. Z** By a coach in the last minute of the game or the last minute of overtime to request a free throw and to maintain possession of the ball instead of taking the penalty throw awarded. The coach crosses both arms up across the chest. If the coach decides to request the penalty throw, the coach raises an arm with five fingers in the air.
- Fig. AA** To indicate a player's cap number (signals for 1, 2, 3, 4, 5, and 10). To enable the referee to communicate better with the players and the secretary, signals are made using both hands, if appropriate, when the number exceeds five. For numbers 6 through 9, one hand shows five fingers, with the other hand showing additional fingers to make up the sum of the player's number. For the number ten, a clenched fist is shown. For numbers 11 through 15, one hand is shown as a clenched fist with the other hand showing additional fingers to make up the sum of the player's number. For cap numbers 16 through 19, the referee holds

up one clenched fist. With the other hand the referee holds up first five fingers and then raises the other digits as necessary for the cap numbers. The referee must also call out the cap number to the players in the field and to the score table.

**NOTE:** The referee shows the higher number of fingers on the right hand. For example, to signal number 16, the referee will clench the right fist and then show 5 fingers with the left hand, followed by the thumb of the left hand.

**Fig. BB** To indicate cap number 20, the referee raises and clenches both fists. To indicate cap numbers above 20, the referee clenches both fists and then raises the correct number of fingers on the right hand to indicate cap numbers 21 through 25 or uses two hands if the cap number is above 25. The referee must also call out the cap number to the players in the field and to the score table.

**Fig. CC** To signal a minor act of misconduct. The referee rotates one arm/forearm in a circular motion so that it is visible to the other players, coaches and score table. The referee must signal the offending player's cap number to the players in the water and to the score table. After the ball is put in play, the referee must also call out the cap color and number and the nature of the offense (minor act of misconduct) to the score table.

**Fig. DD** When a free throw is for a foul outside but within one meter of the 5-meter line, the referee administering the free throw will point with one arm horizontal to the body in the direction of the attacking team and shall point with the other arm diagonal to the body to the 5-meter line (usually to a yellow cone on the pool deck at the 5-meter mark) to indicate that the player is eligible to shoot a direct shot on goal after that player's team has been awarded a free throw for a foul committed outside 5 meters.

**Fig. EE** To signal the exclusion of a player for a Minor Act of Misconduct. The referee rotates one hand in such a way that it is visible to both the field of play and the score table. This is similar to the signal for a game exclusion but using only one hand. The referee signals the excluded player's cap number to the field of play and then calls out the number of the offending player to the score table.

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## MISSION STATEMENT

The National Federation of State High School Associations (NFHS) serves its members by providing leadership for the administration of education-based high school athletics and activities through the writing of playing rules that emphasize health and safety, educational programs that develop leaders, and administrative support to increase participation opportunities and promote sportsmanship.

### CORE BELIEFS AND VALUES

#### WE BELIEVE

Student participation in education-based high school athletics and activities:

- Is a privilege.
- Enriches the educational experience.
- Encourages academic achievement.
- Promotes respect, integrity and sportsmanship.
- Prepares for the future in a global community.
- Develops leadership and life skills.
- Fosters the inclusion of diverse populations.
- Promotes healthy lifestyles and safe competition.
- Encourages positive school/community culture.
- Should be fun.

#### THE NFHS:

- Serves as the national authority that promotes and protects the defining values of education-based high school athletics and activities in collaboration with its member state associations.
- Serves as the national authority on competition rules while promoting fair play and seeking to minimize risk of injury for student participants in education-based high school athletics and activities.
- Promotes lifelong health and safety values through participation.
- Develops and delivers impactful, innovative and engaging educational programs to serve the changing needs of state associations, administrators, coaches, directors, officials, students and parents.
- Provides professional development opportunities for member state association staffs.
- Promotes cooperation, collaboration and communication with and among state associations.
- Collects and provides data analysis in order to allow its membership to make informed decisions.

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## SUGGESTED GUIDELINES FOR MANAGEMENT OF CONCUSSION IN SPORTS

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to have suffered a direct blow to the head or lose consciousness (be "knocked out") to have suffered a concussion.

### COMMON SIGNS AND SYMPTOMS OF CONCUSSION INCLUDE:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall
- Headaches or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right" or is "feeling down"

### SUGGESTED CONCUSSION MANAGEMENT:

1. No athlete should return to play (RTP) or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.
3. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
4. After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based upon return of any signs or symptoms at rest, while doing school work or with physical activity.

For further details please see the "NFHS Suggested Guidelines for Management of Concussion in Sports" at [www.nfhs.org](http://www.nfhs.org).

Men's and Women's Approved October 2012

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## EQUIPMENT GUIDELINES

1. Each NFHS sports rules committee is responsible for recommending the official playing rules to the NFHS Board of Directors for adoption. The committee is **NOT** responsible for testing or approving playing equipment for use in interscholastic sports. Equipment manufacturers are responsible for the development of playing equipment that meets the specifications established by the committee, and that is otherwise of good design and quality. The NFHS urges manufacturers to work with the various independent testing agencies to ensure the production of safe products. Neither the NFHS nor the applicable NFHS sport rules committee certifies the safety of any sport equipment. Non-compliant equipment is inappropriate for use in competition under NFHS sports rules. While the committee does not regulate the development of new equipment and does not set technical or scientific standards for testing equipment, the committee may, from time to time, provide manufacturers with guidance as to the equipment-performance levels it considers consistent with the integrity of the game. The committee reserves the right to intercede to protect and maintain that integrity.
2. Each NFHS sport rules committee suggests that manufacturers planning innovative changes in sports equipment submit the equipment to the applicable NFHS sport rules editor and/or rules committee for review before production.
3. Protective headgear is required by NFHS rules in some sports and is permissive in others. Hard helmets can diminish the incidence of certain head trauma, such as fractured skulls and subdural hematomas. Soft headgear can protect against lacerations, bumps and bruises. Coaches, athletes and parents should review manufacturers' warnings about proper usage and performance limits of such products. **No helmet or headgear can prevent athletes from suffering concussions, and all sports should be played, coached and officiated in recognition of that fact.**

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## GENERAL GUIDELINES FOR SPORTS HYGIENE, SKIN INFECTIONS AND COMMUNICABLE DISEASES

Proper precautions are needed to minimize the potential risk of the spread of communicable disease and skin infections during athletic competition. These conditions include skin infections that occur due to skin contact with competitors and equipment. The transmission of infections such as Methicillin-Resistant Staphylococcus aureus (MRSA) and Herpes Gladiatorum, blood-borne pathogens such as HIV and Hepatitis B, and other infectious diseases such as Influenza can often be greatly reduced through proper hygiene. The NFHS Sports Medicine Advisory Committee has outlined and listed below some general guidelines for the prevention of the spread of these diseases.

### UNIVERSAL HYGIENE PROTOCOL FOR

#### ALL SPORTS:

- Shower immediately after every competition and practice, using liquid soap and not a shared bar soap.
- Wash all workout clothing after each practice, washing in hot water and drying on a high heat setting.
- Clean and/or wash all personal gear (knee pads, head gear, braces, etc.) and gym bags at least weekly.
- Do not share towels or personal hygiene products (razors) with others.
- Refrain from full body and/or cosmetic shaving of head, chest, arms, legs, abdomen and groin.

### INFECTIOUS SKIN DISEASES

Strategies for reducing the potential exposure to these infectious agents include:

- Athletes must notify a parent/guardian and coach of any skin lesion prior to any competition or practice. An appropriate health-care professional shall evaluate all skin lesions before returning to practices or competition.
- If an outbreak occurs on a team, especially in a contact sport, all team members should be evaluated to help prevent the potential spread of the infection. All shared equipment shall be properly cleaned/disinfected prior to use.
- Coaches, officials and appropriate health-care professionals must follow NFHS or state/local guidelines on "time until return to competition." Participation with a covered lesion may be considered if in accordance with NFHS, state or local guidelines and the lesion is no longer contagious.

For more detailed information, refer to the "Blood-Borne Pathogens," "Infectious Mononucleosis" and "Skin Conditions and Infections" sections contained in the NFHS Sports Medicine Handbook.

Revised and Approved October 1, 2017

National Federation of State  
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## NFHS GUIDELINES ON HANDLING PRACTICES AND CONTESTS DURING LIGHTNING OR THUNDER DISTURBANCES

These guidelines provide a default policy to those responsible or sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder. The preferred sources from which to request such a policy for your facility would include your state high school activities association and the nearest office of the National Weather Service.

### PROACTIVE PLANNING

1. Assign staff to monitor local weather conditions before and during practices and contests.
2. Develop an evacuation plan, including identification of appropriate nearby safe areas.
3. Develop criteria for suspension and resumption of play:
  - a. When thunder is heard or a cloud-to-ground lightning bolt is seen, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for 30 minutes and take shelter immediately.
  - b. Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
  - c. Any subsequent thunder or lightning after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
4. Review annually with all administrators, coaches and game personnel.
5. Inform student-athletes of the lightning policy at start of season.

For more detailed information, refer to the "Lightning Safety" section contained in the NFHS Sports Medicine Handbook.

Revised and Approved October 1, 2017

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## COACHES CODE OF ETHICS

The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student should be treated with the utmost respect and his or her welfare should be considered in decisions by the coach at all times. Accordingly, the following guidelines for coaches have been adopted by the NFHS Board of Directors.

- **The coach** shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.
- **The coach** shall uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.
- **The coach** shall take an active role in the prevention of drug, alcohol and tobacco abuse.
- **The coach** shall avoid the use of alcohol and tobacco products when in contact with players.
- **The coach** shall promote the entire interscholastic program of the school and direct the program in harmony with the total school program.
- **The coach** shall master the contest rules and shall teach them to his or her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.
- **The coach** shall exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep club sponsors, booster clubs, and administrators.
- **The coach** shall respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical.
- **The coach** should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.
- **The coach** shall not exert pressure on faculty members to give students special consideration.
- **The coach** shall not scout opponents by any means other than those adopted by the league and/or state high school athletic association.

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## OFFICIALS CODE OF ETHICS

Officials at an interscholastic athletic event are participants in the educational development of high school students. As such, they must exercise a high level of self-discipline, independence and responsibility. The purpose of this Code is to establish guidelines for ethical standards of conduct for all interscholastic officials.

- **Officials** shall master both the rules of the game and the mechanics necessary to enforce the rules, and shall exercise authority in an impartial, firm and controlled manner.
- **Officials** shall work with each other and their state associations in a constructive and cooperative manner.
- **Officials** shall uphold the honor and dignity of the profession in all interaction with student-athletes, coaches, athletic directors, school administrators, colleagues, and the public.
- **Officials** shall prepare themselves both physically and mentally, shall dress neatly and appropriately, and shall comport themselves in a manner consistent with the high standards of the profession.
- **Officials** shall be punctual and professional in the fulfillment of all contractual obligations.
- **Officials** shall remain mindful that their conduct influences the respect that student-athletes, coaches and the public hold for the profession.
- **Officials** shall, while enforcing the rules of play, remain aware of the inherent risk of injury that competition poses to student-athletes. Where appropriate, they shall inform event management of conditions or situations that appear unreasonably hazardous.
- **Officials** shall take reasonable steps to educate themselves in the recognition of emergency conditions that might arise during the course of competition.
- **Officials** shall maintain an ethical approach while participating in forums, chat rooms and all forms of social media.





# Learning Center

*Find Courses Recommended for You on the NFHS Learning Center*

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

## For Everyone

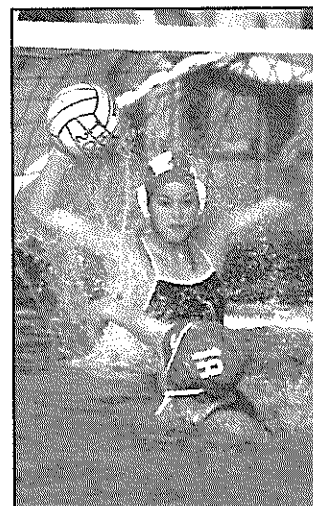
- Administrators
- Coaches
- Music Adjudicators
- Officials
- Parents
- Students



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## INTERSCHOLASTIC OFFICIATING ONLINE COURSE



This online officials course is designed exclusively for the high school level. Introductory skills, concepts and officiating basics needed by all officials are covered. Excellent for new officials or those interested in becoming an official! The course is available free to members of the NFHS Officials Association. Non-NFHS Officials Association members can take the course for only \$20.

**"Interscholastic Officiating"**  
available at [www.NFHSLearn.com](http://www.NFHSLearn.com).





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reset shot clock	3-18-3	excluded player not leaving field of play	7-2
signal for	Appendix C, Fig. B	extra player	2-1-2, 3-11-2, 8-6
when awarded	5-1	incorrect player leaving field of play	7-2
when shot	4-21	leaving water	7-4, 14-1
who takes	5-1, 5-2	to retrieve ball	3-16
Goggles	2-4-4, 5	water without permission	7-4
Half distance line	1-6	water with permission	11-1
Halftime	4-2	positions at start	4-16
Hands, two	6-8	substances on uniform	2-5
Holding – holding or pushing off	6-4, 6-10	Pool	1-4
ball	6-9	changing ends – shallow-deep	2-2
sink, pull back	7-9	markers	1-6