
WATER POLO'S ROCKING RULES

BY MASON

Are you starting water polo and need help with the rules? Then this article is the right place to start.

A Scottish swimming instructor, named William Wilson was teaching people how to swim in 1883 when he thought of an interesting sport: aquatic football. The game consisted of 12 members of the Premier Rowing Club and the goals were marked by four flags. Then the sport caught on and spread to the rest of Europe, America, and Australia. Today that sport is called water polo.



Fouls

Anything goes in water polo... if it is under water. Above water, is another story! If the ref sees a player using their body in a way that may hurt another player, he will call a foul. For example, if a player grabs another player around the neck so they can't get the ball, that's a foul and sometimes a kick out. And the player that was fouled (i.e., grabbed around the neck) gets a free pass. If the player who fouled the other player grabs the ball from the player with the free pass, the player who fouled gets kicked out. One way your defender won't try to get a foul is if he puts his/her hands up when you drop the ball.





Basic Rules

- ✦ There are four periods in water polo. Each quarter is six minutes for ages 11-12. The older you get the longer time you have to play.
- ✦ There is also a 30-second shot clock which means if you don't shoot before it runs out then it is a turnover.
- ✦ Each player could only use one hand except the goalie.
- ✦ Seven players are the max amount of players that can be in the pool.
- ✦ There are six field players and one goalie. The goalie cannot go past half field.

GLOSSARY

Rolled: You are out for the whole/rest of the game.

Set: The center of the **umbrella**.

Umbrella: The umbrella is a formation most water polo teams use with five wing players and one set.

Drop: Dropping is when you collapse on set when he/she has the ball or they don't need to have the ball.

Rolled

You could get rolled because your nails are not cut and you can get rolled for getting two yellow cards. The way you get a yellow is if it is a really hard foul. For instance, if you hit someone in the face and the ref sees, they get a yellow card. Another way you could get a yellow card is if you complain to the ref. A coach could get a yellow card if he complains to the ref too much.

Kick Outs

A kick out means the team without the ball has a man down and the team with the ball has a man up. That means you have a higher chance of scoring because you have an extra player. If you get three kick outs then you are **rolled**. The easiest way to get a kick out is if you are in **set**. A lot of kick outs happen in set. For instance, if a player is on top of you in set and you **drop** the ball it is a kick out.

Set is the hardest position in water polo. For example, if your teammate gives you the ball in set, the whole team is going to drop on you if you don't pass the ball in time. When that happens the ball is going to get stolen by the other team. However, the other team cannot just sit there right next to set waiting to steal the ball. If that happens that will be a kick out and the team with the ball will get a free throw.

If the ball goes under water it is a ball under and the ball needs to be turned over to the other team.

Your goalie could also get kicked out if he comes out of the goal and hard fouls someone.

William Wilson's old sport has turned into a Olympic game that we honor to this day. In the 2016 summer olympics the women's USA water polo team won gold. And Serbia won the men's water polo gold medal match. Now that you've learned about how the game is played, be sure to follow along in the 2020 summer Olympics.



Check out this cool QR code to learn more about water polo.

