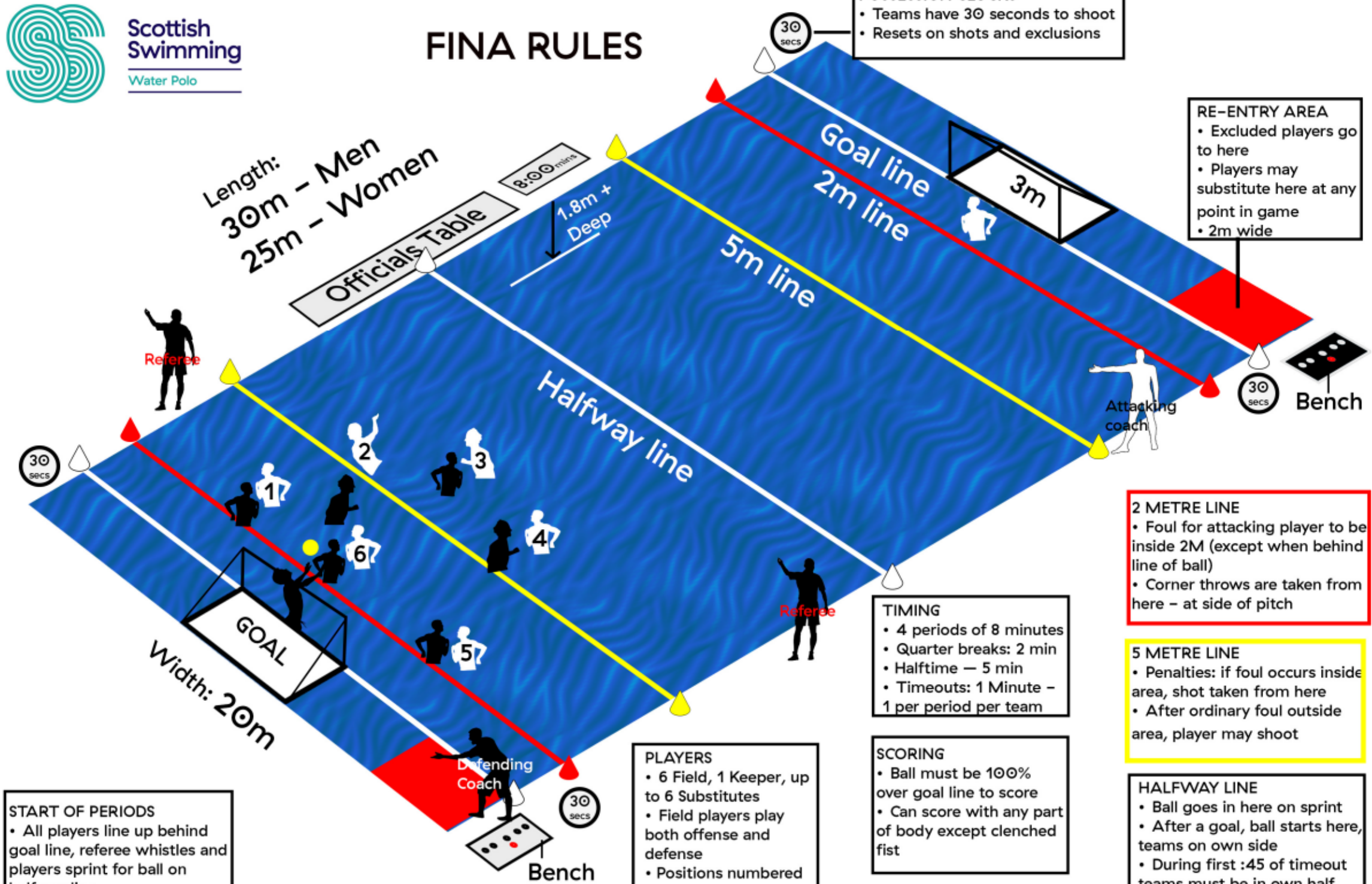
Scottish Swimming
Water Polo

FINA RULES



POSSESSION CLOCKS
- Teams have 30 seconds to shoot
- Resets on shots and exclusions

RE-ENTRY AREA
- Excluded players go to here
- Players may substitute here at any point in game
- 2m wide

START OF PERIODS
- All players line up behind goal line, referee whistles and players sprint for ball on halfway line

PLAYERS
- 6 Field, 1 Keeper, up to 6 Substitutes
- Field players play both offense and defense
- Positions numbered clockwise, 1 to 6

TIMING
- 4 periods of 8 minutes
- Quarter breaks: 2 min
- Halftime — 5 min
- Timeouts: 1 Minute – 1 per period per team

SCORING
- Ball must be 100% over goal line to score
- Can score with any part of body except clenched fist

2 METRE LINE
- Foul for attacking player to be inside 2M (except when behind line of ball)
- Corner throws are taken from here – at side of pitch

5 METRE LINE
- Penalties: if foul occurs inside area, shot taken from here
- After ordinary foul outside area, player may shoot

HALFWAY LINE
- Ball goes in here on sprint
- After a goal, ball starts here, teams on own side
- During first :45 of timeout teams must be in own half