



Modified Rules for Sub-Junior Competition

September 2019

Prior to the game:

There are a number of things that coaches, team managers and referees need to look at including:

- has the game sheet been filled out correctly and LEGIBLY and signed by players ?
- are the players wearing the right coloured and numbered cap that corresponds to the game sheet ?
- has each team provided a table official and do they understand their role ?
- do teams have the correct sized balls for the age group as well as some spares ?

To start the game:

All players should line up behind the goal line with heads touching the goal line rope and wait for the referee to blow the whistle. As players swim up the pool, the referee will drop the ball in the water at mid-pool on their side of the pool. The same procedure will apply at the start of each period.

The basic rules:

Modified Rule	12/U	14/U	Rationale
Goal Size Max recommended goal size:	Junior goals	Full-size goals	Goal size increases with physical development (arm span)
Field Size Min recommended field size	17m (L) x 15m (W)	23m (L) x 20m (W)	Recommended field sizes are the optimum however flexibility may be needed to facility pool availability
Pool Depth Players who can touch the bottom of the pool may not walk while touching the ball or jump off the bottom in attack or defence	Min 1.8m	Min 1.8m	Games may be played in less water depth to maximise available facility use and increase involvement of players with lesser ability or stamina
Team Roster Minimum and maximum number of players that can be listed on the scoresheet for a particular match	Min: 11 Max: 13	Min: 11 Max: 13	Limits the amount of 'bench' time and maximum usage of all players
Players in the Field Number of players in the water per team (including goalkeeper):	7 players	7 players	Manages smaller pool sizes and space ratio in smaller fields then progresses to ensure skill and tactical development at an early age
Game Duration Games are four quarters:	5 min quarters 2 min quarter break 4 min half-time	6 min quarters 2 min quarter break 4 min half-time	Shorter game times manage fatigue in younger players and increase with age towards standard game lengths
Shotclock	Shotclock not used	Standard 30 sec shotclock or change of possession	When shotclock not used, referee can change possession after approx 30 secs (minimum) if no shot at goal attempted

Timeouts	No timeouts	No timeouts	Not applicable due to restricted pool booking durations
Ball Handling Field players can swim with the ball but cannot: <ul style="list-style-type: none"> catch the ball with 2 hands hit the ball with a clenched fist (goalkeeper excepted) take the ball underwater be inside the attacking 2 metre area unless behind the line of the ball 	Yes	Yes	Players to practice using one hand to control the ball from first exposure to the sport and be aware their position in the field
Free Throw When a free throw is awarded, a player can play the ball by dropping it into the water, throwing it up in the air, swimming or passing it. The defensive player must move away from the person taking the free throw or they could be excluded. No shot on goal is allowed from a free throw The penalty for breaching this rule is a turn over	Yes	Yes	This rule applies to all parts of the field and at all times and ensures that skills are developed by all players and a team cannot simply have one very good shooter who continually scores goals from the 5-metre line after a free throw.
Corner Throw A corner throw is awarded when the goalkeeper deflects or throws the ball over the goal line If a defender throws the ball over the goal line it is also a corner A corner is taken on the side of the pool where the ball went out, at the two-metre line:	Yes	Yes	FINA Sport Rules
Player Game Time Excluding when injuries have occurred, each player on the team must:	Play at least one quarter in first half of the game	Play at least one quarter in the game	Provides a guide for coaches to ensure fair water time in every game for all players and as a transition for players from a participation focused environment to one that is competitively focused
Contact	Minimal contact permitted. ie. sinking not allowed but holding is allowed	NA	Limitations on contact encourages participation and skill development without compounding game intensity through physical contact. Referee to award a free throw
Player Rotation Players must rotate positions in the water:	If a foul is given at CF/CB, both must swim out of 2m zone and allow a new player to take the CF position	NA	Provides guidelines for coaches to ensure that all players have the opportunity to try each position and develop a wide range of skills

Exclusions When a major foul is awarded:	No timeframe for exclusion calls. Excluded player to swim to the exclusion box, rise to the surface within the box, then re-enter the game	20 seconds in exclusion box	Accommodates for less table official requirements and make allowance for slower swimming speeds
Shot at Goal A shot a goal may <u>not</u> be taken following:	A free throw being awarded	A free throw inside 5m If taken outside 5m after a free throw, it must be taken immediately	Provides opportunity for all players to be involved in each play
Referee Flexibility	Referees may provide instructions to players and allow advantage calls to maintain the flow of the game	Referees to apply the rules as per FINA Sport Rules	A combination of quality coaching and refereeing will assist in the development of skills and understanding of the rules to ensure maximum participation and retention in the sport
Coaches The coach is allowed to move up to the 5 metre line when their team is in attack and should return to the goal line when their team is in defence The coach may ask questions of the referee	Yes	Yes	Provides opportunity for coaches to better communicate with players regarding field position and tactics to develop their skills
Other	WPV may from time to time adopt and publish local specific rules to suit available facilities at each venue		
Special Rules for 12/U			
Jumping off Pool Bottom To cater for limited depth at the shallow end of the pool at Hawthorn Aquatic , referees will apply these local rules interpretations	<ul style="list-style-type: none">only the goalkeeper is allowed to jump off the bottomIf an attacking player jumps off the bottom for advantage, the ball will be turned over as a minor foul and a free throw awarded to the defending teamIf a defending player jumps off the bottom for advantage, the attacking team will retain possession either as advantage or a minor foul called and a free throw awardedIf a defending player jumps off the bottom and blocks a shot inside 5m, the attacking team will be awarded a 5m penaltyFor a player's second offence for jumping, the referee will notify the coach of this "second offence"For a player's third offence for jumping, the referee will exclude the player for the remainder of the game – a replacement player will be allowed in the water when the excluded player gets to the exclusion box		
Goal Margin Difference To provide a mechanism to reduce the occurrence of one-sided games and maximise enjoyment of all players during and post-game	<p>After a goal and if the goal margin is then greater than 5</p> <ul style="list-style-type: none">leading team to move all players back to defend from the 5m line <p>If the goal margin comes back to 3</p> <ul style="list-style-type: none">leading team may defend the full length of the pool		