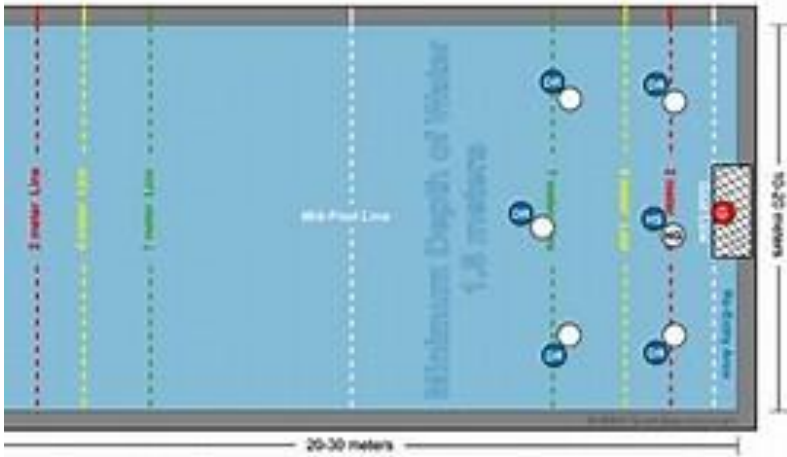


**Knowledge Organiser: PE Year 9 Swimming – Water Polo**

**CHECK THIS VIDEO: WATER POLO RULES** <https://www.youtube.com/watch?v=FMjl6rwJSLg>

| Key Words                                           | Key points to being successful in the game                                                                                                                                                                                                                                                                                                              |
|-----------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Water Polo Strokes</p> <p>Sitting back crawl</p> | <p>Head up front crawl – short arm pull</p> <p>Elbows enter first, spider kick</p>                                                                                                                                                                                                                                                                      |
|                                                     | <p>Dribbling skills – not touching the ball, ensuring ball kept within your space</p> <ul style="list-style-type: none"> <li>- Passing skills – everything one handed</li> <li>- Shooting skills – dry pass, wet pass</li> <li>- Game tactics</li> <li>- Egg Beater leg kick – Treading water enables player to gain height out of the water</li> </ul> |
| <p>Basic Game Rules</p>                             | <p>7 a side 4 x 8 minute quarters</p> <p>One handed pass only</p> <p>Ball cannot be submerged</p> <p>Players can't move holding the ball</p> <p>Players can't touch the bottom or sides of the pool</p>                                                                                                                                                 |

|                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|---------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Stretch and Challenge Task      | Investigate the origins of the game. Find out about our Olympic Mens & Ladies Teams (London 2012)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Key Content and Terms to learn: | One handed pass, Egg beater leg kick, Dry pass and wet pass.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|                                 | At the start of the game all players against the wall and swim to centre for possession. After a goal, all players return to their own half and a pass back from centre to restart the game.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|                                 |  <p>The diagram illustrates the layout of a water polo pool. It shows a rectangular pool with a width of 20-30 meters. Key features include: <ul style="list-style-type: none"> <li><b>3 meter Line:</b> A red dashed line on the left side.</li> <li><b>5 meter Line:</b> A green dashed line on the left side.</li> <li><b>1 meter Line:</b> A green dashed line on the right side.</li> <li><b>Mid-Field Line:</b> A white dashed line in the center.</li> <li><b>Minimum Depth of Water 1.8 meters:</b> Text indicating the required water depth.</li> <li><b>Goal:</b> A red goal is located on the right side, with a width of 3.05 meters.</li> <li><b>Goalkeeping Area:</b> A shaded rectangular area in front of the goal.</li> <li><b>Goalkeeping Line:</b> A blue dashed line in front of the goal.</li> <li><b>Players:</b> Blue and white circles representing players are positioned in the pool.</li> </ul> </p> |

## Water polo fouls and physicality

It's no secret that water polo isn't a sport for the faint-hearted. But while there is plenty of jostling and grappling for position in all matches, there are such a thing as water polo fouls, for which referees will call players to account.

Without water polo referees, matches would be mayhem.

In fact, the use of stricter 'English rules' at the inaugural men's Olympic water polo competition in 1900 was thought to be one of the reasons American teams didn't travel to Paris to play.

Read on to find out more about the different water polo fouls you will see referees give in a match.

## Types of water polo foul

1. Ordinary Foul.

Also called minor fouls, these are punished by the reward of an immediate free throw to the other team. Ordinary fouls are very common in water polo.

2. Personal Foul.

There are two types of personal fouls. These are exclusion fouls and penalty fouls. Once a player has committed three personal fouls during a game, they must be substituted out of the match and cannot return.

3. Exclusion Foul.

Exclusion fouls are also known as major fouls and, unsurprisingly, are for more serious breaches of play than minor fouls. They result in a free throw to the opponents, and the exclusion of the fouler for 20 seconds.

4. Penalty Foul.

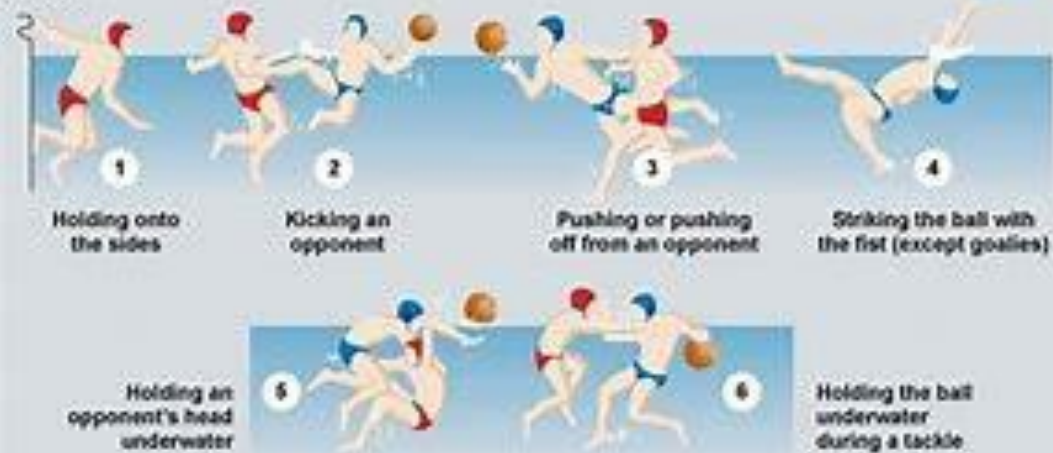
Penalty fouls are usually awarded when a major foul is committed within 5m of the goal, or when a clear opportunity to score is denied by a foul. These result in a penalty shot from the 5m line.

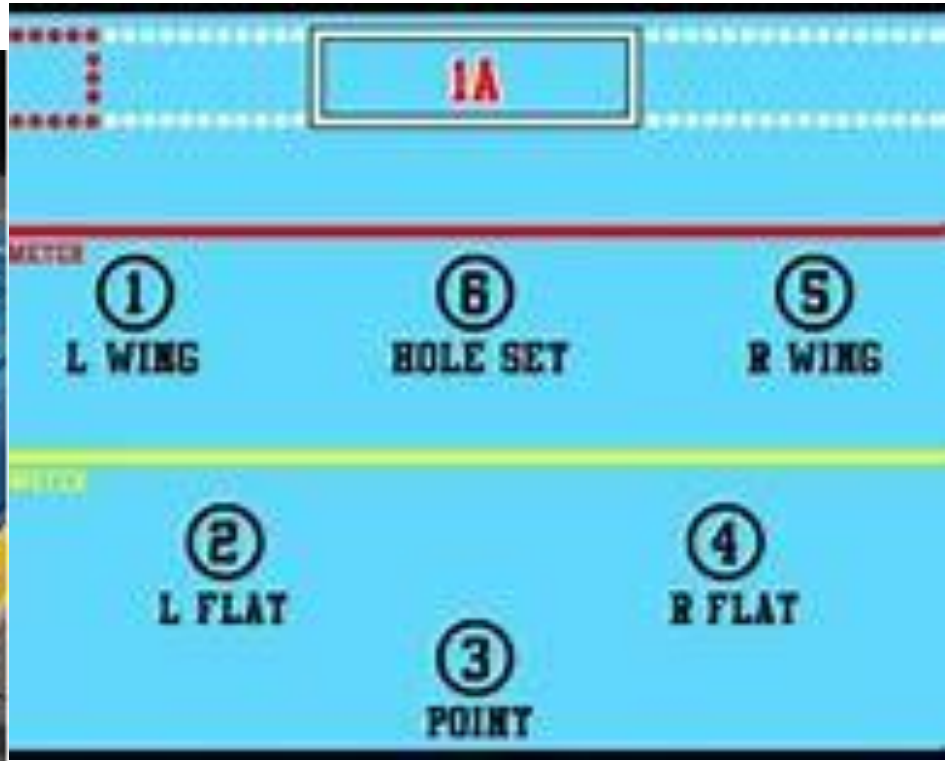
**WATER POLO** Players can be excluded from the game if they are guilty of committing major fouls.



Duration, 4x 8mins periods, if necessary extra time & penalty shoot outs.

**FOULS**







**WATER POLO** An athlete prepares to throw the floating ball to a team-mate in a water polo match.



Duration, 4 x 8mins periods, if necessary extra time & penalty shoot out.

**WATER POLO**

Waterproof floating ball



Men's ball  
22.6cm  
Women's ball  
21.3cm  
Weight  
400-450g

Cap  
shows team  
& number

Ear  
protectors



**PLAYING AREA**

Midline  
marked by white buoys



5m penalty zone

2m offside zone

Substitution  
zone

Seven players  
per team

**TEAMS**

1x keeper  
6x substitutes

2x referees, 1 either side  
2x goal judges, 1 on each

**THE GOAL**



Floating goal

3m

0.9m

Held in place  
by buoys