



# Water polo

Water polo is played in a swimming pool. Two teams of seven players play a water polo match.



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

The origins of water polo can be traced back to the late 19th century when a Scottish man named William Wilson constructed the rules for the game, as a result of the public's growing disinterest of swimming carnivals.



- The sport was introduced onto the Olympic scene in 1900 during the Paris game, making it one of the longest running team games in the Olympics and can be played by both men and women (Smith, 1998).





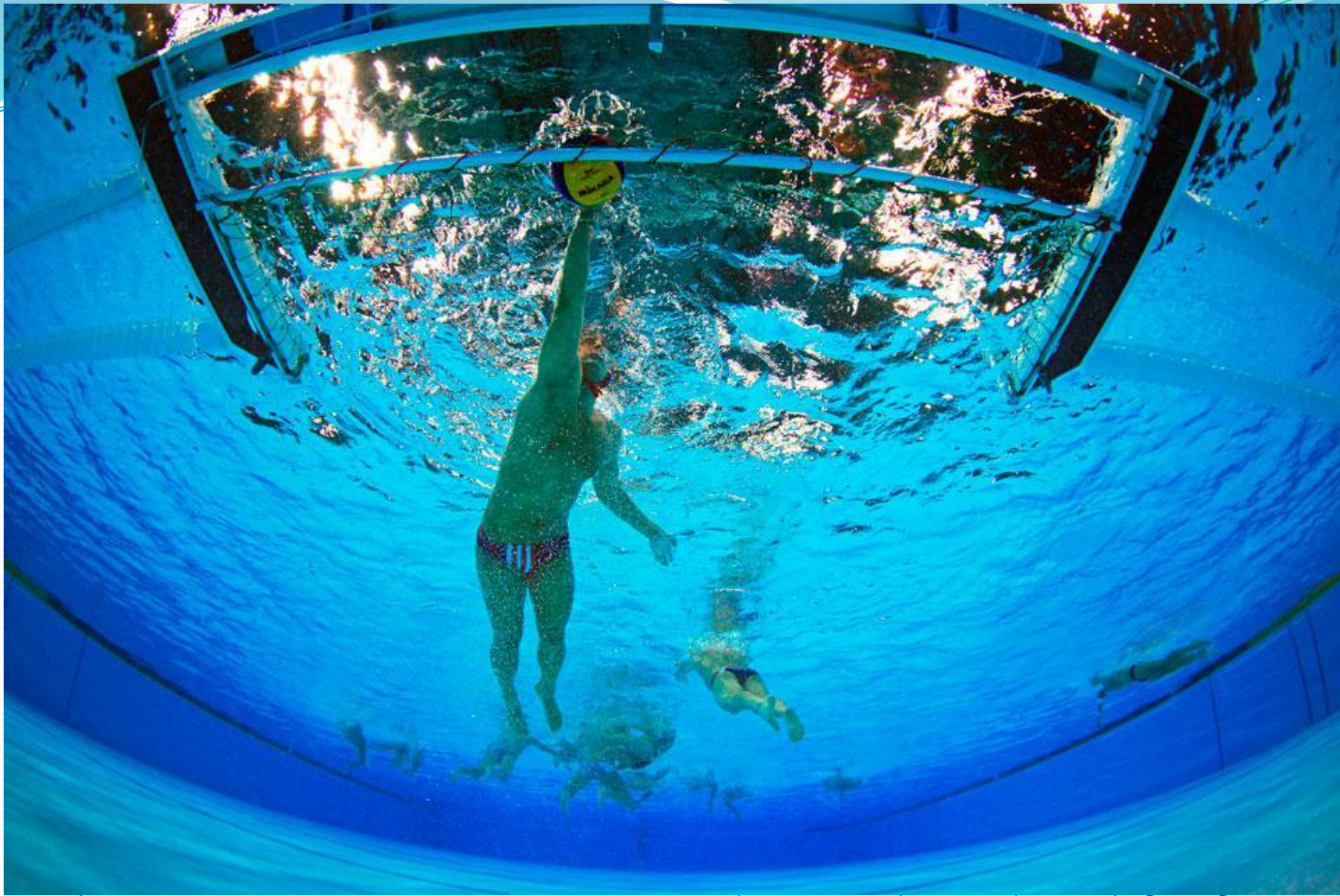
- Women's water polo was included in the Olympic Games for the first time at the 2000 Olympic Games in Sydney.

# Rules of water polo



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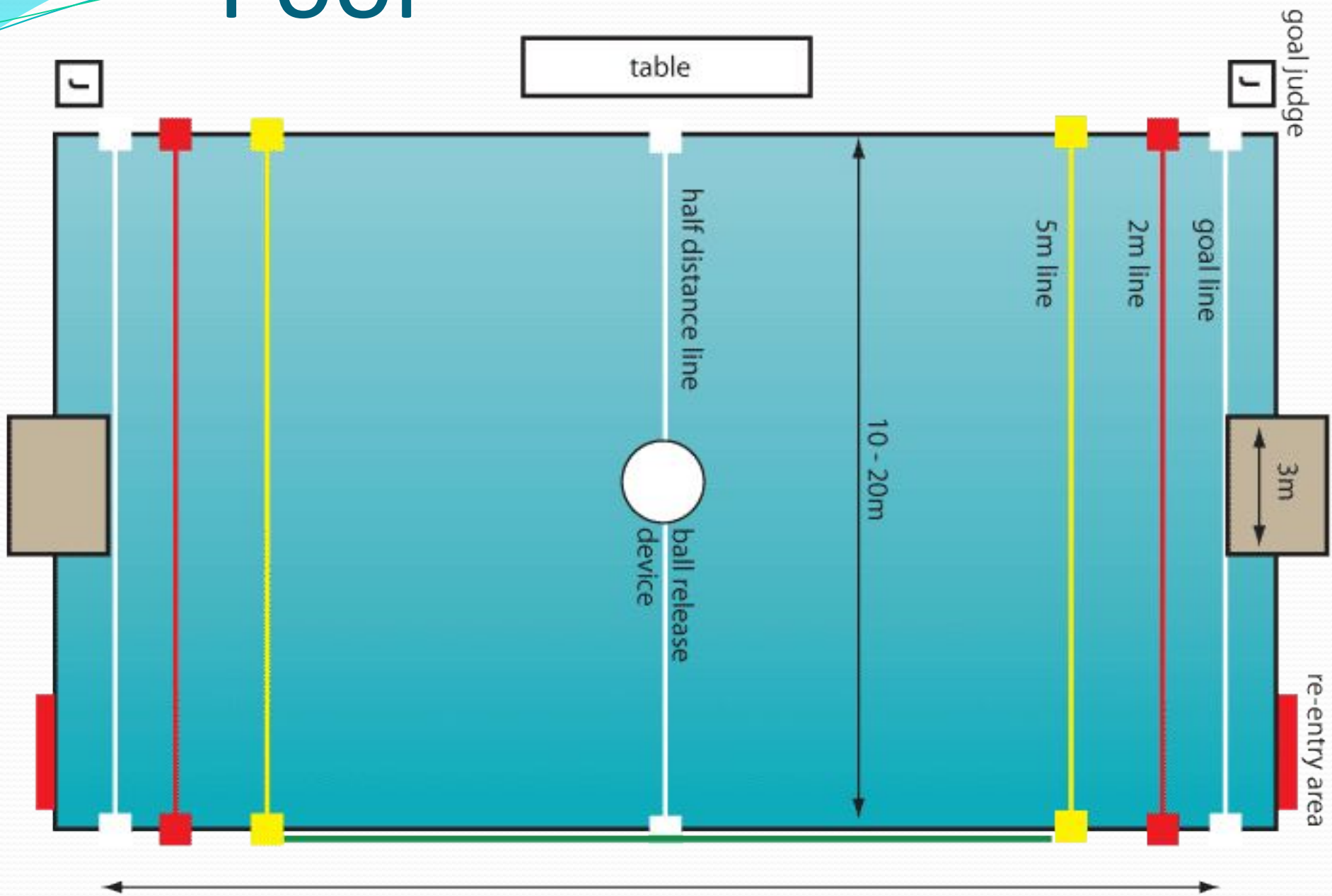
1. There's no intentional contact with any other player allowed.
2. Players aren't permitted to touch the ball with two hands.
3. There are only two fouls allowed during a game, more than this and the referee will eject you.
4. There is no hitting another player's arm while he is passing or holding the ball.
5. No player may push off from a defensive player. This will result in the referee calling a foul on that player.
6. There's no touching the bottom or sides of the swimming pool.



In Olympic competition a water polo match is played for four quarters. Each quarter lasts 8 minutes.



# Pool



# Signal to be used



A



B



C



D



E



F



G



H



I



J



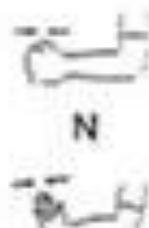
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Z

# Water polo equipment



- **Ball.** The ball weighs between 400g and 450g.
- **Bathing caps.** Coloured bathing caps with individual numbers and ear protectors.
- **Swimsuits.** The swimsuit should be non-transparent or with a separate undergarment.



BALL

CAPS

UNIFORM