



***Splashball*™ Lesson Plan Booklet**

An Official Program of USA Water Polo

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Coaching Splashball

Splashball coaches should be kid and parent friendly. The program is geared towards fun versus competition. The coach should be an outgoing, positive person who understands children, can celebrate their accomplishments and be able to teach parents about the game. Coaches should naturally find playing time for everyone and focus on the fun.

Splashball Coaches will follow the same Code of Conduct and have the same certifications as all USAWP coaches. They will also be subject to background screening performed by our licensed clearinghouse.

Positive Coaching Alliance

USA Water Polo's partnership with the Positive Coaching Alliance provides the perfect philosophy for our youngest water polo players. Every Splashball coach should have completed the online PCA Coaches course prior to their first Splashball season. PCA Materials available through USAWP will help:

- √ Use water polo to prepare participants for success in life in and out of the pool
- √ Emphasize character education and life lessons through sports
- √ Emphasize mastering skill and having fun over keeping score
- √ Putting in an effort to improve
- √ Emphasize the fun of learning new things and mastering them
- √ Emphasize that mistakes are "OK" if we learn from them





Pre-Program Assessment

We highly recommend a Pre-Program Assessment of skills. If an athlete can complete the following, then no floatation or use of the bottom is needed:

- Swim 5 minutes without stopping; freestyle, backstroke, side stroke and breaststroke with good form.
- Tread water for two minutes.

Lesson Timing

Lessons do not have timelines along side the drills as each program will have differing time constraints. Do keep in mind that 5-8 minutes on each drill or progression would be plenty. 10 minutes would be a maximum amount of time to spend on a more elaborate drill, skill or game. Every athlete should be doing a drill or a task every thirty seconds. Keep them moving and active and they will be more engaged for the entire lesson.

Lesson 1

Introduce the athletes and parents to Splashball. It is a fun non-contact game in the water. Think keep away in the pool. Score by putting the ball in the goal by moving the ball down the “court” as a team like basketball, soccer and hockey. Teams wear different color caps so everyone knows who is who. Show them the course. Walk along the side of the pool showing goal line, 2m line and half court. Review basic rules:

- ❖ Can walk and use two hands, but cannot walk with the ball. Must swim or pass.
- ❖ Six players play in the field with a goalie
- ❖ Ball passes by the goal line, then everyone lines up at half way. Losers outs.
- ❖ Keep away means no contact. Sometimes it does happen, but we don’t do it on purpose.
- ❖ Show them how to put on caps out of the water. Anytime there are balls present, caps must be on.
- ❖ Let them handle the ball on the pool deck. If Mikasa Splashballs (6”) is not available, then Mikasa Mini balls or Mikasa Junior size balls may be used.

Goals for the lesson:

- ❖ Eggbeater
- ❖ Passing & catching
- ❖ Finish with shooting





In the water progressions provide steps toward final skill. Coaches, don't get stuck on one thing, move along while providing assistance to those who may need a boost:

Teaching Head Up Freestyle in a Progression

Start with Swimming freestyle > Swim head up freestyle to easily see the ball > Swim head up freestyle push the ball with your nose like a dolphin > Head up freestyle with the ball relay.

Teaching Eggbeater in a Progression

Start with: Treading > Swim breaststroke > kick breaststroke > Holding on to the wall transition from breaststroke kick to one leg breaststroke > Rotate to vertical still holding on to the wall with one leg at a time > Let go of the wall > Eggbeater holding a ball in front with both hand while traveling across the pool.

Eggbeater Teaching Tip #1:

Have the athletes pretend they are sitting in a chair with knees wide, pushing/thrusting heels out, hands wide sculling water (show on the pool deck by sitting in a chair coach). In the steady position show how they can move forward, backward, left, right, while maintaining a solid steady base position

- ❖ Try not to emphasize wide circles of eggbeater as much as the pushing out with the heels.
- ❖ As they get better challenge them to raise their hands

- ❖ Those that are good encourage them to walk different directions keeping a solid base
- ❖ For those who are struggling desperately, encourage them to sit on the wall and/or use a water noodle

Passing and Catching the Ball

Depending on the ability of the group, you may want to begin the passing and catching on the pool deck or while standing on the bottom. Show them the passing motion: arm straight with ball up and slightly behind the hand, using a bend at the waist (core strength!), bring arm over the top with wrist and head helping to throw the ball. Show them the catching motion: hand used as a target for the thrower. Catcher cushions the ball back from just in front of the face back into the throw ready position also using core strength to stay steady.

Put athletes in groups of three (3) to pass while thinking about egg beater:

- ❖ Passing in one direction five (5) times around
- ❖ Passing in the opposite direction five (5) times around
- ❖ Try the other hand. (giggles!)

Shooting

Make it a fun ending to the first lesson by shooting on an empty cage from 3y out. Use multiple cages and lines. Lesson 4 covers goal keeping, but you might find someone who is interested.





Lesson 2

Goals for the lesson:

- ❖ Eggbeater
- ❖ Ball Handling Skills
- ❖ Individual Skills
- ❖ Passing & Catching
- ❖ Finish with Sharks & Minnows

In the water with caps on to first warm up with:

- ❖ 2 laps freestyle (goggles optional)
- ❖ 2 laps head up freestyle
- ❖ 2 laps kicking any style

Have everyone tread water together. Show them how to use their hands and arms to skull. Teach them that they can move around with their hands. Progress on to eggbeater with hands sculling back and forth just under the surface and slightly in front of the body.

Eggbeater Teaching Tip #2: Pull aside anyone needing a little extra help with egg beater to show the “Sumo Wrestler” walk on deck: Have the athletes stand on the deck and crouch into a “Sumo” wrestling set position with legs apart, knees bent, rear ends sticking out behind them. From this stance have them bring one leg/knee up, then down “Sumo” style. Continue with the other leg. Encourage the athletes to quicken the pace, but stay under control (and have high knees). If there is a shallow end of the pool, have them do

the same thing in the shallow end before proceeding to deep water. In the deep water, the tempo of the “Sumo” leg motion increases to stay up in the water. Most athletes pick up the rotation of the legs naturally once in deep water, but you may want to continue to address “Sumo” legs with the rotation.

Ball Handling Skills

Everyone needs a ball or pair athletes up with one ball per pair. If you think that they may want to start these ball handling skills out of the water, then please have the athletes start on deck. This is a progression laid out differently!

- ❖ Flip back and forth from right to left hand and back; spread hands further apart, keeping the ball dry.
- ❖ Flip back and forth from right to left hand and back; spread hands further apart, letting the ball fall on the water. Pick up the ball from underneath.
- ❖ Spin the ball in hand and spin in opposite hand
- ❖ Squeeze the banana; squeeze ball out of hand using all fingers and catch in opposite hand
- ❖ Try to flip the ball with your foot to your hand.
- ❖ Swim with the ball
- ❖ Swim three strokes pick up the ball
- ❖ Swim three strokes pick up the ball in shooting position





Passing & Catching

In groups of two, 1-2 meters apart (still concentrate on eggbeater) progress through the list:

- ❖ Strong hand passing and catching
- ❖ Catch regular, then put ball in the water and pick up to good position to pass back to partners hand
- ❖ Put the ball on to the water, in front of partners face, pick up from underneath and pass back on the water
- ❖ When ball lands in front of your face, first take three strokes head up freestyle with ball in front, pick up ball and pass on the water to partner

Remember: proper body position helps make a good pass even better with legs underneath the body, using core to stay steady.

Relay Passing

Groups of 3+ in a straight line across the pool. Athletes catch and half turn to pass down the line, up and back keeping the ball dry as best as possible. Now try the relay catching and passing with both hands. Try with the opposite hand.

Sharks & Minnows

Divide group into two teams (no goalie) by cap color for a basic keep away game that has the makings of water polo:

- ❖ Minnows (offense) must swim the ball across the pool touching the wall or getting the ball in the goal
- ❖ Sharks (defense) try to steal the ball and put the ball in the opposite goal.

Lesson 3

Goals for the lesson:

- ❖ Steady Position Eggbeater
- ❖ Base position
- ❖ Passing/shooting
- ❖ Keep away

Everyone with caps on and in the water to warm up:

- ❖ 2 laps swimming freestyle
- ❖ 2 laps swimming backstroke
- ❖ 2 laps kicking only, no arms

Steady Position Eggbeater

Have the athletes pretend they are sitting in a chair with knees wide, pushing/thrusting heels out, hands wide sculling water (show on the pool deck by sitting in a chair). In the steady position show how they can move forward, backward, left, right, while maintaining a solid steady base position

- ❖ Try not to emphasize wide circles of eggbeater as much as the pushing out with the heels.
- ❖ As they get better challenge them to raise their hands
- ❖ Those that are good encourage them to walk different directions keeping a solid base
- ❖ For those who are struggling, encourage them to sit on the wall and/or use a water noodle

Eggbeater Relay Race

Divide the group into teams of 3, sending one to the other end of the pool for a relay. Each athlete will use the steady





eggbeater position to travel down the pool facing different ways; forward, backward, sideways and water bug with hips up.

- ❖ Using both arms and legs in the steady eggbeater position. Now moving forward (sculling)
- ❖ Same as above, going backward while sculling
- ❖ Facing front, legs only, hands peeking out of the water, with body in a vertical position
- ❖ Sideways with hips turned towards side wall. One side might be easier than the other.
- ❖ Legs only with hips up higher like a water bug, arms out front holding a ball. Hand off at the exchange point.

Eggbeater Teaching Tip #3: A fun and easy way to teach the eggbeater is to take a regular size trashcan and trace the circumference of the trashcan with chalk on the pool deck. Have the player sit on a chair at the edge of the circle that is a little forward and to the right. Have them follow the circle with their heel, so the foot is flexed with toes pointing the up. Once they have one leg down, draw another circle, this one also forward and more to the left of the chair, and practice this with both legs in an eggbeater fashion.

Passing & Catching

In pairs, 1-2 meters apart (still concentrate on eggbeater) do each bulleted item a few times, then progress to the next bullet. Remember: proper body position helps make a good

pass even better with legs underneath the body, using core to stay steady

- ❖ Strong hand passing and catching
- ❖ Opposite hand passing and catching
- ❖ Catch regular, then put ball in the water and pick up to good position to pass back to partners hand
- ❖ Put the ball on to the water, in front of partners face, pick up from underneath and pass back on the water
- ❖ When ball lands in front of your face, first take three strokes head up freestyle with ball in front, pick up ball and pass on the water to partner

Shooting at the Goal

Athletes are in a straight line in front of the cage about 3 yards out. They should always wait until the goalie is ready and help retrieve balls so the drill can move along quickly.

- ❖ Have them one at a time, hold ball up and shoot, then move down the line for another turn.
- ❖ Pick ball off the water, then shoot
- ❖ Starting further back, now have them take three strokes, pick up and shoot

Keep Away

Water Polo is generally a big game of keep away, so it is fitting to start Splashball players out playing keep away. Teams are designated by cap color. If after a few minutes, teams seem lop sided, please switch out a few players to even it out.





- ❖ Athletes cannot pass back to the person who passes to them
- ❖ Keep the ball moving without dunking it under water
- ❖ Can walk and use two hands, but cannot walk with the ball. Must swim or pass.
- ❖ Shooting at the goal is with one hand only.
- ❖ Keep away means no contact. Sometimes it does happen, but we don't do it on purpose.

Lesson 4

Goals for the lesson:

- ❖ Passing & Catching (eggbeater)
- ❖ Intro to goalkeeping
- ❖ Shooting

Caps on and everyone in the water for warm-up

- ❖ 2 laps swim – freestyle and backstroke
- ❖ 2 laps kick – no hands, any style
- ❖ 2 laps eggbeater – any direction
- ❖ Relay with ball swimming head up freestyle

Passing & Catching (eggbeater)

The athletes may have noticed that eggbeater is an important part of passing and catching. Remind them every so often that steady eggbeater makes for easier ball handling.

Passing in groups of 3, 1-2 meters apart

- ❖ Regular passing to warm up
- ❖ Switch directions
- ❖ Passing Relays- in straight line of three, those on the ends spin complete around:
 - One hand, catch/turn and pass, up and back
 - Other hand, catch/turn and pass, up and back
 - 2 hands fast as you can, catch/turn and pass, up and back

Intro to Goalkeeping

Key points:





- ❖ Watch the ball going towards the hands, not just for goalies will help everyone catch the ball.
- ❖ Eggbeater up and push off the water with the hand reaching for the ball
- ❖ If ball around the head, use two hands to pull down the ball
 - Pointer fingers and thumbs touching, making a “triangle” with the hands to knock down ball into the water
 - Ball to hit the hand and fall into the water in front of goalie
 - Hand at angle ball will come down
 - Slightly use wrist to flip ball into the water
- ❖ Do not catch the ball. Block it or knock it down.
- ❖ Try to block the ball in front of the body
- ❖ Do not turn shoulders to block the ball, they should always be parallel to shooter

Goal drills for everyone:

- ❖ With partner practice two hand pull downs – someone tosses the ball towards the goalie and they grab the ball with 2 hands, pulling it down.
- ❖ Passing slightly outside body to the right and left of the goalie. They lunge for the ball and try to stop it with one hand.

Shooting Drill

Have everyone get in a line starting at 4y out going back towards other goal. Each shooter moves to the front of the line with a ball. Pick up the ball off the water and shoot.

Depending on the number of athletes and goals, you may want to run this drill at each goal to keep athletes active. Remind them to get the balls back to the line so everyone has a ball.

This drill can also be done with two lines at a goal, alternating right line and left line shooters.





Lesson 5

Goals for the lesson

- ❖ Eggbeater skills
- ❖ Individual Skills
- ❖ Passing Relays
- ❖ Keep Away

Caps on and everyone in the water for warm-up

- ❖ 4 laps swim, any style
- ❖ 2 laps kick, no arms, any style
- ❖ 2 laps eggbeater, facing any direction

Eggbeater Skills

Now that everyone has mastered steady eggbeater position, we will involve a bit more action. While eggbeating, athletes can get more of their upper body out of the water with a strong thrust of the legs and pushing down with the hands. Have someone demonstrate a jump up without their head going under the water. Spread out everyone across the pool and have a whistle to signal when to change directions or jump up. These are tough drills, so give them a break every so often.

- ❖ Eggbeater forward like a water bug – hips high
- ❖ Eggbeater forward, hips down with hands out
- ❖ Eggbeater backward, hips down with hands out
- ❖ Eggbeater forward, hips down with arms out
- ❖ Eggbeater backward, hips down with arms out
- ❖ (5) Jump ups with smooth recovery. Keep head up.

- ❖ (5) Jump ups to clap hands over the head and count out loud. Keep head up.

Individual Skills

Pair up for this set of skills. Each person gets a little rest while the other one is doing the drill. On the off lap, have them swim backstroke and look back at the wall. (upright backstroke)

- ❖ Swim one lap with the ball. Switch ball at the far end and come back.
- ❖ Swim three strokes pick up the ball, put it back down, repeat. Switch at the far end.
- ❖ Swim three strokes pick up the ball into shooting position, put it back down, repeat. Switch at far end.
- ❖ Staying in one spot, flip the ball from one hand to the other. Hands close together while egg beatering.
- ❖ Staying in one spot, flip the ball from one hand to the other. Hands shoulder width apart.
- ❖ Staying in one spot, flip the ball from one hand to the other. Hand shoulder width apart, letting the ball fall on the water. Pick up the ball from underneath.
- ❖ One lane apart, passing and catching with regular hand
- ❖ One lane apart, passing and catching with off hand.

Passing Relays

Each pair will swim side-by-side down the pool about one line apart with one ball. Both start swimming - the one with the ball, stop, pick up the ball and pass it to your partner





having it land just in front of their face. Passer then continues swimming while their partner passes the ball back. Two laps, with regular hand, then try off hand for laughs.

Keep Away with Goalies

Same Keep Away game as before just now with goalies and working together to get the ball in the goal. Teams are designated by cap color. If after a few minutes, teams seem lop sided, please switch out a few players to even it out.

- ❖ Athletes cannot pass back to the person who passes to you
- ❖ Keep the ball moving without dunking it under water
- ❖ No tackling or putting the ball under water. Ball goes to the other team with a free throw.
- ❖ A goal is score when the ball passes by the goal line.
- ❖ One hand to shoot the ball at the goal.
- ❖ After a goal everyone lines up at half way. Losers outs.
- ❖ Keep away means no contact. Sometimes it does happen, but we don't do it on purpose.

Lesson 6

Goals for the lesson:

- ❖ Ball Handling/Eggbeater
- ❖ Change of Direction
- ❖ Shooting on the goal
- ❖ Jousting Game

Caps on and everyone in the water to warm-up:

- ❖ 4 laps swim – 1 freestyle, 1 head up freestyle, 1 backstroke, 1 upright backstroke
- ❖ 2 laps kick – no hands, any style
- ❖ 2 laps eggbeater – forward and backward

Ball Handling/Eggbeater

Everyone with a ball or work in pairs;

- ❖ Flip back and forth; spread hands further apart
- ❖ Spin in hand, spin in off hand
- ❖ Squeeze the banana; squeeze ball out of hand using all fingers and catch in opposite hand
- ❖ Foot flip into hand (for fun), drop the ball, let it float in front to foot flip it to the hand.
- ❖ Flip with the back of hand and catch, drop the ball and flip it with the back of the hand and catch, repeat
- ❖ Dunk ball under and between the legs, let it pop up and catch.





Change of Direction

Spread out without the ball. Everyone has their own space so they won't kick anyone else.

- ❖ Facing forward eggbeater, tuck knees up and kick legs to surface: front to back with toes peeking out in front and heels popping up in back.
- ❖ From steady eggbeater position, 1 breast kick forward, glide, tuck knees back to steady eggbeater position. Move the group forward on the whistle then turn the group around one kick at a time.
- ❖ From steady eggbeater position, breast kick three times, tuck knees, turn around and come back the other direction,
- ❖ From steady eggbeater position, swim three head up freestyle strokes, stop, tuck knees and turn back the opposite direction for three more strokes.

Everyone should feel the burn in their bellies (core).

keeping your ball safe. Once your ball touches the water you are out, move to the side. Last one with ball in hand wins!

Shooting on the Goal

Pass with a partner for a few minutes. By now you probably have an established goalie or two. Have field players line up at the 4y line to shoot on the goal. Remind them that shooting is different than passing, you want to keep it away from the goalie while getting the ball in the goal. Everyone helps collect the balls during shooting drills.

Jousting

Game with ball in one hand, hold ball above water, with other hand knock everyone else's ball out of their hand,





Lesson 7

Goals for the lesson

- ❖ Review steady position
- ❖ Movement from steady position
- ❖ Shooting on goal
- ❖ Scrimmage

Caps on and everyone in the water to warm-up

- ❖ 4 laps swim – any style
- ❖ 2 laps kick – no hands, any style
- ❖ 2 laps eggbeater – hands/no hands, any direction

Review Steady Position

- ❖ Coach sitting in a chair, knees wide, pushing/trusting heels down and out, hands wide sculling water
- ❖ In steady position you can move forward, backward, left, right without compromising a solid base
- ❖ Have them “walk” (swim) laps in each direction maintaining steady base position

Movement from Steady Position

Building on the change of direction drills from Lesson 6 we make sure we work on skills that will move athletes up and down the pool in Splashball games, which means adding a ball into the mix.

- ❖ From steady eggbeater position, swim three head up freestyle strokes, stop, tuck knees and turn back the opposite direction for three more strokes.

- ❖ Deep water swimming (no bottom) start and stop, to be performed explosively and promptly
- ❖ Start and stop swimming with a ball. Keep it under control. Ball can touch the water.
- ❖ Travel two meters forwards and backwards while facing the same direction and holding ball in the air at all times

Warm up passing

Shooting on the Goal

- ❖ Two different colored caps tied across top of the goal. Blue in the corners and White in the center.
 - One point for hitting a corner cap (Blue)
 - Two points for the middle cap (White)
- ❖ Line(s) are 2-5 meter from the goal (depending on the strength of the group)
- ❖ Shooting at the caps, no points for not using correct form

Scrimmage

Progressing on the Keep Away with Goalies game, athletes will utilize more skills to move the ball down the pool together as a team. Teams are designated by cap color. If after a few minutes, teams seem lop sided, please switch out a few players to even it out.

- ❖ Athletes cannot pass back to the person who passes to you





- ❖ Keep the ball moving without dunking it under water
- ❖ No tackling or putting the ball under water. Ball goes to the other team with a free throw.
- ❖ A goal is score when the ball passes by the goal line.
- ❖ One hand to shoot the ball at the goal.
- ❖ After a goal everyone lines up at half way. Losers outs.
- ❖ Keep away means no contact. Sometimes it does happen, but we don't do it on purpose.

Lesson 8

Goals for the lesson:

- ❖ Certificate elements: Swimming, Eggbeater, Motion and Ball Handling
- ❖ Scrimmage after reviewing the rules

Caps on and everyone in the water to warm-up swimming:

- ❖ 1 lap freestyle head down
- ❖ 1 lap freestyle head up
- ❖ 1 lap upright backstroke
- ❖ 1 lap switching every 3 strokes from head up freestyle to upright backstroke

Eggbeater

Steady Eggbeater for 5 minutes; Rest

Steady Eggbeater with arms out of the water for 20 seconds;

Rest

Hips up (water bug) eggbeater for 20 seconds; Rest

Sculling (arms only) for 30 seconds

Eggbeater with Motion

5 clapping Jump Ups in 15 seconds

Ball Handling Skills

- ❖ Swim 20y with the ball in straight line (maintaining control)
- ❖ Pick up the ball into a throwing position, with one hand only, from underneath (5 each hand)





- ❖ Flip the ball quickly from one hand to the other, hands to stay shoulder width apart
 - 10 wet (lands on the water)
 - 10 dry (stays in the air and hands)
- ❖ Throw the ball accurately to a partner (1 hand only)
 - preferred hand 7y
 - non-preferred hand 4y
- ❖ Catch the ball successfully 4 times from 5 attempts
 - preferred hand from 5y non-preferred hand 3y

Scrimmage

Break into teams to play a Splashball game. Review the rules at the end of this document with the athletes prior to the first whistle.





Splashball Certificate of Completion

We highly recommend a Certificate of Completion at the end of the Splashball season/session and will make those available to you. The list of skills to complete is as follows:

Swimming Skills

- Head up freestyle 20y
- Switching from head up freestyle to upright backstroke to head up freestyle 20y

Treading & Eggbeater Kick

- Deemed to be completed correctly if the head stays above water level at all times.
- Egg beater kick
- Utilizing both arms and legs while maintaining the body in a vertical position (sculling), 5 minutes
- Legs only, arms extended over the head with the body in a vertical position, 20 seconds
- Utilizing both arms and legs while maintaining the body in a horizontal position (water bug), 20 seconds
- Arms only sculling - legs to be motionless, 30 seconds

Movement Skills

- Jump Up and recover - armpits must be clear of the water with the arms raised to an extended & vertical position over the head (clap optional, but helpful). The head is to

remain out of the water at all times, 5 consecutive within 15 sec's

- Deep water swimming start and stop, to be performed explosively and promptly
- Travel two meters forwards and backwards while facing the same direction and holding ball in the air at all times

Ball Handling Skills

- Dribbling: Swim 20y with the ball in straight line (maintaining control)
- Pick up the ball into a throwing position, with one hand only, from underneath (5 each hand)
- Flip the ball quickly from one hand to the other, hands to stay shoulder width apart
 - 10 wet (lands on the water)
 - 10 dry (stays in the air and hands)
- Throw the ball accurately to a partner (1 hand only)
 - preferred hand 7y
 - non-preferred hand 4y
- Catch the ball successfully 4 times from 5 attempts
 - preferred hand from 5y
 - non-preferred hand 3y

Game Skills

- Demonstrate a hard shot at goal with good technique from 4 yards
- Demonstrate an understanding of Splashball by participating in a game





Splashball Rules

These detailed rules that can be adjusted to simplify play and not intimidate the beginning player/coach/parent. We recommend you begin your season with fewer rules and build up as skills of the players improve. Our ***Splashball Festival*** will use these rules and standard players' numbers as outlined above.

- There will be no contact allowed
- If the pool is deep, flotation devices are allowed.
- Players can use two hands to catch, but only one hand to pass or shoot the ball. The exception to this is the goalie that may use two hands.
- The game can consist of two (2) 10 minute halves with 2 minutes halftime or four (4) 5 minute quarters with 2 minutes between each.
- Teams swap ends at half time.
- To start the game, players line up along the goal line. At the referees whistle players move to the centerline.
- If pool is shallow, players must not walk while holding the ball or shoot while standing on the bottom.
- Players cannot shoot from a free throw.
- Free throws cannot be defended.
- A goal is scored when the whole ball passes over the goal line.
- After a goal, players return to their own half, and on the referees' whistle, a player from the team who didn't score

the goal takes the throw from halfway. The ball must be passed back

- No player may tackle another player whether in possession of the ball or not.
- Offensive players cannot fend (Heisman) a defensive player to shield the ball.
- Players may not swim on or over opponent's legs.
- The ball should remain above the water surface at all times.
- Any of the above infringements result in a free throw signaled by the referee. The free throw must be taken from where the foul occurred or an area not closer to the attacking goal of the team awarded the foul.

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