

III RULES AND REGULATIONS OF WATER POLO

The rules of Water Polo have been established by FINA and are accepted as the standard reference for BCSSA Water Polo competitions. Some adaptations of these rules have been made to accommodate the unique nature of BCSSA competition.

SECTION 1: POOL AND EQUIPMENT REQUIREMENTS

A. POOL SPECIFICATIONS

1. The Pool Layout Specifications as set out in the FINA RULES OF WATER POLO, require that a pool be 30 metres in length by 20 meters wide, and no less than 1.8 metres deep throughout the course.

The participative nature of BCSSA Water Polo, and the scarcity of pools, requires BCSSA to be flexible with pool requirements.

2. The following are recommendations for BCSSA competition:
 - a] minimum 6 lanes wide by a maximum of 25 metres long,
 - b] minimum depth at the deep end 1.8 metres,
 - c] minimum depth at the shallow end 1.2 metres,
 - d] end and side walls can form the boundaries for the field of play.
3. The pool shall be well lit [extra outdoor lighting may be necessary for outdoor games played in the evening].

B. EQUIPMENT REQUIREMENTS

1. **Goals:** Goals will be made of wood, metal or synthetic plastic. Netting should be attached to the goal fixtures and enclose the entire goal space. (see Field of Play)

Deep-end Goal (minimum depth 1.8 metres):

The deep end goal shall be 3 metres in width between the inner sides of the goal posts. The under-side of the cross bar shall be 0.90 metre above the water surface.

Shallow-end Goal (less than 1.8 metres):

The shallow end goal shall be 3 metres in width between the inner sides of the goal posts. The underside of the cross bar shall be 2.4 metres from the bottom of the pool when the depth of the water is less than 1.5 metres.

**Note: There should be some flexibility allowed for the size variation of the nets due to the availability of the equipment in some regions.*

2. Field of Play

a] Distinctive markers (pylons or marker flags are acceptable) must be provided on both sides of the field of play. The approved colours are as follows: the goal line (white), 2m lines (red), 4m lines (yellow) and 7m lines (green) as measured from the goal line, and half the distance between the goal lines should be marked with white. These markers must be visible throughout the game. (See Field of Play)

3. Water Polo Caps

a] If a bathing cap is worn under a Water Polo Cap it must be the same colour as the water polo cap.

b] One team shall wear white caps and the other team shall wear caps of a contrasting colour, other than solid red and to contrast with the colour of the ball as approved by the Referees. The other team may be required by the Referees to wear blue caps. The goalkeepers shall wear red caps. Caps shall be fastened under the chin and shall be fitted with malleable ear protectors. If a player loses his cap during play, he shall replace it at the next appropriate stoppage of the game. Caps shall be worn throughout the entire game.

- c] Caps shall be numbered on both sides. The goalkeeper shall wear cap No.1 and the other caps shall be numbered with no duplications. A substitute goalkeeper shall wear the goalkeeper's cap. A player shall not be allowed to change his/her cap number during the game except with the permission of a Referee and with notification to the Secretary.

4. **The Ball**

- a] The ball used for all 11 & U BCSSA competitions shall be the Mikasa # 6008, #6608 ball or equivalent.
- b] The Mikasa # 6009 ball or equivalent shall be used for all other age groups.

5. **Team Benches**

Both team benches shall be situated on the side, opposite the officials' table at each end of the pool.

6. **Sun Screen**

BCSSA will allow the use of non-greasy sunscreen.

7. **Minor Officials' Table and Equipment**

A minor officials' table shall be provided for each game.

- a] The Secretary shall be provided with an official Game Report form, writing instrument, 1 red flag and a whistle.
- b] The first Timekeeper shall be provided with 3 stopwatches, 1 whistle, and 1 orange, 1 blue and 1 white flag.
- c] The second Timekeeper shall be provided with a shot clock system. Visible clocks shall show the time of possession in a descending manner (that is, to show the possession time remaining).
- d] The two Goal Judges shall each be provided with: 1 white flag, 1 red flag and a supply of balls (3).

All flags should measure 0.35 metres x 0.20 metres.

SECTION 2: TEAMS

A. TEAM ELIGIBILITY

See *The Administration of the BCSSA Rules and Regulations*, Section 2.B.

B. PLAYER ELIGIBILITY

See *The Administration of the BCSSA Rules and Regulations*, Section 2.B.

C. PLAYER / COACH

All coaches and players not in the water, shall sit on the team bench and shall not move away from the bench at the commencement of play, except during the intervals between periods. The Head Coach may move but not beyond his/her 4m line. Teams shall change ends and benches at half time of regulation time and after the first period of overtime. Teams shall change ends and benches after each period of play when playing in a Shallow/Deep pool or when playing in a pool where sun in the players' eyes is a factor.

***Note:** *If both teams agree, they may choose to change at half time only.*

D. SUBSTITUTIONS

1. At any time in the game, a player may be substituted by leaving the field of play at the re-entry area nearest to the player's own goal line. The substitute may enter the field of play from the re-entry area as soon as the player has visibly risen to the surface of the water within the re-entry area. If a goalkeeper is substituted under this Rule, the substitute shall be required to wear a goalkeeper's cap. No substitution shall be made under this Rule between the time a Referee awards a penalty throw and the taking of the throw, except at a timeout.
2. A substitute may enter the field of play from any place:
 - a] during the intervals between periods of play, including any periods of extra time;

- b] after a goal has been scored;
 - c] during a timeout;
 - d] to replace a player who is bleeding or injured.
3. A substitute shall be ready to replace a player without delay. If a player is not ready, the game shall continue without the player and at any time, the player may then enter the field of play from the re-entry area nearest to the player's own goal line.
 4. A goalkeeper who has been replaced by a substitute may return to the game and play in any position.
 5. Should a goalkeeper retire from the game for any medical reason, the Referees shall allow an immediate substitution, subject to one of the players taking the goalkeeper's cap.

***Note:** *Referees are asked to use discretion with players leaving the water. The first incident of leaving the water illegally should be dealt with, by the Referee stopping the game and explaining the illegal procedure to the Coaches of both teams. The player in question is not to be excluded from the game. The consequences of the illegal substitution procedure should also be explained. If, after the rule and consequences have been explained, the incident occurs again, the Referee shall enforce the rule.*

SECTION 3: OFFICIALS

A. DRESS CODE

All officials should wear white clothing and shoes. Shoes should conform to local pool regulations.

***Note:** *The objective is uniformity of attire. The meet organizing committee may elect to use colours other than white, provided they supply the garments.*

The organizing committee may supply distinctive badges or ribbons for all officials.

B. REFEREES

A minimum of one Referee is required for all BCSSA competitions. For Regional and Provincial Championships, two Referees are required. The Referees are in absolute control of the game. Their authority over the players is effective during the entire time that they and the players are within the precincts of the pool. The Referees shall use a shrill whistle. Referees shall be approved by BCSSA.

Attacking Referee shall have the direction of play from his/her left to right when facing the pool.

Defensive Referee shall have the direction of play from his/her right to left when facing the pool.

***Note:** *Referees, at BCSSA tournaments and Provincial Championships, are asked to guide themselves in the best interest of the development of Water Polo players and teams in British Columbia. It is important that Referees be knowledgeable, flexible, and willing to help athletes, coaches and parents learn the sport of Water Polo.*

1. The Referees shall be in absolute control of the game. Their authority over the players shall be effective during the whole time that they and the players are within the precincts of the pool. All decisions of the Referees on

questions of fact shall be final and their interpretation of the Rules shall be obeyed throughout the game. The Referees shall not make any presumption as to the facts of any situation during the game, and shall interpret what they observe to the best of their ability.

2. The Referees shall whistle to start and restart the game to declare goals, goal throws (whether signalled by the Goal Judge or not), neutral throws and infringements of the Rules. A Referee may alter his/her decision provided it is done so before the ball is put back into play.
3. The Referees shall refrain from declaring a foul, if in their opinion, such a declaration would be an advantage to the offending player's team. This shall be known as the Circumstance of Advantage.

Circumstance of Advantage

***Note:** *The Referees shall apply this principle to the fullest extent. They should not, for example, declare an ordinary foul in favour of a player who is in possession of the ball and making progress towards his opponent's goal. This is considered giving an advantage to the offender's team.*

4. The Referees shall have the power to order any player from the water in accordance with the appropriate Rule and to abandon the game should a player refuse to leave the water when so ordered.
5. The Referees shall have the power to order the removal from the precincts of the pool, any player, substitute, spectator or official whose behaviour prevents the Referees from carrying out their duties in a proper and impartial manner.
6. The Referees shall have the power to abandon the game at any time, if in their opinion, the behaviour of the players or spectators, or other circumstances prevent the game from being brought to a proper conclusion. If the game has to be

abandoned, the Referees shall report their actions to the Tournament Director and the Provincial Water Polo Director.

C. MINOR OFFICIALS

For each game where a shot clock is used, a minimum of three (3) minor officials (a Secretary and two Timekeepers) are required. For games without a shot clock two (2) minor officials (a Secretary and one Timekeeper) are required. Each team shall provide the Secretary with a list of players and cap numbers prior to the commencement of the game.

1. Duties of the Secretary shall be:
 - a] to maintain the record of the game including the players, the score, timeouts, exclusion fouls & penalty fouls awarded against each player.
 - b] to record the exclusion times of players ordered from the water in accordance with the Rules.
 - c] to signal with the red flag and by whistle for the improper re-entry of an excluded player due to three personal fouls or improper entry of a substitute (including after a flag signal by a Goal Judge to indicate an improper re-entry or entry), this signal shall stop play immediately.
 - d] to signal with a red flag and a whistle (if necessary), without delay, the award of a third personal foul against any player.
2. Duties of the First Timekeeper shall be:
 - a] to time the exact periods of actual play, timeouts, and the intervals between periods;
 - b] to signal by whistle the end of each timeout;
 - c] to signal by raising the orange flag at one minute remaining in each period and to lower the orange flag at 10 seconds remaining in each period.
 - d] to audibly announce the start of the last minute of the game and the last minute of the second period of any extra time.
 - e] to signal by whistle (or by other distinctive means), the end of each period.
 - f] to signal the expiration of a penalty by raising the flag corresponding with the colour of the cap of the re-entering player.
3. Duties of the Second Timekeeper shall be to operate the shot clock to record possession time. The clock shall be reset:

- a] when the ball has left the hand of the player shooting at goal. If the ball rebounds into play from the goal post, crossbar or the goalkeeper, the possession time shall not recommence until the ball comes into the possession of one of the teams;
- b] when the ball comes into the possession of the opposing team. Possession shall not include the ball merely being touched in flight by an opposing player;
- c] when the ball is put into play following the award of an exclusion foul, penalty foul, goal throw, corner throw or neutral throw.

D. GOAL JUDGES

The Goal Judges shall be situated on the same side as the minor officials' table, one on each goal line.

- 1. Duties of the Goal Judges shall be:
 - a] to signal with the red flag when the players are correctly positioned on their respective goal lines at the start of a period;
 - b] to signal with the white flag an improper start or restart;
 - c] to signal with the white flag for a goal throw;
 - d] to signal with the red flag for a corner throw;
 - e] to signal with both flags for a goal (The Referee shall be responsible for awarding goals.)
 - f] to signal with the red flag for an improper re-entry of an excluded player or improper entry of a substitute.
 - g] to immediately throw a new ball to the goalkeeper (for a goal throw), to the nearest player of the attacking team (for a corner throw), or as otherwise directed by the Referee when the original ball has gone outside the field of play.

SECTION 4: RULES OF THE GAME

A. DURATION OF THE GAME

1. The duration of the game shall be four periods of seven minutes running time or 5 minutes stop-time. Time shall commence at the start of each period when a player touches the ball. At all signals for stoppages, the recording watch shall be stopped until the ball is put back into play by the ball leaving the hand of the player taking the appropriate throw or when the ball is touched by a player following a neutral throw.
2. There shall be a two-minute interval between periods.
3. A visible game clock shall show the time in a descending manner (that is, to show time remaining in a period).

B. TIE-BREAKING PROCEDURE

Should the score be tied at full time in any game for which a definitive result is required, sudden death overtime will commence three minutes after the completion of regulation time. The teams will play a maximum of two, five-minute running time periods. Assignment of defending ends will be decided by a coin toss. The team that scores the first goal will be declared the winner.

If, at the end of two overtime periods the score is still tied, the winner will be decided by a shootout. Five players from each team will alternately shoot on the opposing goalie in goal. The same goal in deep water will be used by both teams. The shot by each player will be taken in the same manner as a penalty throw. If after five players from each team have completed their shots and the score is still tied, then the shooting will continue with the same five players, in the same order, until there is a score differential and each team has had an equal number of shots.

C. TIMEOUTS

1. Each team shall be entitled to two timeouts in any game, including any extra time. The duration of the timeout shall be one minute. A timeout may be requested at any time by the coach of the team in possession of the ball calling "timeout" and signalling to the Referee with the hands forming a T-shape. If a timeout is requested, the Referee shall immediately stop the game by whistle.
2. Play shall be restarted on the whistle of the Referee by the team in possession of the ball putting the ball into play on the half distance line, except that:
 - a] If the timeout is requested before the taking of a penalty throw or corner throw, that throw shall be maintained;
 - b] If the timeout is requested in a game using stop time, after a goal has been scored, the Referees shall restart the play and then immediately stop the play for the requested timeout.
 - c] If the timeout is requested in a game using running time, after a goal has been scored, the Referee shall immediately call the timeout,

***Note:** *The possession clock continues from the recommencement of the play after the timeout.*

3. If the coach of the team in possession of the ball requests a third or additional timeout, the game shall be stopped and play shall then be restarted by a player of the opposing team putting the ball into play on the half distance line.
4. If the coach of the team not in possession of the ball requests a timeout, the game shall be stopped and a penalty throw awarded to the opposing team.
5. At the restart following a timeout, players may take any position in the field of play, subject

to the Rules relating to the taking of penalty throws and corner throws.

D. THE START OF PLAY

Before the start of the game and in the presence of the Referees, the captains shall toss a coin, the winner, to have the choice of ends.

1. Period Start

- a] At the start of each period, the players shall take up positions on their respective goal lines, at least one metre from the goal posts. Not more than two players shall be allowed between the goal posts. No part of a player's body shall be beyond the goal line at water level.

**Note: At the commencement to the periods of play, the Referee shall decide to start the teams from the goal line or the two-metre line.*

- b] When the Referees are satisfied that the teams are ready, a Referee shall blow the whistle to start and then release the ball into play on the half distance line.
- c] If the ball is released giving one team a definite advantage, the Referee shall call for the ball and award a neutral throw on the half distance line.

2. RESTARTING AFTER A GOAL

After a goal has been scored, the players shall take up positions anywhere within their respective halves of the field of play. No part of a player's body shall be beyond the half distance line at water level. A Referee shall restart the game by blowing the whistle. At the time of the restart, actual play shall resume when the ball leaves the hand of a player of the team not having scored the goal. A restart not taken in accordance with this Rule shall be retaken.

SECTION 5: METHOD OF SCORING

- A. A goal shall be scored when the entire ball has passed fully over the goal line, between the goal posts and underneath the crossbar.
- B. A goal may be scored from anywhere within the field of play; except that the goalkeeper shall not be permitted to go or touch the ball beyond the half distance line.
- C. A goal may be scored by any part of the body except the clenched fist. A goal may be scored by dribbling the ball into the goal. At the start or any restart of the game, at least two players (of either team, excluding the defending goalkeeper) must intentionally play or touch the ball except at the taking of:
 - 1. a penalty throw;
 - 2. a free throw thrown by a player into his own goal;
 - 3. an immediate shot from a goal throw; or
 - 4. an immediate shot from a free throw awarded outside 7 metres.

****Note:** A goal may be scored by a player immediately shooting from outside 7 metres after the player's team has been awarded a free throw for a foul committed outside 7 metres. If the player puts the ball into play, a goal can then only be scored if the ball has been intentionally touched by another player, other than the defending goalkeeper.*

If, at the award of a foul, the ball is closer to the defending team's goal, a goal may be scored under this Rule if the ball is returned without delay to the place where the foul was committed and the shot is then immediately made from that position.

A goal may not be scored under this Rule direct from the restart following:

- 1. a timeout
- 2. a goal

3. an injury, including bleeding
 4. the replacement of a cap
 5. the Referee calling for the ball
 6. the ball leaving the field of play
 7. any other delay.
- D. A goal shall be scored if, at the expiration of 35 seconds possession or at the end of a period, the ball is in flight and enters the goal.

***Note:** *In the circumstances of this Rule, if the ball enters the goal after hitting the goal post, crossbar, goalkeeper or other defending player, and/or bouncing off the water, a goal shall be allowed. If the end of the period has been signalled and the ball is then played or touched intentionally by another attacking player on its way into the goal, the goal shall not be allowed.*

If the ball is in flight towards the goal in the circumstances of this Rule and the goalkeeper or another defending player pulls down the goal, or within the player's own 4 metre area a defending player other than the goalkeeper stops the ball with two hands or arms or punches the ball to prevent a goal being scored, the Referee shall award a penalty throw if, in the Referee's opinion, the ball would have reached the goal line if the offence had not occurred.

If the ball, which is in flight towards the goal in the circumstances of this Rule, lands on the water and then floats completely over the goal line, the Referee shall award a goal, only if the ball floats over the goal line immediately due to the momentum of the shot.

SECTION 6: THROWS

E. GOAL THROWS

A goal throw shall be awarded:

when the entire ball has passed fully over the goal line excluding between the goal posts and underneath the crossbar, having last been played or touched by a player of the attacking team;

when the entire ball has passed fully over the goal line between the goal posts and underneath the crossbar, or strikes the goal posts, crossbar or the defending goalkeeper direct from:

- a free throw awarded inside 7 metres;
- a free throw awarded outside 7 metres not taken immediately;
- a goal throw not taken immediately;
- a corner throw.

The goal throw shall be taken by the defending goalkeeper from anywhere within the goalkeeper's 2m area. If the goalkeeper is out of the water, the goal throw shall be taken by another defending player. A goal throw not taken in accordance with this Rule shall be retaken.

***Note:** *There should be no undue delay in taking a free throw, goal throw or corner throw, which must be taken in such a manner so as to enable the other players to observe the ball leaving the thrower's hand. The thrower is permitted to dribble the ball before passing to another player (See Section 6 D.4). The throw can thus be taken immediately, even though the thrower cannot at that moment find a player to whom the player might pass the ball. On such an occasion, the player is allowed to take the throw either by dropping it from a raised hand on to the surface of the water or by throwing it in the air and then swimming with or dribbling the ball. In either case, the throw must be taken so that the other players are able to observe it.*

F. CORNER THROWS

A corner throw shall be awarded when the entire ball has passed fully over the goal line excluding between the goal posts and underneath the crossbar, having last been played or touched by a player of the defending team.

The corner throw shall be taken by a player of the attacking team from the 2m mark on the side nearest to which the ball crossed the goal line. The throw need not be taken by the nearest player but shall be taken without undue delay.

**Note: For method of taking throw. (see note A.2 above)*

At the taking of a corner throw no players of the attacking team shall be within the 2m area.

G. NEUTRAL THROWS

A neutral throw shall be awarded:

when, at the start of a period, a Referee is of the opinion that the ball has fallen in a position to the definite advantage of one team;

when one or more players of each team commit a foul at the same moment which makes it impossible for the Referees to distinguish which player offended first;

when both Referees blow their whistles at the same moment to award ordinary fouls to the opposing teams;

when the ball strikes or lodges in an overhead obstruction.

A neutral throw shall be taken at approximately the same lateral position as the event occurred. A Referee shall throw the ball up into the air, between the two players, in such a manner as to allow the players of both teams to have equal opportunity to reach the ball. A neutral throw

awarded within the 2m area shall be taken on the 2m line.

If, at a neutral throw, the Referee is of the opinion that the ball has fallen in a position to the definite advantage of one team, the Referee shall call for the ball and retake the throw.

H. FREE THROWS

A free throw shall be taken at the place where the foul occurred, except:

if the ball is further from the defending team's goal, the free throw shall be taken from the location of the ball;

if the foul is committed by a defending player within his/her 2m area, the free throw shall be taken on the 2m line closest to where the foul was committed or, if the ball is outside the 2m area, from the location of the ball;

where otherwise provided for in the Rules.

***Note:** *A free throw taken from the wrong position shall be retaken.*

The time allowed for a player to take a free throw shall be at the discretion of the Referees; it shall be reasonable and without undue delay but does not have to be immediate. It shall be an offence if a player who is clearly in a position, ready to take a free throw and does not do so.

The responsibility for returning the ball to the player who is to take the free throw shall be that of the team to which the free throw is awarded.

The free throw shall be taken in a manner to enable the players to observe the ball leaving the hand of the player taking the throw, who shall also then be permitted to carry or dribble the ball before passing to another player. The ball shall be in play immediately when it leaves the hand of the player taking the free throw.

I. PENALTY THROWS

A penalty throw will be awarded to a team when a penalty foul has been called against the other team.

A penalty throw shall be taken by any player of the team to which it is awarded (except the goalkeeper) from any point on the opponents' 4m line.

All players shall leave the 4m area and shall be at least two metres from the player taking the throw. On each side of the player taking the throw, one player of the defending team shall have the first right to take position. The defending goalkeeper shall be positioned between the goal posts with no part of the body beyond the goal line at water level. Should the goalkeeper be out of the water, another player may take the position of the goalkeeper, but without the goalkeeper's privileges and limitations.

When the Referee controlling the taking of the throw is satisfied that the players are in their correct positions, the Referee shall signal for the throw to be taken by whistle and by simultaneously lowering an arm from a vertical to a horizontal position.

***Note:** *The lowering of the arm at the same time as the signal by whistle makes it possible under any conditions, even amidst noise by spectators, to execute the throw in accordance with the Rules. As the arm is lifted, the player taking the throw will concentrate, for the player knows that the signal will follow immediately.*

The player taking the penalty throw shall have possession of the ball and shall immediately throw it with an uninterrupted movement directly at the goal. The player may take the throw by lifting the ball from the water or with the ball held in the raised hand and the ball may be taken backwards from the direction of the goal in preparation for the forward throw, provided that the continuity of

the movement shall not be interrupted before the ball leaves the thrower's hand.

***Note:** *There is nothing in the Rules to prevent a player taking the throw with a back to the goal while the player adopts a half screw or full screw action.*

If the ball rebounds from the goal post, crossbar or goalkeeper it remains in play and it shall not be necessary for another player to play or touch the ball before a goal can be scored.

If, at precisely the same time as the Referee awards a penalty throw, the Timekeeper whistles for the end of a period, all players except the player taking the throw and the defending goalkeeper shall leave the water before the penalty throw is taken. In this situation, the ball shall immediately be dead should it rebound into play from the goal post, crossbar or the goalkeeper.

SECTION 7: FOULS

A. ORDINARY FOULS

Any ordinary foul shall be punished by the award of a free throw to the opposing team.

***Note:** *The Referees must award ordinary fouls in accordance with the Rules. However, the Referees must have regard to the special Circumstance of Advantage. (See Section 3 A.3)*

It shall be an ordinary foul to commit any of the following offences:

1. To advance beyond the goal line at the start of a period, before the Referee has given the signal to start. The free throw shall be taken from the half distance line;
2. To assist a player at the start of a period or at any other time during the game;
3. To hold on to or push off from the goal posts or their fixtures, to hold on to or push off from the sides or ends of the pool during actual play or to hold on to the rails except at the start of a period;
4. To take any active part in the game when standing on the floor of the pool, to walk when play is in progress or to jump from the floor of the pool to play the ball or tackle an opponent. This Rule shall not apply to the goalkeeper while within his/her 4m area;
5. To take or hold the entire ball under the water when tackled;

***Note:** *It is an ordinary foul to take or hold the ball under the water when tackled, even if the player holding the ball has his/her hand forced under the water, with the ball, as a result of the opponent's challenge. It makes no difference that the ball goes under the water against the player's will. What is important is that the foul is awarded against the player who was in contact with the ball at the moment it was taken under the water. It is important to*

remember that the offence can only occur when a player takes the ball under when tackled. Thus, if the goalkeeper emerges high out of the water to save a shot and then while falling back takes the ball under the water, the player has committed no offence; but if the player then holds the ball under the water when challenged by an opponent, the player will have committed an infringement of this Rule and if the player's actions prevented a probable goal, a penalty throw must be awarded.

6. To strike at the ball with a clenched fist. This Rule shall not apply to the goalkeeper while within the goalkeeper's 4m area.
7. To play or touch the ball with two hands at the same time. This Rule shall not apply to the goalkeeper while within the goalkeeper's 4m area.
8. To impede or otherwise prevent the free movement of an opponent, who is not holding the ball, including swimming on the opponent's shoulders, back or legs. **"Holding" is lifting, carrying or touching the ball, but does not include dribbling the ball.**

****Note:** The first thing for the Referee to consider is whether the opponent is holding the ball. If the player is doing so, the player making the challenge cannot be penalized for "impeding". It is clear that a player is holding the ball if he/she holds it raised above the water. The player is also holding the ball if he/she swims with it held in his/her hand or makes contact with the ball while it is lying on the surface of the water. Swimming with the ball (dribbling) is not considered to be holding.*

A common form of impeding is where the player swims across his/her opponent's legs, thus reducing the pace at which the player can move and interfering with normal leg action. Another form is

swimming on the opponent's shoulders. It must be remembered that the foul of impeding can be committed by the player who is in possession of the ball. (For example, a player keeping one hand on the ball and trying to force the opponent away to gain more space for himself/herself or a player in possession of the ball impeding the opponent, by pushing the player back with his/her head.) Care must be taken because any violent movement by the player in possession of the ball might constitute striking or even brutality. A player may also commit the offence of impeding even if he/she is not holding or touching the ball, by blocking the opponent with the body and with arms flung open, thus making access to the ball impossible. This offence is most often committed near the boundaries of the field of play.

9. To push or push off from an opponent who is not holding the ball.

***Note:** *Pushing can take place in various forms, including with the hand or with the foot. In the cases illustrated, the punishment is a free throw for an ordinary foul. However, Referees must take care to differentiate between pushing with the foot and kicking - which then becomes an exclusion foul or even brutality. If the foot is already in contact with the opponent when the movement begins, this will usually be pushing. However, if the movement begins before such contact with the opponent is made, then this should generally be regarded as kicking.*

10. For a player of the team in possession of the ball to commit an offence (impede an opponent or push off from an opponent) before a free throw, goal throw or corner throw is taken.
11. To be within two metres of the opponents' goal except when behind the line of the ball.

It shall not be an offence if a player takes the ball into the 2m area and passes it to another player who is behind the line of the ball and who shoots at goal immediately, before the first player has been able to leave the 2m area.

***Note:** *If the player receiving the pass does not shoot at goal, the player who passed the ball must immediately leave the 2m area to avoid being penalized under this Rule.*

12. To take a penalty throw other than in the prescribed manner.
13. To delay unduly when taking a free throw, goal throw or corner throw.
14. For a goalkeeper to go or touch the ball beyond the half distance line.
15. To send the ball out of the field of play, including the ball rebounding from the side of the field of play above water level.
16. For a team to retain possession of the ball for more than 35 seconds of actual play without shooting at the opponent's goal.

***Note:** *The Timekeeper and Referees must decide whether there was a shot on goal or not. However, the Referees have the final decision.*

17. To waste time.

***Note:** *It is always permissible for a Referee to award an ordinary foul under this Rule before the 35-second possession period has elapsed.*

If the goalkeeper is the only player of that team in that half of the field of play, it shall be deemed wasting time for the goalkeeper to receive the ball from another member of the team who is in the other half of the field of play.

In the last minute, the Referees must be certain that there is intentional wasting time, before applying this Rule.

B. PERSONAL FOULS

A personal foul shall be recorded against any player who commits an exclusion foul or a penalty foul. The Referee shall indicate the offending player's cap number to the Secretary.

Upon receiving a third personal foul, a player shall be excluded from the remainder of the game with substitution according to B.1.d. If the third personal foul is a penalty foul, the entry of the substitute shall be immediate.

1. Exclusion Fouls

- a] It shall be an exclusion foul to commit any of the offences as outlined in B.2. Minor Exclusion Fouls and B.3. Major Exclusion Fouls which shall be punished (except as otherwise provided by the Rules) by the award of a free throw to the opposing team and the exclusion of the player who committed the foul.
- b] When a player of each team commits an exclusion foul or a penalty foul simultaneously during actual play, both players shall be excluded and a neutral throw awarded.
- c] The excluded player shall move to the re-entry area nearest to his/her own goal line without leaving the water. An excluded player who removes himself/herself from the water (other than following the entry of a substitute) shall be deemed guilty of an offence (Disrespect).

***Note:** *An excluded player (including any player excluded under the Rules for the remainder of the game) shall remain in the water and move (which may include swimming underwater) to the re-entry position nearest to the player's own goal line without interfering with the play. The player may swim from the field of play at any point on the goal line and may swim behind the goal to reach the re-entry*

area provided the player does not interfere with the alignment of the goal.

On reaching the re-entry area, the excluded player and/or a substitute shall be required to visibly rise to the surface of the water before being permitted to re-enter in accordance with the Rules. However, it shall not be necessary for the excluded player to then remain in the re-entry area to await the arrival of an intended substitute.

- d] The excluded player or a substitute shall be permitted to re-enter the field of play after the earliest occurrence of one of the following:
 - i] when 20 seconds of actual play have elapsed (at which time the first Timekeeper shall raise the appropriate flag provided that the excluded player has reached his re-entry area in accordance with the Rules);
 - ii] when a goal has been scored;
 - iii] when the excluded player's team has retaken possession of the ball (which means receiving control of the ball) during actual play (the defensive Referee shall signal re-entry by a hand signal);
 - iv] when play is restarted by a player of the excluded player's team after a stoppage, (the defensive Referee shall signal re-entry by a hand signal).
- e] The excluded player or a substitute shall be permitted to re-enter the field of play from the re-entry area nearest to the player's own goal line, provided that:
 - i] The player has received a signal from the first Timekeeper or Referee;

- ii] The player shall not jump or push off from the side wall or wall of the pool or field of play;
- iii] The player shall not affect the alignment of the goal;
- iv] The excluded player has reached the re-entry area nearest to his/her own goal line.

After a goal has been scored an excluded player or a substitute may re-enter the field of play from any place.

These provisions shall also apply to the entry of a substitute when the excluded player has received three personal fouls or has otherwise been excluded from the remainder of the game in accordance with the Rules.

***Note:** *A substitute shall not be signalled in by a Referee nor shall the first Timekeeper signal the expiration of the 20-second exclusion period until the excluded player has reached the re-entry area nearest to his/her own goal line. This shall also apply to the re-entry of a substitute who is to replace a player excluded from the remainder of the game. In the event of an excluded player failing to return to his/her re-entry area, a substitute shall not be permitted to enter until a goal has been scored or until the end of a period.*

The primary responsibility for giving the signal for the re-entry of an excluded player or a substitute is with the defensive Referee. However, the attacking Referee may also assist in this regard and the signal of either Referee shall be valid. If a Referee suspects an improper re-entry or the Goal Judge signals such an improper re-entry, then the Referee should be satisfied that the

other Referee had not signalled the re-entry.

Before giving the signal for the re-entry of an excluded player or a substitute, the defensive Referee should wait momentarily in case the attacking Referee whistles to restore possession to the opponent's team.

A change of possession does not occur merely because of the end of a period. However, an excluded player or substitute shall be eligible to re-enter if the player's team wins the ball at the swim up at the start of the next period. If a player is excluded when the end of a period is signalled, the Referees and the Secretary shall ensure that the teams have the correct number of players before signalling for the restart.

- f] When a player is excluded, the exclusion period shall commence immediately when the ball has left the hand of the player taking the free throw or when the ball has been touched following a neutral throw.
- g] If an excluded player intentionally interferes with play, including affecting the alignment of the goal, a penalty throw shall be awarded to the opposing team and a further personal foul awarded against the excluded player. If the excluded player does not commence leaving the field of play almost immediately, the Referee may deem this to be intentional interference under this Rule.
- h] In the event of the game continuing into extra time, the exclusion period of any excluded player shall also continue into the extra time. Personal fouls awarded during the periods of normal time shall also carry forward into extra time and any player excluded under the Rules from the remainder of the game shall not be permitted to take part in any periods of extra time.

2. Minor Exclusion Fouls

A minor exclusion foul is punishable (except as otherwise provided by the rules) by the award of a free throw to the opposing team and the exclusion of the player who committed the foul for 20 seconds of actual play.

A minor exclusion foul will be called for the following offences:

- a] To leave the water, sit or stand on the steps or side of the pool during play, except in the case of accident, injury, illness or with the permission of a Referee.
- b] To interfere with the taking of a free throw, goal throw or corner throw, including:
 - i] intentionally throwing away or failing to release the ball to prevent the normal progress of the game;
 - ii] any attempt to play the ball before it has left the hand of the thrower.

***Note:** *A player is not to be penalized under this Rule if the player does not hear the whistle as a result of being under the water. The Referees must determine if the actions of the player are intentional.*

Interference with a throw may take place indirectly when the ball is hampered, delayed or prevented from reaching the player who is to take the throw, or it may occur when the execution of the throw is interfered with by an opponent blocking the direction of the throw or by disturbing the actual movement of the thrower or for interference with a penalty throw.

- c] To splash in the face of an opponent intentionally.

***Note:** *Splashing is frequently used as an unfair tactic but is often only penalized in the obvious situation when players are facing one another. However, it can also occur less obviously when a player produces a curtain of water with an arm, seemingly without deliberate intent, in an attempt to block the view of the opponent who is about to shoot at goal or to make a pass.*

The punishment for intentionally splashing an opponent is an exclusion or a penalty throw, if the opponent is inside the 4m area and is attempting to shoot at goal. The awarding of a penalty throw or an exclusion foul is decided solely by the positioning and actions of the attacking player. Whether the offending player is inside or outside the 4m area is not a decisive factor.

- d] To hold, sink or pull back an opponent who is not holding the ball. **"Holding" is lifting, carrying or touching the ball but does not include dribbling the ball.**

***Note:** *The correct application of this Rule is very important to ensure that the proper limits of rough play are not exceeded. In addition, Referees must note that an infringement within the 4m area, which prevents a probable goal, must be punished by the award of a penalty throw.*

- e] To kick or strike an opponent intentionally or make disproportionate movements with that intent.

***Note:** *The offence of kicking or striking can take a number of different forms, including being committed by a player in possession of the ball or by an opposing player. Possession of the*

ball is not a decisive factor. What is important, is the action of the offending player, including the player who makes disproportionate movements in an attempt to kick or strike, even if the player fails to make contact.

One of the most serious acts of striking is elbowing backwards, which can result in serious injury to the opponent. Similarly, serious injury can occur when a player intentionally butts his/her head back into the face of an opponent who is marking closely. In these circumstances, the Referee would also be justified in punishing the offence. (Brutality)

- f] For the defending goalkeeper to fail to take up a correct position on the goal line at the taking of a penalty throw having been ordered once to do so by the Referee. Another defending player may take the position of the goalkeeper but without the goalkeeper's privileges or limitations.

3. Major Exclusion Fouls

A major exclusion foul is punishable (except as otherwise provided by the rules) by the award of a free throw to the opposing team and the exclusion of the offending player for the remainder of the game.

A major exclusion foul will be called for the following offences:

- a] **Brutality** (including kicking or striking or attempting to kick or strike with malicious intent) against an opponent or official, whether during play (including any stoppages or timeouts) or the intervals between periods of play. **The offending player shall be excluded from the remainder of the game and shall not be substituted.** (see Section 11)

***Note:** *In the last minute of the game, the Referees may delay declaring a brutality offence until the next change of possession.*

This Rule shall also apply if an act of brutality occurs during the intervals between periods, except that the free throw shall not be awarded. The offending player shall be excluded from the remainder of the game, without substitution, and that team shall continue the game with one less player.

In the case of brutality at any time by a substitute who is not in the water during the play, the offending player shall be excluded from the remainder of the game. The captain of the team shall be ordered to remove from the water a player of his/her choice and the team shall continue with one less player. The player who has been removed can subsequently be used during the remainder of the game, as one of the team's remaining players in the water and no personal foul shall be awarded in relation to the removal from the water.

- b] Misconduct, including the use of foul language, violent or persistent foul play. In cases of extreme misconduct, the Referee may deny a substitution.

***Note:** *Persistent foul play refers to play which is unacceptable within the spirit of the Rules and which is likely to bring the game into disrepute. Persistent foul play is entirely different and unrelated to "persisting in an ordinary foul".*

- c] Refusing to obey or showing disrespect for a Referee or Official.

***Note:** *If a member of a team commits an act of disrespect prior to the restart of play after the opposing team has scored a goal or during the interval between periods, that player shall be excluded from the remainder of the game and the team shall be permitted to restart the game with seven players.*

- d] A player of the team not in possession of the ball who commits any of the following offences before a free throw, goal throw, corner throw or penalty throw is taken:
- i] impeding an opponent
 - ii] pushing or pushing off from an opponent
 - iii] committing an exclusion foul
- The original throw (including any neutral throw) shall be maintained.
- e] A player of either team who commits any of the following offences before a neutral throw is taken:
- i] impeding an opponent
 - ii] pushing or pushing off from an opponent
 - iii] committing an exclusion foul
- The original throw (including any neutral throw) shall be maintained.
- f] A player of each team to who commits any of the following offences simultaneously before a free throw, goal throw, corner throw, penalty throw or neutral throw is taken:
- i] impeding an opponent
 - ii] pushing or pushing off from an opponent
 - iii] committing an exclusion foul
- Both players shall be excluded and a neutral throw awarded; except if the offences are committed simultaneously at the taking of a penalty throw, the penalty throw shall be maintained.

***Note:** *In the circumstances of this Rule, a change of possession is deemed not to have occurred merely because one team gains possession of the ball from the neutral throw. The players excluded under this Rule shall not be permitted to re-enter until the next earliest occurrence following the neutral throw.*

However, this only applies to the two players who were excluded simultaneously and any other players who were already excluded shall be permitted to re-enter if the neutral throw results in a change of possession.

If the two players who have been excluded under this Rule are eligible to re-enter before they have reached their respective re-entry areas, the defensive Referee may wave in each player as soon as he/she is ready to re-enter. The Referee does not have to wait until both players are ready to re-enter.

- g] A player of the team in possession who commits an offence under exclusion fouls before a free throw, goal throw, corner throw or penalty throw is taken; except that if the offence is committed at the taking of a penalty throw, the penalty throw shall be maintained.
- h] An excluded player who re-enters or a substitute who enters the field of play improperly, including:
 - i] without having received a signal from the Secretary or Referee;

***Note:** *It shall be an improper re-entry if an excluded player re-enters or a substitute enters without having received the Referee's signal, even if the Referee*

should have given the signal earlier.

- ii] from any place other than his/her own re-entry area, except where the Rules provide for immediate substitution;
- iii] by jumping or pushing off from the side or wall of the pool or field of play;
- iv] by affecting the alignment of the goal.

If this offence occurs in the last minute of the game or the last minute of the second period of extra time the offending player shall be excluded from the remainder of the game, with substitution according to B.1.d and a penalty throw awarded to the opposing team.

- i] Interfering with the taking of a penalty throw. The offending player shall be excluded from the remainder of the game with substitution according to B.1.d and the penalty throw shall be maintained or re-taken as appropriate.

***Note:** *The most common form of interference with a penalty throw is when an opponent aims a kick at the player taking the throw, just as the throw is about to be taken. It is essential for the Referees to ensure that all players are at least 2 metres from the thrower, to prevent such interference taking place. The Referee should also allow the defending team the first right to take position.*

4. Penalty Fouls

It shall be a penalty foul to commit any of the following offences which shall be punished by the award of a penalty throw to the opposing team.

- a] For a defending player to commit any foul within the 4m area but for which a goal would probably have resulted.

***Note:** *In addition to other offences preventing a probable goal, it is an offence within the meaning of this Rule:*

- i] *for a goalkeeper or other defending player to pull down or otherwise displace the goal;*
- ii] *for a defending player to play the ball with two hands;*
- iii] *for a defending player to play the ball with a clenched fist;*
- iv] *for a goalkeeper or other defending player to take the ball under the water when tackled.*

It is important to note that while the fouls described above, and other fouls such as holding, pulling back, impeding, etc., would normally be punished by a free throw (and exclusion if appropriate), they become penalty fouls if committed within the 4m area by a defending player, if a probable goal would otherwise have been scored.

- b] For a defending player within the 4m area to kick or strike an opponent or to commit an act of brutality. In the case of brutality, the offending player shall also be excluded from the remainder of the game, without substitution, in addition to the award of the penalty.
- c] For an excluded player intentionally to interfere with play, including affecting the alignment of the goal.
- d] For a goalkeeper or any other defending player to pull over the goal completely with the object of preventing a probable goal. The offending player shall also be excluded from the remainder of the

game, with substitution according to B.1.d.

- e] For an excluded player to re-enter or a substitute to enter the field of play improperly prior to, or at the expiration of an exclusion period with the object of preventing a goal. The offending player shall also leave the field of play to complete any of the original exclusion period remaining, if appropriate.

***Note:** *In the circumstances of this Rule, if the attacking team is in a position to shoot at goal, the Referee shall wait to see if a goal is scored before stopping the play. If a goal is scored, the penalty throw is not awarded, but a personal foul is recorded against the offending player. If a goal is not scored, the Referee shall then immediately award a penalty throw in accordance with this Rule.*

- f] For an excluded player to re-enter or a substitute to enter the field of play improperly during the last minute of the game, or the last minute of the second period of any extra time. The offending player shall also be excluded from the remainder of the game, with substitution according to B.1.d.

- g] For a player or substitute who is not entitled under the Rules to participate in the play at that time to enter the field of play. The offending player shall also be excluded from the remainder of the game with substitution, where appropriate, after the earliest occurrence. This Rule shall not apply to an excluded player who re-enters or a substitute who enters the field of play before a legal re-entry according to B.1.d.

***Note:** *If an excluded player and a substitute both enter after the earliest*

occurrence, whichever player entered last, shall be the player to be penalized under this Rule. If both players enter simultaneously, it shall be the substitute who is to be penalized.

- h] For the coach of the team not in possession of the ball to request a timeout or for a team official to take any action to prevent a probable goal; except that no personal foul shall be recorded for this offence.

SECTION 8: ACCIDENT, INJURY AND ILLNESS

- A. A player shall only be allowed to leave the water, sit or stand on the steps or side of the pool during play in a case of accident, injury or illness or with the permission of a Referee. A player who has left the water legitimately may re-enter from the re-entry area nearest his/her own goal line at an appropriate stoppage, with the permission of a Referee.
- B. If a player is bleeding, the Referee shall immediately order the player out of the water with the immediate entry of a substitute and the game shall continue without interruption. After the bleeding has stopped, the player is permitted to be a substitute in the ordinary course of the game.
- C. If an accident, an injury or an illness, other than bleeding occurs, a Referee may at his/her discretion suspend the game for not more than three minutes, in which case the Timekeeper shall be instructed as to when the stoppage period is to commence.
- D. Should the game be stopped through accident, illness, bleeding or other unforeseen reason, the team in possession of the ball at the time of the stoppage shall put the ball into play at the place of stoppage when the play is resumed.
- E. Except in the circumstances of B (bleeding), the player shall not be allowed to take further part in the game if a substitute has entered.

SECTION 9: SHALLOW END POOL

If possible, all games should be played in an 'all-deep' pool. Due to pool availability it is sometimes necessary to play in a pool with a shallow end.

***Note:** *All rules governing the use of the bottom shall be under the interpretation and enforcement of the Referee.*

- A. Goalkeepers are not allowed to stand or use the bottom in any way outside their own 4m line. Goalies may use the bottom to advantage while within their 4m area.
- B. All players should avoid the use of the bottom at anytime during the game. If any player uses the bottom to his/her advantage or to gain advantage over an opposing player the opposing team shall be awarded a free throw.
- C. If, in an attempt to block a shot at goal, a defending player deliberately uses the bottom within the 4m area and succeeds in blocking the shot, a penalty shot will be awarded to the attacking team.
- D. If any player deliberately uses the bottom to gain an advantage to block a free throw, that player shall receive a major exclusion foul.
- E. If, in the Referee's estimation, a player continually uses the bottom inspite of the Referee's rulings, the Referee may award that player with a major exclusion foul.

SECTION 10: BRUTALITY AND MISCONDUCT

All calls of Brutality and Misconduct occurring during a tournament shall be forwarded to the Tournament Chairperson/Director. In all other cases they will be forwarded to the BCSSA Water Polo Director. Suspensions will be given if deemed necessary. Calls of brutality and misconduct will result in the disqualification of the player in question from the game. There will be no substitution for players receiving a brutality disqualification. Substitutions may be made for players receiving a misconduct except in extreme cases when the Referees have denied a substitution. (Section 7: B.3.b)

SECTION 11: PROTESTS

A. PROTEST COMMITTEE

1. Submission of Protest

All protests must be submitted to the Tournament Chairperson/Director, or to the Minor Officials' desk, no later than thirty (30) minutes following the protested game. Protests must be in writing, clearly indicating the nature of the protest, and the following information must be included:

- a] what action or person is believed to be at fault
- b] in what time frame the action occurred
- c] names of witnesses (if possible)
- d] team/game number
- e] diagram (if applicable)
- f] signature of complainant

2. The Tournament Chairperson/Director shall form and chair a protest committee consisting of 3 or 5 individuals. The committee should include the most senior and experienced individuals available. The chair shall have no vote.

3. A protest committee receives and adjudicates written protests that are submitted in accordance with these rules.

B. PROVINCIAL APPEALS PROCEDURE

See *The Administration of the BCSSA Rules and Regulations*, Section 6.

SECTION 12: DISCIPLINE

A. DISCIPLINE COMMITTEES

1. Tournaments

- a] A Discipline Committee must review the incident in all cases where a tournament participant has been called for brutality. A participant who has been called for gross misconduct or disrespect will have an automatic one game suspension (from the age grouping in which they were participating when the gross misconduct or disrespect was called) and will not be permitted to participate in any other age group competition until the one game suspension has been served. A discipline committee may be formed to review the incident.
- b] The Tournament Chairperson/Director shall form a Discipline Committee consisting of three (3) neutral individuals preferably from the following:
 - i] Tournament Referee-in-Chief
 - ii] Tournament Chairperson/Director
 - iii] BCSSA Representative
- c] Referees of the game who have ejected a participant from a game must provide the Discipline Committee with a report of the incident within thirty (30) minutes following the game. A decision will be made immediately following a review of the report and all concerned parties notified.
- d] The Discipline Committee has the authority to prevent a participant from further competition in that specific tournament or a portion thereof.
- e] The Discipline Committee must make a full, written report of the incident and forward it to the BCSSA Water Polo Director and the BCSSA President within 48 hours of the conclusion of the

tournament. BCSSA may impose further penalties.

2. Scrimmages (Non-Tournament Competition)

- a) The individual who has ejected a participant from the scrimmage must provide the BCSSA Water Polo Director with a written report of the incident within two (2) days following the occurrence.
- b) A Discipline Committee shall be formed by the BCSSA Water Polo Director consisting of three (3) neutral individuals. The Discipline Committee must review the incident where a participant has been called for gross misconduct, disrespect or brutality.
- c) The Discipline Committee must make a full written report of the incident and forward it to the BCSSA Water Polo Director, the BCSSA President and all other involved parties within forty-eight (48) hours of the conclusion of the decision.

B. DISCIPLINE APPEAL PROCEDURE

- 1. An appeal of a decision from the Discipline Committee must be in writing and received by the BCSSA President within seven (7) days of the occurrence. This appeal must be accompanied with a \$50.00 cheque (refundable if successful)
- 2. The President shall appoint an Appeal Committee, comprised of 3 members of the Board of Directors, or appointed Designates, and a non-voting chairperson.
- 3. The Appeal Committee shall convene within five (5) days of receipt of the notice of appeal and reach a decision by majority as soon as is practical.
- 4. The Appeal Committee shall hear the evidence as it sees fit. The Protestor and the individual whose decision is being disputed shall have the right to present their cases to the Committee.

5. The Chair of the Appeal Committee shall prepare a written record of the proceedings, including a description of the incident, initial decision and protest, Committee members and the witnesses called, the final decision rendered and a brief description of the rationale. All members of the Committee shall sign the 'record'.
6. A written decision of the Appeal Committee shall be delivered to the parties involved within three (3) days of the completion of the hearing.
7. The decision of the Appeal Committee is final and a copy of the decision is to be forwarded to the BCSSA President.

SECTION 13: TECHNICAL ERRORS

If there is a technical error (desk official mistake, timing error, clock malfunction, etc.) the referee must stop the game at an appropriate time (not necessarily immediately) and correct the error.

The game **may** have to restart at the last known time before the error. (For example: A player has 3 personal fouls and is still playing because the secretary has forgotten to signal with the red flag. If a goal is not scored on the power play, the game clock may be reset to the end of the exclusion time and all incidents occurring after that time must be erased on the game sheet. If a goal is scored on the power play, the game is restarted from that time.)

SECTION 14: YELLOW AND RED CARDS

The yellow card/red card system has been adopted for the control of the water polo bench at all BCSSA water polo events.

The issuing (signaling) of the yellow card by the referee is an "official" warning to the team bench.

That the subsequent issuing (signaling) of the red card by the referee is the signal that the offender on the team bench must retire to the public area or to such a designated place as determined by the tournament chair.

It should be noted, that should the actions of the offender warrant, then the referee might issue (signal) with the red card without having issued (signalled) with the yellow card, which in normal circumstances is really an initial warning.

The point to remember about the use of cards is that they are just a mechanism, a "visible show" for what referees always have had the power to do. A referee

could always exclude any person from the pool.
Accordingly:

1. If the bench is still a problem, identify the offender(s) and exclude him/her (them).
2. The offender is the individual, not the representative. Accordingly you punish neither the captain, nor the coach, if a player is the offending party. You excluded that party.

Yellow Cards Situations:

For the head coach only:

- a. Advance pass the 5 m line (a verbal and/or a warning signal before a yellow card)
 - The head coach must stay well away from the referee when the referee is in his/her zone. The coach must not impede on the referee's movement or vision.
 - The head coach must be near his/her bench when his/her team has possession of the ball and stay in his/her zone.
 - The head coach doesn't return near his bench when his/her team loses possession of the ball.
 - When the bench is not situated behind the goal line and outside the sidelines.
- b. Comment the referee's calls (after the calls)
- c. Directed the referee's call (before the calls)
- d. Regarding b and c, if the referee cannot determine who is committing the infraction from the bench, the head coach should receive a yellow card (he/she is responsible for the behaviour of all on the bench)

Red Card Situations:

For a staff member and/or a player of the team other than the head coach:

- Leaving the bench
- Comment on the referee's calls
- Direct the referee's calls
- Interfere in the play

For head coach:

- A third infraction from the yellow card list (a).
- A second infraction from the yellow card list (b,c,d).

For head coach, staff members and players:

- Throw or kick an object
- Insult personally a referee or minor official
- Instigate any personal contact with a referee or minor official