

2021 Oregon Covid-19 Water Polo Rules

Current CDC Guidelines

Students 3 feet separation with mask, adults 6 feet separation with masks.

Goals

Stay within the spirit of the OHA authorization guidelines.

Emphasize athlete participation.

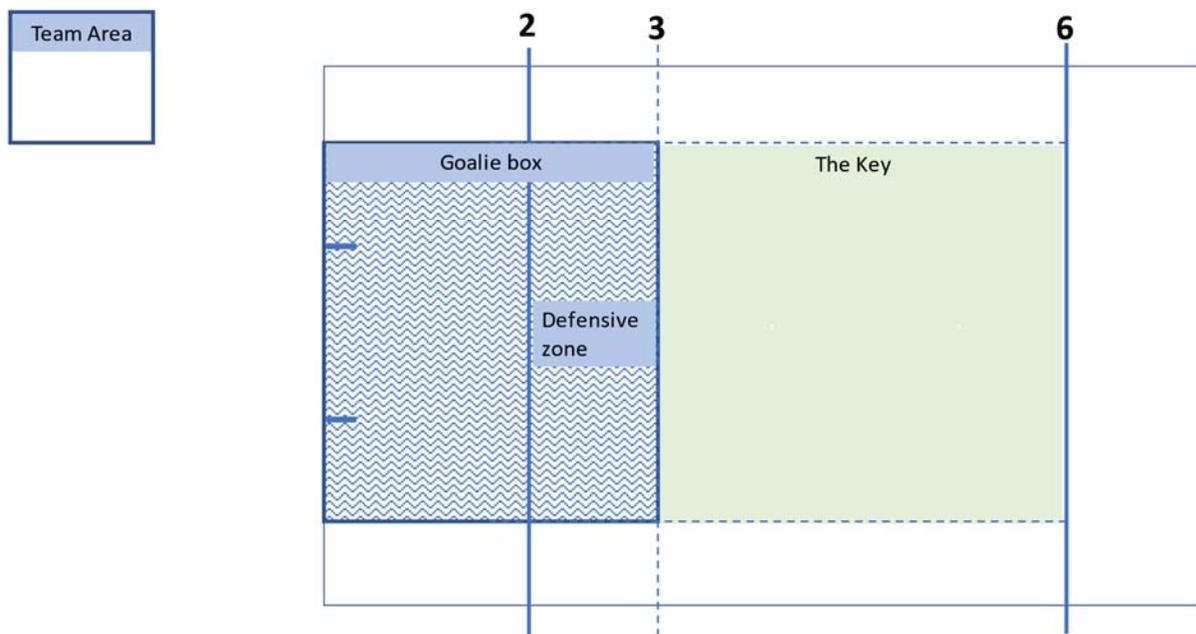
Promote the most viable basic skills constrained by non-contact requirements.

All teams must prescreen their athletes, coaches and team personnel prior to entering the facility. All athletes will arrive and depart the facility in their swim suits.

All hosts must provide a Covid-19 monitor, the monitor shall have the authority to warn or remove athletes, team officials or table workers should they violate the masking and/or distancing requirements established by the host which must be no less stringent than those listed above.

Field of Play

The field of play shall be laid out as follows:



CHANGE to modified rules and agreed upon during meeting: The goalie box is extended to each side of the pool out to 3 M. Goalie can retrieve a ball in that area if there is not an offensive player in the zone.

The Key

The key shall extend from 1M past the goal posts and extend from the 6M line to the 3M line.

The Goalkeeper's Box

Offense: The area from 1M past the goal posts out to the 3M line.

Defense: The area from 1M past the goal posts out to the 2M line.

Team Area

The team area shall be 6 feet behind the corner of the field of play and athletes, coaches and team personnel not currently competing must remain seated within the team area during play.

Teams

Teams will consist of 5 field players and 1 goalkeeper, substitutes, head coach, assistant coach and team manager.

Teams will be preassigned ends for all contests. Visitors shall begin the game in the shallow end or to the right of the scorer's table. (This eliminates the need for a socially distanced captains meeting.)

In shallow deep pools teams will switch ends at half time by walking around the pool in a counter clockwise direction. In all deep courses the teams will remain at the preassigned ends.

Unless provided by the host, each team will have a designated team area disinfectant coordinator who will ensure that the team area is disinfected at half time and at the completion of the game. Teams must wait 5 minutes to enter their new team area.

Game Duration

Each game shall consist of four quarters of 10 minutes running time. The quarter breaks shall be 2 minutes after the 1st and 3rd periods and 7 minutes after the 2nd period. No overtime periods shall be played.

The visiting team will receive the first possession of the first and third periods with the team putting the ball in play at or behind the half distance line with the teams allowed to set up as after a timeout.

Time Outs

Each team shall have two 2 minute timeouts.

Player Spacing

Players must maintain separation of 1M and shall not initiate direct contact with an opponent.

Spacing Violations

Spacing violations by the offensive team shall result in a contra foul. Spacing violations by a defensive team shall result in an exclusion foul. Aggressive contact initiated by a member of either team shall result in an exclusion.

Players may cross over a teammate provided the teammate is in motion and they cross below the hips of their teammate.

Offensive Play

Offensive players may transition through the key. Once an offensive player stops or obtains possession of the ball within the key the offensive player must pass, shoot or swim out of the key within 3 seconds. Failure to do so shall result in a contra foul.

The penalty for an offensive player entering the goalkeeper's box shall be a contra foul.

Defensive Play

All teams must remain in a man-to-man defense throughout the game, except during a player advantage resulting from an exclusion foul. Defensive violations, inclusive of double teaming an offensive player shall result in a penalty foul being awarded to the opposing team. This will be deemed a team foul against the defense.

The penalty for a defensive player to move within the two-meter line within the goalkeeper's box shall be an exclusion.

The penalty for a goalkeeper leaving the goal keepers box shall be an exclusion foul.

Transition

In transition violations of the distancing requirements shall be deemed incidental unless intentional contact is made with an opposing player.

Offensive violations shall result in a contra foul.

Defensive violations shall result in an exclusion or penalty foul.

Restart After a Goal

The offensive team shall set up in their front court as after a timeout.

Loose Ball

A loose ball occurring within the goalkeeper's box shall result in a goal throw.

A loose ball occurring outside of the goalkeeper's box shall result in possession being awarded to the first player to get within an arm's length of the ball.

Free Throw

The ball shall be put in play where the ball lies with the exception of a corner throw or goal throw. The ball must be put in play immediately by having the ball leave the hand and the water, failure to do so properly shall result in a contra foul.

Direct Shot

Players may take a direct shot or put the ball in play and attack the goal following a foul occurring outside of 6M or after the awarding of a corner throw.

Use of the Bottom

Intentional use of the bottom by the offensive team while attacking the shallow end goal shall result in a contra foul. Intentional use of the bottom by the defensive team shall result in an exclusion or penalty foul.

Suit Grab

All suit grabs shall result in an exclusion foul against player initiating the contact.

Personal Fouls

Upon the receipt of 3 personal fouls (exclusion fouls or penalty fouls) shall be excluded from the remainder of the game.

Exclusion Fouls

An excluded player must swim to and enter the exclusion area and then may immediately reenter the field of play. If an excluded player or their substitute pushes off of the wall or the bottom of the pool to reenter the field of play they shall be excluded.

Penalty Foul

A defensive player that makes contact from behind an offensive player in possession of the ball within the key shall be assessed a penalty foul.

Penalty Throw

A member of the offensive team shall immediately take the penalty throw from the 5-meter line upon the signal from the referee.