



# FRIDAY NIGHT FLIPPABALL GUIDELINES

## FOR THE COACHES

FlippaBall is a **NON-CONTACT** form of water polo that is designed to be a fun and safe introduction to the sport of water polo for children in years 2 to 6, aged 7 to 12 years.

The aim of the program is to be inclusive and enjoyable with the aim of, improve swimming ability, ball skills and confidence in the water through participation.

### **DURATION OF PLAY**

FlippaBall games run for 30 minutes.  
Younger groups play 4 x 5 minute quarters, older groups play 4 x 6 minute quarters.  
1 minute break between 1<sup>st</sup> and 2<sup>nd</sup> & 3<sup>rd</sup> and 4<sup>th</sup> quarters, two minute break at half time.

### **CHANGING ENDS**

Teams change ends at half time.

### **NUMBER OF PLAYERS IN THE FIELD**

Each team has 6 players in the water, five in the field and one goalkeeper. All players not in the water, should stay together in the corner of the pool with the coach.

### **ROTATION**

Coaches should regularly rotate players to let all experience a variety of positions. Remember, participation is one of the main aims of the program.

### **CAPS**

The first named team should wear white caps and the second named team the blue caps.

### **THE GOALKEEPER**

The goalkeeper cannot go over the halfway line and can use two hands.

### **SCORING**

There is no scoring in FlippaBall and no results or ladders are kept.

**KEEP IT SIMPLE AND KEEP IT FUN!**



## ABOUT THE REFEREES

FlippaBall referees are our Junior State League (JSL) players.

The UWA Water Polo Club's FlippaBall program allows our JSL players to develop their officiating skills in a non-threatening environment, and we ask all parents and coaches to support the young referees.

Coaches, please do not approach the referee during the course of the game. If you have any feedback or input, please discuss it with the FlippaBall Co-Ordinator on the pool deck or email [flippaball@uwawaterpolo.com.au](mailto:flippaball@uwawaterpolo.com.au).

Please make sure your team listens to the referee's whistle and game calls at all times.

## FOR THE REFEREES

- THE BASIC RULES OF FLIPPABALL ARE **NO CONTACT** AND **NO SINKING** OF THE BALL.
- PLAYERS CANNOT SCORE A GOAL FROM A FREE THROW, THE BALL MUST BE PASSED TO A TEAM MATE FIRST.

### STARTING THE GAME

To start, players line up along the goal line. At the signal (whistle/siren) one player from each team swims towards the halfway line where the referee has thrown the ball. The player that wins the ball, passes the ball to their team mates, and commence their attack.

### CATCHING AND THROWING THE BALL

Players can catch and throw the ball with one hand only. It is our experience that when children use two hands to catch the ball, they stop doing egg beater and they tend to rely on the ball for buoyancy. Encouraging catching one hand develops the correct technique, and allows the child to have better balance in the water with the leg doing eggbeater, and the no catching hand sculling the water.

### **Clenched fists may not be used.**

No player may hold the ball for longer than five seconds without passing it or swimming with it on the water.

### DRIBBLING THE BALL

A player may dribble the ball by pushing it along in front of them. An opposing player may steal the ball from a player who is dribbling provided they make **no contact** with the player in possession and that they do not take the **ball under water**.



### **BALL UNDER WATER**

Putting the ball under water at any time in the game (swimming, catching, and picking the ball up) will result in a free throw to the opposing team.

### **GOAL THROW AND CORNER THROW**

If an attacking player throws the ball over the goal line outside the goal area (even if the throw is deflected by a defender) a goal throw is awarded. The goal throw can be taken by a goalkeeper or the nearest attacker on the defending team. If the ball is last touched by the goalkeeper and travels over the goal line outside of the goals a corner throw is awarded. The corner throw must be taken on the 2 m line (a red cone near the side of the pool).

### **SCORING A GOAL**

A goal is scored when the ball passes completely over the goal line in the goal area. When a goal has been scored the players move back to their own halves. A member of the team that did not score throws the ball backwards from halfway to restart the game.

### **ORDINARY FOULS result in a free throw to the opposition**

Ordinary fouls may be awarded by the referee for infringements such as

- Swimming over an opponent's legs
- Taking the ball under water
- Accidental contact
- Splashing
- Defending with two arms in the air
- Throwing the ball out of the pool area
- Being too close to the passer when taking a free throw

### **EXCLUSION FOULS result in exclusion from the pool**

The excluded player must touch the corner of pool nearest their goal before re-entering or before a substitute player re-enters. Exclusion fouls may be awarded by the referee for infringements such as

- Deliberate contact
- Holding / pulling back or sinking a player

### **CODE OF CONDUCT**

All UWA players, parents and spectators are bound by the [Club's Code of Conduct](#) which is available on our website.