



Summer National & Junior Water Polo Championships 2026

Rules and Regulations

1. Summer National & Junior Water Polo Championships 2026's (The Game) Competition regulations are modified from the competition regulations of World Aquatics. Otherwise stated, the game's competition regulations shall follow the latest official version of the World Aquatics.
2. Ball Sizes: Size 3 in U12 Mixed Gender

Ball Sizes: Size 4 in Women's Open

Ball Sizes: Size 5 in Men's Open and U18 Boys'
3. Participation Groupings:
 - (i) Each player can play for one team in its group and they can also play in other groups if they fulfil the criteria.
 - (ii) Players aged 18 or below may participate in U18 Boys' Group.
 - (iii) Players aged 12 or below may participate in U12 Mixed Gender Group.
 - (iv) Open group welcomes all players with no restriction on age.
 - Age is calculated as at the day of the competition.
4. Team Composition and Players:
 - (i) **U12 Group:**
 - Each team must consist of a minimum of 6 players and a maximum of 9 players.
 - A team must start the game with not more than 4 players, one of whom shall be the goalkeeper wearing cap no. 1; other caps are numbered 2–9, all players can serve as substitutes. The goalkeeper may be changed at any time by exchanging the red cap no. 1, without limitation.
 - (ii) **U18, Men's & Women's Groups:**
 - Each team must consist of a maximum of 14 players.
 - A team must start the game with not more than 7 players, one of whom shall be the goalkeeper wearing cap no. 1; other caps are numbered 2–13. 6 reserves may be used as substitutes, and 1 reserve goalkeeper shall wear a Red Cap No. 13 and shall be used only as a substitute goalkeeper. A team playing with less than 7 players shall not be required to have a goalkeeper.



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5. Duration of Games:
 - (i) **U12 Group matches**
 - 2 halves with 7 mins each (running clock), 2-min break between halves
 - (ii) **U18, Men's & Women's Groups matches**
 - 2 halves with 10 minutes each (running clock), 2-min break between halves
 - (iii) **Timeout** - for **Medal Rounds** only (each team can request 2 timeouts during the match, each lasting 1 minute. Both timeouts can be called in the same quarter.

6. Field of Play:

U12 Group:

 - Dimensions of 10m x 15m.

U18, Men's & Women's Groups:

 - Dimensions of 22m x 12m.

 - An area for flying substitutions must be available on the lateral outer side of the field of play, on the side where the team benches are situated.

7. Direct shots are allowed from corner throws.

8. Direct shots after foul are allowed beyond the 6m line.

9. Substitution procedure
 - At any time in the game, a player or goalkeeper may be substituted by leaving the field of play at the team's exclusion re-entry area. The substitute may enter the field of play from the exclusion re-entry area as soon as the player has visibly risen to the surface of the water within the re-entry area.

 - Substitution from the 'flying substitution' area is also allowed when the substitute enters the area from behind the extended goal line, both players, the exiting player and the substitute, are in the water, outside of the field of play and touch hands above the water.



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10. In the Round-robin stage:

- (i) The classification of teams in the Preliminary Round will be made on points namely 3 points for each match won, 1 point for each match drawn and 0 points for each match lost.

The ranking in each group is determined as follows:

- (i) Greatest number of points obtained in all group matches
- (ii) If 2 teams shall have equal points, further classification shall be established as follows:
 - A. The team winning the game between them shall be placed higher.
 - B. If the game between them was tied, then the results against the highest placed team(s) in the group shall be considered.
 - C. The first comparison shall be based on goal difference, and if still tied, then based on goals scored.
 - D. The comparison shall be made first compared to the highest placed team (or teams, if tied) in the group.
 - E. If still tied, the results against the next highest placed team (or teams, if tied) shall be used in succession until all results have been considered.
 - F. If still tied, the teams shall shoot penalty shots to determine which team shall be placed higher. Each team shall nominate 5 players and a goalkeeper who will participate in the penalty shoot-out. The team shall shoot 5 penalty shots at the goal of the other team, alternating shots. If a tie exists after each team has taken 5 shots, then teams shall take sets of alternate shots until one team scores and the other does not. The procedure shall be conducted following the final game of the round or at the first practical opportunity.
 - G. If there is more than one tie in a group, the highest placed tie shall be determined first.
 - H. If it is the situation where there is more than one tie in a group and it is not possible to determine the highest placed team then all results within the group shall be used to determine the highest placed team.

11. In the Ranking stage, a penalty shoot-out (PSO) will be conducted in case of a draw match. If a PSO has to determine the outcome of a game, the game will follow the procedure and protocols in Appendix 6, World Aquatics Water Polo Rules.



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12. Referee may call a turnover if the attacking team has no intention to attack.
13. In case of exclusions, the excluded player shall stay in the exclusion area for 18 seconds, and return to the match.
14. In case of a team not showing up after 5 minutes of the official starting time of the match, the result of the match shall be 5-0, with the present team being the winner.
15. Teams can get into the pool 30 mins before their game do the warm-up. Teams should not enter the pool if they are not playing the current match or having the warm-up for the next match.