



SPLASHBALL



Manual



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INTRODUCTION

Early age is a time for experimentation and building and skills. Water skills are particularly critical at this stage of development, both for safety and to establish strength and flexibility in the water. At an age when many children are signing up for their first experience with soccer, swimming, basketball or baseball, water polo has never before provided an all-inclusive introductory program to allow kids to try the game, while teaching swimming fundamentals.

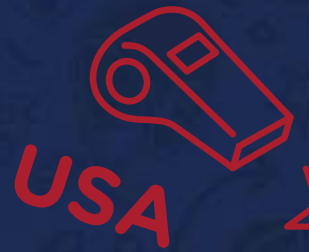
Splashball is designed to introduce the sport of water polo to children ages 5+. The intent is to provide basic skills and understanding of the sport in a recreational format. Although water polo is known for its toughness and endurance, Splashball harnesses all the fun, dynamic aspects of the game in a safe, easy-to-learn aquatic experience that will motivate kids to swim and stay fit.

Splashball is also unique in aquatic sports in that it provides the team element that supports social development. Participants and parents alike expect these activities to have a social and interactive component that can help develop these critical life skills.

What makes Splashball a great way to experience the water?

- It's fun, the kids play games while they are learning
- Teamwork building skills in a team environment with friends
- Develops stronger foundation of aquatic skills by including water polo aspects of swimming
- Some of the basic skills around water polo are focused on water safety eggbeater kick and treading water





PROGRAM OVERVIEW



Splashball: Focused on learning the basic skills of water polo, and learning to swim while having FUN! Splashball is the NON-CONTACT version of water polo for children of all ages, but is primarily focused on the 5-11 age bracket. Participants will become competent swimmers, learn the basics of water polo, and the values of the game. Splashball will introduce and teach participants about teamwork, camaraderie, leadership, sportsmanship, and other invaluable life lessons throughout the participation in the course.

Mini Water Polo: The water safety based program, with emphasis on swimming skills & the fundamentals of water polo. Designed to be added on to a swim lesson program or as a stand alone program to give kids confidence in the water and a taste of water polo.

Junior Water Polo: The non-competitive introduction to playing water polo. The goal of Junior Water Polo is to get kids excited about playing water polo and develop the most basic skills.

Three Keys of Splashball: These three keys are essential to Splashball and developing water polo "lifers." Every skill and aspect of both Mini Water Polo and Junior Water Polo will correspond to one of these 3 keys.

Water Safety: Getting kids comfortable in the water.

Skill Development: Learning the fundamental water polo skills.

Enjoyment of the Game: Learning & playing the game of water polo.



GETTING STARTED

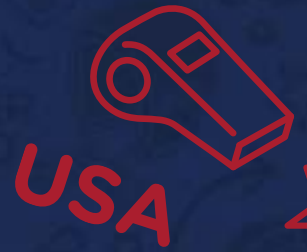
Splashball™ is designed to bridge the gap between learn-to-swim and the sport of water polo for children 5-11 participating in a Splashball™ Program. The intent is to provide basic skills and understanding of the sport in a recreational format. Although water polo is known for its toughness and endurance, Splashball™ harnesses all the fun, dynamic aspects of the game in a safe, easy to learn aquatic experience that will motivate kids to swim and stay fit. Everything you need to get started is contained right here in this manual! Use the instructions below and the lesson plans contained within as resources to help you! What are you waiting for?!?

Step 1 - Program Set-Up: There are multiple approaches that can be taken when implementing a Splashball program. A Splashball program can be a one day clinic, a weekend camp, and/or a week long camp. Additionally, a Splashball program can be monthly and/or seasonal programming with once a week practices or multiple practices each week. Clubs/facilities need to determine what best fits their available pool time and adapt the Mini Water Polo & Junior Water Polo Curriculum to best fit your programming.

Step 2 - Coaches: Splashball needs responsible coaches who are dedicated to teaching young athletes in a positive and nurturing atmosphere. The primary focus is water safety, basic swimming skills, and introductory water polo skills so coaches. Coaches need to be patient with all the athletes to make sure the athletes are having fun, learning, and improving each and every water session.

Step 3 - Splashball™ Pass Holder Membership - The Splashball™ Pass Holder Membership is an entry-level membership for first time or recreational water polo athletes aged 5-11. This program is for first-time young athletes who have not been USAWP Bronze, Silver or Gold members in the past. The Splashball™ Pass Holder Program is designed for Splashball™ practice or Splashball™ clinic participation only. After an athlete completes their Splashball registration please allow 1-2 business days for activation.

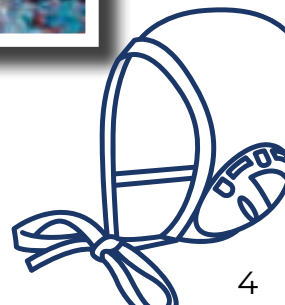
Step 4 - Get the Word Out, Grab the Balls, and Get in the Pool: The final step is getting the word out and implementing the program! Use the included lesson plans and worksheets as your guide. If you have any questions or concerns, please contact USA Water polo at splashball@usawaterpolo.org.



MATERIALS & RESOURCES

All our materials are available at splashballusa.org.

- [Mini Water Polo - Curriculum](#)
- [Junior Water Polo - Curriculum](#)
- [Skill Outlines](#)
- [Game Outlines](#)
- [Splashball Game Day Plan](#)
- [Splashball Achievement Tracker](#)
- [Splashball Rules & Game Set-ups](#)
- [Splashball How to Play, Coach, and Referee](#)
- [12 Ways to Recruit 12U/10U Athletes](#)





MINI WATER POLO



Mini Water Polo is crafted to seamlessly transition young swimmers, ages 5-12, from foundational water safety skills to the exciting world of youth water polo. This program aims to instill essential aquatic safety knowledge and build confidence in the water through engaging, interactive activities.

While water polo is often celebrated for its intensity and strategy, Mini Water Polo focuses on developing a solid base of water safety and swimming prowess in a fun, supportive environment. By combining crucial life skills with an introduction to the fundamentals of water polo, Swim to Score ensures that children are not only safe and proficient swimmers but also inspired to pursue the sport with enthusiasm and readiness.



MINI WATER POLO: SESSION 1

Practice Length:

45 minutes

Equipment/Materials:

Size 2 Balls, Skill Cards/Game Cards (No Goals, No Caps)

Objectives:

Basic Swim Skills, Intro Eggbeater Skills, Water Safety, HAVE FUN!!!

TIME	ACTIVITY
0:00	Welcome/Intro
0:05	Swim Test: 1 x 25 Freestyle
0:10	Warm-Up: 2 x 25 Choice
0:15	Swimming: 2 x 25 Freestyle, 2 x Head Up Freestyle
0:25	Kick w/ Ball: 2 x 25 Flutter Kick, 2 x 25 Breaststroke Kick (ball instead of kick board)
0:35	Eggbeater Progression: Dryland - 20/20/20: Sitting on Table, Knees High & Wide Side of Pool - 20/20/20: Sitting on Side of Pool, Knees High & Wide Against the Wall - 20/20/20: In Water/Back Against the Wall, Knees High & Wide Away From Wall - 20/20/20: In Water/Arms Hug the Ball/Vertical, Knees High & Wide
0:45	End of Session



MINI WATER POLO: SESSION 2

Practice Length: 45 minutes
Equipment/Materials: Size 2 Balls, Whistle, Skill Cards/Game Cards (No Goals, No Caps)

Objectives: Eggbeater, Intro Ball Handling Skills, Basic Swim Skills, HAVE FUN!!!

TIME	ACTIVITY
0:00	Warm-Up: 2 x 25 Choice
0:05	Swimming: 2 x 25 Freestyle 2 x Head Up Freestyle 2 x Head Up Backstroke
0:10	Kick w/ Ball: 2 x 25 Flutter Kick 2 x 25 Horizontal Breast Kick 2 x Vertical Breast Kick
0:20	Eggbeater w/ Ball: Away From Wall Eggbeater w/ Ball 2 x 25 Vertical Eggbeater 2 x Horizontal Eggbeater
0:30	Ball Handling w/Ball: Head Up Freestyle (Dribbling): Increase Tempo, High Elbows, Strong Flutter Kick Start/Stop (Red Light/Green Light): 2-3 Strokes, Stop, Big Breast Kick, Start Again Spins: 2-3 Strokes, Pick Up Ball Underneath, 360 Spin Double Threat Position: Tripod Position, Eggbeater High Knees/Wide Legs Head Up Freestyle to Double Threat: 2-3 Strokes, Pick Up Ball Underneath, Bring Ball Behind Head, Double Threat Position, Eggbeater High Knees/Wide Legs, Repeat
0:45	End of Session

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MINI WATER POLO: SESSION 3

Practice Length: 45 minutes
Equipment/Materials: Size 2 Balls, Whistle, Skill Cards/Game Cards
 (No Goals, No Caps)

Objectives: Ball Handling, Intro Passing, Eggbeater, Basic Swim Skills, HAVE FUN!!!

TIME	ACTIVITY
0:00	Warm-Up: 2 x 25 Choice
0:05	Swimming: 2 x 25 Freestyle 2 x Head Up Freestyle 2 x Head Up Backstroke
0:10	Kick w/ Ball: 2 x 25 Flutter Kick 2 x 25 Breast Kick 2 x Vertical Eggbeater
0:20	Ball Handling w/ Ball: 2 x Head Up Freestyle 2 x Start/Stop 2 x Spins 2 x Double Threat 2 x Head Up Free to Double Threat
0:30	Intro Passing: Dryland Passing: Proper Body Position, Elbow Over Ear, Catch with Two Hands High/Low Passing in Water: Double Threat, On the Water Pass to Partner (Wet Pass), Pick up Ball Underneath to Double Threat, Repeat to Partner Off the Water Passing: Horizontal Position, Pick Up Ball Underneath, Bring Ball Back to Cheek (rotating thumb underneath ball), Elbow Out of Water, Big Breast Kick, Push Ball Forward (Dry Pass to Partner), Repeat to Partner
0:45	End of Session

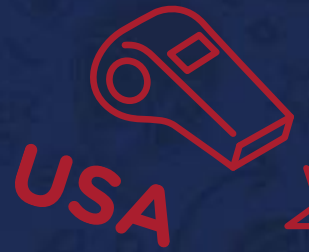


MINI WATER POLO: SESSION 4

Practice Length: 45 minutes
Equipment/Materials: Size 2 Balls, Whistle, Skill Cards/Game Cards, ADD Goals (No Caps)

Objectives: Ball Handling, Passing, Intro Shooting, Eggbeater, Basic Swim Skills, HAVE FUN!!!

TIME	ACTIVITY
0:00	Warm-Up: 2 x 25 Choice
0:05	Swim: 1 x Head Up Free 1 x Head Up Backstroke 2 x Head Up Free to Head Up Back
0:10	Swim/Kick w/Ball: 2 x 25 Head Up Freestyle Kick/Swim 2 x Breast Swim/Kick
0:20	Eggbeater w/ Ball: 1 x Vertical Eggbeater 1 x Horizontal Eggbeater
0:25	Ball Handling w/Ball: 2 x Head Up Freestyle to Push Pass 2 x Head Up Freestyle to Push Pass to Double Threat 2 x Add Slam Ball Down
0:30	Passing/Intro Shooting: Dryland Passing: Proper Body Position, Elbow Over Ear, Catch with Two Hands High/Low Passing in Water: Double Threat, On the Water Pass to Partner, Pick up Ball Underneath to Double Threat, Repeat to Partner Power Shooting: 2-3 Meters in Front of Goal (3 lines)
0:45	End of Session



JUNIOR WATER POLO

Junior Water Polo is expertly designed to introduce children, ages 6-14, to the exciting world of water polo with a focus on fun, fundamental skill development. This program emphasizes the core techniques of water polo in a non-contact, low-competition setting that prioritizes enjoyment and learning over rigorous gameplay.

By simplifying rules and reducing physical contact, Junior Water Polo creates a supportive environment where young athletes can master essential skills like passing, shooting, and teamwork without the pressure of intense competition. The goal is to nurture a love for the sport while ensuring that every participant builds confidence and competence in the water, setting a solid foundation for future water polo endeavors.





JUNIOR WATER POLO: SESSION 1

Practice Length:

60 minutes

Equipment/Materials:

Size 2 Balls, Whistle, Skill Cards/Game Cards, Goals, Caps

Objectives:

- Ball Handling
- Passing
- Shooting
- Eggbeater
- Basic Swim Skills
- HAVE FUN!!!

TIME	ACTIVITY
POOL 0:00	Warm-Up: 2 x 25 Choice
POOL 0:05	Swim: 2 x Freestyle 2 x Head Up Free 2 x Head Up Backstroke 2 x Head Up Free to Head Up Back
POOL 0:15	Kick w/Ball: 2 x 25 Flutter Kick 2 x Horizontal Breast Kick 2 x Vertical Breast Kick
POOL 0:25	Eggbeater w/Ball 1 x Vertical Eggbeater 1 x Horizontal Eggbeater (Progressions from Swim 2 Score for those needing it)
POOL 0:30	Ball Handling w/Ball: Head Up Freestyle (Dribbling): Increase Tempo, High Elbows, Strong Flutter Kick Start/Stop (Red Light/Green Light): 2-3 Strokes, Stop, Big Breast Kick, Start Again Spins: 2-3 Strokes, Pick Up Ball Underneath, 360 Spin Double Threat Position: Tripod Position, Eggbeater High Knees/Wide Legs Head Up Freestyle to Double Threat: 2-3 Strokes, Pick Up Ball Underneath, Bring Ball Behind Head, Double Threat Position, Eggbeater High Knees/Wide Legs, Repeat
POOL 0:45	Passing/Shooting Dryland Passing: Proper Body Position, Elbow Over Ear, Catch with Two Hands High/Low Passing in Water: Double Threat, On the Water Pass to Partner (Wet Pass), Pick up Ball Underneath to Double Threat, Repeat to Partner Off the Water Passing: Horizontal Position, Pick Up Ball Underneath, Bring Ball Back to Cheek (rotating thumb underneath ball), Elbow Out of Water, Big Breast Kick, Push Ball Forward (Dry Pass to Partner), Repeat to Partner Power Shooting: 2-3 Meters in Front of Goal (3 lines)
DECK 0:60	End of Session

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JUNIOR WATER POLO: SESSION 2

Practice Length:

60 minutes

Equipment/Materials:

Size 2 Balls, Whistle, Skill Cards/Game Cards, Goals, Caps

Objectives:

- Passing & Catching
- Movement Shooting
- Change of Direction
- Ball Handling
- HAVE FUN!!!

TIME	ACTIVITY
POOL 0:00	Warm-Up/Swim: 2 x 25 Choice 2 x 25 Head Up Free 2 x Head Up Free to Head Up Back
POOL 0:10	Change of Direction: Head Up Free - Cone to Cone
POOL 0:15	Kick w/ Ball: 2 x 25 Flutter Kick 2 x 25 Horizontal Breast Kick 2 x Vertical Breast Kick
POOL 0:20	Eggbeater w/ Ball: 1 x Vertical Eggbeater 1 x Horizontal Eggbeater (Progressions from Swim 2 Score for those needing it)
POOL 0:30	Ball Handling w/Ball: 2 x Head Up Freestyle to Push Pass 2 x Head Up Freestyle to Push Pass to Double Threat 2 x Add Slam Ball Down
POOL 0:40	Passing/Catching: Dryland Passing: Proper Body Position, Elbow Over Ear, Catch with Two Hands High/Low Passing in Water: Double Threat, On the Water Pass to Partner (Wet Pass), Pick up Ball Underneath to Double Threat, Repeat to Partner Hand 2 Hand Passing: Double Threat, Pass Above Head of Partner (Dry Pass), Balance to Double Threat, Repeat to Partner
POOL 0:50	Shooting @2M - Power Shooting (2-3 lines) @5M - Double Threat Move Forward, Power Shooting @6M - 2-3 Strokes, Double Threat Move Forward, Power Shooting
DECK 0:60	End of Session

USA



JUNIOR WATER POLO: SESSION 3

Practice Length:

60 minutes

Equipment/Materials:

Size 2 Balls, Whistle, Skill Cards/Game Cards, Goals, Caps

Objectives:

- Keep Away
- Movement in Space
- Passing
- Partner Shooting
- HAVE FUN!!!

TIME	ACTIVITY
POOL 0:00	Warm-Up/Swim/Kick 4 x 25 Choice 4 x 25 Breast Kick/Head Up Free Build Up 2 x Head Up Free Sprints 2 x Stretch Out Head Up Freestyle (Head Up Freestyle with Beat Kick)
POOL 0:15	Individual Movement in Space (No Ball): Vertical Eggbeater (Hands/Elbows/Shoulders), Jumping Jack (Hips Up), Lunges Left/Right/Forwards, Slip Strokes, Change of Direction with Slip Strokes (2-3 strokes forward/2-3 Strokes backward), Spider Walking - Hips Up Move Left/Right/Forward/Backward
POOL 0:30	Passing/Partner Shooting: High/Low Passing in Water: Double Threat, On the Water Pass to Partner (Wet Pass), Pick up Ball Underneath to Double Threat, Repeat to Partner Hand 2 Hand Passing: Double Threat, Pass Above Head of Partner (Dry Pass), Balance to Double Threat, Repeat to Partner @6M Two Lines - One Player w/Ball, Both Players Take 2-3 Strokes, Stop and Pass Ball to Other Player (who is calling "Ball, Ball, Ball")
POOL 0:45	Keep Away (Groups of 6, 4 x 2), Guidelines: Maintaining and regaining shape Count number of dry passes 10 passes then rotate offense and defense, Can't Pass to who Passed to You Turnover, Drop Ball: Transition Defense to Offense and Offense to Defense Defense Off Ball: Splitting, Storming/Stunting Defense On Ball: Blocking and Stealing
DECK 0:45	End of Session

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JUNIOR WATER POLO: SESSION 4

Practice Length: 60 minutes
Equipment/Materials: Size 2 Balls, Whistle, Skill Cards/Game Cards, Goals, Caps
Objectives:

- Individual Offense & Defense
- Ball Handling in Space
- Passing & Shooting
- HAVE FUN!!!

TIME	ACTIVITY
POOL 0:00	Warm-Up/Swim/Kick 2 x 25 Choice 4 x 25 Head Up Free/HU Backstroke 6 x Free Kick/Breast Kick/Eggbeater Kick (All Horizontal)
POOL 0:15	Ball Handling in Space w/Ball (Vertical Eggbeater): Wrist Back/Forth, Up/Downs, Rainbow Passing, Kick Ball Off Water/Catch, Double Threat - Eggbeater Up/Down, Double Threat to Slam Ball Down
POOL 0:30	Individual Offense/Defense (Groups of 3): Joust Drill: Each player starts with a ball (round robin between 3 players) Offense/Defense: Arm Off/Kickaway/Wet Pass to Third Player Offense/Defense: Arm Off/Big Kick/Wet Pass to Third Player Offense/Defense: Defense - Foul/Give Space, Offense - Absorb Foul/Pop the Ball
POOL 0:45	Passing/Shooting: High/Low Passing in Water: Double Threat, On the Water Pass to Partner (Wet Pass), Pick up Ball Underneath to Double Threat, Repeat to Partner Hand 2 Hand Passing: Double Threat, Pass Above Head of Partner (Dry Pass), Balance to Double Threat, Repeat to Partner @5M - Double Threat Move Forward, Power Shooting @6M - 2-3 Strokes, Double Threat Move Forward, Power Shooting
DECK/POOL 0:30	Intro Passing: Dryland Passing: Proper Body Position, Elbow Over Ear, Catch with Two Hands High/Low Passing in Water: Double Threat, On the Water Pass to Partner (Wet Pass), Pick up Ball Underneath to Double Threat, Repeat to Partner Off the Water Passing: Horizontal Position, Pick Up Ball Underneath, Bring Ball Back to Cheek (rotating thumb underneath ball), Elbow Out of Water, Big Breast Kick, Push Ball Forward (Dry Pass to Partner), Repeat to Partner
Deck 0:45	End of Session

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SPLASHBALL ACHIEVEMENT TRACKER

ACTIVITY	FOCUS	BRONZE	SILVER	GOLD
EGG BEATER TIMER	Head stays above water level at all times. Utilizing both arms and legs while maintaining the body in a vertical position	3 Seconds	10 Seconds	15 Seconds
BASIC SWIM	Swim in a straight line	Swim 20y freestyle	Swim 20y head up freestyle	Swim 20y switching from head up freestyle to water polo backstroke
DRIBBLING	Swim with the ball in straight line (maintaining control)	5 yards	10 yards	20 yards
ONE-HAND JUGGLE	Pick up the ball into a throwing position, with one hand only, from underneath	10 seconds	30 seconds	45 seconds
DISTANCE PASS	Throw the ball accurately to a partner with only 1 hand	2 yards	5 yards	10 yards
SPLASHBALL GAMES PLAYED	Participated in a Splashball game	2 games	4 games	6 games



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COMPETITION OVERVIEW

When setting up your local Splashball competitions, your focus should be the education of the players, water safety and competency fair play and a success-based competition structure. Included are best practices for your competition structure and set up. You may vary the number of players, time of games, course size, etc. according to your organizational structure. Athletes want to play...setting up competitions on a weekly or bi-weekly schedule is a must for making sure the athletes get the opportunity to utilize their new skills in a fun, positive environment.

Game Days: Athletes want to play...setting up competitions on a weekly or bi-weekly schedule is a must for making sure the athletes get the opportunity to utilize their new skills in a fun, positive environment. A Game Day can be as simple as splitting athletes into two teams and scrimmaging (see next page) or assigning athletes to a team and creating specific rosters/schedules. Ideally teams will play multiple teams each Game Day that would involve multiple teams in a festival type atmosphere. Teams can share players, coaches, referees and resources.

League Days Format: If your program has a larger number of athletes, the Game Days can be expanded to multiple League Days. The goal for any Splashball League would be a 4-8 team league with athletes split evenly on the teams based on experience/skill level. Allow each team to play through the league without penalty for loss. League season games are meant to teach players the basics and acclimate them to Splashball. Your final week of games could be tournament style, crowning a champion team and rewarding those players

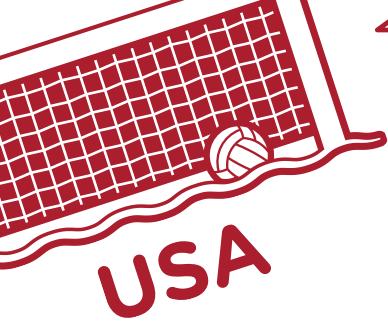
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SPLASHBALL GAME DAY PLAN

Practice Length: 60 minutes
Equipment/Materials: Size 2 Balls, Whistle, Skill Cards/Game Cards, Goals, Caps
Objectives: Game Warm Up, Intro to Playing the Game, HAVE FUN!!!

TIME	ACTIVITY
0:00	Game Warm-Up: Swim/Kick: 2 x 25 Choice, 2 x Swim, 2 x Kick, 2 x Eggbeater Passing: High/Low Passing, Off the Water Passing Shooting: Power Shooting
0:20	Scrimmage Overview: Basic Rules/Whistles (30s Version) Basic Offense/Defense Positioning (30s Version) Be Aware/Be Aggressive/Have Fun!!! Split Up Teams/Put on Caps
0:30	Scrimmage/Play (Half Court or Across the Pool): Play for 2-3 minutes Take A Break, Rotate in Players, Give Feedback/Stay Positive Athletes Not Playing - Dryland Passing
0:30 ALT	Alternate Scrimmage Format (Full Court) Split into Three Even Strength Teams 0:30 Team #1 v. Team #2 0:40 Team #1 v. Team #3 0:50 Team #2 v. Team #3 Athletes Not Playing - Dryland Skills/Passing
0:60	End of Session



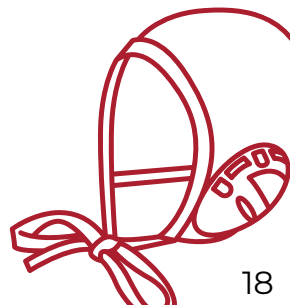
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SPLASHBALL SCRIMMAGE FORMATS



SCRIMMAGE TYPE	OVERVIEW
Straight Scrimmage	Sprint for ball, line up after goals, and play similar to a real water polo game
Beach Water Polo Format	Short course format, no lining up in the middle after a goal, play games to three goals. Faster paced action.
Make It-Take It (Half Court or Full Court)	After each goal, the offense keeps the ball and starts their next possession with a free pass on the perimeter.
Three Possessions/Counter Attack	The offense does three straight possessions on offense and after the third possession, both teams will counter attack to the other end of the pool (change of possession).
Two Ball Scrimmage	At the beginning of each play session, each team starts with a ball so there will be two balls in play at all times. Athletes will be busy playing offense or defense (or both at the same time). Coaches/Referees will need to watch both balls (preferable to have two coaches/referees).
One Net Scrimmage (Half Court Only)	Athletes play until there is shot. If the ball is stolen, there is a turnover, or the defense gains a rebounded shot, the defense (now offense) will need to make at least one pass before shooting. Play Make-It-Take It if a team scores a goal.
Chaos Scrimmage (Half Court Only)	All athletes go underwater for three seconds, when they come up, the coach calls out who is on offense/defense. Repeat this after each goal mixing up who is offense/defense. Make this a table



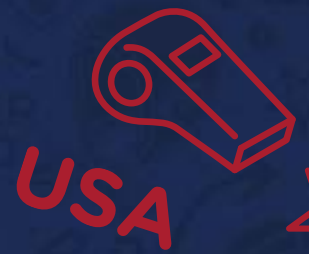


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SPLASHBALL SPECIFIC COMPETITION RULES

1. The only contact allowed is between a defender's hand and a passer's elbow.
2. If the pool is deep, flotation devices are allowed by participants who are not yet completely water confident.
3. Players may 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 at any point.
4. If the pool is shallow, players must not walk while holding the ball or shoot while standing on or jumping off the bottom.
5. When not in possession of the ball, a player may stand on the bottom or walk on the bottom to gain position.
6. Players cannot shoot from a free throw.
7. Free throws cannot be defended.
8. No player may tackle another player whether in possession of the ball or not.
9. Offensive players cannot use their hand/arm against a defensive player to shield the ball.
10. 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. Please refer to the [USA Water Polo Playing Rules](#) and [Modified 12U/10U Playing Rules](#) for further rule interpretations.



GAME SET-UP

Time of Play

Depending on the age and skill level of the participants there are two different options for playing time: 2x10 minute halves with 2 minute break at halftime OR 4x5 minute quarters with 2 minute break after each quarter

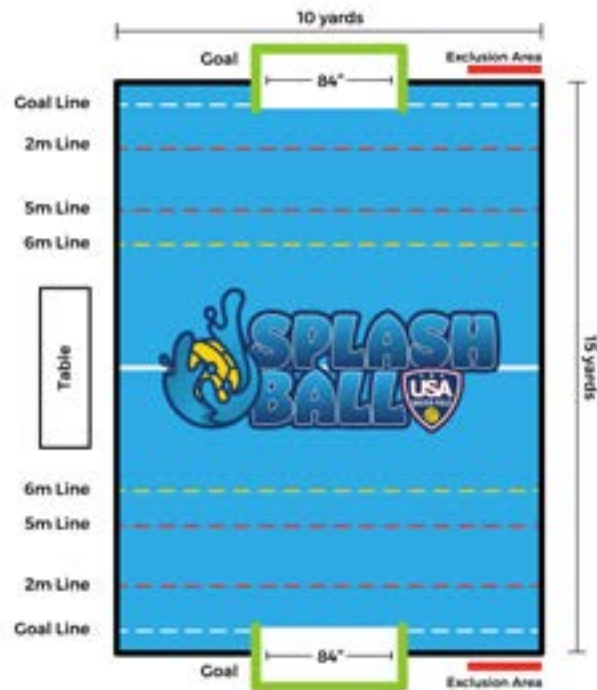
Playing Field

A standard playing field is 15 yards long by 10 yards wide. Course dimensions may vary depending on your facility restrictions/player skill level. With fewer players per team, smaller courses may be acceptable.

Two Splashball size goals (84" or less across the face) should be set up facing each other on the short ends of the course.

Two meter (2M) markers should be set up on either side of the pool, either with markers or cones. A half way marker should also be set up with a cone.

Splashball is played between two teams of an equal number of players. Each team is comprised of no more than five to seven players in the water, and no less than three. Substitutions can be made during a stop in play only.




Number of Players



HOW TO PLAY BASICS



Start of Play



To start the game each team will line up on their goal line, on the referee's whistle they will move to the midpoint and try to gain possession of the ball (dropped in the middle by the referee).




Restarts After Goal

After each goal teams will line up at the midpoint of the pool on their respective halves, the team who did not score will start play on the referee's whistle by passing the ball backwards to a teammate.



Moving the Ball



Athletes are encouraged to swim with the ball or to pass the ball to teammates to advance positioning. They may also walk along bottom of the pool while holding the ball to advance positioning.



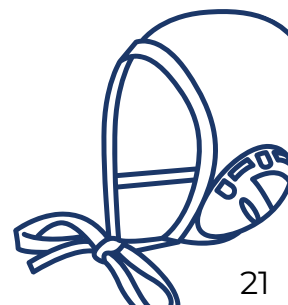

Foul

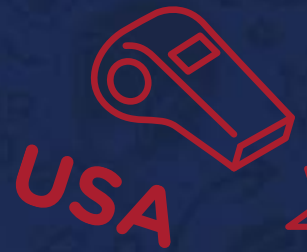
Fouls will be called by a referee based on the Splashball Tournament Rules as outlined on page 13 of the Splashball Manual. After a foul is called the defender must move away from the offensive player and allow them to pass the ball freely.



Free Throw

A free throw occurs after a defender has committed a foul. A free throw is when a player is allowed to make a pass undefended. A player cannot shoot the ball to score off a free throw in Splashball.





HOW TO COACH

Priorities are player safety and education of athletes. All Coaches should follow guidelines set in Splashball Honor Code.

Basic Coaching Skills:

INSTRUCTION AND EXPLANATION

- Use the provided Splashball curriculum and lessons to plan practices
- Make sure that all players are listening before you explain
- Keep explanations short, simple and easy to understand
- Allow players to ask questions

DEMONSTRATION

- Make sure all players can see the demonstration
- Emphasize 1 or 2 key points
- Repeat the demonstration if necessary
- Allow players to ask questions

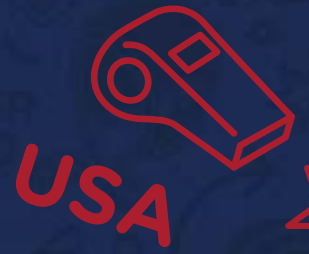
OBSERVATION AND ANALYSIS

- Focus on one key point at a time
- Make sure to watch every athlete, not focus on one
- Observe action several times and from different positions
- Determine action: build on strengths, correct errors, or do nothing

FEEDBACK

- Ask players questions to generate self-feedback
- Limit information to 1-2 key points
- Give specific & simple information
- Give both individual and group feedback
- Keep it positive





HOW TO REFEREE

Priorities are player safety and education of athletes.

Basic Referee Skills: SAFETY COMES FIRST

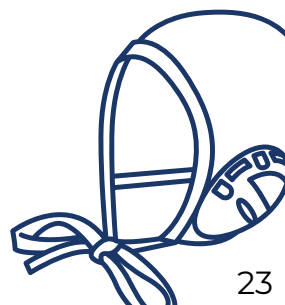
- As a referee you have the power to remove a player from the game if they are engaging in dangerous/aggressive behavior
- Examples: punching/hitting, kicking, splashing, tackling another player, etc

COMMUNICATION

- Enforce Splashball Tournament rules with whistle to enable free throw after a foul (defender breaking a rule)
- Signal the team starting play after a foul by extending your arm toward that team
- Educate players on the rules of Splashball
- Have a friendly, positive attitude

BE IN POSITION TO MAKE THE CALLS

- Make sure you are moving up and down the pool to be able to see plays
- Need to be level with or slightly ahead of play
- Call what you see





SPECTATOR CODE OF CONDUCT

To ensure a safe and respectful environment for all athletes, coaches, officials, and families, USA Water Polo does not tolerate spectator misconduct at any event. We encourage a positive experience for all.

Prohibited behavior includes:

- Harassment or abuse of athletes, officials, coaches, or other spectators
- Use of offensive language or gestures
- Entering the competition area or interfering with gameplay
- Aggressive or threatening behavior of any kind

Violations may result in:

- Immediate removal from the venue
- Suspension from future events
- Referral to law enforcement if necessary

Let's work together to create a positive experience for all participants!

SAFESPORT AND ATHLETE SAFETY

Our Commitment to Athlete Safety

USA Water Polo is committed to providing a safe, healthy, and respectful environment for all athletes, coaches, officials, and volunteers.

As an Olympic sport, we follow the policies of the **U.S. Center for SafeSport**, an independent organization that helps prevent and respond to emotional, physical, and sexual misconduct in sport.

SafeSport Oversight

The U.S. Center for SafeSport has exclusive authority to investigate and resolve reports of sexual misconduct involving USA Water Polo Participants, which include:

- Member athletes and coaches
- Referees and volunteers
- USA Water Polo staff and personnel
- USA Water Polo Board members, committee members, and appointees
- Club representatives with authority over or frequent contact with athletes

Reporting Obligations

All Participants **18 years of age or older** are required to report suspected sexual misconduct to the U.S. Center for SafeSport. **To report a concern, visit: <https://uscenterforsafesport.org/report-a-concern/>**



USA

PARTNER RESOURCES

WATER POLO

www.splashballusa.org - Check out this page for everything that you need related to Splashball. Aside from the materials included in your starter pack you can find videos webinars stickers coloring activities and more downloads that are all free to you!

www.usawaterpolo.org - USA Water Polo is the National Governing Body for the sport of water polo in the USA. If you are interested in playing, coaching, refereeing, administrating, or supporting the sport of water polo, this website will provide you with all of the information you will need. For more information on youth water polo in the United States, please contact splashball@usawaterpolo.org

PARTNER RESOURCES

<https://srsport.com/categories/delfina-usa.html> - Delfina USA powered by S&R Sport is the official competitive gear partner of USA Water Polo.

<https://malmsten.com/en-US> - Malmsten USA is the official goal and field of play partner of USA Water Polo.

<https://mikasasports.com/> - Mikasa is the official ball of USA Water Polo.





SPLASHBALL

