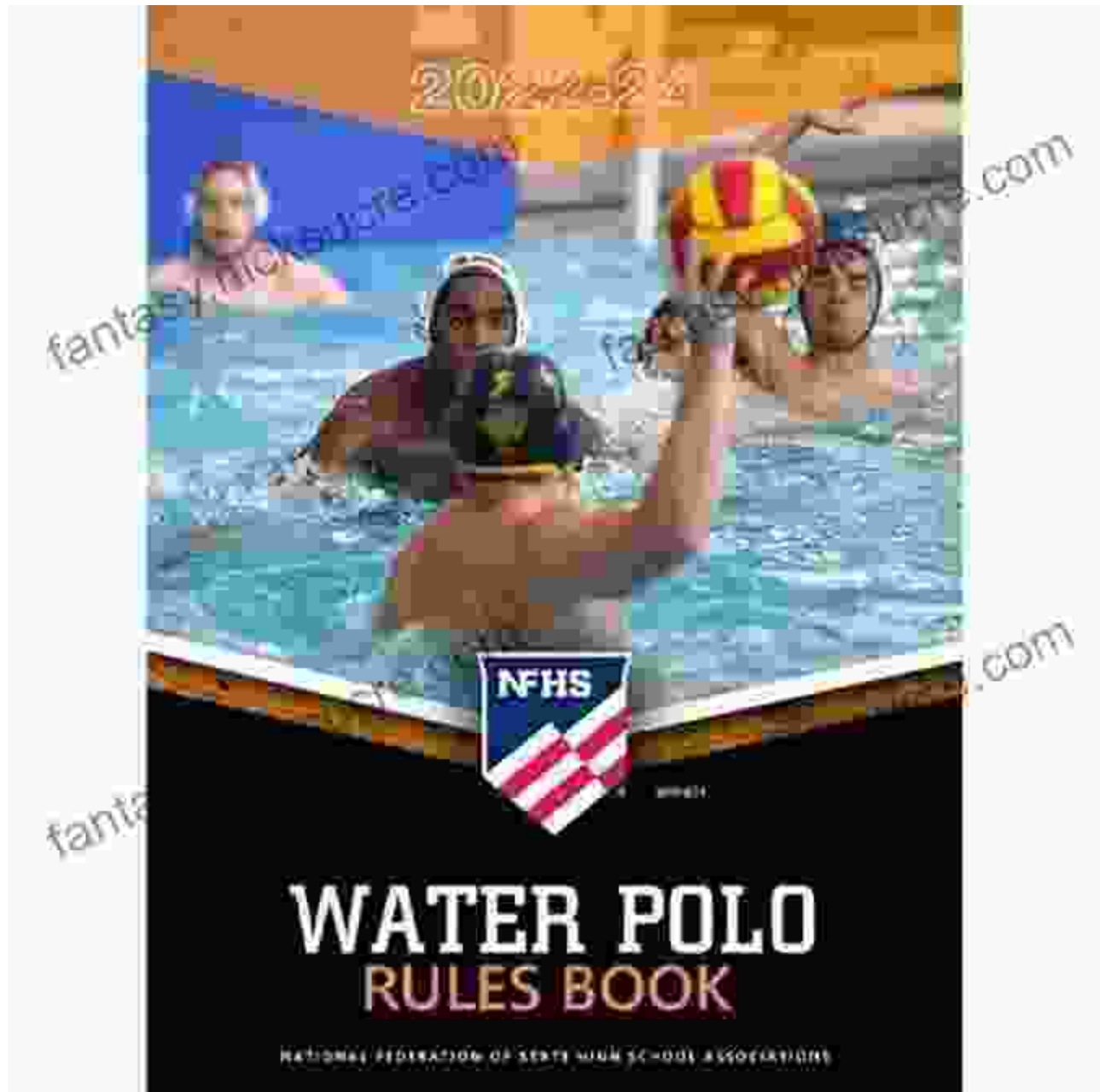


A Comprehensive Guide to the 2024-22 NFHS Water Polo Rules



As the 2024-22 NFHS water polo season approaches, it's important for players, coaches, and referees to be familiar with the latest rule changes.

This comprehensive guide covers everything you need to know, from basic gameplay to penalty shots.



2020-22 NFHS Water Polo Rules Book by Bryan Mann

★★★★★ 5 out of 5

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Screen Reader	: Supported
Enhanced typesetting	: Enabled
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Print length	: 192 pages
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Basic Gameplay

Water polo is a team sport played in a pool with a goal at each end. The object of the game is to score goals by throwing the ball into the opposing team's goal. The game is played with a six-player team in the pool at a time, with each team having an additional seven players on the bench.

The game is divided into four quarters, each of which is eight minutes long. The team with the most goals at the end of the game wins.

Fouls

Fouls are called when a player violates the rules of the game. Common fouls include holding, pushing, and blocking. Fouls can result in a free throw, a penalty shot, or an exclusion.

A free throw is awarded when a foul is committed outside of the six-meter area. The player who was fouled is awarded a free throw from the spot where the foul occurred.

A penalty shot is awarded when a foul is committed within the six-meter area. The player who was fouled is awarded a penalty shot from the five-meter line.

An exclusion is awarded when a player commits a serious foul. The player who was excluded is sent to the penalty box for a period of time. The team with the excluded player is allowed to continue playing with a full team.

Penalty Shots

Penalty shots are awarded when a foul is committed within the six-meter area. The player who was fouled is awarded a penalty shot from the five-meter line.

The player who is taking the penalty shot must shoot the ball directly at the goal. The goalkeeper is allowed to block the shot, but he cannot leave his crease.

If the penalty shot is successful, the team that was awarded the penalty shot is awarded one goal.

Rule Changes for the 2024-22 Season

The following are the most significant rule changes for the 2024-22 NFHS water polo season:

- The use of video replay is now allowed to review certain calls, such as goals and penalty shots.
- The definition of a foul has been clarified to include any contact that is unnecessary or excessive.
- The penalty for a major foul has been increased from two minutes to three minutes.
- The number of timeouts that each team is allowed to take has been reduced from three to two.

These are just a few of the most important rule changes for the 2024-22 NFHS water polo season. It is important for players, coaches, and referees to be familiar with all of the rule changes before the start of the season.

By following these rules, we can help to ensure that the game of water polo is played in a fair and safe manner.



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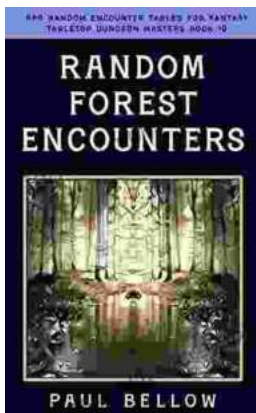
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