

Basic Rules of FLIPPABALL

1. *The game consists of 4 five minute quarters.*
2. *The ball used is size 6 modified water polo ball.*
3. *All players must wear a water polo cap. Mouthguards are recommended*
4. *There are six players in the water from each team at any one time. One of whom is a goalie.*
5. *Players can be substituted after a goal has been scored or from the corner when your team has possession.*
6. *Teams swap playing ends of the pool at half time.*
7. *To start play, players must line up along the goal line. At a signal from the referee one player swims towards half way where the referee has thrown the ball. The player that reaches the ball first must pass it backward to team-mates. The teams aim is then to take the ball forward towards the opponent's goal with the aim of scoring a goal.*
8. *A goal is scored when the ball completely passes over the goal line.*
9. *After a goal has been scored the players return to their own halves and a member of the team who did not score the goal take a throw from half way. The ball must be passed back to a team member.*
10. *Players may use two hands to catch the ball but must use one to throw.*
11. *Held ball will be called if a player holds the ball for longer than 5 seconds without passing the ball or playing it on the water.*
12. *A player can move with the ball by pushing it along in front of them (dribbling), the ball can be stolen from a player who is dribbling the ball provided that player is not contacted.*
13. *A player may tackle another player only if they are holding the ball.*
14. **Ordinary Fouls** can be awarded by the referee for infringements such as:
 - *Swimming over an opponents legs*
 - *Punching the ball*
 - *Taking the ball under water*
 - *Accidental contact*
 - *Splashing*
 - *Throwing the ball out of the pool area*
15. *An infringement of the rules results in a free throw, signalled by a whistle from the referee. The referee will signal this by pointing his arm in the direction that the attacking team are travelling.*
16. *A goal cannot be scored directly from a free throw. i.e. another player must touch the ball first.*
17. *A goal cannot be scored from a throw outside the half-way line.*
18. **Major Fouls** can be awarded by the referee for infringements such as:
 - * *Deliberate contact*
 - * *Holding or pulling back a player swimming with the ball*
19. *A **Penalty Throw** can be awarded if, in the opinion of the referee, a player is fouled when about to score a certain goal.*
20. *A Penalty Throw is a direct shot on goal from the 4 metre line signalled by the referee, with only the goal-keeper defending. Any player may take the penalty throw.*
21. *The penalty for a Major Foul shall be exclusion from the game until the offending player has touched the corner of the pool nearest their own goal or by the awarding of a Penalty Shot*
22. *The penalty for abusive language, disrespect or aggression is exclusion from the game for the remainder of the match with a substitute. (Aggression is defined as deliberately striking or attempting to strike another player)*
23. *No player is allowed to enter the opponent's two-metre area unless the player has the ball or the ball is in front of the player.*