

# Water Polo

## Water Polo Arena

● men ● women



Ball diameter: **22.6cm** (men),  
**21.3cm** (women)  
Weight  
**400-450g**



**Playing time:** Four  
8-minute periods.  
Team in possession  
has 30 seconds to  
score or ball passes  
to opposition

**Pool:** 2m  
deep

Coloured  
buoys mark  
playing area

Centre  
mark

**5m area**  
Penalty shot for  
fouls inside area

Goal  
line

**Team**  
Goalkeeper,  
six outfield  
players

**30m men**  
**25m women**

**Floating  
goal**  
3m wide,  
0.9m high

**20m**

Substitution  
area

**2m area:** Attacking  
player must have  
ball to enter



### FOULS

- Striking ball with fist
- Off-the-ball tackle
- Holding ball with two hands (except goalkeeper)
- Touching sides or bottom of pool
- Holding ball underwater



Original picture:  
Getty Images

© GRAPHIC NEWS