



PARIS
2024

Event ☐ Medal ☐



Physically intense sport. **Two teams of seven players** hold and pass ball with one hand only, shooting at opposing goal – contact permitted with players in possession

*Fundamental technique
for treading water and
retaining buoyancy*

- Alternating circular movements of legs produce upward force that keeps swimmer afloat in vertical position
- One leg in power phase, while other leg recovers
- Faster motion enables greater propulsive force – keeping swimmer higher

Team in possession has 30 seconds to score or ball passes to opposition

Pool: 2m deep

Wide base: *Balanced position with parallel hips and flat feet creates force*

Game duration:
**4 x 8-min
periods**

5m area

Penalty shot for fouls inside area

Goal
line

Floating goal

3m wide,
0.9m high

Substitution 3m wide,
area 0.9m high

in area: Attacking player
must have ball to enter

Maggie Steffens (USA)
Three-time gold medallist

Source: IOC

Pictures: Getty

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