

2026 Term 1 IGSA Sport Water Polo Rules & Guidelines

Player registrations

1. Players must be enrolled in years 7 - 12 at the school they represent and be registered in their relevant team in SPAWTZ by the Monday prior to the start of the competition.
2. Students playing in year 7 grades can only be year 7 students, “J” grades are students in years 7, 8 and 9 only and “S” grades are open teams so any student in years 7 – 12 are eligible.
3. Players are considered registered after they play their second match (and signed on as required).
4. Players may play in a higher grade than the one in which they are registered. Once they have played 3 matches in the higher grade they are then registered in the higher grade.
5. Team registrations have some flexibility in the first 2 weeks of the competition to ensure that players are in the correct grade.
6. Where schools have teams in the same grade, they must nominate the higher or lower team and rules relating to playing up or down will apply.
7. A player unavailable for a round match, semi or final may be replaced by a floater or a player from another team (in accordance with the “playing up” rules). However, you cannot exceed the number of players originally registered for that team. This does not permit players to play in two semis or finals although they can play a maximum of two round matches each week.
8. Byes & matches cancelled due to a venue closure will count towards matches played.
9. A player must have signed on for 3 round matches in any team for this sport, in accordance with the playing up rules, to be eligible for semis and finals. Details of player eligibility will be forwarded to school staff in advance of the final round. If this is not received before the final round, school staff should contact the IGSA Sport office.
10. A player, who has signed on for 3 matches but not played in the semi final, is still eligible for the final.
11. A player may only play for 1 team in the semi-finals and finals.
12. Where play offs exist, semis and finals rules do NOT apply to these matches.
13. Injured or ill players who have not signed on for 3 matches are not eligible for semis or finals.
14. A team playing an illegal player may be required to forfeit the match.
15. The minimum and maximum number of registrations per team for each sport is:

Sport	Minimum	Maximum
Badminton	3	5
Tennis	4	6
Basketball	5	12
Football	11	16
Hockey	11	16
Netball	7	12
Touch	6	14
Water Polo	7	13

With an allowance for 2 extra players maximum. Permission is required from the IGSA Sport staff to register more than the maximum. Please note - you may only field the maximum number of registrations in each round match, semi or final. Failure to do so may incur a forfeit result.

16. Each school may use up to **5** floating registrations during the season. Where a player is used for only one match, no fee will be charged.

Legal Playing Up Rules

Some examples of legal and illegal plays-

- ✓ player plays 2 matches in one day – LEGAL.
- ✗ player from J01 plays in grade S13 - ILLEGAL & FORFEIT.
- ✗ player plays less than 3 round matches OR plays 3 but fails to sign on, NOT ELIGIBLE FOR SEMIS OR FINALS.
- ✓ player in S13 plays down in S14 in Week 2 LEGAL provided they then remains in S14 for remainder of season OR if they plays up they are automatically re registered in the higher Grade.
- ✓ player from J01 plays up - Week 1 – S01, Week 3 – S03, Week 5 – S02 AUTOMATICALLY RE-REGISTERED IN S03 - the lowest they may now play.
- ✓ a school has 2 teams in grade J01 Team 11 & 12 - Players in both teams may not move between teams, regardless of which team is numbered lower.

Legal grades for playing in round matches, semi-finals & finals
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Where necessary, players may play in another team that is in a higher grade than the team they were originally registered in. Exceptions include:

Senior Grades

S01 Can only play in this grade (schools with multiple teams in S01 may not move players between teams).

All other senior grades can only play in a grade higher than their own team.

Junior Grades

J01 Can only play in S01 –S04 (schools with multiple teams in J01 may not move players between J01 teams).

J02 Can only play in S01 – S06 and J01.

J03 Can only play in S01 – S12 & J01 – J02.

J04 Can only play in S01 – S12 & J01 – J03.

Year 7 players playing in J01 – J02 may play down into Y701 grade.

Year 7 players playing in J03 – J20 may play down into any year 7 grade.

Please note that a year 7 player in a junior grade may only play down twice per term.

Year 7 Grades

Y701 Can only play in S01 – S04 & J01 – J04.

Y702 Can only play in S01 – S06, J01 – J12 & Y701.

Discipline - For Breaches of Code of Behaviour

Please read the Code of Conduct available on the IGSA website. A summary is contained in the Conveners handbook. Please make sure all players, coaches and umpires are aware of the Code of Conduct. An IGSA Sport Incident Report must be completed for any breaches of this code.

IGSA Sport Summary Code of Conduct for Inter-School Sport

Why: The Summary Code of Conduct is designed to provide a brief outline of the rules, guidelines and principles governing inter-school sport. It is a quick reference document only and does not replace the IGSA Sport Code of Conduct. In the event of a perceived conflict between the two, the latter will prevail.

Who: The Summary Code of Conduct applies to anyone participating in IGSA Sport including students, staff, coaches, umpires, officials, parents, spectators and volunteers.

What: The Summary Code of Conduct covers four areas: principles, expectations, authority and rules.

Principles:

- Participation in inter-school sport is important for all students: it fosters social, emotional, personal and physical development.
- Winning is less important than co-operation, team spirit and good sportsmanship.

Expectations:

- All participants, regardless of their role, will be expected to treat others with respect, courtesy and encouragement. Disparaging comments will not be tolerated nor will aggressive, abusive or offensive language or behaviour.
- Should disputes arise, resolve them in a calm and constructive manner.
- There will be no argument with or criticism of, the referee. If you disagree with a decision, refer to the IGSA Complaints Policy available on the website.
- Harassment will not be tolerated in any form.

Authority:

- The match officials have complete control of the match. In matters regarding play and the rules of the match, their decision is final.
- The venue convener has responsibility for all other aspects of the match such as safety at the venue.
- The referee and venue convener will work together to achieve a fair outcome. They may also consult staff members present.
- In the event of misconduct, the match officials may caution, suspend or send off the offender. In extreme circumstances they may stop play or terminate the match.

Rules:

- Unacceptable conduct is outlined in the Code of Conduct and includes any behaviour that might reasonably be expected to damage the self esteem of another or the reputation of an individual, school or the independent school sector generally. This includes derogatory remarks, dangerous behaviour, property damage, inciting violence, verbal or physical abuse or harassment.
- Players engaging in unacceptable conduct may be cautioned, suspended or sent off. Anyone else engaging in unacceptable conduct will be cautioned and if this fails, asked to leave.

Protests

A coach or team captain is entitled to lodge a protest should they be dissatisfied with any aspect of the match. The following procedure will apply:

The coach or team captain must lodge the protest in writing with the Convener at the venue as soon as possible or notify the IGSA Sport staff by 12 noon on the Monday following the match.

The opposing team must be notified of the intent to protest and the reason for it. The protest will be addressed as soon as possible by the IGSA Sport staff.

Venue Closure (i.e. Wet Weather, Extreme Heat)

The Convener must make a decision concerning commencement of play and any stoppages or cancellation due to inclement weather. Any such decisions should be made after consultation with coaches, managers and any school staff present. Where it is necessary to call off matches, the Convener is requested to notify the IGSA Sport staff so a message may be put on the IGSA Sport venue closure pages for players and parents to check.

The open or closed status of a venue can be checked by accessing the:

IGSA Sport mobile app: <https://igsasport.spawtz.com/Leagues/VenueStatus>

Point Scores & What Happens with Matches Cancelled Due to Venue Closure

In the case of venue being closed during a match, any match that has completed one half will be considered played, and the score taken from when the match was stopped.

Matches that do not play, or are cancelled before reaching half time are considered cancelled.

The total point score at the end of the season for each team (before semis and finals if they exist), will be divided by the number of matches played. This result is then used to determine which teams play in semis and/or finals.

There are no points awarded for matches cancelled due to the venue being closed.

Point score

Win:	5 Points
Draw:	3 Points
Loss:	1 Point
Forfeit:	-1 Point
Forfeit Score For / Against:	7 – 0
Washed out matches	0 points

We will continue the '**Capped Points**' system to encourage coaches to adopt the 'mercy guidelines' and to adopt the fairest strategy with regard to for and against points for final placings. Please note that the 'capped score' will only be in place when the IGSA Sport office records the official score. The differential will be capped at 12 goals.

Match sheets

All players are to sign the sheets at the Convener's table **before** play. The sheets should not leave this area. At the completion of the match, team captains and referees must report to the Convener to complete details of the match on the sheets.

The match sheets are to be sent in to the IGSA Office each round.

No player is to sign for another.

If possible, each team must make sure they have a **scorer to sit with the opposition scorer**.

Team Captains must sign the result sheet at the conclusion of the match to verify the score. Once both captains have signed the result sheet, no changes to the score will be made. If the result is in doubt, the convener is responsible for determining the final score.

Referee

Players should be reminded that the referee is in full control of the match.

All teams will go on and off with the siren or bell, however the referee has full control of the match and their whistle will indicate the start and finish of a match.

Do not argue with the referee at any time. This also applies to coaches and spectators, who are reminded that they are expected to behave in a manner which at all times reflects the ethos of the members' schools of IGSA. **Spectators are not to approach referees concerning any decision.**

Where referees are not available at a venue teams are responsible for starting their own matches and **sharing the refereeing of that match**. Extra time will not be allowed.

When only 1 referee exists, this referee may referee the whole pool if agreed on by both teams and the referee or the coaches can split the role of the 2nd referee e.g. half each.

Payment Information - Conveners

IGSA Sport will determine the payment for Conveners based on prior IGSA Sport convening experience.

Completed Terms of Service		1 – 3	4 – 6	7 – 19	20+
Sport	Max No of match slots	Payment per match slot			
Badminton	3	\$37	\$39	\$42	\$46
Tennis	2	\$60	\$64	\$69	\$77
Basketball	4	\$30	\$32	\$35	\$39
Football	4	\$30	\$32	\$35	\$39
Hockey	4	\$30	\$32	\$35	\$39
Netball	4	\$30	\$32	\$35	\$39
Touch	4	\$30	\$32	\$35	\$39
Water polo	5	\$24	\$26	\$28	\$31
Set Up / Pack Away Fee for all sports		\$35 / round			

- The number of match slots and fields / courts / pools used at a venue may vary each week. Conveners are only required if matches are scheduled at their venue.
- It is recommended that conveners allow enough time prior to the first match to set up and after the last match to pack away the venue.
- IGSA Sport will pay up to the maximum number of match slots at the venue plus a set up / pack away fee based on the draw and matches completed or partially completed.
- Conveners may, where required, referee in addition to convening providing that convening at all times takes priority over refereeing. In this case, no more than \$25 per match may be claimed for refereeing.
- Special exceptions can be approved by the IGSA Sport Staff and in consultation with the IGSA Accountant where possible.

Venue Closure Payments

	Convener
Closure during day of play.	Set up / pack away fee plus completed and / or partially completed match slots

Payment Information - Umpires & Referees

Basketball	\$18 Bench Duty (only where approved by IGSA Sport)	\$25 Unqualified but competent, Y1 or Y2	\$35 Y3, C or Y4	\$40 1B or Y5	\$45 1A or above
Football	\$20 Assistant Ref	\$25 Unqualified but competent	\$30 Level 4	\$35 Level 3	\$45 Level 2 and above
Hockey		\$25 Unqualified but competent	\$35 Foundation Support / Lead	\$40 Development	\$45 Advanced / Performance
Netball		\$25 Unqualified but competent	\$35 Nat C or District / Assoc. Badge	\$40 Nat B	\$45 Nat A / AA
Touch		\$25 Unqualified but competent	\$30 Level 1	\$32 Level 2 – 3	\$35 Level 4 - 6
Water polo	\$20 Bench Duty (only where approved by IGSA Sport)	\$30 Unqualified but competent	\$35 Level 1 / NSW C / Junior Badge / Community Level	\$40 Level 2 / NSW B / Development Level	\$45 Level 3 / NSW A / Senior Badge / Advanced or Elite level

IGSA Sport will determine payment per match based on the referee's level of qualifications. The number of completed terms of officiating the same IGSA Sport will also be taken into consideration in determining the pay rate.

IGSA Sport will pay:

- A maximum of 2 referees for all completed or partially completed matches including forfeits occurring on the day.
- If there is only one referee during the match, payment stays the same.
- For football, 1 referee and two assistant referees.
- For basketball and water polo, a maximum of 2 referees & 1 bench duty per match where considered necessary. Note – bench duty will only be paid at multiple court / pool venues and must be separately identified on the convener's sheet and referees' cards.
 - 1 court / pool venue – maximum 0 bench duty payment
 - 2 court / pool venue – maximum 2 bench duty payments
 - 3 court / pool venue – maximum 3 bench duty payments
- Special exceptions may be approved by the IGSA Sport staff.

Venue Closure Payments

	Umpires / Referees
Closure during day of play.	Matches cancelled before completion are paid as completed. No payment for matches cancelled following venue closure

IGSA Sport Water Polo Match Rules Term 1 2026

Playing Saturdays

Term 1 (Invitational)

February 7, 14, 21, 28

March 7, 14, 21

March 28 - 1 v 2, 3 v 4 playoffs

There will be no semis or playoffs for teams finishing in 5th to 8th place this season.

J01 in Term 1 2026 will consist of only six teams. They will play five round games each, followed by two round robin competitions between teams placed 1st-3rd and 4th-6th to determine final ladder positions.

Match Times

All grades play 4 x 8 mins

1 min break at quarter times and 2 min break at half time.

Change ends at half time. Matches being played at venues with uneven pool depths should swap ends after each quarter. These pools include Loreto Normanhurst, Monte Sant' Angelo, Santa Sabina and Ascham.

In S01, S02, J01 and Y701. 28 sec possession rule (Shot Clock) applies

Each convening school is responsible for timing the 28s.

Other Grades No possession rule (running time).

Time Outs: Time outs are permitted only in S01 (for one minute). A time-out can be called at any point in the match. Teams are limited to one time-out per match. The match clock must stop.

All teams should be at their playing venue 20 mins before match time.

Forfeits and late players

A team which finds it necessary to forfeit a match and is aware prior to Friday afternoon must notify:

- A) their opponents
- B) the IGSA Sport office

Teams more than 5 minutes late or less than the specified minimum number of players will forfeit their match. However, opponents may choose to play the match for points or play a "friendly" match, provided this decision is made prior to the start of the match. This decision cannot be reversed once play has started. If a decision to play for points is made, the forfeit no longer applies. No extra time will apply in such a case.

In the case of a team failing to have the necessary equipment available, the non-offending team may choose to lend their gear and play for points or request a forfeit. This decision must be made prior to the start of the match.

Injury Time

There is no provision for injury time. Any injured players must be substituted as soon as possible.

Number of Players

A team must have at least 5 players available throughout the match or a forfeit is declared. A player may play no more than 2 matches on any one day except for semis & finals where they may only play in 1 match.

Safety

Nails must be short, both fingers and toes. Referees will be requested to do nail checks. Please make this clear to all players. Coaches should be encouraged to carry nail scissors. **No jewellery** is to be worn. No taping of jewellery allowed. Nails cannot be taped.

No casts and /or splints: a player wearing a cast or splint because of an injury may not participate.

Players are permitted to wear sports goggles, sports glasses or sports sunglasses as long as, in the opinion of the referee, they pose no danger to the player or other players. The Optometrists Association of Australia has

stated that children involved in sport, requiring assisted vision, should wear protective eyewear such as sports goggles or sports glasses with soft or flexible frames fitted with a plastic or polycarbonate lens. IGSA Sport recommends players carry a letter from their optometrist confirming goggles are suitable for playing sport.

Caps must be worn and tied up during the match to avoid serious injury.

Teach players to play the ball - not the player. Violent action will not be tolerated under any circumstance. See the IGSA Sport Code of Conduct.

We will be continuing our ‘**capped margins**’ system to encourage coaches to adopt the ‘mercy rule’ and to adopt the fairest strategy with regard to for and against points for final placings. Please note that the ‘capped margin’ will only be in place when the IGSA Sport office records the official score. The score differential will be capped at 12 goals.

Uniforms

1. Players must play in their nominated school costume.
2. Each 2 teams will require at least one set of caps. These must be in contrast to the colour of the ball. The first named team shall wear white caps. Goal keepers wear red caps.
3. The referees must be aware of each captain’s cap number before the start of each match.

Equipment

The F.I.N.A. approved women's water polo ball (size 4) is to be used for all grades. The pool will be 25m in length maximum. Lower grades are permitted to play in smaller pools where necessary.

Substitutions

Substitutions can be made at any time providing the player swims to the correct corner before replacement enters or at the end of a quarter or after a goal is scored. Players must enter from the correct entry point. Illegal entry by the defending team is punished with exclusion and a turnover.

Rules & Rule Changes

Rule Changes

1. The 2m rule will now only apply within the goal mouth area. To be more specific, there will now be a new ‘zone’, rectangular in shape, that runs along the goal-line, two metres outwards from each post, and from the goal line to two metres out, making a box similar to that in football. The 2m rules will now only apply in this area.

2. Penalty Fouls

‘The referee can delay whistling a penalty and wait to see if the attacking player scores a goal in the same action. If the player does not score, the referee should sanction the penalty. The referee may raise an arm indicating a possible penalty.’

Previously, if a player had missed an opportunity whilst the referee was playing advantage, instead of awarding a penalty, there was no opportunity for the referee to pull play back for the initial penalty. The new rules will mean referees can delay awarding a penalty, even after a missed opportunity by the attacker.

Penalty Situations

In the situation a player has achieved position, where a referee deems that the result would be a probable goal and they are impeded or fouled in any way, a penalty will be awarded. This is the case even if the player has the ball in hand.

The referee is entitled to allow the action to continue and allow the attacker to shoot. If the shot doesn’t result in a goal, he can still award a penalty after the fact.

There are also other situations where a referee may award a penalty if they feel that there is a “probable” goal. For example:

- A player swimming towards goal with only the goal keeper to beat who has a defender attacking from behind. Previously if the defensive player stopped the progress of the player in attack before they reached the 5.0m line the referee excluded the defender. It is now the 6.0m line, the referee will eject

the defender, and the attacker can continue and shoot. Any interference by the excluded player will result in a penalty.

- A defender who is defending an attacker on the perimeter in set play and manages to gain possession through a steal or turnover foul; if the previous attacker now defender was to throw the ball away to prevent a clear counter attack, the referee (if they think would have resulted in a “probable” goal) may award a penalty even if it occurred in the other half.

All players shall leave the 6 metre area and shall be at least three metres from the player taking the throw. On the 6 metre line, on each side of the player taking the throw, one player of the defending team shall have the first right to take position. The defending goalkeeper shall be positioned between the goal posts with no part of her body beyond the goal line at water level.

Rules

3. Foul outside 6.0m: If a player receives a foul outside 6.0m and the ball has remained outside 6.0m, they are legally allowed to:

- Pick up the ball and shoot
- Pick up, play the ball, baulk and shoot or pass off
- Play the ball then swim in towards goal and shoot or pass – there is no need to pass off or have a second player play the ball

Note: If the immediate shot is not taken, the ball must be clearly put into play. It must leave the hand as explained in the rule book.

- Fouls are taken from the position of the ball; they no longer have to be taken where the foul occurred.

4. Corner Throw

- When a team is awarded a corner throw the player taking the throw is “alive” and as is the case of a foul outside 6.0m is now free to:
- Shoot directly from the corner
- Play the ball and swim in and pass or shoot
- Play the ball then baulk and shoot

Again, there is no longer a requirement for the ball to be played by a second attacking player.

5. Goal Keepers

goal keepers have been given extra privileges:

- They may be nominated to be a shooter in the event of a penalty shoot out.
- They can go over half way, but lose goal keepers privileges of two hands, punching ball etc. once outside the 6.0m line.
- They can go up into attack if they wish and act as an extra field player. This means a team may attack 7 on 6 if they wish.

6. Flying Substitutions

The penalty box remains as always and is still used in the case of exclusions however the box has been extended along the bench side of the pool from the goal line up to half way. This is defined by the line defined in Physical changes.

This area can be used for general substitutions during play, it is designed to allow substitutions without jeopardising your attack.

- Substitutes may wait in the corridor outside the field of play anywhere up to half way, the player seeking substitution may swim to the side of the pool go under the side rope, surface and “high five” their replacement. The replacement may then enter the field of play. The exiting player

must then leave the corridor and return to the bench immediately. They are allowed to climb out over the edge of the pool.

- Substitute players cannot be in the corridor for an extended time and must return to the bench if instructed by the referee.
- Where the width of the pool allows there should be a line along both sides of the pool outside the field of play to allow “Flying Substitutions”. Many of our pools are too narrow for this, however due to the impact this will have on the tactics of the match we will need a line up the bench side of the pool maybe only 500 – 600 mm wide to allow for these substitutions to occur

7. The penalty box should be located on the opposite side to the official’s table.
8. It is an exclusion foul to block the arms of the player taking the free throw. A defending player having committed a foul shall move away from the player taking the free throw before raising an arm to block a pass or shot; a player who fails to do so shall be excluded for ‘interference’.
9. Intentionally splashing the face of an opponent anywhere in the pool is a major foul, earning a 20 second exclusion from the pool.
10. All penalty shots will be taken from five metres.
11. The instant free throw shot will be taken from six metres.
12. A defender trying to block a shot may only raise one arm.
13. A goal throw is taken, where a defender deflects a ball over the goal line, but does not enter the goal.
14. A player receiving a ‘violent action’ foul is out for the match and concedes a penalty shot. This player may be substituted but not until four minutes actual playing time has elapsed.
15. Where it is necessary for a coach to referee a Year 7 match, such coach may also coach their own team. This rule must be made clear to both teams and spectators before the start of the match.
16. Coaches must stand on the opposite side to the official’s table, with their team. The coach may extend their coaching position forwards 5 metres when they are attacking and to a position inline with the goals when the team is defending.
17. Maximum three people on the bench apart from the players and only the head coach is allowed to call out to the players and offer instruction.
18. In Year 7 grades, a player – when sent to the exclusion zone for a major foul – will suffer no time penalty and may re-enter the match upon reaching the exclusion zone.

All other rules are as defined on the NSW Water Polo Web site - www.nswwaterpolo.com.au

Water Polo Mercy Guidelines

(None of these are **RULES**, only suggestions / guidelines)

- If team is winning by 12 or more then either winning team takes off a player or losing team adds a player (this decision can be made by the winning team coach and is optional)
- If winning by 12 or more the scoreboard keeps a distance of 12 goals.
- After a goal scored, encourage to bring all players back to a deep zone.
- Rotate star players
- Switch positions of players (changing goalie)

Semis & finals

Where no semis or finals are played, the premiership will be “first past the post” and will be decided as detailed below:

- The position of teams is determined by their final ranking according to the final averaged points score at the end of the rounds.
- If teams have the same averaged points at the end of the rounds, the premiership will be declared “joint premiers”.

In the event of a grade playing semis and / or finals the following will apply – semis (i.e. grades with 6 teams or less) will play 1 v 4 and 2 v 3 OR if it is a straight final it will be (1 v 2 and a playoff between 3 v 4). There will be no playoffs for teams finishing in 5th – 8th positions.

The following will be used to determine final standings and therefore the teams who will play in semis and / or finals:

1. The position of these teams is determined by their final ranking according to the average of the final points score at the end of the rounds.
2. If two teams have the same average points, it will revert to the winner of the match played between these teams.
3. If two teams have the same average points at the end of the rounds and the match between them was a draw or washout, the positions for semis / straight finals will then be determined by their match points (for / against) difference.
4. If three or more teams have the same average points, the positions for semis / straight finals will be determined by the difference between their for and against scores taken from matches played only between tied teams and averaged over the number of rounds played.
 - i. If item 4 cannot determine necessary positions, teams no longer in contention will be removed from consideration and positions of remaining teams will be determined by the average points from matches played between only teams still in contention.
 - ii. If 4.i. cannot determine necessary positions, the team that has the highest number of “for” points will be ranked highest.
5. If necessary, positions still cannot be determined, the final rankings will be decided by a drawing of straws (undertaken by IGSA Sport staff), unless schools involved agree to play a tie-breaker fixture prior to the semis/ finals match weekend.

Semi-Finals: When a draw occurs in semi-finals NO EXTRA TIME will be played. In the event of a draw the highest placed team will proceed to the final.

Finals: When a draw occurs in finals, extra time will be played in all grades. If the score is a draw at the end of full time, teams will play 2 periods of 3 minutes of extra time with immediate change over. If after extra time scores are drawn, the teams will be declared Joint Premiers.

When a venue is closed and the final is unable to be played, both teams will be declared joint premiers.

In the event of a draw in the finals, the teams will be declared Joint Premiers.

NB: *No player may take part in a semi-final or final unless they have played 3 competition matches.*

Water Polo Venue Convener Guidelines

It has been acknowledged that IGSA Sport needs to support the water polo officials who control our matches at the various venues. To assist our venue conveners in the support of our officials, we have devised some guidelines. It is our intention that these guidelines will be adopted at every water polo venue.

- Develop a comprehensive understanding of the IGSA Sport Water Polo Rules
- Introduce yourself to coaching staff prior to the commencement of the match.
- Display the pink risk warning close to the sign on area.
- Make sure ice is available for soft tissue injuries.
- Ensure a parent / coach from each team is on bench duty.
- Ensure that the referee CHECKS the finger and toe nails of all players. No player/s is allowed to play if the referee does not find their nails suitable. Jewellery is strictly forbidden.
- Show the bench duty people how to operate the scoreboard (if applicable).
- Sit with them for a small portion of the first quarter to check that all is correct.
- Make sure you are aware of what grades require a “shot clock”.
- You are then not to operate the scoreboard.
- Actively supervise the venue.
- Liaise with officials to ensure that the IGSA Sport Code of Conduct is maintained.
- If the behaviour of any coach is questionable then stand at that end of the pool and observe the coach in question. An incident form MUST be completed and you must ring an IGSA Director of Sport (Kate Howitt on 0412 097 811, or Matt Mulroney on 0493 092 881) **immediately**.
- At the next break in play (time out or the end of a quarter) liaise with the official and the official may issue a warning (yellow card).
- If the behaviour has shown no sign of improving, the referee MAY ask the coach to leave the bench (red card). This is in extreme circumstances where the referee feels that the coach fails to heed the warnings and shows gross disrespect to the referee.
- After each match the two captains MUST sign the sheet. Make sure the captain is aware of the recorded score.
- Complete all relevant paperwork and send a digital copy to IGSA Sport on the Saturday. The originals should be posted over the weekend.

IGSA Sport Water Polo Venues

Please note no dogs are allowed at any IGSA Sport Water Polo venue.

“Non-school” venues charge an entry fee for players and spectators.

VENUE	ADDRESS	SUBURB	NOTES for Parking and Access	Map Link
Abbotsleigh	Ada Ave	WAHROONGA	Enter car park via Gate 1A.	http://goo.gl/maps/rc17w
Ascham School	Octagon Rd	DARLING POINT	NO SPECTATORS INSIDE THE POOL AREA - players, officials and coaching staff only. Parents may watch from outside the pool complex. Access via Octagon Rd, off St Marks Rd, Darling Point	https://goo.gl/maps/5UJuifW6Geet2Sgj9
Ashfield Aquatic Centre - TBC	Corner of Frederick and Elizabeth Street	ASHFIELD	Entry costs: \$5.00/spectator, coaches/school staff free, (students will be charged \$5.60 per entry at the end of the term via an invoice to the school).	https://goo.gl/maps/7Wecw
Danebank	109 -111 The Avenue	HURSTVILLE		https://goo.gl/maps/Tpf8S
Frensham Centenary Pool	Range Rd	MITTAGONG	Take Mittagong turnoff, turn left opposite the Melrose Motel, cross railway bridge to Range Rd. Continue along Range Rd past the main school, follow road around to the left (approx. 250m), continue after a small cottage and take the next left into the school property. Follow road past the hockey courts (left) and pool (right) and park in the usual parking areas.	https://goo.gl/maps/KFT8i
Loreto Normanhurst	Osborn Rd	NORMANHURST		https://goo.gl/maps/QbWSg
MLC Burwood	Park Road	BURWOOD	NO SPECTATORS INSIDE THE POOL AREA - players, officials and coaching staff only. Parents may watch from outside the pool complex	https://goo.gl/maps/45Fb2gxPUB2MFcmr9
Monte Sant' Angelo	Berry Street	NORTH SYDNEY	Access via the Berry St Gate – located on Berry St, North Sydney	https://goo.gl/maps/PV1GH
PLC Sydney	Boundary St	CROYDON		https://goo.gl/maps/R4svBvvGfgVywAtN8
Pymble Ladies' College Pool	Avon Rd	PYMBLE	Access the car park via Gate 3, Avon Rd	https://maps.app.goo.gl/6ey7FqFjfgdhn6QM6
Queenwood	44 Mandalong Rd	MOSMAN		https://goo.gl/maps/pyM8qUSi1AZz1H379
St Catherine's	26 Albion St	WAVERLEY		https://goo.gl/maps/EoLL1MHYQoAumj4g7
Tara Aquatic Centre	Masons Drive	NORTH PARRAMATTA		https://goo.gl/maps/zney1oTMHiddPu4Z8
Wenona Pool	6 Elliot St	NORTH SYDNEY	Enter via Elliott St with spectator viewing on Level 2. Parking may be found in Ridge Street Council car park or on street parking in Miller & Ridge Streets and around St Leonards Park.	https://goo.gl/maps/zWrt4P6rLoLW1hst5

Venue Closure Procedure and Guidelines

Due to the short season for all IGSA Sport competitions, every attempt is made to play the inter-school matches and cancellations of Saturday sport are rarely made before Saturday morning, unless a venue notifies IGSA Sport that the facilities will not be playable prior to this.

Procedure

If required, venue conveners should liaise with school sport staff or coaches to determine suitability for play. Where it is necessary to call off matches, the Convener is requested to notify their school's sport staff so the IGSA Sport venue closure page can be updated for players and parents to check.

Taking in to consideration that once a venue is closed, the venue does not reopen, except in the case of tennis where a venue may be closed for the first matches

The venue convener is only required to stay 30 minutes after the venue closure. If necessary, continue to liaise with IGSA Sport staff throughout the morning.

To find out if a venue is opened or closed go to <https://igsasport.spawtz.com/Leagues/VenueStatus>

You do not have to be registered to use SPAWTZ so students, coaches and parents can all access them from their smart phones, tablets or computers.

- ✓ Check venue closures (Click on the venue closures icon)
- ✓ Find matches for selected teams (including links to maps)
- ✓ Check results and ladders

If play has not been cancelled by IGSA Sport and there is a concern that the weather may impact on the venue, go to your venue and assess its suitability for play.

General Guidelines

- Play should not commence under any circumstance if there is a risk of injury to those involved.
- If conditions deteriorate during the course of the match such that it becomes unsafe to continue, play must cease immediately.
- If an outside venue (non school) is closed by the local council concerned, play must not commence.
- The **lightning safety code** is based on the 30 / 30 rule which calls for all play to be stopped when the lightning / thunder ratio reaches 30 seconds or less, i.e. the time between when the lightning is seen and the last thunder is heard is 30 seconds or less. This means that lightning is seen 10 km away and the next strike has a "significant risk" of hitting the people who have seen the lightning and heard the thunder. All participants must be aware that in the event of lightning, play must not resume until 30 minutes after the last lightning strike and thunder.
- All play must cease immediately if there is **hail**. All students, officials and spectators should seek cover immediately.
- Care should also be taken in the event of **extreme heat**. If there are any concerns or doubt, refer to the "IGSA Sport Hot Weather Guidelines" or contact your school's or IGSA Sport staff. After consultation with coaches, players and referees, extra drink breaks or cancellation of play should be considered immediately
- Care should also be taken in the event of **poor air quality**. If there are any concerns or doubt, refer to the "IGSA Sport Air Quality Guidelines" or contact your school's or IGSA Sport staff. After consultation with coaches, cancellation of play should be considered immediately

IGSA Sport Hot Weather Guidelines

Each and every school has a responsibility to educate the participants concerning the steps to avoid dehydration and appropriate sun protection.

Procedure

STEP ONE: Altering the conditions of play.

Tennis	Allow additional breaks to drink and sun protect (shade) where possible.
Badminton	Allow additional breaks to drink and sun protect (shade) where possible.
Basketball	Allow additional breaks to drink.
Football	Allow additional breaks to drink and sun protect (shade) where possible.
Netball	Allow additional breaks to drink and sun protect (shade) where possible.
Hockey	Allow additional breaks to drink and sun protect (shade) where possible.
Water Polo	SMA suggests that NO changes to play are needed. Be mindful that indoor facilities for spectators and officials may be an issue with both temperature and humidity.
Touch	Allow additional breaks for drinks and play 4 quarters rather than 2 halves. Limit the number of 11.00am matches or where possible play no matches at 11.00am.

STEP TWO: Cancellation at the venue

Schools and venue conveners will assess the need to close the venue on a case by case basis. Interim measures provided by the SMA guidelines (below) should be considered prior to cancellation.

At an ambient temperature of 36 or above sport must STOP immediately. The normal rules concerning venue closure will apply. There will be no further sport at that venue for the rest of the day.

STEP THREE: Cancellation by the IGSA Sport office

In extreme conditions, the IGSA Sport office will decide in the interest of the players, spectators and officials' welfare that sport be cancelled prior to the day of sport. It would only be for unusual "heatwave" conditions or variations from the average temperature for the time of the year.

This decision should not be taken lightly. The IGSA Sport office will make this decision in consultation with Heads of Sport and the Standing Committee guided by the Sports Medicine Australia (SMA) Guidelines.

SMA Guidelines

Heat exhaustion

- ☐ Characterised by a high heart rate, dizziness, headache, loss of endurance / skill / confusion and nausea.
- ☐ The skin may still be cool / sweating, but there will be signs of developing vasoconstriction (e.g., pale colour).

To avoid heat exhaustion, if people feel unwell during exercise they should immediately cease activity and rest. Further benefit comes if the rest is in a shaded area with some passing breeze (from a fan if necessary) and the person takes extra hydration. Misting or spraying with water can also help.

Heat stroke

- ☐ Characteristics are similar to heat exhaustion but with a dry skin, confusion and collapse.
- ☐ Heat stroke may arise in an athlete who has not been identified as suffering from heat exhaustion and has persisted in further activity.

Any collapsed athlete must be treated immediately. It should be assumed that any collapsed athlete is at danger of heat stroke. The best first aid measures are “Strip / Soak / Fan”:

- ☐ strip off any excess clothing;
- ☐ soak with water;
- ☐ fan;
- ☐ ice placed in groin and armpits is also helpful.

The aim is to reduce body temperature as quickly as possible. The athlete should immediately be referred for treatment by a medical professional. Important: heat exhaustion / stroke can still occur even in the presence of good hydration.

Dehydration

Dehydration is fluid loss which occurs during exercise, mainly due to perspiration and respiration. It makes an athlete more susceptible to fatigue and muscle cramps. Inadequate fluid replacement before, during and after exercise will lead to excessive dehydration and may lead to heat exhaustion and heat stroke.

Outside temperature

Ambient temperature is the most easily understood guide available, and is most useful on hot, dry days

- 15 - 20 Low: heat illness can occur in distance running. Caution over-motivation.
- 21 - 25 Exceeds 70% Low – moderate: increase vigilance. Caution over-motivation.
- 26 – 30 Exceeds 60% Moderate: reduce intensity and duration of play / training. Take more breaks.
- 31 – 35 Exceeds 50% High – very high: uncomfortable for most people. Limit intensity, take more breaks. Limit duration to less than 60 minutes per session.
- 36 and above Exceeds 30%: very stressful for most people. Postpone and wait for cooler conditions (or a cooler part of the day) or cancellation.

OR

WBGT Temperature (WBGT) index. The WBGT is useful when humidity is high.

- < 20 Low: heat illness can occur in distance running. Caution over-motivation.
- 21 – 25: moderate to high Increase vigilance. Caution over-motivation. Moderate early pre-season training intensity and duration. Take more breaks.
- 26 - 29 High - very high Limit intensity. Limit duration to less than 60 minutes per session.
- 30 and above: extreme. Consider postponement to a cooler part of the day or cancellation (allow swimming).

The Bureau of Meteorology (BOM) produces ambient and WBGT readings for many locations in Australia. You can check these readings and a guide for the relative risk for your location at www.bom.gov.au/info/thermal_stress/index.shtml

IGSA Sport Air Quality Guidelines

Each and every school has a responsibility to educate themselves about the Air Quality Index (AQI) and its effect on sporting activities.

Procedure

Cancellation at the venue

Using the AQI available, all matches should be monitored on a regular basis by the venue convener or the host school's Head of Sport. If the AQI is "poor", warnings will be issued by the venue convener and the host school's Head of Sport to parents and athletes, that the conditions may pose a health hazard, particularly to those with respiratory or cardiovascular conditions. Venue conveners, in conjunction with the host school's Head of Sport, will decide to close the venue if the air quality is at a "hazardous" level. For this to happen, the AQI should be at 200 or greater.

The normal rules concerning venue closure will apply. There will be no further sport at that venue for the rest of the day.

Cancellation by the IGSA Sport office

In extreme conditions and using all available information, the IGSA Sport office will decide in the interest of the players, spectators and official's welfare that sport be cancelled prior to the day of sport. This decision should not be taken lightly.

Guidelines

When pollution exposure is at low levels, the respiratory tracts usual defence mechanisms trap, transport and clear pollutants effectively. With elevated exposure, short-term accumulation can occur resulting in inflammation and this can exacerbate a number of health conditions with asthma being the most common in athletes.

When threatening or dangerous air quality levels are present, the AQI increases. The AQI is an accepted means of quantifying air quality by public health authorities encompassing:

- Air pollution levels at the nearest monitoring site or region
- The common contributing pollutants
- The overall health risk associated with a given rating.

The AQI is updated hourly and provides an easy-to-understand index. [Current Air Quality](#)

Attentive monitoring of the local AQI and associated air quality alerts, especially during times of extreme environmental conditions, is recommended.