



## H<sup>2</sup>O XTREAM FLIPPABALL RULES

### 1. Seven Players

A team consists of 7 players in the water at one time – 1 goalie and 6 field players. A team can have up to 6 substitutes (but we recommend 3) who can either be interchanged after a goal has been scored and before play has started again OR at any time from their corner of the pool, but only when the player being replaced has reached his/her corner of the pool, so as to ensure there are only 6 field players in play per team at all times.

### 2. Game Duration

A game is made up of 2 halves of up to 10 minutes each with teams switching ends at halftime. The break at halftime is approximately 1 minute.

### 3. Starting play

To start the game, players line up along their respective goal lines. At the referee's whistle, the referee drops the ball in the middle of the pool and players move to the centre line. Position is granted to the team who reaches the ball first. The first pass must be backwards to a team mate. (Refer to Officials Hand Signal Fig. 1).

### 4. Goal

A goal is scored when the whole ball crosses the line of the front 2 posts (the ball does not need to touch back of net). The ball carrier can only shoot when they are in the attacking half of the court. It is not permissible to shoot from one's own half. (Refer to Officials Hand Signal Fig. 7).

### 5. After A Goal

To start play after a goal is scored, players from each team must return to their own half. The ball starts at halfway with a player from the team who did not score the goal. On the referee's whistle, the player with the ball must pass backwards to a team mate and then the game will continue. (Refer to Officials Hand Signal Fig. 1).

### 6. Corner Throw

A corner throw (taken from beside the red 2 meter cone) will be awarded if the ball is knocked out of play by a defending player or goalie.

### 7. Free Throw Infringements

Minor foul or infringements below will result in a free throw being awarded by the referee. The free throw must be taken from the where the foul occurred or an area not closer to the attacking goal of the team awarded the foul. The player taking the free throw cannot shoot at goal after receiving a foul and defenders cannot interfere with the taking of the free throw. (Refer to Officials Hand Signal Fig. 2)

All of the infringements below will result in a free throw being awarded by the referee.

- A player cannot contact the ball with 2 hands (exception being the goalie)
- A player cannot take the ball under the surface of the water
- A player cannot walk or run with the ball
- A player cannot hit ball with a closed fist
- A player cannot swim on or over an opponent's legs
- A defensive player cannot contact an attacking player
- An offensive player cannot fend away a defensive player
- Offside play

### 8. Major Foul Infringements

Major foul infringements will result in a free throw awarded to the attacking team by the referee and the defending player excluded to his/her team's corner of the pool for a period of either 20 seconds or when the referee signals the player back into the court of play. (Refer to Officials Hand Signal Fig. 4-5, 8-13).

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## **H<sup>2</sup>O XTREAM FLIPPABALL RULES** continued

### **9. Exclusion Infringements**

Aggressive play and use of abusive language are prohibited in the game of FlippaBall and the penalty will be exclusion for the remainder of the game WITH a substitute entering play on signal from referee (aggression is defined as deliberately striking or attempting to strike a fellow player). (Refer to Officials Hand Signal Fig. 4-5, 8-13).

### **10. Team**

Players not in game are to sit on team bench or designated bench area. Players are not to wear items such as jewellery, goggles, glasses or anything that could cause harm or injury to another player or yourself.

### **11. Coaches**

During the game coaches must be situated in the corner of the pool where their team is located and can only move between that corner of pool (up to the 2m cone) and the goal that his/her team is defending.

### **12. One Hand Only**

Players can use only one hand only to catch, pass, shoot or defend the ball. The exception to this is the goalie, who may use both hands. (Refer to Officials Hand Signal Fig. 16).

### **13. No Ball = Walk; Ball = Swim Or Pass**

The pool is shallow, (approximately 1 meter) allowing players to stand on the bottom of the pool. Players are permitted to walk along the bottom if they do not have the ball. However, if in possession of the ball the player must swim or pass. (Refer to Officials Hand Signal Fig. 6).

### **14. Ball Under**

A player cannot take the ball under the surface of the water. Note that the player whose hand is closest to the ball will be the player deemed to have taken the ball under. (Refer to Officials Hand Signal Fig. 14).

### **15. No Contact**

A player cannot swim on or over an opponent's legs, a defensive player cannot contact an attacking player, an offensive player cannot fend away a defensive player – if this occurs, a minor foul/free throw is awarded. NO splashing, sinking, holding or pulling back – or a major foul/exclusion for 20 seconds will be enforced. NO aggressive play (striking or attempting to strike another player) or use of abusive language – this results in exclusion for the remainder of the game with a substitute at the referees signal. (Refer to Officials Hand Signal Fig. 2, 4-5, 8-13).

### **16. Off-Side**

An attacker will be deemed offside if the attacker enters the attacking 2 metre zone if they are not holding or following the ball. If the ball carrier enters the 2 metre zone, other attackers are then allowed to enter as long as they remain behind the line off the ball carrier. A Goalie is deemed offside if they enter their attacking half. (Refer to Officials Hand Signal Fig. 15).

### **17. Neutral Throw**

When 2 players simultaneously gain possession of the ball, the referee will signal a neutral throw. The 2 players involved face the referee, close to the side of the pool, same side as their goalie; the referee then blows the whistle and throws the ball high in the middle of the 2 players, who attempt to gain possession by jumping and tapping the ball to a player on their team. (Refer to Officials Hand Signal Fig. 3).

### **18. Holding the ball under the elbow when tackled**

NEW RULE Holding the ball under the elbow (or in the crook of the arm) when tackled by a defender, is a foul with possession being awarded to the opposing team. (Refer to Officials Hand Signal Fig. 17).

### **19. Spectator or Coach behaviour**

NEW RULE The league coordinator will have the right to warn coaches or spectators about abusive behaviour and, if the behaviour continues, request the person to leave the pool facility.

## HAND SIGNALS FOR REFEREES & OFFICIALS



**Fig. 1**

The referee lowers the arm from a vertical position to signal  
i. the start of the period  
ii. to restart after a goal  
iii. the taking of a penalty throw.



**Fig. 2**

To point with one arm in the direction of the attack and to use the other arm to indicate the place where the ball is to be put into play at a free throw, goal throw or corner throw.



**Fig. 3**

To signal a neutral throw. The referee points to the place where the neutral throw has been awarded, points both thumbs up and calls for the ball.



**Fig. 4**

To signal the exclusion of a player. The referee points to the player and then moves the arm quickly towards the boundary of the field of play. The referee then signals the excluded player's cap number so that it is visible to the field of play and the table.



**Fig. 5**

To signal the simultaneous exclusion of two players. The referee points with both hands to the two players, signals their exclusion in accordance with Fig. D, and then immediately signals the players' cap numbers.



**Fig. 6**

To indicate the ordinary foul of standing on the bottom of the pool. The referee raises and lowers one foot.



**Fig. 7**

To signal that a goal has been scored. The referee signals by whistle and by immediately pointing to the centre of the field of play.



**Fig. 8**

To indicate the exclusion foul of holding an opponent. The referee makes a motion holding the wrist of one hand with the other hand.



**Fig. 9**

To indicate the exclusion foul of sinking an opponent. The referee makes a downward motion with both hands starting from a horizontal position.



**Fig. 10**

To indicate the exclusion foul of pulling back an opponent. The referee makes a pulling motion with both hands vertically extended and pulling towards his body.



**Fig. 11**

To indicate the exclusion foul of kicking an opponent. The referee makes a kicking movement.



**Fig. 12**

To indicate the exclusion foul of striking an opponent. The referee makes a striking motion with a closed fist starting from a horizontal position.



**Fig. 13**

To indicate the ordinary foul of pushing or pushing off from an opponent. The referee makes a pushing motion away from the body starting from a horizontal position.



**Fig. 14**

To indicate the ordinary foul of taking the ball under the water. The referee makes a downward motion with a hand starting from a horizontal position.



**Fig. 15**

To indicate a violation of the two-metre Rule. The referee indicates the number 2 by raising the fore and middle fingers in the air with the arm vertically extended.



**Fig. 16**

To indicate the ordinary foul of holding the ball with both hands. The referee holds two hands as though they are holding a ball.



**Fig. 17**

### **NEW RULE**

To indicate holding the ball in the crook, or under the arm, when tackled the referee will bend one arm at the elbow and swing it forward & back.