

# Water polo



Water polo is a competitive team sport played in water between two teams of seven players each. The game consists of four quarters in which the teams attempt to score goals by throwing the ball into the opposing team's goal. The team with the most goals at the end of the game wins the match. Each team is made up of six field players and one goalkeeper. Excluding the goalkeeper, players participate in both offensive and defensive roles. It is typically played in an all-deep pool where players cannot touch the bottom.

## Equipment:

**water polo pool** - a pool specific for water polo, or a swimming pool with marked lanes. The dimensions of a water polo pool are not fixed. They can be between 20 - 30m long by 10 - 20m wide. The depth of the pool must be a minimum of 1.8 meters (which is just a little under 6 feet).

**Goals** - the goals are 3 meters wide

**Ball** - the water polo ball comes in two sizes - men have a size 5 (circumference 0.7m or 28 inches) and women a size 4 (circumference 0.65m or 26.5 inches)

**Goggles** - used for eye protection

**Swimsuit and cap** - snug fitting to prevent excessive drag in the water and grabbing by opponents.

**Headgear** - to protect the ears