

SOUTHERN HIGHLANDS WATER POLO



SHWP 2024 Flippa Ball competition



FLIPPA BALL

SHWP has taken the initiative this year to introduce water polo for juniors 8-10 years. Flippa Ball is a modified version of water polo played in a small pool and standing is allowed. It's a simple game that can be played by all children regardless of swimming ability. A team consists of 6 players in the water at one time- 1 goalie and 5 field players.

WHEN DOES THE COMPETITION START?

Tuesday 6th February 2024 to Tuesday 26th March 2024. (Same time as the junior U12)

Time: 6.30pm to 7.30pm

Registrations close 5th February 2024. Limited places available.

Players will be refused entry to the pool if not registered.

WHAT DOES MY REGISTRATION COVER?

Registration fees are comprised of 3 elements:

SHWP Fee - This is set by Southern Highlands Water Polo and covers club level costs, coaching, refereeing, pool hire and equipment.

WPNSW Fee - This is set by and passed directly to Water Polo NSW and covers state level costs including competition management, player/coach/official development pathways & state administration.

WPA Fee - This is set by and passed directly to Water Polo Australia and covers national level costs including insurance & national competitions.

Southern Highlands Water Polo Inc

ABN: 50097443903 Incorporation

Number: Y0085637

website: <https://www.revolutionise.com.au/shwpolo/home/> email: shwp@outlook.com

PO Box 1251 Bowral NSW 2576

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FEES: \$80. The competition is for 8 weeks = \$10/game. (Must be paid in full at registration)

FOR THE AVOIDANCE OF DOUBT:

Registration fees **DO** cover: Pool entry at Aquabliss Frensham, pool lifeguard, coaching & refereeing for regional games, Local competition draw, Junior training sessions, selected junior tournaments, team equipment (e.g. caps & balls).

Registration fees **DO NOT** cover: Player uniform & cossies; pool entry at away pools; and travel/accommodation costs.

LOCATION OF GAMES:

All games and training are held at "Aquabliss" Frensham Pool, Range Road Mittagong NSW 2575.

All games will be played in the small pool.

ACTIVE KIDS' VOUCHERS - SHWP is an active kids provider.

- From 1 July 2023, parents, guardians and carers of all school-age children are eligible for a \$50 Active Kids voucher to use towards sport and active recreation costs.
- The voucher is valid until 31 January 2024.
- On 1 February 2024, a new means-tested Active and Creative Kids voucher program will be launched for children enrolled in school. The voucher will be for \$50 and will be issued twice a year, at the start of terms 1 and 3.

Enter the voucher details at the time of registration and the amount will be deducted from your registration cost.

Apply online to get your voucher at: www.service.nsw.gov.au/transaction/apply-active-kids-voucher

COMMUNICATION:

Please make sure your contact details are correct for communication purposes.

Please follow our Social Pages to keep up to date with "The Draw", upcoming events/tournaments, updated information, pool closures and/or important notices.

- Instagram: @southernhighlandswaterpolo

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· Facebook: Southern Highlands Water Polo

Get in touch with a committee member at SHWP@outlook.com

LOCAL COMPETITION SWIMWEAR:

- Girls/Women: Suitable One-piece swimwear and swim cap
- Boys/Men: Suitable Speedos or Jammers
- No other equipment is necessary. All players will be issued with playing caps for the duration of the game.

TOURNAMENT UNIFORM:

- Girls/Ladies: 2022 Playing Costume and Playing Cap.
Boys/Men: 2022 Playing Costume.
- For both Girls/Ladies and Boys/Men Southern Highlands Shorts, T-Shirts and Hoodies are ideal but not mandatory.

ONLINE SHOP FOR TOURNAMENT UNIFORM AND SOUTHERN HIGHLAND WATER POLO MERCHANDISE:

Tournament Swimwear and Accessories (Shorts/T-Shirts/Backpacks/Hoodies/Hats and Caps) are sold online directly through Kap 7. <https://kap7.com.au/collections/southern-highlands>

Kap 7 will organise delivery directly to you. Delivery will be approx 4-6 weeks.

Alternatively SHWP online store: <https://www.revolutionise.com.au/shwpolo/shop/> has a small over supply of limited sizes that are for sale (only until sold out - Sizes available are updated on the website).

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Flippa Ball
OFFICIAL
Rules




FlippaBall
branded
**SIZE 2
BALLS**
(available
from WPA)




10m
FIELD
15m
RECOMMENDED

Any depth
If players can touch the bottom, they may not walk while touching the ball or jump off the bottom in attack or defence




Players in the water
6
INC. 1 GOAL KEEPER




7-10
PER TEAM


mixed




All players to get equal playing time across all positions in a game



4 minute
quarters
1 minute
break
2 minute
half time



Aim of the game
While protecting the ball from the other team, try to score the most amount of goals






Attempt to shoot or steal the ball from the other team.

Only use one hand to touch the ball


Avoid deliberately touching another player

Avoid pushing the ball fully under water




To Start the game / each quarter:


One player from each team swims from their goal line to the middle to reach the ball first then pass to their team



Pass the ball three times before a shot a goal




Don't hold onto the ball for too long




A referee will issue a **'free throw'** if any of these rules are broken.

A free throw means that the all other players must move at least 1m away from the person with the ball until they pass it (you cannot shoot a goal off a free throw)




If the ball goes OUT of the pool
The team who did not touch the ball last gets the ball back in line with where the ball first went out




To score a goal
A goal is scored by the whole ball crossing the goal line


A goal = 1 point




After a goal is scored
After a goal is scored, all players must rotate, including as goal keeper




To re-start after a goal
The team that did not score the goal re-starts with the ball lined up at half-way




If the SCORE GAP reaches 10 goals or greater, the trailing team may add one additional field player until the score gap becomes less than 10 goals.





Water Polo
AUSTRALIA



For or more info go to FlippaBall.com.au

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