



Southern Highlands 2019/2020 Competition Manual

40th Year

Seniors

| U16

| U14

| U12

14 October – 6 April

Southern Highlands Water Polo Inc ABN: 50097443903 Incorporation Number: Y0085637

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

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This Manual is a summary document to be used in conjunction with the detailed Operations Manual.

SHWP Personnel

Name	Role	Email	Contact Number
Miles Lochhead	Board President	Miles.lochhead@gmail.com	0409 038 366
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Leanne Butcher	Board Secretary	mlbutcher67@gmail.com	0405 645 666
David Chandler	Board Director	david_chandler66@hotmail.com	0409 030 099
Alison Oates	Junior Committee	Alison.Oates@blackwoods.com.au	0416 096 740
Craig Ford	Junior Committee	craig.ford@boral.com.au	0417 188 065
Liam Ireland	Competition Coordinator	Liam.ireland@waterpolonsw.org.au	0412 050 240
Lachlan Feary	Competition Support	Lf238@uowmail.edu.au	0425 287 206

Competition Overview (at September 2019)

COMPETITION	Seniors A-Grade	Seniors B-Grade	Senior Women's*	U16	U14	U12
Time/Dates (proposed)	~8.00 to 9.00pm Oct 14 to Dec 9 Jan 13 to Apr 6	6.30 to ~7.30pm Oct 14 to Dec 9 Jan 13 to Apr 6	~7.30 to ~8.00pm Oct 14 to Dec 9 Jan 13 to Apr 6	7.00 to 8:30pm Oct 22 to Dec 3 Feb 4 to Mar 24	5.30 to 7:00pm Oct 22 to Dec 3 Feb 4 to Mar 24	6.30 to 7.30pm Oct 22 to Dec 3 Feb 4 to Mar 24
Pool	Aquabliss Frensham	Aquabliss Frensham	Aquabliss Frensham	Split between Frensham and Mittagong	Mittagong Pool	Aquabliss Frensham
Contact (click on name to send email with your query)	Miles Lochhead Dave Chandler	Leanne Butcher Craig Ford	Jenny Balla	Alison Oates Jenny Balla	Alison Oates Jenny Balla	Alison Oates Jenny Balla

* This will be at Frensham Pool on Monday's dependent on interest - please contact Jenny Balla with your EOI

Competition Venues

The Centenary Pool
Frensham
Range Road
Mittagong NSW 2575
Contact: 4872 3672

Mittagong Swimming Centre
Hawkins Drive
Mittagong NSW 2575
Contact: 4871 1957

Caps & Equipment

CAPS:

- Playing Caps: The team named first on the scorecard is to wear white/light coloured caps, second team on the card to wear blue/dark coloured caps
- Caps Numbered 1 to 13-15* *Number 14 and 15 is only if club does not have caps from 1 to 13.

EQUIPMENT:

- Score boards and clocks provided by SHWPC
- Balls
- First Aid kits provided by pool staff
- Scorecards – can be prepopulated from revolutionise sport. Managers to ensure card is correct before each game (Blank Scorecards will be at venue in case scorecard has not been prepopulated).
- Hooters and Sirens are operated by scoreboards.

Competition Information

Seniors – Monday Nights (Commencement 14 October 2019)

Dates

- Commencement: Monday 14th of October 2019
- Christmas Break: last game - Monday 9th of December 2019 – first game - 13th of January 2020

Competition End Date: Monday 6th April 2020

Venues

All Senior competition games to be played at The Centenary Pool, Frensham.

Game Times

- **A Grade** – 8.00-9.00PM
- **B Grade** – 6.30-7.30PM
- **Women's*** - 7.30-8.00PM

Game Duration

4 x 5-Minute running time no time-outs and no extra time for draw. 45-second quarter time breaks. 2-minute half-time break. Time allocated = 30 minutes.

Juniors – Tuesday Nights (Commencement 22 October 2019)

Dates

Christmas Break: last game - Tuesday 3rd of December 2019 – first game - 4th of February 2020

Competition End Date – 24 March 2020

U12's, U14's and U16's

Venues

U12's competition games to be played at The Centenary Pool, Frensham

U14's competition games to be played at Mittagong Pool

U16's to split competition game between The Centenary Pool, Frensham and Mittagong

Game Times

- **U12's** – 6.30-7.30PM
- **U14's** – 5.30-7.00PM
- **U16's** – 7.00-8.30PM

Game Duration

4 x 5-Minute running time no time-outs and no extra time for draw. 45-second quarter time breaks. 2-minute half-time break. Time allocated = 30 minutes.

Weekly Procedure

The Centenary Pool, Frensham and Mittagong Pool

First Game	30-minutes before commencement of schedule game set-up pool including; duty table. 15-minutes warm-up and referees are ready.
Last Game	Pack all equipment and collect scorecards
Table Duty	The team wearing white caps as per duty roster will provide competent table official after the team's game. Except for the first scheduled game.
Scorecards	Prepopulated from RevSPORT. Blank cards also provided.

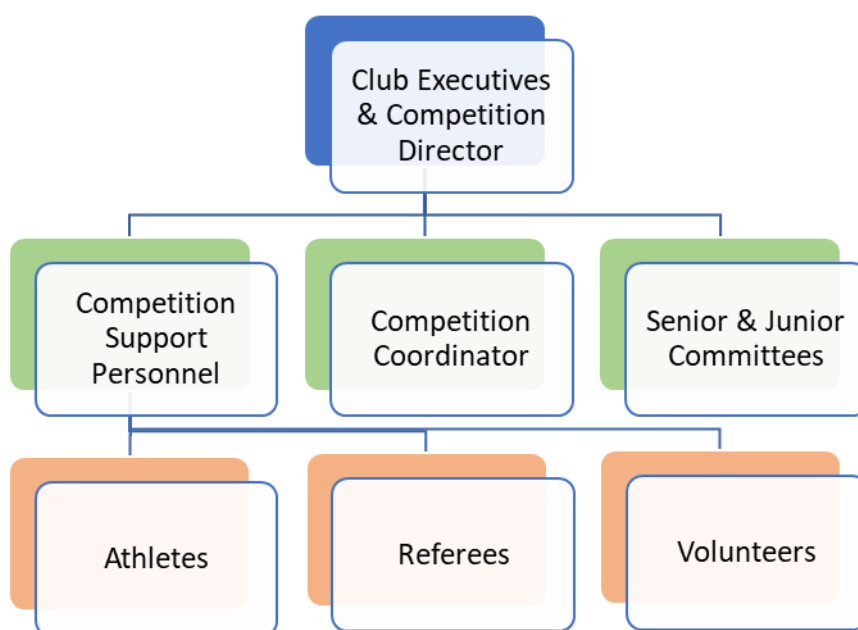
***Note:** Refer to [Operations Manual](#) for full run down of information regarding pool set-up to pack down.

What if? Protocol

No Referees at game	SHWP personnel to fill in. Report made to the Competition Director.
No table staff (duty)	SHWP personnel to fill in. Report made to the Competition Director.
No team(s) show up	Competition Director will call a forfeit (as per rules). – Friendly game can be played to ensure athletes still play.
Not enough players in the water	Competition Director will call a forfeit (as per rules) – Friendly game can be played to ensure athletes still play.
No Scorecard	Blank scorecard to be filled out by team managers.

Injury	First contact point is the on-duty pool lifeguard. Second contact is on-duty Competition Coordinator member who will notify the Competition Director and complete an incident report. (Appendix 1)
I'm Running Late	Contact Competition Coordinator immediately.
Draw Issue	Contact Competition Coordinator.

Competition Hierarchy



Roles and Responsibilities

Competition Director (Board Member)

- Judiciary Chairman for the duration of the competition
- Oversight with competition staff for the duration of the competition
- Oversight of correct risk management and identification
- Liaising with the venue including general communication, issues, conflict etc
- General oversight of competition
- Liaising with other employees/volunteers
- Ensuring all staff know their roles and delegate accordingly
- Assist with operational tasks if required

Club Executive

- Assist Competition Director and Competition Coordinator in any aspect needed
- Competition oversight

- Assistance with set up and pack up
- Ensuring all staff know their roles for the competition night

Competition Coordinator

- General oversight of the competition
- Administration (RevSPORT) of Draws, Team lists/registrations, eligibility and any other enquiries.
- Liaising with staff and ensure correct conduct is followed and competition is operating to the run sheet
- Communication with technical delegates/referee coordinators
- Ensure staff are correctly attired
- Liaising with team coaches/managers to ensure competition runs on schedule
- Communicate with patrons with the PA system
- Ensure the correct reporting and resolution to any incident/accident

Junior/Senior Committee

- Assist Competition Coordinator in any aspect needed (draws, team lists, daily procedures etc).
- Communicate with clubs/schools' pre-season to assist with the organisation of teams
- Manage team with caps, scorecard and ensure ready for their game
- Assist with set up and pack up of equipment
- Pre-season equipment management and stocktake

Competition Support

- Pre-season equipment management and stocktake
- Social Media
- Assist Competition Coordinator to ensure games run on time
- Assist with competition set up and pack up
- Assist Duty Table with correct score notation and use of Scoreboard/shot clock.

Referees

- Ensure games are played in a fun and safe manner for all
- Be impartial, consistent, and courteous in decisions
- Report incidents/concerns to Competition Director/Competition Coordinator
- Have a good understanding of Water Polo rules

Medical Information

Hospitals and Medical Centres

Bowral & District

Hospital

97-103 Bowral Street

Bowral NSW 2576

Open 25 hours

Contact: 4861 0200

Mittagong Medical Centre

17 Regent Street

Mittagong NSW 2575

Open Monday to Friday,

8:30am 6pm, Saturday

8:30am-12pm Closed Sunday.

Contact: 4871 1500

Mittagong Health Care Centre

58 Bowral Road

Mittagong NSW 2757

Open Monday to Friday 8am-8pm,

Saturday 8am-5pm, Sunday 9am-

5pm.

Contact: 4872 3933

Water Polo Australia Concussion Policy

Concussion is a well-recognised injury that may affect athletes involved in collision and contact sports. It is important that players, parents, coaches and other officials are aware of this condition. They should be on the look-out for symptoms and signs that could indicate concussion; and be practiced in the way it should be managed.

RECOGNISE

Concussion must be suspected or recognised if a player has any of the following signs, symptoms or fails to answer any of the memory questions after a head or body collision.

SIGNS (What you may see)	SYMPTOMS (Player may report)	MEMORY (Questions to ask)
<ul style="list-style-type: none">• Loss of consciousness• Based, blank or vacant look• Slow to get up• Unsteady on feet/balance problems• Confused/not aware of plays or events• Grabbing/clutching of head• Seizures (fits)• More emotional/irritable	<ul style="list-style-type: none">• Headache• Dizziness• Mental clouding, confusion, or feeling slowed down• Visual problems• Nausea or vomiting• Fatigue• Drowsiness/feeling like 'in a fog'• Difficulty concentrating• 'Pressure in head'• Sensitivity to light or noise	<ul style="list-style-type: none">• "What venue are we at today?"• "What is the score?"• "Which half is it now?"• "Who scored last in this game?"• "Did your team win the last game?"

**RECOGNISE AND REMOVE
IF IN DOUBT, SIT THEM OUT**

Grading / Age Limit Policy

- Seniors Grading Policy can be viewed [here](#);
- Players will be assessed by Grading Committee prior to each competition, such gradings will be reviewed prior to second half of season or according to need;
- Players are permitted to play up 2 age groups, players wishing to play up a Grade must apply for exemption;
- Each case will be determined by the Grading Committee.

Goggles Policy

Goggles can be used in the sport only if approved by WPNSW and the Goggle Waiver is completed. The WPNSW Goggle Policy and waiver is available [here](#);

Communication (Social Media, Email)

The SHWP website contains all information relevant to the Senior and Junior competitions and should be accessed regularly. Newsletters are sent out periodically to update members and supporters with the latest information. Newsletter subscription can be accessed [here](#).

Judiciary

Charge	Grading	Points for No Contest / Early Guilty Plea	Points for Contested / Found Guilty at Hearing
Disrespect / Disobedience	Grade 1	50	100
	Grade 2	100	150
Violence	Grade 1	100	200
	Grade 2	150	300
Brutality	No Grading	200	400
Team Official Red Card	No Grading	100	200
Assault of Official	No Grading	NA	1 year - Life
'Bringing the Game into Disrepute'	No Grading	at the discretion of the Event Director	
'Think. Act. Play' Breach	No Grading	at the discretion of the Event Director	

2019/20 SHWPC Competition Rules

Eligibility

- **The Junior competition** will be divided into four grades:
 - U12 (2008/09+)
 - U14, (2006/07)
 - U16, (2004/05)
 - Flipper Ball (*born after 31/12/2008*), for those young players, wanting a 6 week introduction to Water Polo – (*this grade is for younger players who may also need the aid of flippers*).

Competition Points

Win = 3 points; Draw = 2 points; Loss = 1 point. Forfeit/Disqualification = 0 points. In the event of a forfeit/disqualification the result will be 5-0 unless a match is played, and margin is greater.

Ladder Position

Position will be decided on competition points. Which will determine Final standings for the final series.

Match Time Duration

4 x 5-Minute running time no time-outs and no extra time for draw. 45-second quarter time breaks. 2-minute half-time break. Time allocated = 30 minutes.

Code of Conduct

All person's participating in the SHWPC Competition is to abide by the code of conduct as below.

Think.Act.Play.

All participants are to be aware of the principles outlined in the "Think.Act.Play" program.

Forms

Incident Report Forms and Referee Report Forms will be provided at each venue.

Code of Conduct

(summarised below, fully detail can be accessed [here](#))

Players Behaviour

1. Play by the rules at the direction of your coach and referees
2. Never argue with an Official. If you disagree, have your coach or manager organise a time to discuss with the Official for clarification after the game.
3. Control your temper. Verbal abuse or disrespect of Officials and sledging or deliberately distracting or provoking opponents are not acceptable and in breach of the rules of the sport.
4. Work equally hard for yourself and/or your team. Your team's performance will benefit so will your own performance.
5. Be a good sport. Acknowledge good play when possible.

6. Treat all participants as you like to be treated. Do not bully or take unfair advantage of another competitor.
7. Participate for your enjoyment and benefit not just to please your coaches or family members.
8. Do not use foul language, sledge or harass any persons.
9. Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
10. Fully adhere to the principles of the THINK.ACT.PLAY program.

Spectators Behaviour

1. Remember players participate for their enjoyment and benefit, not yours.
2. Applaud good performances and efforts from all individuals and teams.
3. Congratulate participants and Officials on their performance regardless of the game's outcome.
4. Respect the decisions of Officials. Parochial support is encouraged but disrespect of Officials is not acceptable.
5. Never ridicule any players or Officials. Remember that positive comments motivate and improve performance.
6. Condemn the use of violence in any form and by any person.
7. Do not use foul language, sledge or harass any persons.
8. Respect the rights, dignity and worth of all persons participating regardless of their gender, ability, cultural background or religion.
9. Fully adhere to the principles of the THINK.ACT.PLAY program.

Coaches and Officials Behaviour

1. Ensure that athlete's time spent at your direction is positive. All athletes are deserving of attention and opportunities within the team unit.
2. Treat each athlete as an individual. Respect the talent, development stand and individual goals.
3. Be fair, considerate and honest.
4. Have a professional manner and accept responsibility for your actions. Language, manner, punctuality, preparation and presentation should display high standards.
5. Display control, respect, dignity and professionalism to all persons – including opponents, coaches, officials, administrators, spectators and family members of athletes.
6. Any physical contact athletes should be appropriate to the situation and necessary for skill development.
7. Refrain from any form of personal abuse (verbal or physical) to any person. Be alert to any forms of abuse from indirect sources or any person while under your care or control.
8. Show concern and caution towards sick and injured athletes. Encourage medical advice to any athlete when required.
9. Be a positive role model for your sport and athletes.
10. Refrain from any inappropriate behaviour towards athletes, spectators, and any other persons involved or connected with the game under your control.

11. Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
Fully adhere to the principles of the THINK.ACTPLAY program.

