Flippaball is a junior version of Water Polo and is played in a pool where players can touch the bottom of the pool.

- Seven players aside in the pool field at one time, including the goalie.
- Games will be 10 mins per half with a 5 min half time break.
- Teams consist of a maximum of 10 players allowing 3 subs at half time. Although subbing can be made after a goal has been scored.
- Flippaball is a mixed gender league, and no maximum or minimum number of boys or girls in the pool field at one time.
- Flippaball is a non-contact sport.
- The rules of Flippaball are similar to those of Water Polo, however, modified for our junior players.

Key Flippa-ball Rules:

- One hand only always, except for the goalie.
- No walking with the ball (not even letting it float in front of you while you walk) - Swim (not walk) with the ball in hand
- No hitting the ball out of someone's hand (you can push it but no smacking the ball).
- The ball is not allowed to go completely under water.
- No holding the ball between your upper arm and forearm.
- The goalie is not to throw the ball over halfway.
- They must pass to another person in their team before the ball goes over halfway.
- Players are only allowed to score goals within the opposition's half of the field - This ensures that no team has a bigger advantage if they have older/bigger players.
- The ball must be passed in line with or backwards first after a goal has been scored and this team is lined up in the middle of the pool. While the other team is against the wall by their defending goal.
- If a defender is fouled in front of the goal the attacker must pass the ball before shooting at the goal if they are within 3m of the goal.
- Defenders are not allowed to be within 1m of the goal.
- Attackers are not allowed to be within 1m of the goal UNLESS they have the ball.
- No contact with any player
- No player can tackle or pull another player around in the water with or without the ball - this is a major foul and the opposition will be allowed a free pass.