

Naperville Subdivision Summer Water Polo League

Rules Update: FEBRUARY 2026

1. TEAMS: NSSWPL Teams shall be limited to participating subdivision, park district and high school programs encompassing School Districts 203 & 204
2. FEES:
 - a. League Fee - \$100 – Per Pool
 - b. League Insurance Fee per Player - \$35 (Insurance and League Shirt)
 - c. Tournament Fee - \$200 per tournament team.
3. Through consensus the league will continue with the U11, U14 GIRLS, & U14 COED divisions. Each team is encouraged to develop players for each division.
4. The league also decided to encourage teams with a small number of players to merge. For example Team A has 4 girls and Team B has 4 girls they could form a team for the season. It should be noted that the league strongly discourages teams from recruiting to create an “All Star” team. The merged team will need approval from the NSSWPL league and play in the required conference games to be eligible for tournament play.
 - a. June 15th is the target date for creating a combined team if numbers at a respective pool are too small to sustain a full team.
5. Teams with larger squads are encouraged to schedule additional games or quarters.

Teams will consist of coed boys and girls that have not yet entered high school (through 8th grade summer). Age group athletes will compete in three divisions: 14 & Under Coed, 14 & Under Girls, and 11 & Under Coed. Teams should be composed of athletes from their own pool membership based on individual pool general membership rules (IE same as Naperville Swim Conference Rules). Combination with one other Pool is possible with League permission. Recruiting selective athletes is not allowed. U11 athletes may be allowed to play in U14 division at coach's discretion but no 12 & older will be allowed to play in U11 Division. Eligible U11 athletes must be under 11 yrs old before JUNE 1 (mirrors the NPD Swim Conference). Eligible U14 athletes must be 14 yrs old or under as of JUNE 1. Any exceptions must be petitioned to the NSSWPL Coordinators – For example, an 8th grade girl/boy may have turned 15, but has not yet attended high school.

The U11 and U14 divisions are different than fall USWP polo. We feel that this division break up provides 3 years of development at each level.

*** Update – if an 8th grader is older than 14 by the June 1st date a note will be sent to the league administrators to allow participation in the NSSWPL or to encourage moving on to WestSub participation.

PLAYING RULES:

We will follow all current USWP rules (see www.usawaterpolo.com) with the following exceptions:

- a. Standard Game Time – teams have an agreed upon start time during the season.
- b. U14 Quarters will be 5 minutes in length (stop/start).
 - U14 will be encouraged to start using :30 shot clocks during the game. We realize that this may be difficult for some pools to implement. Possibly table workers can blow a whistle at the conclusion of :30. We will explore methods to make this rule manageable. The referees may also monitor approximately the :30 shot and blow the whistle accordingly.
 - U14 will use Size 4 Ball
 - Lane markers will be adjusted to 6 meters instead of the old 5 meters. Rational – this complies with the new USWP rule.
 - No 5 meter penalty shot – 6 on 5 only. Rational – Goalies are emerging on their skills, we want to build capacity at the youth level
 - Foul outside of 6, players may shoot on foul. Rational – complies with USWP
 - NO 2-meter corner throw – players must pass and put ball into play. USWP allows for 2-m corner throw to score. Rational – most pools are 6 lanes wide.
- c. U11 Quarters will be 5 min. running time with stop/start in the last minute of each quarter.
 - NEW FOR 2022
 - U11 will play 5 x 5 (5 Players instead of six)
 - U11 will start at the 2M at the start of quarters
 - U11 will play with a Junior Sized net – information on how to adjust net size will be forthcoming
 - U11 will NOT use a :30 shot. However the referee may whistle a turnover as needed
 - U11 and U14 G will use Size 3 Ball
 - U11 Ejections – PLAYER must swim to corner and then back into play.
 - U11 No 5M shot on goalie. Player is ejected and swims to corner.
 - Lane markers will be adjusted to 6 meters instead of the old 5 meters. Rational – this complies with the new USWP rule.
 - No 5 meter penalty shot – 6 on 5 only. Rational – Goalies are emerging on their skills, we want to build capacity at the youth level
 - Foul outside of 6, players may NOT shoot on foul. Rational – introductory level for U11. Focus on skills
 - NO 2-meter corner throw – players must pass and put ball into play. USWP allows for 2-m corner throw to score. Rational – most pools are 6 lanes wide.
- d. Each team will be allowed two (2) timeout per game. One (1) in overtime.
- e. No goggles or jewelry / bands will be allowed during competitions
- f. Any Brutality or Unsportsmanlike foul is cause for expulsion from League play and the Championship series.
- g. Team Parent Representatives are HIGHLY encouraged to use the 5 MINUTE time out to allow both teams to cool off and refocus on game play. Coaches and Parents are HIGHLY encouraged to talk with players about appropriate game play at the Youth level.

- h. If a player is removed due to Brutality or Unsportsmanlike conduct the player is removed from the game and the respective teams contact the league to report.
 - i. Unsportsmanlike conduct may result in a short suspension, subsequent conduct WILL result in removal from the league.
 - j. Brutality will be an automatic removal from the team.
- k. High Point/Slaughter Rule – teams are encouraged to control high scoring games by substituting players, setting up an offense and extensively passing, limiting “fast break” shots, etc. Teams must also realize that if the opposing team is setting up an offense and passing, they may still score and the resulting score may be uneven. Sportsmanship.
- l. All scores are final. The referee authority in each game is final.

LEAGUE RULES:

1. Each Team will play at least ½ of the teams in the league for Conference Games to secure seeding in Championship series. Seeding for the Championship Series will be drawn from a hat. Teams can schedule games at a site as mutually agreed. Team games schedules and game results should be forwarded to League Coordinator when available.
2. The home team (blue caps and listed second in the schedule) is required to report the results of the contest within two days to the League Coordinator. Once posted on web site, results become final one week thereafter.
3. The Annual "Naperville City" Championship series will be held during July and coordinated by the NSSWPL. The U11 tournament will be held at Cress Creek Country Club on the Sunday prior to the Naperville Classic Swim Meet. The U14 tournament will be held Monday – Thursday during the week prior to the Naperville Classic Swim Meet. No Coolers are allowed at the tournament. We encourage all players and parents to support the concession stand at the host pools as a fund raiser for their individual teams.
4. Awards for the top four places for the U14 and U11 divisions shall be provided. Single or double elimination will be determined based upon number of teams and pool availability.
5. Coaches shall select 2 “All City” players from each individual pool team, U11, U14G, U14 COED. All City players will be recognized during the tournament championship games. Each team is encouraged to develop their own published criteria for All City. Suggested criteria should include sportsmanship, leadership, role model, team player, attendance and commitment.
6. Championship entry fees and tournament budgets shall be determined by the NSSWPL Directors.
7. During tournament play, no individual player will be eligible to play for more than one NSSWPL team, regardless of division. Teams that submit an A and B team must also submit separate rosters, players cannot play both A and B teams. Exceptions will be granted to any “merged” team that declared their roster earlier in the season.
8. Teams are responsible for their own practice balls and game caps. The home pool is responsible for the game balls and running the table. All U14 and U11 Conference games shall have two referees per contest. Each team will supply one referee for four quarters.

9. Each team must provide a referee for each game. A total of two referees should be on deck
10. The League will secure the services of officials during the "Naperville City Championships".
11. The success of the League requires the mutual respect amongst all the participants, including coaches, parents, administrators and Board members. Each team will be held responsible for its actions and the actions of its parents/fans at all League venues. Failure to respect property and person may result in the exclusion from future League participation as determined by the Executive Committee.
12. Further League Information and Updates can be found via web site: www.nsswpl.clubspaces.com

Tournament Rules

General

All games will be played at NNHS. All games will start at the scheduled times. Warm-up time will depend on the tournament staying on schedule. At NNHS, teams may share the shallow side of the pool avoiding passing near the game side of the pool. You must bring your own balls for warm-up. Please have your teams lined up on the wall for a prompt start.

POOL PLAY for tournament structure

U11

- Size 3 Ball
- 5 minute quarters stopping for goals and timeouts
- Two timeouts per game
- Overtime – Two 2-minute quarters, if still tied then a sudden victory quarter. No 5 Meter shots on goals
- Slaughter rule – 4th quarter running clock
- Plaques and individual awards will be given to 1st, 2nd, 3rd and 4th place teams

U14 Coed

- Size 4 Ball
- 5 minute quarters stopping for all whistles for round 1 games / 6 minutes for round 2 games
- 30 second shot clock will be used for all U14 games
- Two timeouts per game
- Overtime – Two 2-minute quarters, if still tied then a sudden victory quarter. Plaques and individual awards will be given to 1st, 2nd, 3rd and 4th place teams

U14 Girls

- Size 3 Ball
- 5 minute quarters stopping for all whistles for round 1 games / 6 minutes for round 2 games
- 30 second shot clock will be used for all U14 games
- Two timeouts per game
- Overtime – Two 2-minute quarters, if still tied then a sudden victory quarter. Plaques and individual awards will be given to 1st, 2nd, 3rd and 4th place teams