

Water Polo NSW – Fast Five Competition Rules



Teams

- Each team consists of **5 players in the water:**
 - 4 field players
 - 1 goalkeeper
- **Team sizes Per Games:**
 - Maximum: **9 players per team**

2. Game Format

- Matches are played in a **Fast Five (5-a-side)** format

3. Match Duration

- **4 quarters of 5 minutes each**
- **No timeouts permitted**
- **Breaks:**

- 2-minute half-time break
- 1-minute breaks between quarters

4. Field of Play

- Field dimensions: **25.60m x 20.00m**

Field Markings

- **2m Line (Red):**
Area in front of the goal where attacking players cannot remain
- **5m Line (Yellow):**
Penalty shot and free-throw line
- **Mid-pool Line (White):**
Centre of the field
- **Goal Dimensions:**
 - Width: 3.0m
 - Height: 0.9m above water

5. Clocks

Possession Time

- Standard possession time: **28 seconds**
- All resets return to **28 seconds**

Secondary Possession

- After a rebound shot retained by the same team: **18 seconds**
- After an exclusion foul restart: **18 seconds**

6. Competition Rankings (Sunday)

Position	Points
1 st	6
2 nd	5
3 rd	4
4 th	3
5 th	2
6 th	1
7th+	As per WPNSW rules

7. Governing Rules

All matches will follow:

- Water Polo NSW Competition Rules
- World Aquatics Rules