

2024-2025



**WATER POLO
COACHES' MANUAL**

Congratulations to our 2023 Water Polo State Champions!



Conference 6A Girls – Richmond Foster



Conference 6A Boys – Lewisville Marcus

Water Polo Calendar | 2024-2025

August 1	First Day of Practice
August 3	First Day of Interschool Scrimmages
August 8	First Day of Interschool Games
October 5	District Certification
October 7-8	Bi-District
October 10-12	Area
October 14-15	Regional Quarterfinal
October 18-19	Regional Tournament
October 25-26	State Championships

Water Polo Coaches Checklist

Rules & Guidelines

UIL Rule Amendments & Sport Plan

Section 1340: WATER POLO PLAN

(a) ATHLETIC PURPOSES, CODES, PLAN APPLICABLE.

Rules in Sections 1200-1209 also apply to the Water Polo Plan.

(b) DATES FOR PRACTICES, GAMES AND CERTIFICATIONS.

(1) Practice Dates.

(A) There shall be no high school water polo practice for a contestant or a team until the first week in August as determined by the UIL calendar. see section 1478 for seventh and eighth grade restrictions.

(2) School Practice Regulations Outside the School Year. Any water polo practice conducted by a school outside the school year shall be in accordance with the following regulations:

(A) Student-athletes shall not engage in more than three hours of practice activities on those days during which one practice is conducted.

(B) Student-athletes shall not engage in more than five hours of practice activities on those days during which more than one practice is conducted.

(C) The maximum length of any single practice session shall be three hours.

(D) On days when more than one practice is conducted, there shall be, at a minimum, two hours of rest/recovery time between the end of one practice and the beginning of the next practice.

(3) Scrimmage Dates. Schools shall not scrimmage until the first date allowed on the UIL calendar.

Teams and schools may participate in an unlimited number of scrimmages prior to the first day of school. after the first game, scrimmages are no longer permitted.

(4) Games. Schools shall not participate in a game until the first date allowed on the UIL calendar or after the last date for certifying district representatives, except for teams who have not been eliminated in playoffs.

(c) NUMBER OF SCRIMMAGES, GAMES, TOURNAMENTS.

(1) *Violations/Penalties.* The district executive committee shall determine the penalty for violations of the following regulations.

(2) *Total Number of Games and Tournaments.* No team or student shall compete in more than three invitational tournaments plus 17 games in a season, including all games prior to the first playoff game. This shall include nondistrict and district games. if the district champions have a bye for the first round

of the play-offs, those schools may schedule a warm-up game in addition to the game limits. This additional game shall be played on a non-school night with no loss of school time. Three games may be substituted in place of a tournament.

(3) *Exception to Resolve District Ties.*

(A) Two schools tied. To resolve a twoway tie, the district executive committee may authorize a single elimination game, provided only one other game is played that calendar week. The tiebreaking game may be in addition to the 17 allowed games. It may not be played as an exception to the school week limitation.

(B) Three or more schools tied. If three or more schools are tied, the district executive committee may authorize a tournament provided only two games have been played that week, using the procedure in section 1203. These tournament games may be played in addition to the total number of games and tournaments allowed for the season.

(4) *Exception for Rescheduled Games.* District varsity water polo games postponed by weather or public disaster (not including illness) shall be rescheduled on the next date, other than Sunday, on which another district game is not scheduled. In the event weather or public disaster forces the makeup games to be rescheduled, it shall be rescheduled on the next date as described earlier. These makeup games may be played as exceptions to the school week and calendar week limitations. District varsity games that are postponed by weather or public disaster, and not played on the next available date, shall be rescheduled and played on a date determined by the district executive committee.

(5) *Invitational Tournament Restriction.* No team shall participate in an invitational water polo tournament held on a Monday, Tuesday or Wednesday, except on school holidays. however, games in tournaments may be played after school on the last day of the school week prior to holidays.

(6) *Invitational Tournament Exception.* Water polo tournaments may be scheduled on non-consecutive days. A two-day tournament shall not be scheduled on Thursday and Friday. A one-day tournament shall be scheduled on Saturday.

(7) *Number of Games Per Day in Tournaments.* No team or student shall compete in more than three games per day in tournament play. Exception: Contestants or teams may play in four games per calendar day in a oneday tournament scheduled on a Saturday, and contestants or teams may play in four games per day during a two-day tournament.

(d) CHAMPIONSHIP STRUCTURE.

(1) District Tournaments.

(A) Format. The district executive committee will make arrangements and set format to determine the district representatives.

(2) Regional Tournaments.

(A) Regional Qualifiers. Regional quarterfinal winners will advance to a regional tournament. Regional tournament entries shall be certified by regional quarterfinal winners to the regional director.

(B) State tournament.

2024-2025 UIL Rule Changes & Amendments

UIL Resources for Game Administrators (pdf)

Ineligible Player and Unattached Participation

- (c) MINIMUM PENALTY FOR USING INELIGIBLE PLAYER. In the event an ineligible contestant is used in any UIL game or contest, knowingly or unknowingly, the minimum penalty shall be forfeiture of the game, contest or event. Refer to Section 27 (c)(3).

- (d) UNATTACHED PARTICIPATION. In any UIL member school sponsored athletic contest, meet or tournament, UIL member high school students shall not be permitted to enter unattached. The penalty for violation of this rule shall be assessed against the member school(s) in violation. This provision applies to a non-enrolled (home schooled) student participating in accordance with section 33.0832 of the Texas Education Code.

Water Polo Ejections

Ejections – Any person ejected from a contest is subject to an automatic penalty. The automatic penalty for such an ejection is as follows:

Players receiving the following penalty during a water polo match, by UIL rule, will have to sit out the following contest:

- Red Card – May be issued to individual players on the bench for disruptive behavior. The person receiving the red card is automatically suspended for the next game. (Rule 3-6-5)
- Flagrant Misconduct Penalty – Act of flagrant misconduct. Automatically suspended for the next game. (Rule 7-12)

Coaches receiving a red card for disruptive behavior in the bench area will be subject the following penalty by NFHS Water Polo playing rule (Rule 3-6-5) will sit out the remainder of the contest and also suspended from the next contest.

- Rule 3-6-5...Red Card: A red card may be issued to the head coach, assistant coach(es), other team officials on the bench for disruptive behavior. If a head coach on the bench is disruptive after receiving a yellow card, a red card is issued. In the judgement of the referee, depending on the severity of the infraction, a red card may be issued immediately without issuing a warning or a yellow card.
- 3-6-5c – The person receiving the red card is automatically suspended from the next contest.

Player ejections cannot be overturned by a game official and/or chapter. If a coach has a question following a contest with a player ejection, the coach should contact UIL.

Section 480: Limitation of Awards

(a) LIMIT.

(1) Awards Schools May Give. A member school or member school district may give one major award not to exceed \$70 in value to a student during that student's high school enrollment at the same school for participation in UIL interschool competition(s) listed in Section 380. Each year a member school or member school district may give one additional award per student per interschool activity listed in Section 380, not to exceed \$20 each. Schools may give a student the \$20 minor award for an activity during the same school year the \$70 major award is given for that activity. A school may contribute to major awards in honor of winning a UIL State Championship event.

(2) Awards Students May Receive. A student may not accept from any source other than the school attended or the school district, any award in money, product or service for competing in an interschool contest except as follows.

(A) A certificate, medal, trophy, ring, or other symbolic award for participating in any UIL activity which counts on UIL standing, if it is given:

- (i) by the school, or school district in accordance to the limitations in Section 480 (a)(1);
- (ii) the District Executive Committee or the entity that organized the competition (i.e., the regional director or zone director);
- (iii) the UIL or one of the professional, education organizations sanctioned by the

UIL; or

(iv) an outside source approved by the school or school district.

(B) A medal, trophy, patch or other symbolic award for participating in an invitational athletic contest which does not count on UIL standing, in an activity which the UIL sponsors as listed in Section 380, if it is given by the organization conducting the contest or competition (Sports which are not sanctioned by the UIL, such as bowling, motorcycle racing or rodeo do not come under this rule).

(C) Unlimited awards for participating in an invitational academic or fine arts contest which does not count on UIL standing, whether or not it is an activity which the UIL sponsors.

(D) Educational trips sponsored by the school.

(E) Scholarships for college or university enrollment if awarded at or after graduation from high school.

(3) Awards Students May Receive for Intraschool Competition. A student may accept unlimited awards for participating in intraschool competition.

(b) LEAGUE STANDING DEFINED. For purposes of this rule, “counts on UIL standing” means any contest that causes an individual or team to advance toward a UIL district, bi-district, area, zone, regional or state championship.

(c) AMATEUR STATUS. Refer to Section 441 for rules governing amateur athletic status.

(d) INDIRECT AWARD. An award given to a second party to be held for later delivery to the student is considered received by the student when the award is given to the second party. This conduct is a violation by the member school or school district.

Section 481: GIFTS OR AWARDS TO SPONSOR OR COACH

Individuals who coach, direct or sponsor UIL activities in grades 9-12 may be suspended if:

(a) they accept more than \$500 in money, product or service from any source, over and above the stipend paid by the school district, in recognition of or appreciation for coaching, directing or sponsorship of UIL activities. (Refer to Section 1202). The \$500 limit is cumulative for a calendar year and is not specific to any one particular gift;

(b) they accept money, product or service for entering their student(s) in a contest or other activity;

(c) this section includes, but is not limited to, money, gifts, use of automobiles, insurance, club privileges and any funds tendered by booster clubs for other services; and

(d) it is a violation if coaches and/or their attorney(s) accept money or other valuable consideration for payment of legal expenses incurred to file suit or take other legal action against a school, school district or the UIL.

(e) EXCEPTIONS:

(1) Scholarships. A sponsor or coach may accept from any source in any amount a postsecondary institution scholarship.

(2) Retirement. Upon retirement from the profession, sponsors or coaches may accept money or other valuable consideration in any amount from any source.

(3) Annual UIL Award for Excellence. A sponsor or coach may accept the Annual UIL Award for Excellence sanctioned by the UIL.

The UIL has received numerous requests from member schools to support various charitable causes in conjunction with high school athletic events. The UIL is supportive of these initiatives and has developed guidelines in regards to an athletic competition being held in the name of a charitable cause.

Schools may host a contest in recognition of a charitable cause under the following conditions:

1. The contest of competition may be held during any one week of the designated sport season (to be determined by each individual school).
2. If NFHS or NCAA rules allow, non-school colors can be worn upon mutual agreement between opponents. (ex: pink uniforms)
3. A commemorative ribbon of non-school color may be worn on the jersey or school-issued uniform.
4. Officials may be allowed to use a colored whistle or modified uniform in accordance with UIL guidelines.
5. Colored game balls will not be allowed, however they may be used during any warm-up period prior to the contest.

NFHS Rules & Rule Changes

- [NFHS Water Polo Rules Information](#)
- [NFHS Water Polo Rule Changes for 2024-25](#)

Pre-Season Regulations (see Team Sport General Manual)

- Employment of Coaches
- Texas Education Code Requirements (State Law)
- Coaches Certification Program (CCP)
- UIL Eligibility for Athletic Contests
- Student Participation Required Forms
- Practice Regulations

Regular Season

Contest Scheduling & Allowable Contests

Contest Scheduling Rules

The following section combines State Law, State Board of Education regulations, and UIL rules regarding scheduling and participation in a contest.

- **One contest per school week:** According to State Board of Education mandates, students may only participate on one day per activity during the school week. School districts shall ensure no more than one contest or performance per activity is scheduled per student. ***Exception:** Tournaments and post-season competition may be scheduled as an exception to the school week limit. As well, district varsity contests postponed by weather or public disaster, provided that they are rescheduled and played on the next available date, other than Sunday, on which another district match is not scheduled. Junior varsity, freshman and junior high teams may not play postponed matches as an exception.
- **TEA and Participation:** The Texas Education Agency defines participation as being involved with the activity, traveling with the team, or sitting on the bench. Example: On a Tuesday night, the student's name is on the scorebook but she remains on the bench and does not actually enter the game. This counts as participation for TEA but not UIL, this student would not be able to participate again until after school on Friday, per TEA regulations.
- **UIL and Participation:** UIL defines participation if a student athlete actually entered the contest as a player. In the example above, the contest does not count as one of the allowable games as determined by UIL policy.

Definitions:

- **Calendar week** means 12:01 a.m. on Sunday through midnight on Saturday.

- **School week** means the week beginning at 12:01 a.m. on the first instructional day of a calendar week and ends at the close of instruction on the last instructional day of the calendar week, excluding holidays.
- **Post-district play** means competition in UIL playoff series or contests such as bi-district, area, regional, etc.

Scrimmages: A scrimmage is a meeting of not more than four teams for practice purposes, which does not count as a game for any of the teams. Admission may be charged. Officials may be paid in accordance with the schedule in Section 1204 (m) and may, by prior agreement with the school, be reimbursed for mileage and meals. A school shall not play in a scrimmage after its first interschool game or match in that sport.

Allowable Contests

- Number of Contests allowed (2024-2025)
 - 0 Tournaments and 26 Games or
 - 1 Tournament and 23 Games or
 - 2 Tournaments and 20 Games or
 - 3 Tournaments and 17 Games

UIL/TEA Side-by-Side. UIL limits participation in contests per calendar week in some sports. For UIL, participation is defined as a student actually entering a contest. Example: On Tuesday night, the student's name is on the scorebook, but the student remains on the bench and does not actually enter the game. This does not count as participation in a UIL contest according to UIL (but does count according to state law. The student cannot participate again until Friday after school). The Tuesday game does not count as one of the games UIL permits the student to participate in for that calendar week or for the season because the student did not enter the game.

Water Polo:

- a single game: or
- a double header (a student could play two back-to-back varsity games or in a varsity and junior varsity game, at the same site same night).

Each game counts as one of the student's total games for the season. Students may play additional games at the conclusion of that school week because UIL does not limit the number of games per calendar week in Water Polo.

Games

- Three games may be played during the first two calendar weeks allowed for matches (according to the official UIL calendar.) If school is in session, the one contest per school week rule must be followed.

Water Polo Tournament Regulations

Tournaments. Tournaments may be held on Thursday, Friday and Saturday. Two-day tournaments can be held on Thursday/Saturday or Friday/Saturday; one-day tournaments can only be held on Saturday.

District Certification

- The DEC shall determine the place and/or time games in case of disagreement between two schools.
- If not previously scheduled, a district executive committee may authorize a single game or tiebreaker tournament to resolve district ties. A one-game play-off could break a two-way tie. A tiebreaker tournament could resolve a tie between three or more schools.

- **Tie-breaker games** (two teams tied) must be held in compliance with calendar week and school week restrictions.
- **Tie-breaker tournaments** (three or more schools tied), if held on more than one day, must be held on consecutive days. Can be played on Thursday.

NOTE: These games must be completed by the district certification deadline and will not count against the allowable games if not previously scheduled.

- If the district executive committee schedules any other games or tournaments as part of their method for determining play-off representatives, the games played must count in the game or tournament limitation.
- The State Executive Committee shall have jurisdiction in all disputes arising between districts.
- Districts must be certified by 11:59 p.m. on the certification deadline date.

Game Regulations

Playing Rules. The current National Federation Water Polo Rules shall govern League Water Polo. Rulebooks may be ordered from the National Federation customer service office (800-776-3462) or www.nfhs.org.

Games: Games Per Week. Schools are limited to one contest (game or double header) per school week. From Friday after school until Saturday midnight, schools are not limited in the number of games in which they participate.

Postponement. District varsity water polo games postponed by weather or public disaster (not including illness) shall be rescheduled on the next date, other than Sunday, on which another district game is not scheduled. In the event weather or public disaster forces the makeup game to be rescheduled it shall be rescheduled on the next date as described earlier. These makeup games may be played as an exception to the school week limitation. District varsity games that are postponed by weather or public disaster, and not played on the next available date, shall be rescheduled and played on a date determined by the district executive committee, but may not be made up as an exception to the school week limitation.

Scheduling on Sunday. Schools shall not play or practice on Sunday. Do not begin a game that cannot be completed before midnight Saturday. Do not start a game that cannot be finished before midnight Saturday.

Coach Ejection –

Per NFHS Water Polo Contest Rules (3-6-5): **Coaches** receiving a red card for disruptive behavior in the bench area will sit out the remainder of the contest plus be suspended from the next contest.

Player Ejection.

Per NFHS Water Polo Contest Rules (3-6-5) and UIL ejection policy, **players** receiving one of the following penalties during a water polo match will sit out the remainder of the contest plus suspended from the next contest:

- Red Card – May be issued to individual players on the bench for disruptive behavior. The person receiving the red card is automatically suspended for the next game. (Rule 3-6-5)
- Flagrant Misconduct Penalty – Act of flagrant misconduct. Automatically suspended for the next game. (Rule 7-12)

Miscellaneous Water Polo Regulations

Uniforms/Caps. Uniforms must adhere to NFHS rules.

Videotaping/Filming

Non-Conference and District Contests

Videotaping/Filming by Schools.

- It is a violation to film or videotape a non-conference or district athletic contest in which your school or team is not competing unless prior consent of the two schools involved has been obtained.
- A school does not have to obtain permission to film or tape a NON-CONFERENCE OR DISTRICT contest in which it is competing. However, the film or videotape shall not be utilized until after the contest has been completed.

Films and videotapes become the property of the school doing the filming unless by district rule or by consent of the schools involved in the contest. Videotaping/Filming by Individuals. Any individual (other than the officially designated school camera) taping or filming must have prior permission from the schools involved in the contest and may not obstruct the view of other spectators of the contest. Commercial Uses. The use of the films or tapes for commercial purposes must be approved by all schools involved in the contest.

Post-Season

Playoff Information

Certification of District Representatives. The last dates for certifying the district champions to the UIL office is October 5, 2024. It is mandatory that the District Chair certify the district representatives on the UIL website as soon as they are determined. Instructions for district certification can be found [here](#).

UIL Playoff Reporting – Teams Advancing.

Coaches are required to submit playoff results immediately following their contest. The winning school should submit playoff game results and next round information via MaxPreps through the assigned coach/admin account. The score reported by a coach on a team's page will automatically fill in the bracket.

The completeness of the data presented on the UIL Texas Scoreboard will be dependent upon the participation of schools and coaches. For more information, please see www.uil texas.org/athletics/uil-maxpreps.

Playoff Information Packet. The playoff information packet will be available to district representatives on the UIL website at <https://www.uil texas.org/water-polo/post-season-packet>

Team Information & Pictures. Teams winning the regional quarterfinal game must submit the following materials to the UIL no later than Wednesday, October 16, 2024.

- Team Information Form (list of players, coaches, etc.; and list of all games played) – fill out online on the UIL website [here](#).
- Picture Submission Form (team picture, head coach picture, logo) - fill out online on the UIL website [here](#).

Failure to submit this information could result in an arrange of penalties as described in Section 27(b) of the UIL Constitution and Contest Rules or your team not appearing in the State Tournament program.

Contracts. All playoff arrangements between two schools should be made in writing and signed to protect both parties.

Sites. Sites for all rounds of playoffs prior to the regional tournament are to be selected by the teams involved. See Section 1208 (o)(p) of the UIL Constitution and Contest Rules. If schools cannot agree, they must flip a coin.

Neutral Sites: A site mid-point or near mid-point, or a site agreed on by both schools as neutral, is a neutral site. Unless mutually agreeable, a site cannot be neutral if its distance from either school is more than two-thirds the total distance between the schools.

Home Sites: When two schools flip for two separate sites other than their home field or court, the sites are considered home sites unless both sites are near mid-point.

Mid-Point Sites: Unless mutually agreed otherwise, post-district contests in the team sports of baseball, basketball, soccer, softball, team tennis, and volleyball shall be a mid-point site for schools located more than 100 miles apart.

Warm-up Games. Teams that have advanced to the playoffs may schedule a warm-up game after the District Certification Date that is set by the UIL calendar and before their first playoff game if a team has not reached their allowable season limit. School week limitations still apply. *Note: Prior to district certification, games left in your allowable season limit may be scheduled like any other regular season game.* Exception – Warm-up games for teams who have exhausted their season limit are given a UIL exception under the following conditions: Teams that are district champions AND have a first round bye The one game exception can be played only at the end of your school day on Friday, last day of instruction (with no loss of school time) or anytime on Saturday

Police Protection. Adequate police protection should be provided for all playoff games, whether the game is played at a neutral site or on the home court of one of the teams.

Regional Tournament. October 18-19, 2024. Sites can be found on the UIL website at <https://www.uilTEXAS.org/water-polo/regional-sites>.

Officials. In all conferences at all playoff levels, except regional tournaments and state tournaments, officials are to be obtained by the two schools involved. If neutral officials are requested through UIL, the home team must make the request. Schools must go to the UIL website to request officials online [here](#).

State Tournament

Site and Dates. Site is Josh Davis Natatorium in San Antonio, TX. Date of the State Championships is October 25-26, 2024.

Pairings for the Tournament. Teams will be placed in the bracket according to their win/loss record. The two best records will be placed in opposite halves, and the third best record will be placed up or down as determined by a coin flip.

Lodging Instructions. Schools will be responsible for securing their own lodging. UIL will provide schools with a list of hotels in the area.

Awards. Teams in the tournament will be asked to participate in the presentation of trophies and medals. Medals are given to each team. Additional medals may be ordered prior to the tournament by filling out the form in the coach's packet.

State Qualifier Handbook. For those schools who qualify for the State Tournament, the UIL will send out the State Qualifier Handbook which will contain more detailed information regarding the State Tournament.

State Equipment. The official game ball for the Water Polo State Tournament will be Kap7.

Off-Season Regulations (see Team Sport General Manual)

- Summer Strength & Conditioning & Sport Specific Instruction
- Off-Season Strength & Conditioning (during the school year)
- School Sponsored Camps
- Non-school Leagues, Camps & Clinics