

KrakenWaterPolo *MUST KNOWs*

DEFENSE

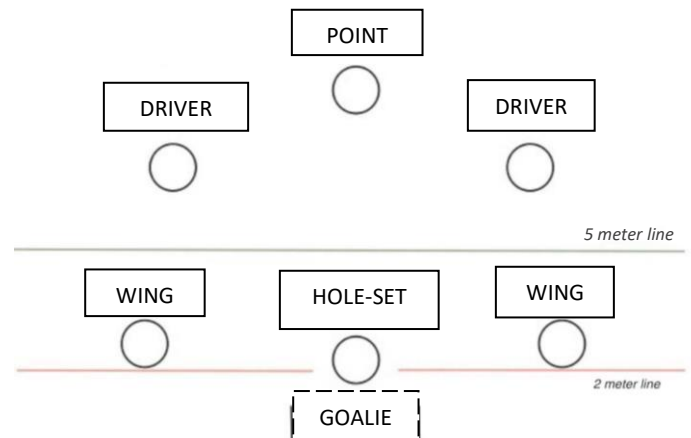
1. Point your hips toward the goal you are defending and play **BALLSIDE/GOALSIDE** (playing between your player and where the ball and goal are, in the 'passing lane'). Play with **HIPS UP** and **ONE HAND ON** your player at all times.
2. When your player has the ball, **EXTEND ONE HAND** to prevent a pass or shot. Use your left hand when pressing a right-handed player & vice versa. Be sure to **HIT THEIR ELBOW** when your player tries to pass to slow the pass/shot.
3. Look to **SLUFF** into the hole for a steal when the ball passed to the hole area.
4. Keep your **HEAD ON A SWIVEL** to see the field of play (don't stare at your player but know where they are with your hands).
5. When your player has the ball and is in a threatening position within the 5 meter area, **FOUL** them (from the front) to disallow a shot (why? Well when a player is fouled inside the 5 meter area, s/he must pass and cannot shoot).
6. After you foul a player, **DROP BACK** 3 feet, extend a hand, and then quickly press again (why? If you don't drop back, you'll be excluded).
7. If you are excluded (usually for fouling from behind or guarding after a foul), quickly proceed to the **EXCLUSION AREA** (by our team's bench).
8. If you are excluded, you may re-enter to play after **20 SECONDS** and **without pushing off the wall** (Why? A penalty shot is assessed and you will be removed from the game for misconduct).
9. When a teammate is excluded, quickly swim towards the goal we are defending, put an arm up to prevent shots. Set up a **3:2 DEFENSE** (3 players at the 2 meter line and 2 players on the post at the 4 meter line). **SHIFT** toward the ball as it's is passed. **PRESS** toward the ball when it's close to you and then quickly drop back to guard against a shot.
10. During a fast break, gain **FRONTSIDE POSITION** before fouling a player (Why? Fouling a player from behind during a Counterattack results in an exclusion or 5 Meter penalty shot).

OFFENSE

1. **DO NOT HOLD THE BALL** for more than a few seconds when you have it; advance the ball by **PASSING TO OPEN WATER** away from defenders so your teammate can swim to get the ball. Do not drive or pass the ball into **CONGESTED AREAS**.
2. When you have the ball, face the goal and be ready to **PASS, DRIVE, OR SHOOT**. If you gain frontside position, cut into and under the defender to **DRAW AN EXCLUSION FOUL** (Why? If they swim over you, they will be excluded for 20 seconds). If you have the ball and your defender is sluffing off of you, **SWIM/EGGBEATER TOWARDS THE GOAL** and shoot after pump faking.
3. When you don't have the ball, your job is to either (1) **SEAL OFF** your defender and call for a pass or (2) **DRIVE**, taking two aggressive strokes one direction and then changing directions (this is called a '**V-STROKE**').
4. When a teammate has the ball and is getting pressed, gently push away from your defender with a breaststroke kick to **CREATE SPACE**, and call for a pass. If you hear "SET", it means that the Hole players has position, so immediately make a **WET PASS** to our hole player.
5. After you are fouled, you **MUST PASS AND CANNOT SHOOT** unless you are outside the 5 meter area. If you are fouled outside the 5 meter area, you may take an **IMMEDIATE SHOT** (no pump fake or hesitation allowed).
6. Remember, it's an offensive foul (Turnover) to **EXTEND AN ARM/HAND** above the water to ward off a defender.
7. When shooting, if the goalie is set, you must **PUMP-FAKE** to move the goalie before you shoot or you'll get blocked.
8. When our team has possession and when your opponent begins to counterattack, **SWIM BACK ON DEFENSE** (always be aware of you defender; if they return to offense, **FOLLOW THEM**).
9. When an opponent has been excluded, we have a **6 ON 5 ADVANTAGE** ("We're up!"). Swim to the wing OR to the post at the 2 or 5 meter area (4 players on the 2 meter line and 2 players at the 5 meter area on the post). Use **DRY PASSES** around the perimeter (the ball never touches the water). Pump fake and pass for **10-15 seconds** before shooting. Never should wet interior passes be made during 6 on 5 unless it's an 'alley oop' play; **DON'T HOLD THE BALL** for more than 2 seconds before passing or shooting when we have a 6 on 5 advantage.
10. When our team steals the ball, swim to offense and **TURN ONTO YOUR BACK** around half-tank to see the ball

RANDOM THINGS TO REMEMBER

1. Offensive players cannot swim inside of the 2-meter line without possession of the ball.
2. Never interfere with a pass or shot with two hands; you'll be excluded.
3. Girls' swim cap must be the same color as their game cap.
4. Do not remove your cap until after shaking your opponent's hands.
5. Tap your head if you need a sub after a goal.
6. You can be excluded for things like using 2 hands to catch the ball, putting the ball underwater, using the bottom of the pool for your advantage, and for sinking or splashing an opponent.
7. Always spin the ball to dry it before passing it to the referee (never allow the ball to splash the referee).
8. You must arrive 40mins before the game begins. If you want to play in a game, visit out "PreGame Checklist" on the website.



Visit www.cachepolo.com for the full list of rules and diagrams.