

Regina Water Polo Association
Parent Handbook
2024-2025 Season



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Welcome to RWPA

Welcome to Regina Water Polo Association. If you are new to water polo, we're happy to have you join us. This handbook has been created to help you navigate your way through the sport, Regina water polo, and Water Polo Sask.

About the Club

Regina Water Polo Association (RWPA) is Regina's ONLY developmental, recreational, and competitive water polo club. We provide a fun environment for athletes to learn and succeed in this sport.

Our club name is Regina Armada.

The club is run by a dedicated group of volunteer board members, parent helpers, and paid coaches.

RWPA works very closely with Water Polo Saskatchewan (WPS) due to the fact that RWPA is the largest club in the province and therefore many of our athletes are also involved in WPS programs. For this reason, it is important to also know how to access WPS information: <http://wpsask.msa4.rampinteractive.com/>

Training Programs

Regina water polo offers training programs for all levels of play:

- Our youngest athletes start in the ***I Love Water Polo (ILWP)*** program. This is for kids ages 5+ and is divided into Seal Pups and Seals. Two sessions are offered for this group, fall and winter, with the option of joining 1 or 2 days per week.
- After ILWP, most of our athletes transition to the ***Semi Comp*** program (semi competitive). These athletes are typically between the ages of 8-15 and practice twice per week. Semi Comp groups are split into girls and boys.
- New for the 2024/ 25 season is ***Sailors***, a co-ed recreational program designed for athletes who wish to try water polo or enjoy playing in a non-competitive environment.
- ***Admiral*** is the youngest level of the competitive program. This program is for athletes 12 and under. Practices are held 3 times per week.
- ***Battleship***, like Admiral, is a competitive program, but this is for athletes aged 14 and under. At this level practices increase to 4 times per week.
- The ***Elite*** program is a competitive program for athletes under 19. Like Battleship, Elite athletes practice 4 times per week.
- RWPA offers two levels of ***adult water polo***: Competitive (CAP), Recreational League Games - the Schooners!

Fees

Fees differ for each program; higher fees are correlated with increased pool time.

2024-25 Season - Program Fees

Division	Program	Fee
Community	ILWP - 1 practice/week	\$195
Community	ILWP - 2 practices/week	\$350
Community	Sailors - 1 practice/ week	\$395
Provincial	Semi-Competitive	\$630
Provincial	Admiral	\$1040
Competitive	Battleship	\$1,160
Competitive	Elite	\$1,700
Provincial	CAP	\$675
Community	Rec League Only	\$395
	If registered in another program	\$50
	Post secondary students	\$100

All Community division fees are due upon registration. Provincial and Competitive divisions have the option of paying in full upon registration or splitting payments equally from September to December.

Program Switches & Withdrawals

On the RWPA website, please access the Program Switch/Withdrawal Form (<https://reginawaterpolo.ca/form/4827>) to make changes based on a RWPA Coach's suggestion. This is especially important if your child is changing programs part-way through the season (e.g., your child starts in Semi Comp then one month in the coach suggests they would be better placed in Admiral).

RWPA Swim Suits & Clothing

RWPA does a club swim suit order every Fall. There are opportunities to try on suits from our sizing kit prior to placing an order. While club suits are not mandatory for all events, athletes are encouraged to wear club suits at CL events.

Armada clothing can be ordered throughout the year at RWPA's Gear Shop which can be found at: <https://reginwaterpolo.entripyshops.com/>

Safe Sport

Safe Sport addresses the safety of all water polo participants inside and outside the pool during all our activities.

It includes physical and verbal harassment, safe play, injury prevention, anti-doping, and any other safety related component.

Safe Play:

- Game and practice safe play: water polo is a physical game BUT there are rules of play to support player safety.
- Coaches and referees help ensure the safety of athletes.
- Coaches address athletes who do not respect rules, especially rules regarding safety.
- Misbehaviour should be corrected using educational tools but also sanctions when indicated by policies.

Injury Prevention:

Injury prevention is very important for our coaches:

- Athletes will receive education/training to prevent injuries
- Injuries will be identified quickly
- Injured athletes will be referred to a professional and return to train as permitted
- Communication among coaches, athletes and parents is KEY.
- Helmet for goalies to wear at practice is strongly recommended.
- Concussion training (i.e., Making Headways) for Coaches is mandatory for NCL coaches and strongly recommended for all other coaches.
- We encourage parents to take this training as well.

Harassment:

The Code of Conduct is signed by ALL members and parents as well as the Code of Ethics:

- Where to find them: <https://waterpolo.ca/content/policies-and-bylaws>
- Universal Code of Conduct to prevent and address Mistreatment in Sport (UCCMS)
- Reminder of important points:
 - Rule of two – Never be alone with a coach or a player
 - Background screening
 - Ethics training for coaches and all participants (e.g., Respect in Sport Training)

Identifying Harassment:

Identifying harassment is key.

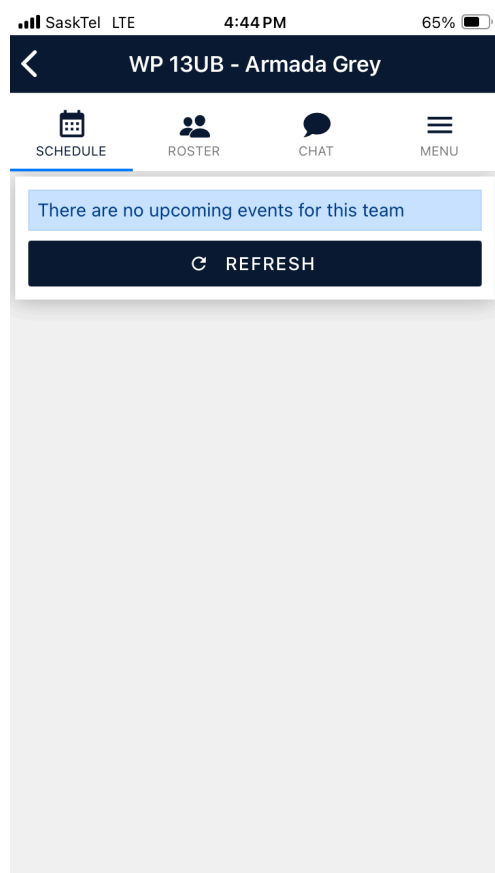
- By coaches, other athletes AND parents
- Parents should help identify if their kids have been harassed BUT also if they have contributed to harassment.

RAMP

RWPA uses the RAMP Interactive service to communicate with our members, run our website, and facilitate our registration process.

Navigating the RAMP Team App

Once your athlete is registered, you will be encouraged to download the RAMP Team App. Through this app you can manage your athlete's schedule, learn who their teammates are, and communicate with other team members.



Navigating rwp.ca

As mentioned in the previous section, RAMP Interactive also runs our website,

<https://reginawaterpolo.ca>

Most of the information that you will need to access can be found on the top navigation bar of the website's home page.



Rules of Water Polo

Water polo is a competitive and fun game played over four, eight-minute periods (quarters). There is a three-minute rest period at halftime and two-minute rest periods following the first and third quarters.

Each team is made up of 13 players and due to the intense nature of the game, regular substitutions are common. Seven players from each team are in the pool at any one time - a goalie and six field players.

The field (pool) dimensions of play should be between 20 metres and 25 metres (women) and between 20 metres and 30 metres (men) in length, by 20 metres wide. The width can be less than 20 metres but not less than 10 metres. Pool depth is ideally 1.8 metres or more.

The *attacking team* (offence) is the team in possession of the ball and is trying to score. The attacking team has a 30-second shot clock to try and score before they lose possession. The *defending team* tries to stop the attack and force a turnover so that they become the attackers.

The start of each period is very exciting. Each team lines up along their goal line and remain there until the referee signals the start of play. The teams then “swim off” with

the players of each team closest to the ball racing to gain possession of the ball and go on the attack.

After one team scores a goal, both teams line up on their respective sides of the half line. The team that has been scored on is given the ball. They will go on the offensive as soon as the referee gives the signal to start play.

A goal is scored when the whole ball crosses the goal line within the goal posts. A goal can not be scored directly from a free throw, unless the shot is taken from 6 metres or further with undue delay.

There are three kinds of fouls in this game: minor, exclusion, and penalty fouls.

- Minor fouls (possession is given to the other team) are awarded against players by the referee if they commit any of the following offenses:
 - Advance beyond the goal line before a start or restart of game
 - Assist a player at the start or restart of game
 - Push off the posts or sides or bottom of the pool
 - Impede or prevent the free movement of a player unless they are holding the ball
 - Push, or push off from an opponent not in possession of the ball
 - Hold the ball under water when tackled
 - Hit the ball with fist
 - Touch the ball with both hands at the same time
 - Be within 2 metres of the opponent's goal line without the ball
 - Deliberately waste time (in the last minute of a game, a penalty throw is awarded to the opposing team)
 - Delay unduly when taking a free throw, goal throw, or corner throw
 - Possessing the ball for more than 30 seconds
 - Faking a foul
- Exclusion fouls are called for more serious offenses:
 - Impeding either a free throw, goal throw, or corner throw
 - Holding or sinking an opposing player by pushing them beneath the surface
 - Pulling back a player
 - Splashing water in an opponent's face
 - Blocking a shot with 2 arms beyond the 6-metre mark
 - Kicking or hitting another player (brutality)
 - Incorrectly returning to the field of play

On a major foul, a personal fault is called against the offending player. They are sent out of the pool for 20 seconds, leaving their team one person down. If the other team scores

a goal while the player is off, they can return to the game immediately. Otherwise, the re-entry of the excluded player is signaled by a table official by holding up flags on expiration of 20 seconds.

If a player gets more than three personal faults, they are ejected from the remainder of that game.

- Penalty fouls are awarded when a major foul is committed within the attacking team's 6-metre area. The result of the major foul is a penalty throw.

Minor Officiating (MO)

As with all sports, water polo relies on a number of people to ensure that games go smoothly. In addition to the two referees (often players themselves), each game requires a number of **minor officials** to support those referees. Officially, these roles are: Game Time Keeper, Possession Timekeeper, Exclusion Secretary, Game Secretary, and Goal Judge.

For our Community League events three minor officials are typically required and includes Supervisor (records all penalties and goals on paper), Game Secretary (records penalties and goals in RAMP (on an iPad)), and Game Clock (shot clock/possession clock and game clock).

RWPA requires that at least one family member train to become a minor official and volunteer at our events to ensure those games run smoothly. Water Polo Sask has minor official training tutorials on their website at: <https://www.wpsask.ca/content/minor-officials> This link can also be found by navigating to it through RWPA's website, under the *Minor Officials* heading.

All persons **must be registered** as a Minor Official with their Saskatchewan club before signing up for volunteer slots.

All new Minor Officials must take the *WPS Minor Official Course* **before** registering.

The best learning happens on the pool deck at the minor officials table. It is a great place to see and learn the game. So, once you've completed the training and have registered as a minor official, volunteer and volunteer often - you're helping to make it possible for your young athlete(s) to participate in these fun tournaments! And if it seems a little intimidating at first, don't worry - there are always seasoned MOs around that are willing to help out until you feel comfortable.

Leagues

Community League (CL)

All club members are eligible to play in CL events. These events are hosted by the various clubs for the CLM and CLA levels. Regina hosts all CLB and CLO events. There are no extra fees associated with these tournaments aside from gas and accommodations.

These events are hosted tournaments that give players a chance to play in an environment that fosters learning of the game through fun scrimmages.

Typically all teams play each other once so the number of games played is dependent on the number of teams playing in the event, which is dependent on the number of athletes that sign up for each event.

Players are allowed to play in their own age group and 1 level up (at the discretion of the coaches). Players are not allowed to play down an age level.

*Note: While Admiral athletes are the age group that compete in CLA, and Battleship athletes are the age group that compete in CLB, the A represents Atom and can include athletes from other programs. The same is true for B representing Bantam - this is an age category, not a program acronym.

Provincial Evolution League (PEL)

This program is a WPS program giving athletes the chance to play in full FINA regulation games. Athletes from all clubs can register and teams will be made from the collective pool, not from individual clubs. This program has an additional cost above club fees.

National Championship League (NCL)

As per the Water Polo Sask's website, "The National Championship League (NCL) was created in 2014 by Water Polo Canada to bring the domestic club age group programs under a country wide umbrella that promotes the development of the sport. The NCL offers four categories of play: Senior, 18U, 16U, and 14U.

Benefits of the National Championship League

- Staggered and lengthy competition season develops athletes, coaches & referees at all levels of play
- Coach and official education linked to competition
- Better coordination and communication between WPC, provinces and clubs
- Similar competition models to other team sports will help clubs with recruitment
- Better branding and marketability of the sport

- Partnerships with cities - sell and market water polo to the sport tourism industry”

Provincials

Provincials are held three times each year: winter (December), spring (March), and summer (June). These are typically held over two days to accommodate four age categories: 10U (mini), 12U, 14U, open. Unlike the CL events, medals are awarded to the bronze, silver, and gold placing teams of each age category at Provincials.

Glossary

CAP - Competitive Adult Polo

CL - Community League; it provides for competition amongst the water polo clubs within the province (currently: Regina, Saskatoon, Weyburn, and Estevan)

CLA - Community League Atom (athletes born 2013 - 2015)

CLB - Community League Bantam (athletes born 2011 - 2012)

CLM - Community League Mini (athletes born 2016 or later)

CLO - Community League Open (athletes born 2010 and earlier)

DC - Development Centre; an additional training program run by Water Polo Saskatchewan that is the first step for the Elite Pathway.

FINA - World Aquatics

HC - High Performance Centre; an additional training program run by Water Polo Saskatchewan that is the second step for the Elite Pathway and leads athletes into the High School Excellence program.

HSE - High School Excellence; Step 3 of WPS elite pathway. Athletes are selected by invitation only.

ILWP - I Love Water Polo

MO - Minor Official; this includes Supervisor (records all penalties and goals on paper), Game Secretary (records penalties and goals in RAMP), Game Clock (shot clock/possession clock and game clock)

NCL - National Championship League

PEL - Provincial Evolution League; a WPS program that gives athletes the chance to play in full FINA regulation games.

RAP - Recreational Adult Polo

RWPA - Regina Water Polo Association

WPC - Water Polo Canada

WPS - Water Polo Saskatchewan