

The Rules of Water Skyball 2021



Water Skyball in Europe
Project No. 622305-EPP-1-2020-1-HU-SPO-SSCP

1. Preface

1.1. Water Skyball

Water Skyball is a non-contact water sport, played between teams of two (1 front and 1 rear player) with a ball in a pool. There is no substitute player. The aim of the game is to score goals (more precisely, to earn goal points).

2. The field of play and the ball

2.1. Pool



The playing field is rectangular.

The two longer boundary lines (which are the side walls in the case of a pool and the buoy lines marking the course in the case of a larger or open water surface) are called the side lines, the two shorter lines are called the goal line or baseline.

The space is divided by two red lines into the dark blue defender zones in the foreground of the goal and the midfield zone in the middle of the pool, marked with white.

On the side wall of the pool, the halfway is marked with a colored - usually red - stripe or, in the case of a buoy row, a red buoy is placed in the middle of the side white buoy row.

The main parameters of the track are as follows.

- Length of the field of play (side line): between 10.5 and 11 m.
- The midfield zone: between 4.5 and 5 m
- The defender zone is exactly 3 m
- Width of the field of play (baseline): 8 m
- Water depth: between 100-120 cm
- Water temperature: min. 20°C

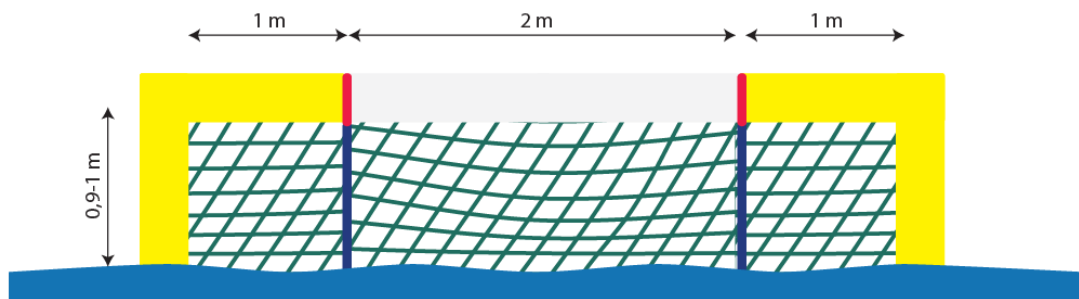
2.2. Defender zone

The zone belonging to the goal, which covers the entire width of the pool, is exactly 3 meters long from the baseline. Maximum one player can be in the defense zone at any given time, who can also be the opponent's player.

2.3. Midfield zone

An area between 4.5 and 5 m in length, starting at a distance of 3 m from the goal, the same width (8 m) as the field of play, painted white. There is no limit to how many players can be here at a time.

2.4. The goal



Dimensions, identifiers and location of the goal:

In the middle of both goal lines, a goal-in-goal (goal divided into sectors) must be placed on the water surface.

The goals consist of two vertical outer goal posts equidistant from the corners of the pool and connected by a horizontal crossbar. The distance between these goalposts is 4 meters. The goal posts and crossbars must be made of plastic or aluminum, must be cylindrical and must not endanger players (therefore they may be coated with a special fabric, sponge or polyfoam).

Within the outer edges of the goal, the inner goal is placed at a distance of 1-1 m from the goal posts, which is bounded by flexible (rubber or silicone tube) goal posts.

The distance between the inner goal posts is 2 m.

For the entire goal, the lower edge of the crossbar is 0.9-1 m from the water surface.

The goal posts and crossbars are 14 cm in diameter.

Nets can be attached to the goals and to the area behind the goal, to the pool edge, stretched properly so as not to disturb the goal.

2.5. The ball

Official water skyball competition ball manufactured according to the standard set by the Hungarian Water Skyball Association.

Properties and dimensions of the ball:

- spherical,
- made of rubber,
- its circumference is between 60-62 cm,
- weighs 240 grams,
- colors and pattern: colors and pattern defined and approved by the Hungarian Water Skyball Association

3. Goals and points scored during the match

3.1. Goals that can be thrown during a match

1, 2, 2 and 4 point goals may be scored during the match.

1 and 2 point goals can be scored from throws launched from the midfield. 1 point goal (Action) enters the outer goal, while 2 points goal (Center) enters the inner goal.

2 and 4 point goals can be scored from throws launched from the defense zone. 2 point goal (Sniper) enters the outer goal, while 4 point goal (Deadeye) enters the inner goal.

Throws from the goal post, goalkeeper or other player are valid and will be evaluated according to the position of the player taking the throw. (For example, if a throw starts from a defensive zone, bounces on a blocking player in a field zone and then enters the inside of the goal, it is considered a 4-point throw.)

No goal can be scored from the opponent's defensive zone.

There is no own goal, in that case the game continues with a throw from the goal where the own goal arrived.

3.2. Penalty throws

The extent of the foul, its severity, frequency and deliberateness determine how many penalties will be awarded in favor of the innocent team.

Only a throw going to the middle of the goal is worth 1 point. If it is a throw to the outer goal, no points are awarded for that throw.

4. Players

4.1. Number of players

A WSB match can only be played between teams of two. A team with less than 2 players cannot play.

4.2. Appearance, uniform, mandatory formal elements

The WSB game can only be played in the required attire. Shorts are mandatory for both men and women and for women a two layered, closed upper outfit is also mandatory.

A cap that matches the colors of the team is mandatory for all players. Two teams may not play in caps of the same or similar color. Wearing footwear (clean indoor, wrestling or beach shoes) is recommended, but not required.

For men, upper outfits may be worn, preferably in team colors.

Wearing pants and a cap is mandatory throughout the match.

Metal objects, jewelry, watches, metal-framed sunglasses, piercings, etc. should not be worn by players in the water due to the risk of accident.

Before the match and before the teams go into the water, the referee must see and check the equipment of the teams. The referee may only allow players into the water if their equipment and their state of health and hygiene complies with the regulations.

5. The course of the game

5.1. Duration

The duration of the match is 10 minutes. Teams and the referee may agree on a longer playing time (12, 15 or 20 minutes).

The match, regardless of its duration, takes place without switching sides.

5.2. Timing

Timing is done by running clock.

During the last 1 minute of the execution of the penalties - from the blowing of the foul to the start of the game after the execution of the penalties - the playing time must be stopped.

In case of timeout, the 1 minute is measured with a separate clock.

5.2.1. Breaks within the match, time stops, timeouts

There are no breaks or switching sides during the match.

In exceptionally justified cases (e.g. injury), there is a place for timeout or to stop the clock. The Referee may suspend the game if the circumstances do not allow it to go on and may keep it suspended until the circumstances giving rise to the suspension of the time are ceased or a decision of the Referee has been made. The referee is obliged to clearly indicate to the teams that the game is stopped (he or she forms the letter "T" with two hands).

5.2.2. Start and restart the match

Before the start of the match, the players should stand on their own halves of the field, one of them in the defender zone, the other in the midfield zone and the goalkeeper of the starting team can start the game by throwing in 4 ways: 1) the goalkeeper throws the ball to himself, 2) the ball hits the water surface, 3) the ball leaves the defender zone, 4) the player exits the defender zone with a ball in his hand. The timer starts the clock that shows the time in a descending manner and the referee blows the whistle.

A throw-out is the way to start the game at the beginning of the match.

No goal can be scored directly from the throw-out.

During a match, a restart is always a throw-out.

5.2.3. Time frame for penalties

The execution or repetition of a penalty shall be allowed after the end of the game period until the penalty is completed. At the time of the penalty throw the clock shouldn't be stopped, only in the last minute of the match, from the blowing of the foul to the restart of the match with a goal throw.

5.3. The ball leaves the field

If the ball leaves the field (including the goal), the game restarts with a throw-out (1-2-1 lineup.)

- if the ball leaves the field of play on the sides, the opposing team is the next with a throw-out,
- if the ball leaves the field from one of the attacking team's players at the opponent's baseline (including the situation of a goal), the defending team may bring the ball back into play by a throw-out,
- if the ball leaves the field from the defensive team's goalkeeper through the baseline, it is the defending team's turn to restart with a throw-out,
- if the ball leaves the field from the defensive team's midfield player through the baseline, except for the goal line, it is the defending team's turn to restart with a throw-out.

5.4. End of the game

The match can end in one of the following ways:

- the ordinary playing time expires (if it ends in a tie, there will be a penalty duel),
- due to some external circumstance, before the end of the ordinary playing time, the referee decides to cease the match (e.g. external disruption or dangerous weather situation such as lightnings or storms),
- the number of players at any team falls below 2,
- if one of the teams does not show up.

6. Goal

The aim of the game is to score goals. The winner is the team that scores more goal points at a match.

A goal is a regular shot launched by an opponent that crosses the goal line. It is considered to have crossed the goal line if more than 50% of the ball has crossed the goal line. (The center of gravity of the ball passes through the centerline of the goal line.)

A goal can only be scored with a hand-launched shot (i.e. no goal can be scored by starting with the foot, bouncing from the head, chest, etc.).

There is no tie. In the event of a tie, proceed as follows: the teams take turns throwing penalties until one team makes a mistake and the other scores a goal.

6.1. Score of the goal

1 point: from the midfield to the outer goal (Action)

2 points: from the midfield to the inner goal (Center)

2 points: from the defender zone to the outer goal (Sniper)

4 points: from the defender zone to the inner goal (Deadeye)

If a player changes zones while throwing a goal, see section 13.3.2..

A penalty throw is considered a 1-point goal (if it reaches the inner, 2-meter section of the goal).

No goal can be scored from the opponent's defensive zone.

6.2. Situations that do not qualify as a goal

The ball going into the opponent's goal from blocking or defending is not considered a goal. In this case, the game restarts by a throw-out by the innocent, non-blocking team.

6.3. Own goal

A goal is only possible from an action, from a ball launched by an opponent. A goal scored in its own goal is not valid. In this case, the game continues with a throw-out (since the ball left the field at the baseline.)

If the goalkeeper or defender touches the opponent's throw and passes through the goal line, it counts as a goal.

7. Signals

7.1. Whistles

It is necessary to use a whistle at each game interruption. There are three types of beeps during the game:

- 1 beep: start, restart, interrupt game
- Dashed whistle: to draw attention
- 3 beeps: end of game time

7.2. Hand and arm signals

Body language is the referee's tool to help control the match. However, body language is not about the referee explaining his verdict.

Hand and arm signals of the referee:

- **Goal:** By raising one of the referee's outstretched arms, he indicates that the team has scored a goal. The value of the goal is shown with the fingers as follows:
 - 1 point - raising a index finger,
 - 2-point - raising index and middle fingers,
 - 4-point - raise pointer, middle, ring and little fingers.
- Referees do not use the thumb to mark points.

Throw-out: by raising one of the referee's outstretched arms to the side, it indicates which team's turn is to restart the game with a throw-out.

Foul: after the beep, the referee points to the midfield zone, the place where the penalty was taken, then shows with his fingers how many penalties can be thrown by the team playing on the side corresponding to the raised arm (1, 2 or 3). If the referee indicates it by both arms both teams may throw the given number of penalties.

Time stop: the referee indicates with a hand-shaped letter "T" that one of the teams has requested time-out or that the referee has stopped the match for some reason (e.g. weather, injury).

8. Playing with the ball, without the ball

8.1. Playing with the ball

8.1.1. In the midfield zone

The ball can be passed, blocked, carried on the palm of the hand, steered on the water, and thrown into the goal with one hand. A valid goal for the opponent's goal may be scored in such a way that the shooting player does not enter or reach the opponent's defensive zone at the moment of the shot and thereafter if another player is there. If he still reaches or enters, the goal he scores is invalid and the opponent continues the game by a throwing-out.

1-point (action) and 2-point (center) goals can be scored from the midfield zone: the former must be shot into the outer goal, the latter into the inner goal.

8.1.2. In the team's own defensive zone

In the team's own defense zone, the ball can be blocked with both hands, hit with one hand, punched, passed, shot at the opponent's goal.

2-point (Sniper) and 4-point (Deadeye) goals can be scored from the team's own defensive zone: the former must be shot into the outer goal, the latter into the inner goal. At the moment of the throw, the shooting player must be in the defensive zone with both feet, but the arm may swing above the line and into the midfield.

8.1.3. In an opponent's defensive zone

You can also stay in the opponent's defensive zone with a ball, you can go in with a ball, the ball can be played there once (eg: passing, taking it out of there) while constantly striving for action. After the ball has been played once, this zone must be left at first intention, since in this case it is considered an action. No goal can be scored from here.

8.1.4. Ball possession time

The basic rule is that during the game the attacking team must constantly strive for action, develop a goal situation by passing and moving.

In the defensive zone (where the ball cannot be obtained from the opponent) the ball can be held passively for a maximum of 8 seconds. If the player still owns the ball without attempting to take action (e.g. passing the ball or moving to the midfield zone), the referee interrupts the game and the other team may resume it by a throw-out.

8.2. Game without a ball

Players are free to move around the field, enter and exit each zone by keeping the rules. If a player has entered or enters a zone with one foot, he must complete it, that is, close to it with the other foot, in order to start another movement. They should always try to avoid physical contact.

8.2.1. Staying in a zone

A player may be in a zone in which he stands with both feet at the same time, or in which he is just entering with one foot. If someone has already entered a zone with one foot, they must stop moving, that is, they must enter with the other foot as well. Afterwards the player can step back if he wants. If the zone change is not completed, a penalty will be taken by the innocent team. A maximum of one person can be in the defensive zone. It can also be an opponent's player. There is no limit to the maximum number of people in the midfield zone.

8.2.2. Movement in the midfield

See. 11.4. point.

It is also forbidden to reach into the opponent's and the team's own defensive zone if someone is there.

8.2.3. Movement in defensive zones

One can get out and go into the defensive zone if no one is there.

One can reach out of the midfield zone (including the case of a shot at the opponent's goal). However, if a player in the defense zone reaches for the ball in the midfield zone, he must step into the midfield zone, he cannot pull the ball in from outside. Once the player has duly exited and grabbed the ball, he can step back. If he does not step out while pulling the ball from outside, the referee will award a penalty in favor of the other team.

8.2.4. Ball acquisitions

The defending team obtains the ball from the opponent if:

- acquiring the opponent's pass with a correct ball touch and owning the ball;
- take the ball from the opponent in the midfield in a regular manner;
- prevents the opponent from scoring and then holds the ball;
- the goalkeeper obtains and possesses the ball that goes towards the gate;
- one of the team members enters the opponent's defensive zone without anyone being there (Front Interception). If they enter (the defending player and the attacking player) at the same time as, it is also considered a front interception;
- one man from the attacking team is in the midfield zone with the ball and both members of the defending team are in the midfield zone. This requires the defending player in the defensive zone to enter the midfield zone (Rear Interception);
- the opponent's goalkeeper throws the ball into the midfield near his teammate, but that player does not catch it, and then the defending team's goalkeeper enters the midfield zone (Rear Interception).

The ball bouncing off the goal post is freely obtainable.

9. Rules and fouls

9.1. Before the game

Players are required to line up in appropriate uniform for the WSB game before the start of the game (see section 6.2). If their outfit or their uniform is inadequate or incomplete, the referee may require the players to make up for the deficiencies.

9.2. Ball handling

Gripping the ball and deliberately pushing it under the water is forbidden, regardless of the zone. Gripping the ball means that the player exerts a force on the ball with the tip of his fingers, i.e. he grasps the ball. A player who grips the ball or commits another ball handling foul may be penalized by the referee in favor of the other team.

It is forbidden to throw the ball to the goal or pass it with two hands from any part of the field of play.

9.2.1. In the midfield

The ball can only be handled with one hand in the midfield: it is only possible to catch and pass with one hand, without gripping.

It is also possible to reach for the ball thrown towards the goal (Block) or for the opponent's pass with only one hand.

It is forbidden to touch the ball with both hands.

It is forbidden to block the ball with two hands at the same time during defense.

It is forbidden to hit the ball or touch it with a fist during defense (this can only be done by goalkeepers within their own defensive zone).

It is forbidden to throw the ball by a basketball-style throw. The two hands should be clearly separated when preparing to throw.

If the ball gets into the goal of the player from him/herself, it is not valid, there is no own goal. This does not include the case when the ball was thrown by the opponent's player and the defensive player only touches it.

9.2.2. In the defensive zone

It is forbidden to throw with both hands.

It is forbidden to throw the ball by a basketball-style throw. The two hands should be clearly separated when preparing to throw.

No goal can be scored from the opponent's defensive zone.

The player must move constantly in the opponent's defensive zone, try to take action with the ball, and can only play the ball once (e.g. to pass).

9.3. Non-contact rule

It is forbidden to touch each other during the game and even the intent to touch is sanctionable. (Except for touches concerning the celebration of a goal, such as a pawn; or the welcoming handshake of players.) If a player is not careful enough, and moves in the water without considering their surroundings and the location of other players, thus the player is dangerous for others or for him/herself - whether he/she is aware of it or not -, the player can be sanctioned.

9.3.1. Area of the player

Each player has an area of an arm's length radius (called X-zone or the area of the player). The other player must not reach or make a move into this area - such a move is to be considered as dangerous. The direction of movement of the X-zone is determined by the head's line, both forward and backward.

9.4. Approaching an opponent and the ball

An opponent player can be attacked (can be approached and/or forced to move) as long as there is an arm's length space between the players. After that, the standing player can no longer be forced to move or be approached. In this case, the defending player is able to defend himself against another player approaching him by moving his body (not by moving his arm). When approaching a player, the direction of the attacked player's move must be considered. It is not allowed to stop or hold back an opponent with arms raised to the sides. Should such a situation occur, the exposed arms should be lowered and the offensive player shall be allowed to pass, or the blocking player can take a (new) blocking stand with moving his/her body.

The ball possessed by a player can be attacked (only the ball, not the player) in the midfield. This means that if a player has the ball and is approached by a player from the other team, blocking the path of the throw with one hand held high, the player with the ball cannot throw the ball in a way that would cross the other player's X-zone during the movement. This way

the player with the ball can be forced to move, having to change position to shoot, having to retreat or pass the ball. A cautious, clearly visible attempt to capture the ball is possible, in which the offensive player is aware of the movement of both players, but if the movement leads to physical contact, 2 penalties may be given.

9.4.1. Defensive foul

The defending player must not approach the other player in an unsafe manner with sudden movements or with both hands raised. In addition, the defending player may not enter the offensive player's X-zone with his body or force him to move with his/her arms. (If the other stops, he/she must stop in front of his/her zone.) A defending player who is not directly in front of the opponent's throwing player may not reach for the ball with his/her arm or hand if the defending player would violate the thrower's X-zone. These are defender faults.

9.4.2. Attacker foul

The offensive player may not enter the defender's area (X-zone) or use his/her arms to force the other to move. The offensive player with the ball may not throw it if there is a possibility of touching another player or violating the other's area (see 9.3. Non-contact rule). These are attacker faults.

9.5 Zones

The zones of the field:

- defensive zone,
- midfield zone.

Only one player can be in the defender zone (this can also be an opponent player).

The player playing in the midfield may not enter or reach the defensive zone if someone is already there.

Anyone can be in the midfield without any restrictions.

A player can be in one zone at a time, in which he stands with both feet, or in which he is just entering with one foot.

9.6. Striving to action

Players should strive for victory and scoring.

If the referee considers that the players are not striving to score a goal, he/she may draw their attention to the pursuit of action. Thus, for example it is not possible to keep the ball in the defensive zone for a long time. If the structure of the attack requires slower play or keeping the ball in the defensive zone, the referee will allow the game to proceed.

As a general rule, if players aim to score goals, build an attack, the game can proceed. If they visibly do not seek to attack, hold on the ball, do not build an attack, and the ball is in

the possession of the player in the defensive zone for more than 8 seconds, the referee will award a throw-out in favor of the other team.

9.7. Attitude in accordance with the spirit of WSB

All players are required to play in the spirit of WSB and all referees are required to ensure that the game is played in accordance with the spirit of WSB.

10. Penalties

The referee is entitled to apply penalties from the moment he/she enters the game area until all players leave the playing field after the final whistle.

The referee will decide at its own discretion about the type of the penalty:

- giving a warning
- taking the ball and ordering a throw-out to the non-offending team,
- giving a penalty
- giving a score for an irregularly saved goal
- excluding a team (forfeit).

The referee should consider the following circumstances when deciding which penalty to apply:

- intentionality,
- fair play,
- sequentiality,
- seriousness of the foul,
- distance between the foul and the goal.

The referee must strive for consistency.

A player who commits a foul – inside or out of the playing field - against an opponent, teammate, referee, assistant or other person - is penalized according to the nature of the foul.

10.1. Fouls penalized with verbal warning

Verbal warnings may be given to a player if he/she appears in inadequate or incomplete uniform at the start of the game.

10.2. Taking away the ball

The referee may penalize the offensive team with taking away the ball if:

- at the start, at throw-out, the midfield player of the starting team is ahead of the midfield line;
- they play passively (they do not change and do not strive to score);

- the offensive team keeps the ball for more than 8 seconds in the defensive zone;
- the player in the midfield zone reaches in or steps into the opponent's defender zone while there is another player in that zone (including arm swing after a shot);
- a direct shot after throw-out, which leaves the playing field (including through the goal line) without being touched by any other player;
- a player throws the ball out through his/her own baseline deliberately;
- if an offensive player is in the other team's defensive zone and does not strive for action and/or does not leave the defensive zone at first intent.

In this case, the opponent can continue the game with a throw-out from his own goal.

10.3. Penalty throw

The referee may give up to three penalty throws, depending on how serious, negligent, irresponsible, excessive, and recurring the committed foul is.

In the event of a foul, there is an immediate pause in play and after the penalty has been completed, the team that threw the penalty comes with a throw-out.

If the player who throws the penalty makes a foul (e.g. faking a shot), then that penalty is invalid. If the team has the opportunity to throw further penalties, those may be still valid.

If both teams throw a penalty, the team that scored more will continue the game by a throw-out. In the event of a draw, the one who owned the ball before the interruption will continue the game by a throw-out.

10.3.1. One penalty throw

One penalty may be given in the following cases:

- gripping on the ball;
- for a two-handed block - in this case, if the ball was heading to the goal, the goal must also be counted and recorded at the higher score value, i.e. 4 points (Deadeye) if thrown from the defensive zone, or 2 points (Center) if thrown from the midfield;
- holding or touching the ball in the midfield with both hands;
- punching or hitting the ball with a fist in the midfield;
- intentional splashing;
- intentionally pushing the ball under water;
- deflecting the ball with water;
- for basketball-style throw: the two hands are not clearly separated when preparing to throw;
- if the offensive player enters the opponent's defensive zone while someone already there;
- for zone acquisition foul: the player enters in and out a zone with one foot and does not close the other foot next to it;
- if a player in the defensive zone reaches out with his/her hand for a ball in the midfield zone without exiting;
- if the offensive player, who is in the opponent's defensive zone with a ball, passes and does not leave the defensive zone at first intention.

10.3.2. Two penalty throws

Two penalties may be given in the following cases:

- for inside defense: two players are in their own defensive zone, or the player just hangs into, reaches in the defensive zone when someone is already inside;
- for physical contact (touch), for the non-offending team;
- for joint physical contact (joint touch), for the benefit of both teams,
- for defensive foul: the player reaches or enters the area of the offensive player,
- for offensive foul: the player reaches or enters the area of the defensive player.

10.3.3. Three penalty throws

Three penalties may be given for serious fouls in the following cases:

- dangerous play: serious negligence committed in the midfield, and dangerous movement,
- joint dangerous game, for the benefit of both teams;
- rude, unsportsmanlike behaviour.

10.4. Expulsion, disqualification

In the game, a player's expulsion will result in disqualification of the team as only 2-vs-2 matches are allowed in the WSB.

A team will be disqualified:

- If before entering the pool:
 - the player does not take off metal objects upon request,
 - the player is at risk of illness,
 - the player's equipment is inappropriate,
 - the team does not show up.
- In case of recurring serious fouls:
 - dangerous play, injury,
 - jumping up, throwing at the opponent,
 - consistent, continuous and intentional non-compliance with the rules of the game.
- For unsportsmanlike conduct that violates the spirit of WSB:
 - inappropriate behavior,
 - arguing with the referee,
 - using rude, abusive, harsh expressions and gestures in the pool - towards the referee, the opponent or others,
 - hitting or attempting to hit the opponent.

Players must leave the field after the team is disqualified.

11. Throws and their execution

11.1. Penalty throws

A penalty throw may be thrown by the team against whom a foul has been committed for which a penalty is awarded. The extent of the foul, its severity, frequency, its distance to the goal, and the intent will determine how many penalties will be awarded to the non-offending team.

The throw must be carried out by first intention within 3 seconds of the whistle.

First intention: after the whistle, the arm of the player throwing the penalty throw must not move backwards, only forwards and the movement must be continuous.

The throw must go in the middle of the goal, and is worth 1 point. If it goes into the outer goal, it does not count as a valid penalty.

If the foul occurred in the last minute of the game, the clock must be stopped for the duration of executing the penalty. In this case, the clock will restart after the penalty has been served, at the same time as the whistle indicating that the game has been restarted.

After an unsuccessful penalty, the ball is not put into play, but the team throwing the penalty starts with a throw-out. After the penalty is executed, the team that threw the penalty (or, in the case when both teams threw penalties, the one who scored more, or in the event of a draw, the one who had the ball before the foul) will restart the game with a throw-out.

Penalty throws must be allowed after the end of the game.

If the result is a draw after the end of the regular playing time of a game, penalty throws (penalty duel) will follow.

11.1.1. Preparing for the penalty throw

The player taking the penalty throw must be clearly identified by standing in the area designated for the penalty throw of his/her choice in the midfield zone. The player performing the penalty throw prepares by taking the ball in the hand.

The goalkeeper of the defensive team is in his/her own defensive zone, not touching the zone boundary until the throw is completed.

Location of other players:

- the other member of the defensive team is at the pool wall/boundary (in case of open water fields) in the middle of the midfield zone,
- the other member of the offensive team is in his/her own defensive zone or in the middle of the midfield zone, at its wall/boundary.

11.1.3. Execution

After each player is at the locations described by the rules, the referee whistles to execute the penalty throw. The player taking the penalty throw must throw the ball at first intention within 3 seconds of the whistle. First intention: after the whistle, the throwing hand should not move backwards, only in the direction of the throw.

A goal must also be awarded if the ball touches the goal post(s), the crossbar or the goalkeeper before passing between the goal posts and under the crossbar.

Penalty throws with faking a shot are not allowed, and the penalty throw must be done within 3 seconds at first intent.

The player performing the penalty throw may not touch the opposing team's defensive zone during or after the throw. If he reaches in, steps in or falls into the defensive zone, the penalty is invalid.

If the advancing ball is touched by an outside person or object (e.g. by a spectator or a seagull): the throw must be repeated.

11.1.4. After the execution of the penalty throw

The ball is out of play after the ball has been defended, or it has landed in the midfield. After the penalty throw has been executed, the team that threw the penalty comes with a throw-out.

11.1.5. Fouls and penalties

When the referee signals the execution of a penalty throw and:

- the player taking the penalty throw violates the rules of the game:
 - the penalty throw is invalid,
 - according to the seriousness of the foul, the referee may give a penalty throw to the non-offending team or other sanction to the offending team.
- the goalkeeper violates the rules of the game:
 - the referee allows the penalty throw to be taken and may give an additional penalty.
- the teammate of the player taking the penalty throw violates the rules of the game:
 - the referee may allow the penalty throw to be taken,
 - according to the seriousness of the foul, the referee may give a penalty throw or other sanction against the team.
- the goalkeeper's teammate violates the rules of the game:
 - the referee allows the throw to be taken and may give an additional penalty throw.
- If a player in both teams violates the rules of the game:
 - the penalty throw must be repeated.

11.2. Throw-out

At the start of the game, after a penalty throw, or if the ball leaves the field of play, either through the baseline or through the sideline, the game restarts with a throw-out.

If the ball leaves the field of play through the sideline, the team other than the team of the player who last touched the ball will start with a throw-out.

If the ball has left the field of play on the baseline, the team at whose baseline the ball left the field will start with a throw-out.

No goal can be scored directly from the throw-out. At least one other player must also own the ball to score from a shoot after a throw-out.

11.2.1. Execution

- The throw-out is executed by the goalkeeper (player in the defensive zone).
- The other player of the team executing the throw-out must be in the midfield zone on their own half of the field.
- One of the players in the other team must be in their own defensive zone and the other player in the midfield zone on their own half of the field (they can move).
- There are 4 ways to execute the throw-out:
 - The goalkeeper throws the ball up so that it remains in the defensive zone,
 - The goalkeeper touches the water surface with the ball or throws the ball in the defensive zone,
 - The goalkeeper throw the ball into the midfield zone,
 - The goalkeeper leaves the defensive zone with the ball.

When the goalkeeper executes the throw-out, the referee whistles to indicate that the ball is in play.

11.2.2. Fouls and penalties

If the player executing the throw-out is not in his/her own defensive zone or his/her teammate is not in their own half of the field, the ball is taken from them and the opposing team comes with a throw-out.

If the defensive player of the opposing team is not in the defensive zone or the field player is not in their own half of the field in the midfield zone, then the other team may throw 1 penalty.

If, during the throw-out, both teams violate the throw-out rules (e.g. both the offensive team's and the defensive team's field player in the midfield zone is in the opponent's half of the field), then the team executing the throw-out may throw a penalty.

11.3. Regular throws

During the game, a throw can be done to the goal from any part of the field with one hand.

11.3.1. Throws from the midfield

A throw can be done to the opponent's goal from anywhere in the midfield zone to score 1 or 2 points.

During and after the throw, it is forbidden to enter the opponent's defensive zone or to reach in if a player is there. In this case, the throw is invalid and the opposing team may throw a penalty.

11.3.2. Throws from the defensive zone

A throw can be done to the opponent's goal from anywhere in the defensive zone to score a 2 or 4 points goal, by the player in the defensive zone with both feet.

During the throw, if the player enters the midfield zone, then it is considered a throw from the midfield (1 or 2 points, respectively).

The player who executes the throw can reach into the midfield zone during and after the throw.