



ACTIVESG CUP WATER POLO NATIONAL CHAMPIONSHIPS November 2026

Rules and Regulations

1. Objective

- 1.1. Enable individuals from different backgrounds to socialise through team sports.
- 1.2. Provide a platform and opportunity for the masses to compete in a structured environment.
- 1.3. Increased talent pool and development opportunities for young athletes.

2. Organiser

- 2.1. This competition is organised by Sport Singapore, sanctioned by Singapore Aquatics (SAQ).

3. Event Venue and Schedule

- 3.1. The competition schedule is as follows:

Category	Date	Timing	Venue
10 & Under (Mixed)	21 – 25 Nov 2026	8am – 10pm	Our Tampines Hub 1 Tampines Walk
12 & Under (Mixed)			
15 & Under (Boys)			
Women's			

- 3.2. General Technical Meeting (GTM) will be held online via Microsoft Teams <https://go.gov.sg/asgcwpgtm> on **16 Nov 2026 (Monday) at 7.00pm**.
- 3.3. Complete the team list and indemnity forms via registration portal BEFORE the registration deadline on **10 Nov 2026 (Tuesday)**. Refer to <https://go.gov.sg/as-gcwppg> for detailed registration instructions.



- 3.4. The organisers reserve the right to make changes to the competition schedule including the date and time of the matches as it considers necessary.

4. Participation and Eligibility

- 4.1. Participants shall compete in their respective age groups as follow:

S/N	Category	Year of Birth
1	10 & Under (Mixed)	Born in/after 2016
2	12 & Under (Mixed)	Born in/after 2014
3	15 & Under (Boys)	Born in/after 2011
4	Women's	Born in/after 2013

- 4.2. All participants shall be Singapore Citizens, Singapore Permanent Residents and non-Singapore Citizens residing in Singapore with valid passes as stated below:

- Student Pass;
- Long Term Pass;
- Dependent's Pass;
- Foreign players without a permanent Singapore residential address must present their passport for verification.

- 4.3. Each Team shall consist of minimum 7 players and maximum 15 players. This will include 7 players on playing field and 8 reserve players. Two of the players must be designated as goalkeepers, otherwise, only 7 reserve players are allowed.

- 4.4. Any one player is allowed to represent only one team in the same category during this competition. Any team found to be in breach of this rule will be disqualified.

- 4.5. Players may be required to present the original copy of their Student Pass or any other appropriate documentation for proof of eligibility or for verification purposes.



- 4.6. Foreign teams are eligible to play in this following tournament. Please contact
Organiser.

5. Registration Fees and Closing Date

- 5.1. Registration fee is at **\$70.00** per team. **NO** refunds will be allowed.
- 5.2. Registration closing date: **10 November 2026** or when registration is full,
whichever earlier.

6. Team Uniform

- 6.1. Each team is responsible for providing a complete set of water polo caps for
their players that comply with competition standards and are available for all
registered team members.

7. Coaches and Assistant Coaches

- 7.1. All officials must wear appropriate footwear.
- 7.2. Slippers and Sandals are strictly prohibited.
- 7.3. Each team may have one Head Coach/ Team Manager present at the bench.
- 7.4. Teams without a registered official present at the start of a match will not be
permitted to play.
- 7.5. All team officials must be at least 21 years of age.
- 7.6. Coach must have valid NROC status for this competition.
- 7.7. Only the registered Head Coach can stand and give out instructions during the
game, anyone else will be red carded.
- 7.8. Non-registered personnel are prohibited from the bench area and the field of
play at any time during competition.



8. Tournament Regulations

- 8.1. The competition shall follow World Aquatics Water Polo Rules 2026 unless otherwise stated in this competition document or further amendments and exceptions to the rules.
- 8.2. Any disputes beyond these rules will be resolved by the Organiser. All decisions are final.

9. Competition Format

- 9.1. A minimum of 4 teams is required for each category.
- 9.2. The competition format is subject to the total number of teams in each category, and will be determined by the Competition Manager once registration has closed.
- 9.3. The Competition Manager will plan the fixtures according to the number of teams upon the closing of registration. No change of team member is allowed during competition period.
- 9.4. Equipment

Category	Goal Post	Ball Size
10U Mixed	2.00m	Size 3 (Kap 7)
12U Mixed	2.50m	Size 3 (Kap 7)
15U Boys & Women's	3.00m	Size 4 (Kap 7)

*Organiser may substitute balls if necessary.

9.5. Points Awarded

- 9.5.1. Penalty Shoot-Out (PSO) for match ties;
- 9.5.2. **3 points** for match won;
- 9.5.3. **2 points** for match won by Penalty Shoot-out (PSO only 3 shots per team followed by sudden death);
- 9.5.4. **1 point** for match loss by PSO;
- 9.5.5. **0 Point** for match lost or forfeited.



9.6. Competition schedule (fixtures) will be announced after the Team Managers' meeting. Only Team Managers are to be present for the meeting. Team Managers meeting is compulsory unless otherwise permission is given by the Competition Manager.

9.7. Playing Time

9.7.1. Depending on the number of teams, team size and composition may change.

9.7.2. Preliminaries (round robin): Round 1 and 2

- 10U & 12U -> 2 Halves of 10 minutes running time
- No timeout for all categories during preliminaries
- Stoppage only for penalties or at referee's discretion

9.7.3. Playoffs: Round 3

- 10U, 12U, 15U & Women's - 4 Quarters of 8 minutes running time
- 2 minutes of interval between quarters
- Stoppage only for penalties or at referee's discretion

9.8. Team Composition

9.8.1. Minimum 7, Maximum of 15 players per team.

9.8.2. Essential for all Goalkeepers to wear red caps (#1 or #13)

9.8.3. The 2 teams in play shall wear their team caps of distinctive colour for differentiation

9.9. Field of Play

9.9.1. Field of play is 20m x 15m for 10U and 12U and 25m x 20 for 15U and Women's.

9.9.2. Markers:

- 10U markers are at 2m, 4m and 5m and Penalty is taken at 4m.
- 12U, 15U & Women's markers are at 2m, 5m and 6m and Penalty is taken at 5m.



9.10. Specific age group instructions:

9.10.1. 10U

- No direct shooting after a foul. Players must make at least one pass after taking a foul before attempting a shot;
- Possession is timed at 35 seconds;
- Exclusion of foul procedure. Excluded players may re-enter the field of play and resurface with their head above the water;
- Any player receiving 3 exclusions will be excluded for the remainder of the match.

9.10.2. 12U, 15U

- Exclusion of Foul Procedure. Excluded players will remain in the exclusion box for 18 seconds as per WA regulations.
- Possession is timed at 28 seconds;
- Any player receiving 3 exclusions will be excluded for the remainder of the match.

9.10.3. Women's

- Max Number 15 (Minimum players to register a team 7). Team may have up to 5 players above 21 years old registered. Minimum age 13 years old.
- Exclusion of Foul Procedure. Excluded players will remain in the exclusion box for 18 seconds as per WA regulations.
- Possession is timed at 28 seconds;
- Any player receiving 3 exclusions will be excluded for the remainder of the match.
- At any time, during the game, only 3 players above 21 may be in the water (Including the Goalkeeper).
- If a player younger than 21 years old scores, the team will be awarded 2 goals. If a player above 21 years old scores, the team will be awarded 1 goal.



10. Regular Game Time

10.1. In case of injuries, play shall be interrupted only on suspicion of a serious injury or if the injured player directly affects play.

10.2. Substitution of Players

10.2.1. All substitutions shall take place at the team's designated re-entry area near the goal line, with an unlimited number of substitutions permitted during a match or as stated on the age group exceptions to the rules.

10.2.2. A player leaving the water must completely exit at their team's re-entry area before a substitute may enter the pool.

10.2.3. An injured player who exits the pool outside their team's designated re-entry area must not be replaced until play is interrupted. A bleeding player is not allowed to participate in the match until the bleeding is under control and appropriate medical clearance is given.

11. Reporting and Walkover

11.1. A team shall concede to a walkover if they fail to report 10 minutes before the match time and be present at the scheduled time of play with at least 5 players.

11.2. A no show walkover automatically awards the opponent 3 points and a 3-0 win.

11.3. If an ineligible player was found to have participated, the matches he/she played in will be considered as a loss and a score line of 3-0 will be awarded to the opposing team. In addition, the team may be barred from further participation in the tournament. Should an ineligible player have played in the medal games, the medals will be given to the next placed team.

12. Disqualification

12.1. Player(s) will be disqualified in the event of unruly conduct or cheating.



12.2. The Organiser reserves the right to disqualify player(s) at its discretion and take further disciplinary action that could be in the form of a term ban in ActiveSG Cup Series.

13. Postponement

13.1. Matches may be postponed at the discretion of the Organiser (e.g. unfit venue).

14. Suspension

14.1. A player or official suspended or under investigation by any one of the following bodies is barred from participating in the competition for the period of suspension:

- a) Sport Singapore
- b) Singapore Aquatics (SAQ)

15. Force Majeure

15.1. The Organiser shall not be liable for any failure or delay in performance of its obligations under these Rules and Regulations which is due to Force Majeure. For the purposes of these Rules and Regulations, “Force Majeure” means any circumstances beyond the reasonable control of the Organiser, including but not limited to:

15.1.1. Acts of God, natural disasters, extreme weather conditions, floods, earthquakes, or other natural calamities.

15.1.2. Government actions, regulations, or restrictions including public health emergencies.

15.1.3. Any other circumstances that make it impossible, illegal, or commercially impracticable to proceed with the competition



15.2. In the event of Force Majeure, the Organiser reserves the right to:

15.2.1. Postpone, reschedule, or cancel the competition;

15.2.2. Modify the competition format, venue, or rules as necessary;

15.2.3. Suspend registration or participation;

15.2.4. Implement alternative arrangements deemed appropriate under the circumstances.

15.3. The Organiser shall have absolute discretion in determining whether a Force Majeure event has occurred and in deciding the appropriate course of action in response to such circumstances. The Organiser's decision regarding any Force Majeure event and its consequences shall be final and binding on all participants.

15.4. The Organiser will make reasonable efforts to notify participants of any changes due to Force Majeure circumstances through official communication channels. Participants acknowledge that no compensation, refunds, or damages shall be payable by the Organiser for any inconvenience, loss, or expense incurred as a result of Force Majeure events.

16. Misconduct

16.1. Technical Officials may report any misconduct to the Competition Manager in writing as soon as the game finishes.

16.2. The competitions manager may conduct an immediate investigation and a hearing and will convey one of the following actions:

16.2.1. A suspension to the player or team, including the team official.

16.2.2. A complete ban from the tournament.

16.2.3. Should the misconduct be serious and the investigation may take time, the Technical Officials may hand over the enquiry to organiser.

16.2.4. No appeals will be allowed to the Technical Officials decision.



16.2.5. Should the Technical Officials be conflicted to conduct a hearing, he may hand over the duty to any other officials as he deems fit, who is in a position of neutrality.

16.2.6. A red card would warrant an immediate one match suspension.

17. Awards

- 17.1. Medals will be awarded to the top 3 teams of this tournament in each category with minimum participation of 4 teams.
- 17.2. The Sportsmanship Excellence Award may be presented, as determined by the Technical Officials and Competition Managers based on exemplary conduct and sporting values demonstrated throughout the tournament.
- 17.3. All prize winners of each category must be present at the victory ceremony to receive the awards with proper attire (no slippers and sandals). Otherwise, the prizes will not be awarded to the teams concerned.

18. Protest & Appeal

- 18.1. A protest is an immediate action to contest the result or conduct of a match. An appeal may only relate to administrative or regulatory matters.
 - 18.1.1. Protests
 - 18.1.1.1. Protests must be raised on-site to the Chief Official/ Referee immediately during/ at the end of the match/ within 30 minutes after the match.
 - 18.1.1.2. The Chief Official/ Referee shall render a decision on the spot. Teams must continue with scheduled matches regardless of the outcome.
 - 18.1.1.3. Decisions made by the Chief Official/ Referees are final and are not subject to review by video or other recordings, or other sources. The Chief Official/ Referees shall have the power to make decisions on any points not specifically covered in the Rules and Regulations and to interpret the intent and purpose thereof.



18.1.2. Appeal

18.1.2.1. Any appeal shall be submitted through the Team's Officials only. Appeals submitted directly by individuals will not be accepted.

18.1.2.2. An appeal may only relate to administrative or regulatory matters. Appeals relating to Technical Officials' decisions on the field of play, including decisions on facts connected with play, shall not be entertained.

18.1.2.3. Any team intending to lodge an appeal shall notify the Organiser within one (1) day after the event ended. A full written appeal, together with clear reasons and supporting evidence, shall be submitted to the Organiser within the same timeframe, together with an appeal fee of One Hundred Dollars (SGD\$100), nonrefundable.

18.1.2.4. Upon receipt of a valid appeal, the Appeals Committee shall review all relevant reports and information and determine the outcome. Where necessary, relevant bodies may be consulted. Failure to comply with the above submission requirements shall render the appeal invalid and it shall not be entertained.

18.1.2.5. All decisions of the Appeals Committee shall be final and binding, no further correspondence shall be entertained.

19. Safeguarding

19.1. All Coaches, Players and Team Officials agree to:

19.1.1. Maintain an environment free from abuse and harassment, and shall be responsible for knowing the prevailing Singapore Aquatics (SAQ)'s Safe Sport Policy, SportSG Safe Sport Policy and behaviours which constitute Misconduct under the Safe Sport Unified Code;

19.1.2. Submit to the resolution process for any alleged breach of the Safe Sport Unified Code, which have been delegated by Singapore Aquatics (SAQ) and SportSG to the designated investigative or disciplinary bodies under the Safe Sport Programme.



19.2. Any person who witnesses, experiences, or becomes aware of Misconduct under the Safe Sport Unified Code should report it to any of the following channels:

19.2.1. Singapore Aquatics (SAQ) or SportSG appointed Safeguarding Officer(s)

19.2.2. Safe Sport Commission Singapore online reporting form

20. Code of Conduct and Professional Ethic

20.1. All shall maintain an environment free from abuse and harassment, and be responsible for knowing ActiveSG Cup Water Polo's Rules & Regulations, and behaviours which constitute Misconduct under the Safe Sport Unified Code.

21. Competition Jurisdiction

21.1. The Organiser holds the right to decide on any issues that may arise that are not stated in the General Regulations.

21.2. The Organiser has the right to alter the scheduled time and dates of the tournament if necessary. Participating teams will be informed of the changes as soon as possible.

21.3. It is the responsibility of participating teams to read through the Rules and Regulations thoroughly.

21.4. It is the responsibility of the players, Teachers-in-charge, Team Managers, Head Coaches, Assistant Coaches, to take note of the fixture after the preliminary rounds to avoid unnecessary walkover.

21.5. All decisions made by the Organiser are final.

21.6. While reasonable precautions will be taken, the organisers, its servants and agents will not be responsible or in any way liable for any death, disability, personal injury, loss of property or any other loss howsoever arising from any cause whatsoever at any time during the course of this competition.



Competition Rules Summary					
(follow WA rules with the following exceptions)					
Game Format		10U Mixed	12U Mixed	15U Boys	Women's
No. of Players Per Game		15 including goalkeepers (7 v 7, max. 8 players on bench)			
Cap No.		Cap nos. 1 & 13 shall be red goalkeeper caps. Cap nos. 2-12, 14-15 shall be the team's colour caps.			
Field Size/ Markers (Approximately)		20m x 15m / 0m-2m-4m-5m-Mid		25m x 15m / 0m-2m-5m-6m-Mid	
Goalpost Size / Ball Size		2m / Size 3	2.5m / Size 3	3m / Size 4	
Period Timing (full running)	Preliminary / Division1 and 2	2 quarters at 10 minutes, 2 minutes interval			
	Placing	4 quarters at 8 minutes, 2 minutes interval			
Possession / Repossession Time		35/20 seconds	28/18 seconds		
Exclusion Time		Swim to corner of pool, re-surface head above water		18 seconds	
Foul Taking		One pass is required before taking a shot	Standard		
Timeout		Preliminary round-robin matches: no timeout; Placing matches: 2 timeouts of 1 min each per game			
Penalty Shootout		3 shots per team followed by sudden death			
Technical Issues		In the event of a power or technical issue, the game shall proceed with manual timing			