

Naperville Subdivision Summer Water Polo League  
**NSSWPL YEAR 2008**  
**RULES AND REGULATIONS:**

TEAMS:

Teams will consist of coed boys and girls that have not yet entered high school. Age group athletes will compete in three divisions: 14 & Under Coed, 14 & Under Girls, and 11 & Under Coed. Teams should be comprised of athletes from their own pool membership. Combination with one other Pool is possible with League permission. Recruiting selective athletes is not allowed. U11 athletes may be allowed to play in U14 division at coach's discretion but no 12 & older will be allowed to play in U11 Division. Eligible U11 athletes must be under 11 yrs old before 5/31/08 (mirrors the NPD Swim Conference). Eligible U14 athletes must be 14 yrs old or under as of 5/31/08 (8<sup>th</sup> grade summer, prior to the start of high school). Any exceptions must be petitioned to the NSSWPL Coordinators.

As of the summer of 2006, the NSSWPL no longer extends membership to non-subdivision programs. The Naperville Park District class (Beach), and Waubonsie Whitewater Club will remain "grandfathered" into league competition. If one of these organizations removes themselves from competition, their exemption will be terminated and they will not be allowed to rejoin the NSSWPL.

PLAYING RULES:

We will follow all current USWP rules (see [www.usawaterpolo.com](http://www.usawaterpolo.com)) with the following exceptions:

- a. U14 Quarters will be 5 minutes in length (stop/start).
- b. U11 Quarters will be 5 min. running time with stop/start in the last minute of each quarter.
- c. Each team will be allowed two (2) timeout per game. One (1) in overtime.
- d. No goggles or jewelry / bands will be allowed during competitions
- e. Overtime will be used only during Championship games. 2 x 2 minute periods, followed by a sudden-victory period (a coin flip to be "called" by the visiting team shall determine defensive zones).
- f. Forfeits will result if ineligible players are used.
- g. Any Brutality or Unsportsmanlike foul is cause for expulsion from League play and the Championship series.
- h. All scores are final. The referee authority in each game is final.

LEAGUE RULES:

1. Each Team will play a minimum of five (5) Conference Games against different Teams in the League to secure seeding in Championship series. If more than one game is scheduled against a Team, the coaches must decide which game counts as the Conference qualifier. Teams can schedule games at a site as mutually agreed. Team games schedules and game results should be forwarded to League Coordinator when available. Game results will be posted on web site.
2. The NSSWPL league will offer 1 officials training session prior to the start of the season. Each team will be required to send at least one representative to the training session.
3. Each Team will be required to have one team Referee Representative (Parent/Coach/Referee) on deck to co-referee the game. The team Referee will be required to attend the pre-season training session. (This is similar to NPD Swimming Program).
4. The League will supply one trained IHSA official to 2 regular season games for each NSSWPL team. The 2 regular season games will be combined to maximize the use of the IHSA official. The intent is to help train the team's Referee Representative.
5. Sportsman Code (See statement below). As an organization we need to establish our own Code of Ethics to help promote the sport of Water Polo here in Naperville. Please review and address comments/concerns at the meeting.

6. The League will attempt to secure additional pool time at the area high schools and/or Centennial Beach. Dates will be made available via web site and equitably shared amongst the programs. Priority will be given to Conference game qualifiers and start-up programs lacking pool time.
7. The home team (blue caps and listed second in the schedule) is required to report the results of the contest within two days to the League Coordinator. Once posted on web site, results become final one week thereafter.
8. The 10<sup>th</sup> Annual "Naperville City" Championship series will be held during July and coordinated by the NSSWPL and elected host Team. For 2008, the 14U Girls and Coed Cups (hosted by **Check on this**) will take place during the week of July 14<sup>th</sup> at WVHS from 5 – 10 pm. The 11U Cup (hosted by Cress Creek) will be held Sunday, July 13<sup>th</sup> at Cress Creek Country Club. Awards for the top three places for the U14 and U11 divisions shall be provided. Single or double elimination will be determined based upon number of teams and pool availability. Coaches shall select an All-League Team at the conclusion of both Championships. Championship entry fees and tournament budgets shall be determined by the Tournament Directors with approval by the League Coordinators at a pre-Championship coaches meeting held on the Thursday night before the U11 tournament.
9. During tournament play, no individual player will be eligible to play for more than one team, regardless of division.
10. Teams are responsible for their own practice balls and game caps. The home pool is responsible for the game balls and running the table. All U14 and U11 Conference games shall have two referees per contest. Each team will supply one referee for four quarters. The teams must mutually agree on the services of two objective Referees (parents, administrators, or assistant coaches). Absent mutual consent, the teams must select a Referee from a list of eligible officials that have been certified by the League and posted on the web site. Any Referee fees shall be predetermined and paid by the participating teams. The League will secure the services of officials during the "Naperville City Championships".
11. Each team shall be required to have all athletes register with American Water Polo. American Water Polo will cover the insurance for each player, coach, team and league. The NSSWPL will continue with the same type of coverage as in years past but managed by a larger organization. Proof of AWP registration is required.
12. The success of the League requires the mutual respect amongst all the participants, including coaches, parents, administrators and Board members. Each team will be held responsible for its actions and the actions of its parents/fans at all League venues. Failure to respect property and person may result in the exclusion from future League participation as determined by the Executive Committee.
13. Further League Information and Updates can be found via web site: [www.napervillewaterpolo.com](http://www.napervillewaterpolo.com)

## **Adapted from Special Olympics -**

### **Sportsmanship**

Good sportsmanship is both the coaches' and athletes' commitment to fair play, ethical behavior and integrity. In perception and practice, sportsmanship is defined as fairness, respect for one's opponent and graciousness in winning or losing. It is those qualities that are characterized by generosity and genuine concern for others. Below we highlight a few focus points and ideas on how to teach and coach sportsmanship to your athletes. Lead by example.

#### **Competitive Effort**

- Put forth maximum effort during each event (especially seeding games).
- Practice the skills with the same intensity as you would perform them in competition.
- Always compete at your best level during a competition, whether you are winning or losing: Never quit.

#### **Fair Play at All Times**

Always comply with the rules.

Demonstrate sportsmanship and fair play at all times.

Respect the decision of the officials at all times.

#### **Expectations of Coaches**

Always set a good example for athletes and fans to follow.

Instruct athletes in proper sportsmanship responsibilities and demand that they make sportsmanship and ethics the top priorities.

Respect judgment of event officials, abide by rules of the event and display no behavior that could incite fans.

Treat opposing coaches, directors, athletes and fans with respect.

Shake hands with officials and the opposing coach in public both before and after the game.

Develop and enforce penalties for athletes who do not abide by sportsmanship standards.

Comply with Honest Effort Rule (team is playing to highest level possible at all times).

Ensure that the team is seeded properly to ensure fair competition. Teams can be disqualified if this rule is not complied with.

## **Expectations of Athletes & Adults**

Treat teammates with respect.

Encourage teammates when they make a mistake.

Treat opponents with respect: Shake hands prior to and after contests.

Respect judgment of contest officials, abide by rules of the contest and display no behavior that could incite fans.

Cooperate with officials, coaches or directors and fellow athletes to conduct a fair contest.

Do not retaliate (verbally or physically) if the other team demonstrates poor behavior.

Accept seriously the responsibility and privilege of representing Special Olympics.

Define winning as doing your personal best.

Live up to the high standard of sportsmanship established by your coach.

## **Coaching Tips**

Discuss floor hockey sportsmanship, controlling temper and behavior at all times.

Give sportsmanship awards or recognition after each competition or training.

Always commend the athletes when they demonstrate sportsmanship.

Respect other teams by not running up the score.

Teach your athletes to respect their opponents and themselves.

Teach your athletes to always stay under control, especially if they are feeling mad or angry.

Teach your athletes to celebrate their accomplishments, but never in a taunting manner.

Teach your athletes to always congratulate their opponents, win or lose.