

FLNS Mini Polo Nationals U10/U12

Rules and regulations

Season 2025/26

1. TEAMS

1.1 The teams have a maximum of 10 players and a minimum of 5players.

1.2 In the 2025/26 edition of the FLNS mini polo festival, the following are eligible to participate: In the U12 tournament, boys, girls, or mixed teams born in the years 2014 and later; In the U10 tournament, boys, girls, or mixed teams born in 2016 and later.

2. FIELD OF PLAY

2.1 The field of play should be 20 m x 15 m (maximum) and 15 m x 10 m (minimum)

2.2 The penalty area should be at 5 m (yellow signal)

2.3 The offside area is to be at 2m (red signal)

2.4 The goal dimensions: 2.15/50 m x 0.75/0.8 m

2.5 The ball to be Nr.3 (The match balls are provided by FLNS.)

3. DURATION OF THE GAME

3.1 Each game will last 2 periods of 6 minutes each with a 2-minute interval between periods for U10, 2 periods of 8 minutes for U12, with a 3-minute interval between periods.

3.2 The clock runs continuously and is only stopped in the event of: the scoring of a goal, the awarding of a penalty shot, or incidents of sickness, injury, or technical failures within the field of play.

3.3 The team in possession of the ball is not limited to 28 seconds of play.

4. PLAYING GAMES

4.1 At any time in the game, a player may be substituted by leaving the field of play at the ejection area nearest to the player's own goal line. The substitute may enter the field of play from the re-entry area as soon as the player has visibly risen to the surface of the water.

4.2 Only in the case of the U10 category can a player catch and throw the ball with two hands.

5. MAJOR FOULS

5.1 Illegal Contact Fouls Punishable by Exclusion

5.1.1 A foul of illegal contact is when a player holds, pulls back, or pushes his opponent in possession, or not in possession of the ball, with the intent of impeding his/her movement.

5.1.2 The defender can't hold the attacking player with 2 hands.

5.1.3 An excluded player can immediately return to the field (except for brutality, violent game, or disrespect) after first entering the ejection area placed under the bench.

5.2 Penalty Fouls

If a defender commits a "foul of illegal contact" within the 5-m zone, with the clear intent of preventing the scoring of a goal, a 5-m penalty will be awarded against him.

6. OFFENSIVE FOUL

6.1 Offensive Fouls When an attacking player, with or without possession of the ball, is holding, pushing, or pushing off a defender's body to obtain an advantage, he commits an offensive foul. This is considered an "illegal contact foul" and involves immediate change of ball possession and a free throw to the opposing team.

7. FREE THROW

7.1 Following an exclusion due to "illegal contact foul," a free throw shall be taken from the location of the ball, except if the "illegal contact foul" is committed by a defending player within the defender's 2-meter area, the free throw shall be taken on the 2-meter line opposite to where the foul was committed.

7.2 When an attacking player suffers a major foul due to an "illegal contact foul" outside the 5 m line, he cannot shoot directly, but may play the free throw, pass, or move in any direction and then shoot.

7.3 To play the ball after the free throw means to throw the ball up or to put it in the water.

8. MISCONDUCT AND VIOLENCE FOULS

8.1 Players committing an act of violence, or not showing respect towards players or referees, will be excluded from the remainder of the game.

9. POINTS



9.1 The winning team will be awarded 3 points

9.2 In case of a tie, one (1) point will be awarded to each team

9.3 The losing team will be awarded 0 points

9.4 After the conclusion of the round robin phases, a draw will not be allowed. Therefore, if the match ends in a draw, a series of 3 penalty shots will take place. If, at the end of this phase, the teams are still tied, then each team will alternately take a penalty shot until a victory emerges. The players will take their penalties in the same order as the first series of penalty shots.

10. REFEREES AND DESK OFFICIALS

10.1 One referee to officiate each game.

10.2 One secretary to keep the protocol of the game, the score, and to control the improper re-entry.

10.3 One timekeeper to record the exact periods of actual play and the intervals between periods.