

PESTA SUKAN 2025
COMPETITION RULES and REGULATION – Water Polo

Venue: Our Tampines Hub
1 Tampines Walk Our Tampines Hub Singapore 528523
Pool: 6th Floor Competition and Multi-Purpose Pools
Date: 13, 14 and 20 September 2025
Time: 8am – 8pm (timing may vary depending on the number of teams)
Organizer: GetActive! Singapore, Sport Singapore
Competition Management: Singapore Water Polo (SWP), Singapore Aquatics

1. Age Group Categories as of 2025

- 1.1 Dates of birth shall be, as at 31st Dec 2025
 - 1.1.1 10 and under (10U) - Born in the year 2015 and after
 - 1.1.2 12 and under (12U) - Born in the year 2013 and after
 - 1.1.3 14 and under (14U) – Born in the year 2011 and after
 - 1.1.4 16 and under (16U) – Born in the year 2009 and after
 - 1.1.5 Men's Open – 17 to 34 years of age as of 31st December this year. (Ages below or above will be subjected to screening and approval by SWP to enter this category)
 - 1.1.6 Women's Open – 16 to 50 years of age as of 31st December this year. (Ages below or above will be subjected to screening and approval by SWP to enter this category)
 - 1.1.7 Men's Masters – 35 years of age (as of 31st December this year) and above. (Ages below or well above will be subjected to screening and approval by SWP to enter this category)
- 1.2 Players can choose to compete in one age group category higher if applicable.

2. Competition Rules

- 2.1 The competition shall follow World Aquatics Water Polo Rules 2025 unless otherwise stated in this competition document or further amendments and exceptions to the rules.

3. Competition Format

- 3.1 Teams will be split into 2 groups if there are 6 or more teams in a category
- 3.2 All games will have a winner
- 3.3 Points awarded:
 - 3.3.1 Penalty shoot-out (PSO) for match ties
 - 3.3.2 3 points for match won
 - 3.3.3 2 points for match won by PSO
 - 3.3.4 1 point for match lost by PSO
 - 3.3.5 0 points for match lost or forfeited
- 3.4 Depending on the number of teams, format may change.

4. Playing Time

- 4.1 Preliminaries (league)
 - 4.1.1 10U and 12U – 2 halves of 10 minutes running time (stoppage at Penalty taking and at referee's discretion), 2 minutes interval
 - 4.1.2 14U, 16U, Men's Open, Women's Open and Men's Masters – 2 halves of 8 minutes actual time, 2 minutes interval
 - 4.1.3 No timeout
 - 4.1.4 3 players for PSO, followed by sudden death
- 4.2 Playoff (knockout)
 - 4.2.1 10U and 12U – 4 quarters of 8 minutes running time (stoppage at Penalty taking and at referee's discretion), 2 minutes interval in between quarters 1 & 2 and quarters 3 & 4, 3 minutes interval at half break
 - 4.2.2 14U, 16U, Men's Open, Women's Open and Men's Masters – 4 quarters of 7 minutes actual time, 2 minutes interval in between quarters 1 & 2 and quarters 3 & 4, 3 minutes interval at half break
 - 4.2.3 Standard PSO rule
 - 4.2.4 Playoffs are limited to the top teams from each category
- 4.3 Depending on the number of teams, playing time may change.

5. Team Size and Composition

- 5.1 Each team shall have a min. of 7 players and max. 15 players to play
- 5.2 Goalkeepers shall wear red cap with numbers 1 or 13
- 5.3 The 2 teams in the game shall wear their team caps of distinctive different colours for differentiation
- 5.4 Each player may only represent one team per category
- 5.5 At least 70% ratio of Singaporean (PR inclusive) versus Foreigners in the overall team composition (except on the international competition, if any)
- 5.6 National / carded players can take part, no limit per team
- 5.7 Depending on the number of teams, team size and composition may change.

6. Field of Play (FOP) Size (variation +- 5m)

- 6.1 10U and 12U – 20m by 15m
- 6.2 14U, 16U, Men's Open, Women's Open and Men's Masters – 25m by 20m
- 6.3 10U markers are at 2m, 4m and 5m and Penalty is taken at 4m.

7. Ball Size

- 7.1 10U and 12U – size 3
- 7.2 14U and Women's Open – size 4
- 7.3 16U, Men's Open and Men's Masters – size 5.

8. Goalpost Size

- 8.1 10U and 12U – 2m by 0.7m
- 8.2 14U, 16U, Men's Open, Women's Open and Men's Masters – 3m by 0.9m.

9. Entries

- 9.1 There is no limit to the number of teams each organization may enter, however priority will be given to those with only 1 team
- 9.2 The entry fees as follows:
 - 9.2.1 10U – \$80
 - 9.2.2 12U – \$80
 - 9.2.3 14U - \$120
 - 9.2.4 16U - \$120
 - 9.2.5 Women's Open – \$120
 - 9.2.6 Men's Open – \$120
 - 9.2.7 Men's Master - \$120

10. Registration - CLOSED

- 10.1 Registration closes on **29 Aug 2025**

All participants shall be Singapore Citizens, Singapore Permanent Residents and non-Singapore Citizens residing in Singapore with valid passes as follows: Student Pass; Long Term Pass; Dependent's Pass; Work Permit; S Pass; or Employment Pass

The representative of the teams (participant, team manager or coach) is required to register all team members and make the payment for the team entry fee at the link below:

<https://www.activesgcircle.gov.sg/getactive-singapore/pesta-sukan/sport/water-polo>

Registration with ActiveSG membership is mandatory to complete the payment transaction.

11. Indemnity Form

- 11.1 The participants of Pesta Sukan 2025 shall be responsible to provide accurate information during registration as required. The Organizer may check on eligibility and accuracy of entries. Player(s) found ineligible or have provided inaccurate information may result in disqualification
- 11.2 All participants are required to complete and submit the digital Indemnity Form before the competition
- 11.3 The form may be retrieved at the link: <https://go.gov.sg/pesta2025> or by scanning the QR code:



pesta2025_IndemnityForm

12. Fixture, Team Draw and TM Briefing

- 12.1 Team grouping will be seeded / drawn by the Organizer and Competition Management
- 12.2 Fixture release date on **6 September 2025**
- 12.3 Team Managers Briefing on **11 September 2025 11.30am**

Team Managers Briefing Zoom Meeting Details:

<https://us02web.zoom.us/j/88497874280?pwd=hArjOV3AAbmzgJJ2G53qb17uWxQVM9.1>

Meeting ID: 884 9787 4280

Passcode: 695211

Team Managers Deck:

https://drive.google.com/file/d/16UO-Qaxwz4o7tB48_5PrAwDB6ggPIHKF/view?usp=sharing

13. Coaches' Accreditation

- 13.1 Coaches who wish to apply for an accreditation pass to be on deck during Pesta Sukan must be an NROC Member
- 13.2 Clubs / Schools are required to send in the names of their coaches and team managers (min age of 18 years old based on DOB) with their entry files to secure a pass.

14. Protest

- 14.1 Protest form must be submitted to the referees by Team Manager no later than 30 minutes after the conclusion of the match. The situation and reason should be described clearly with the WA Rule and a deposit of SGD \$100 to the Competition Manager on duty
- 14.2 If the protest is not upheld, the deposit shall be forfeited
- 14.3 The Organizer's decision to any protest shall be final.

15. Others

- 15.1 The Rules and Regulations as depicted here and other competition documents are current at the time of printing or posting on Pesta Sukan 2025 website
- 15.2 The Organizer and Competition Management reserve the right to add, delete and/or vary the said rules and regulations and matters of the competition at any time as they deem fit.

End of info pack