



GETACTIVE!
SINGAPORE



Team Managers Briefing

13 July 2026 11.00am

Teams Meeting

Pesta Sukan 2026 Water Polo

18, 19 and 25 July 2026 @ Our Tampines Hub

What is Pesta Sukan

“Pesta Sukan” is a Malay phrase for Festival of Sports.

“Pesta” means festival and “Sukan” means sports.

The festival was and remains its objective to provide an opportunity for sportsmen and women to get together in **camaraderie** and **goodwill**, and to raise the standard of sports through **friendly** competition.

Event Administration

Event Main Organiser

Sport Singapore, GetActive! Singapore

Competition Management

Singapore Aquatics (SAQ), Singapore Water Polo (SWP)

Runners / Ushers

Team Nila

Agenda

- ❑ **Competition Rules**
- ❑ **Teams & Competition Format**
 - Participating Teams
 - Team Grouping
 - Competition Format
- ❑ **Game Fixtures**
- ❑ **Competition Venue**
 - Access Points
 - Movement Flow & Access Control
 - FOP Layout
- ❑ **Important Reminders**
- ❑ **Q&A**

Competition Rules

The competition shall follow the World Aquatics Water Polo Rules 2026 unless otherwise stated in the competition documents or further amendments and exceptions.

For your interest, you may access the following links to view the rules:

[World Aquatics Competition Regulations](#)

[Pesta Sukan R&R](#)

(Match results are also posted at the ActiveSG Circle website)

Competition Rules cont.

☐ **Competition Format**

- Teams will be split into groups if there are more than 6 teams in a category
- Team grouping will be seeded/drawn by the Organiser and Competition Management
- Depending on the number of teams, the format may vary

☐ **Team Ranking System**

- All games will have a winner
- Penalty shoot-out (PSO) is conducted if there is a match tie
- 3 points for match won
- 2 points for match won by PSO
- 1 point for match lost by PSO
- 0 points for match lost or forfeited / walkover

☐ **Walkover**

- In the event of a walkover, Team Manager or Head Coach must be present to announce the walkover to the Table Official or Competition Manager, and the game shall be 5-0 in favour of the opposition

☐ **Team Attire**

- Team Officials to be dressed in tops from their organisations, sport shorts/pants and covered shoes
- Players to wear water polo attire
- Teams to bring their own caps (Inner cap of the same colour (Light/Dark) of the WP Cap)

Competition Rules cont.

□ Playing Time

□ Preliminary (Round Robin) / Crossover

□ 10U and 12U

- 2 halves of 10 minutes full running time (stoppage at Penalty and referee's discretion), 2 minutes interval
- Teams must return to their halves without delay after a goal or referee may stop the clock and warn the teams for purposely delaying the start of the game
- Exclusion - players to swim to the team's re-entry corner, raise head above water surface and before swimming back to play

➤ Other Categories

- 2 halves of 8 minutes actual time, 2 minutes interval

➤ No timeout

□ Medals

➤ 10U and 12U

- 4 quarters of 8 minutes full running time (stoppage at Penalty and referee's discretion), 2 minutes interval in between quarters 1 & 3, and quarters 3 & 4, 3 minutes interval at half break
- 2 Time Outs

➤ Others Categories

- 4 quarters of 7 minutes actual time, 2 minutes interval in between quarters 1 & 3, and quarters 3 & 4, 3 minutes interval at half break
- 2 timeouts

□ Depending on the number of teams, playing time may change

Competition Rules cont.

❑ Team Size for Game

- Each team may have up to maximum 3 team officials (Head Coach, Assistant Coach and Team manager)
- Team must have minimum 7 players to start and maximum 15 players
- Non-registered players are not allowed to take part in the competition

❑ FOP / Goalpost / Ball Sizes (sizes may have minimal variations)

Category	Field of Play	Goal Post	Ball
10U	20 m x 15 m	2 m x 0.7 m	Size 3
12U	20 m x 15 m	2.5 m x 0.7 m	Size 3
15U	25 m x 20 m	3 m x 0.9 m	Size 4
Men's Open / Masters			Size 5
Women's Open			Size 4

Competition Rules cont.

❑ FOP Layout and Rules

- 10U
 - Markers at 2m, 4m, 5m and mid-field
 - Penalty to be taken at 4m line
- Players are not allowed to kick-off the wall when at swim-off or re-entering FOP after exclusion

❑ Spectatorship

- Spectators viewing gallery is at level 7
- Spectators are not allowed to enter the competition floor at level 6

❑ Photography

- Arrangements will be made by Sport Singapore
- Other photographers not arranged by Sport Singapore may be allowed provided they have requested access through email to SAQ and Sport Singapore, at level 6 competition floor

❑ Registration on Game Day

- Coaches or Team Managers will register the Teams at level 7 before proceeding to level 6 competition floor
- Only Team Officials and Teams are able to access level 6 competition floor
- Team Managers need to be 18 years old and above

Competition Rules cont.

☐ **Protest**

- No VAR and no Coaches' Challenge in this competition
- Team Manager may obtain the Protest Form from the Table after the match
- The situation and reason should be described clearly and a deposit of **SGD100** to be submitted by the Team Manager to the Competition Manager on duty **no later than 30 minutes after the conclusion of the match**
- If the protest is not upheld, the deposit shall be forfeited
- The Organiser's decision to any protest shall be final

☐ **Prizes and Medals**

- Medals will be awarded to the top 3 teams of a category provide the category has 4 teams or more participating (based on the 'minus 1 rule')
- Any exception to this rule will be at the discretion of the Organiser

Competition Rules cont.

PESTA SUKAN 2026 WP COMPETITION RULES SUMMARY				
Category		10U	12U	15U/MO-MM/WO
Number of Players		7v7 as per Aqua Regulations (Max 15 Players)		
Cap Numbers		Cap Nos 1 & 13 shall be red goalkeeper		
FOP Size		20m x 15m		25m x 20m
FOP Markers		2/4/5 m (Penalty at 4m)	Standard	
Ball Size		Size 3		Size 4 (U15/WO) Size 5 (MO-MM)
Period Timming	Prelim/RR	2 Halves @ 10 min full running clock (Stoppage at penalty and Ref discretion) 2 min intervals		2 Halves @ 8 min actual time, 2 min intervals
	Medals	4 quarters @ 8 min full running clock (Stoppage at penalty and Ref discretion) 2 min intervals, half time 3 min interval		4 quarters @ 7 min actual time (Stoppage at penalty and Ref discretion) 2 min intervals, half time 3 min interval
Possession		Standard		
Exclusion Foul		Swim to corner, touch and go		Standard
Penalty Shootout	Prelim/RR	3 Penalties followed by Sudden Death		
	Medals	Standard		
Time Out	Prelim/RR	No Time Outs		
	Medals	Standard		

Teams & Competition Format

Participating Teams

Category	Number of Teams
10U	6
12U	10
15U	9
MEN'S OPEN	7
WOMEN'S OPEN	4
Total	36

10U

TEAMS

A1	PDC
A2	Pacer
A3	Active SG OTH U10
A4	Active SG Clementi U10
A5	Chinese Swimming Club
A6	28 Degrees

12U

GROUP A		GROUP B	
A1	PDC	B1	Pacer PDC
A2	Pacer Katong	B2	Active SG Clementi U12
A3	AWPA Hammerheads	B3	AWPA Tigersharks
A4	Chinese Swimming Club	B4	Aegir
A5	Seals 12U	B5	28 Degrees

15U

GROUP A		GROUP B	
A1	PDC	B1	Pacer Katong
A2	AWPA	B2	AWPA 2
A3	Chinese Swimming Club	B3	Aegir
		B4	Seals Aquatic
A5	Seals Movement	B5	28 Degrees

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GROUP A		GROUP B	
A1	Chinese Swimming Club	B1	Aegir Open
A2	Penisonic	B2	Remember Me
A3	Hwa Chong Alumni Association	B3	Goon Squad
A4	Aegir Masters		

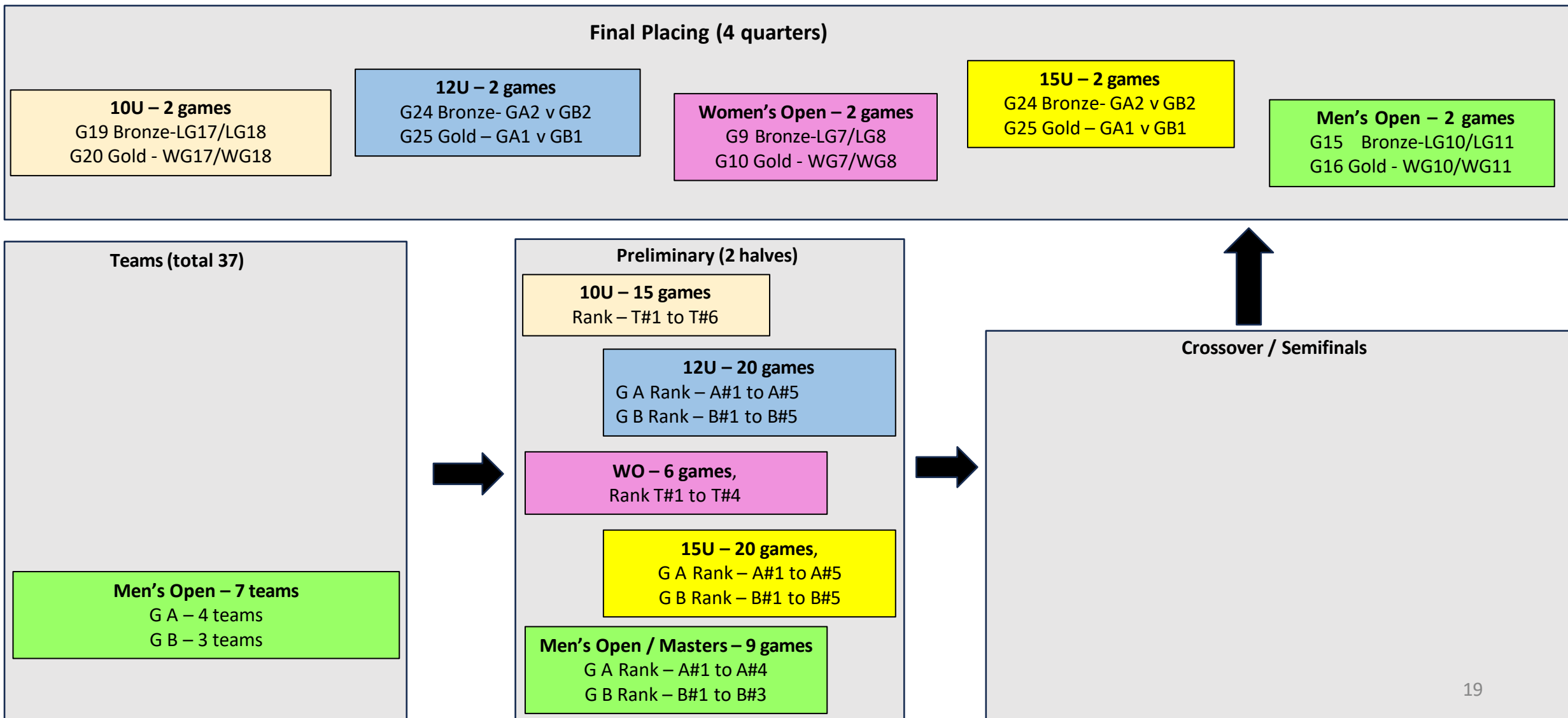
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TEAMS

A1	SPCCA
A2	We are the Team
A3	We are the Mind
A4	Masters

Teams & Competition Format cont.

Competition Format



Game Fixtures

10U

	Time	FOP	Match No.	White	vs	Blue
DAY 1 18 July SATURDAY	7:30	DOOR OPEN FOR REGISTRATION				
	8:00 - 8:45	FOP SETUP				
	9:00 - 9:30	A	G1	PACER	v	PDC
	9:45 - 10:15	A	G2	OTHU10	v	28D
	10:30 - 11:00	A	G3	CLEMU10	v	CSC
	11:15 - 11:45	A	G5	28D	v	PDC
	12:00 - 12:30	A	G4	OTHU10	v	CLEMU10
	12:45 - 13:15	A	G6	PACER	v	CSC
	13:15 - 14:15					
	14:30 - 15:00	A	G7	28D	v	CLEMU10
	15:15 - 15:45	A	G8	PACER	v	OTHU10
	16:00 - 16:30	A	G9	PDC	v	CSC
	16:45 - 17:15	A	G12	28D	v	PACER
	17:30 - 18:00	A	G11	CSC	v	OTHU10
	18:15 - 18:45	A	G10	CLEMU10	v	PDC
	19:00	A				

	Time	FOP	Match No.	White	vs	Blue
DAY 2 19 July SUNDAY	7:30	DOOR OPEN FOR REGISTRATION				
	8:00 - 8:45	FOP SETUP				
	9:00 - 9:30	A	G13	CSC	v	28D
	9:45 - 10:15	A	G14	PDC	v	OTHU10
	10:30 - 11:00	A	G15	CLEMU10	v	PACER
	11:15 - 11:45	A	G16	5th	v	6th
	12:00 - 12:30	A	G17	1st	v	4th
	12:45 - 13:15	A	G18	2nd	v	3rd
	13:15 - 14:15					
	14:30 - 15:30	A	G19	LG17	v	LG18
	15:45 - 16:45	A	G20	WG17		WG18
	17:30		MEDALS 10U			
	18:00	A				

12U

	Time	FOP	Match No.	White	vs	Blue
DAY 1 18 July SATURDAY	7:30	DOOR OPEN FOR REGISTRATION				
	8:00 - 8:45	FOP SETUP				
	9:00 - 9:30	B	G1	PDC	v	CSC
	9:45 - 10:15	B	G2	P KATONG	v	HAMMERHEAD
	10:30 - 11:00	B	G3	PACER PDC	v	AEGIR
	11:15 - 11:45	B	G4	CLEMU12	v	TIGERSHARKS
	12:00 - 12:30	B	G5	HAMMERHE	v	PDC
	12:45 - 13:15	B	G6	CSC	v	SEALS
	13:15 - 14:15					
	14:30 - 15:00	B	G7	TIGERSHAR	v	PACER PDC
	15:15 - 15:45	B	G8	AEGIR	v	28D
	16:00 - 16:30	B	G9	SEALS	v	HAMMERHEAD
	16:45 - 17:15	B	G10	PDC	v	P KATONG
	17:30 - 18:00	B	G11	28D	v	TIGERSHARKS
	18:15 - 18:45	B	G12	PACER PDC	v	CLEMU12
	19:00 - 19:30	B	G13	CSC	v	P KATONG
	19:45 - 20:15	B	G14	SEALS	v	PDC
	20:15	B				

	Time	FOP	Match No.	White	vs	Blue
DAY 2 19 July SUNDAY	7:30	DOOR OPEN FOR REGISTRATION				
	8:00 - 8:45	FOP SETUP				
	9:00 - 9:30	B	G15	AEGIR	v	CLEMU12
	9:45 - 10:15	B	G16	28D	v	PACER PDC
	10:30 - 11:00	B	G17	P KATONG	v	SEALS
	11:15 - 11:45	B	G18	HAMMERHEADS	v	CSC
	12:00 - 12:30	B	G19	CLEMU12	v	28D
	12:45 - 13:15	B	G20	TIGERSHARKS	v	AEGIR
	13:15 - 14:15					
	14:30 - 15:00	B	G21	5TH	v	5TH
	15:15 - 15:45	B	G22	4TH	v	4TH
	16:00 - 16:30	B	G23	3RD	v	3RD
	16:45 - 17:45	B	G24	2ND	V	2ND
	18:00 - 19:00	B	G25	1ST	v	1ST
	19:45	B	MEDALS 12U			
	20:00					

15U

	Time	FOP	Match No.	White	vs	Blue
DAY 1 18 July SATURDAY	7:30	DOOR OPEN FOR REGISTRATION				
	8:00 - 8:45	FOP SETUP				
	9:00 - 9:30	C	G1			
	9:45 - 10:15	C	G2	AWPA	v	CSC
	10:30 - 11:00	C	G3	P KATONG	v	SEALS AQ
	11:15 - 11:45	C	G4	AWPA 2	v	AEGIR
	12:00 - 12:30	C	G5	CSC	v	PDC
	12:45 - 13:15	C	G6			
	13:15 - 14:15					
	14:30 - 15:00	C	G7	AEGIR	v	P KATONG
	15:15 - 15:45	C	G8	SEALS AQ	v	28D
	16:00 - 16:30	C	G9	SEALS MOV	v	CSC
	16:45 - 17:15	C	G10	PDC	v	AWPA
	17:30 - 18:00	C	G11	28D	v	AEGIR
	18:15 - 18:45	C	G12	P KATONG	v	AWPA 2
	19:00 - 19:30	C	G13	SEALS MOV	v	PDC
	19:45 - 20:15	C	G14			
	20:15					

	Time	FOP	Match No.	White	vs	Blue
DAY 2 25 July SATURDAY	7:30	DOOR OPEN FOR REGISTRATION				
	8:00 - 8:45	FOP SETUP				
	9:00 - 9:30	C	G15	SEALS AQ	v	AWPA 2
	9:45 - 10:15	C	G16	28D	v	P KATONG
	10:30 - 11:00	C	G17	AWPA	v	SEALS MOV
	11:15 - 11:45	C	G18	AWPA 2	v	28D
	12:00 - 12:30	C	G19	AEGIR	v	SEALS AQ
	12:45 - 13:15	C	G20	4TH A	v	4TH B
	13:15 - 14:15					
	14:30 - 15:00	C	G21	5TH B	v	4TH B
	15:15 - 15:45	C	G22	4TH A	v	5TH B
	16:00 - 16:30	C	G23	3RD	v	3RD
	16:45 - 17:45	C	G24	2ND	v	2ND
	18:00 - 19:00	C	G25	1ST	v	1ST
	20:00	C				
	20:15					

OM

	Time	FOP	Match No.	White	vs	Blue
DAY 1 19 July SUNDAY	7:30	DOOR OPEN FOR REGISTRATION				
	8:00 - 8:45	FOP SETUP				
	9:00 - 9:30					
	9:45 - 10:15					
	10:30 - 11:00					
	11:15 - 11:45					
	12:00 - 12:30					
	12:45 - 13:15					
	13:15 - 13:45					
	14:00 - 14:30	C	G1	PENISONIC	v	CSC
	14:45 - 15:15	C	G2	HCAA	v	AEGIR M
	15:30 - 16:00	C	G3	AEGIR	v	REM ME
	16:15 - 16:45	C	G4	AEGIR M	v	PENISONIC
	17:00 - 17:30	C	G5	CSC	v	HCAA
	17:45 - 18:15	C	G6	AEGIR	v	GOON SQUAD
	18:30 - 19:00	C	G7	AEGIR M	v	CSC
	19:15 - 19:45	C	G8	PENISONIC	v	HCAA
	20:00 - 20:30	C	G9	REM ME	v	GOON SQUAD
	20:45					

	Time	FOP	Match No.	White	vs	Blue
DAY 2 25 July SATURDAY	7:30	DOOR OPEN FOR REGISTRATION				
	8:00 - 8:45	FOP SETUP				
	10:30 - 11:00	D	G10	1st A	v	2nd B
	11:15 - 11:45	D	G11	1st B	v	2nd A
	11:45 - 12:45					
	13:00 - 13:30	D	G12	3rd A	v	3rd B
	13:45 - 14:15	D	G13	4th A	v	3rd B
	14:30 - 15:00	D	G14	3rd A	v	4th A
	17:45 - 18:45	D	G15	LG10	v	LG11
	19:00 - 20:00	D	G16	WG10	v	WG11
	20:15	MEDALS OPEN M + M + OW				
	20:30					

OW

	Time	FOP	Match No.	White	vs	Blue
DAY 1 19 July SUNDAY	7:30	DOOR OPEN FOR REGISTRATION				
	8:00 - 8:45	FOP SETUP				
	9:00 - 9:30	C	G1	TEAM	v	SPCCA
	9:45 - 10:15	C	G2	MIND	v	MASTERS
	10:30 - 11:00	C	G3	MASTERS	v	TEAM
	11:15 - 11:45	C	G4	SPCCA	v	MIND
	12:00 - 12:30	C	G5	MASTERS	v	SPCCA
	12:45 - 13:15	C	G6	TEAM	v	MIND
	13:15 - 13:45					
	14:00 - 14:30					
	14:45 - 15:15					
	15:30 - 16:00					
	16:15 - 16:45					
	17:00 - 17:30					
	17:45 - 18:15					
	18:30 - 19:00					
	19:15 - 19:45					
	20:00 - 20:30					
	20:45					

	Time	FOP	Match No.	White	vs	Blue
DAY 2 25 July SATURDAY	7:30	DOOR OPEN FOR REGISTRATION				
	8:00 - 8:45	FOP SETUP				
	9:00 - 9:30	D	G7	1st	v	4th
	9:45 - 10:15	D	G8	2nd	v	3rd
	11:45 - 12:45					
	15:15 - 16:15	D	G9	LG7	v	LG8
	16:30 - 17:30	D	G10	WG7	v	WG8
	20:15	MEDALS OPEN M + M + OW				
	20:30					

Competition Venue

Comp Venue cont. - Access Points

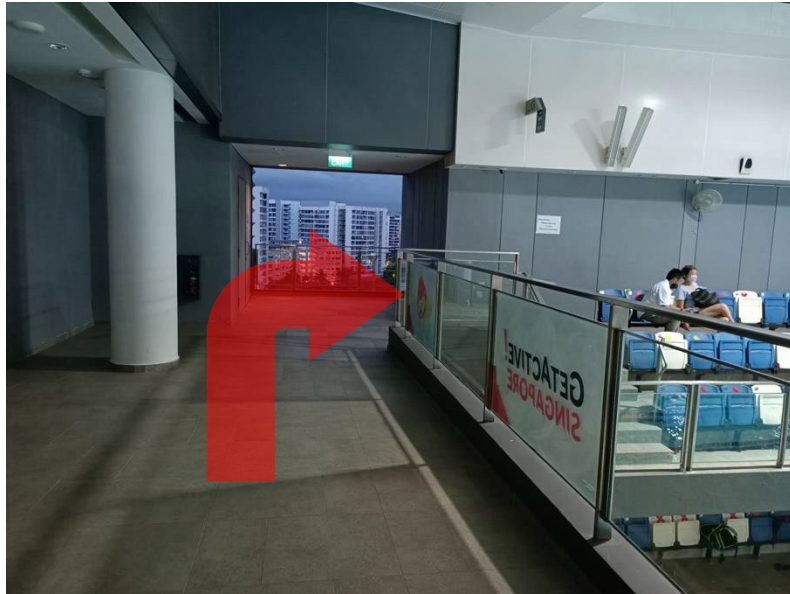
- ❑ **All** players, coaches and officials are required to enter the competition venue via **Level 7**
- ❑ Upon exiting the lift:



Upon exiting the lift on level 7, turn left and walk straight

Comp Venue – Access Points cont.

- After registration for the day, players, coaches and officials proceed to **Aisle B** to go down to **Level 6** Competition Floor

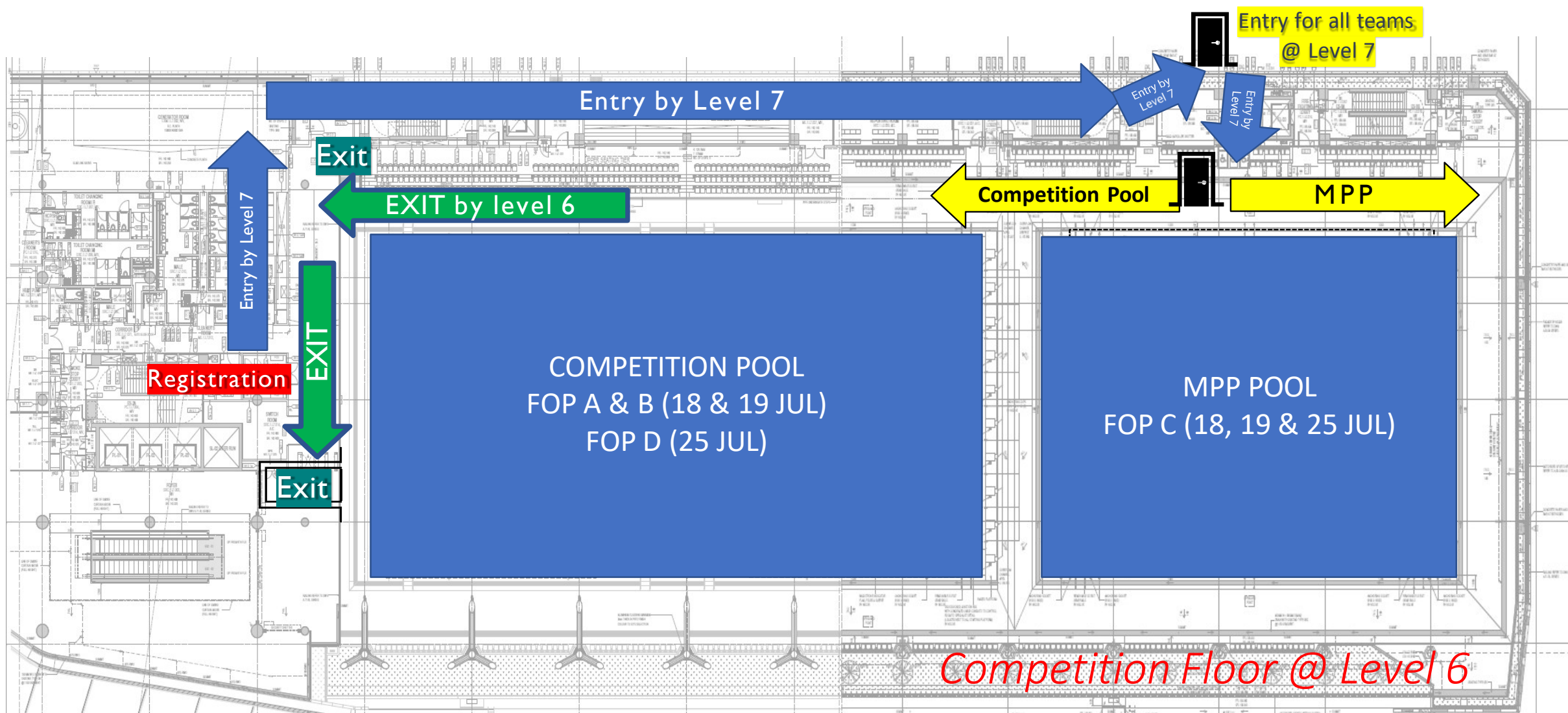


Turn right and walk along the corridor



- Look out for the signage that says 'Aisle B – Seat 014 – 039'
- Enter through the door on the left and walk down the staircase

Comp Venue cont. – Movement Flow

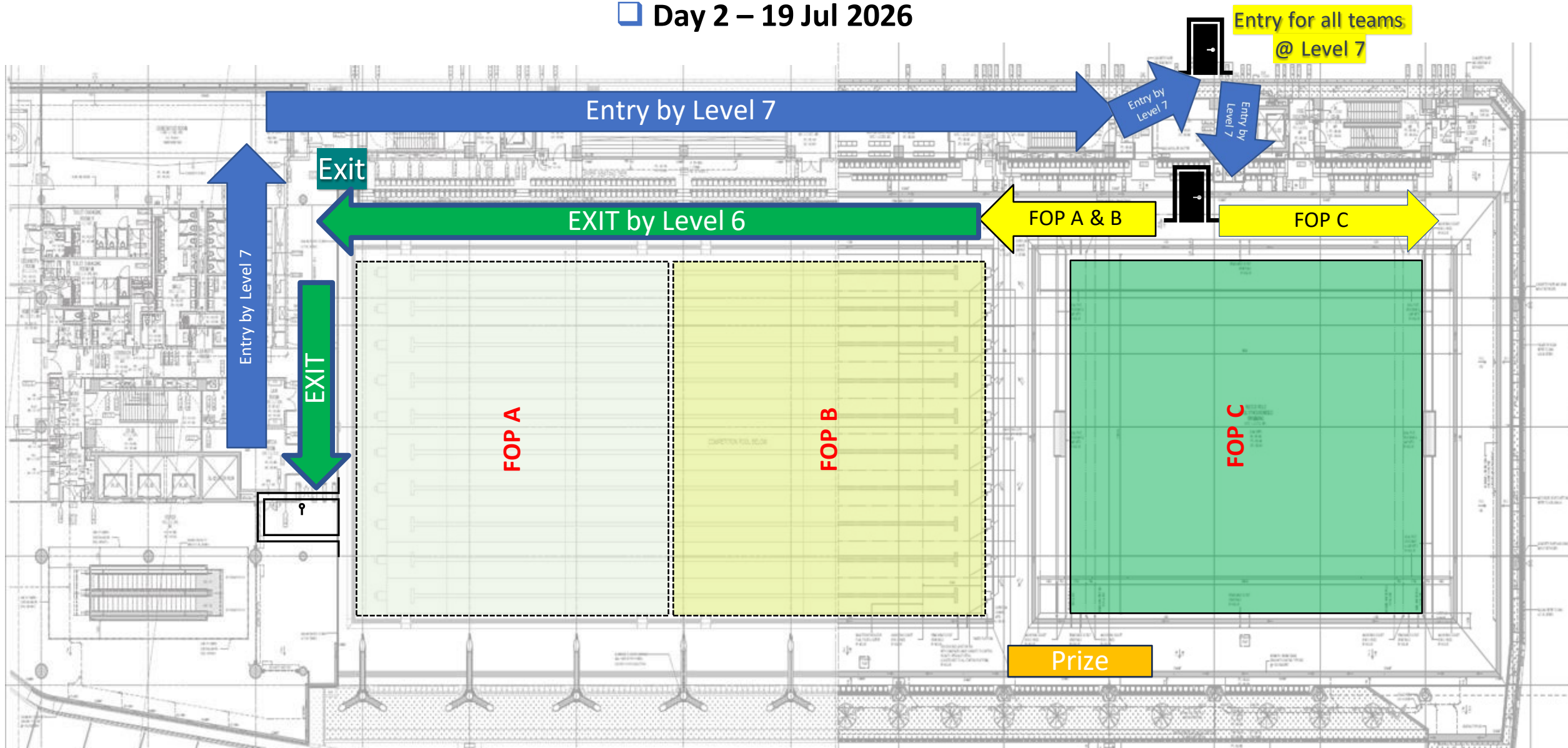


Competition Floor @ Level 6

Comp Venue cont. – Access Control

☐ Day 1 - 18 Jul 2026

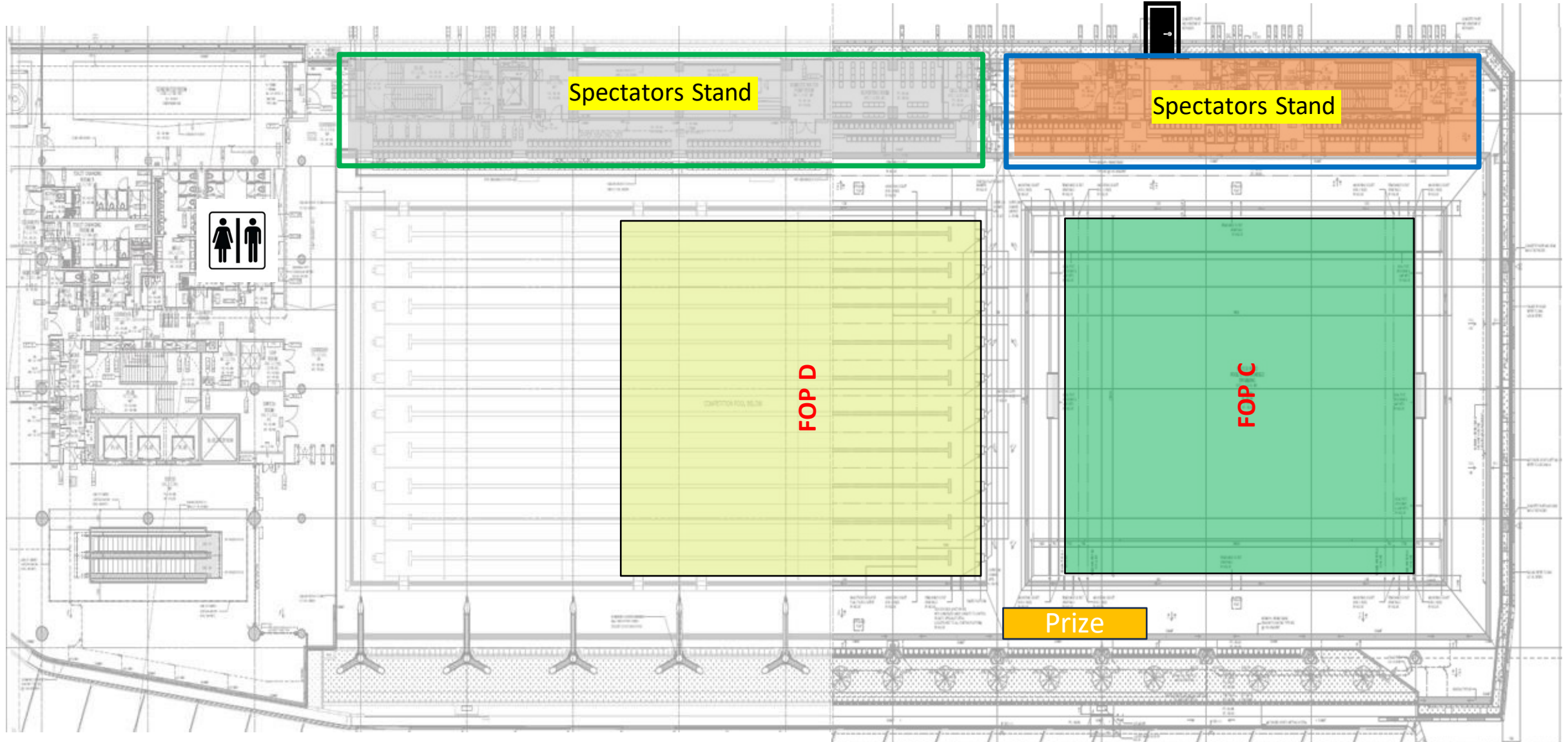
☐ Day 2 – 19 Jul 2026



Comp Venue – Access Control cont.

□ Day 3 - 25 Jul 2026

Entry for all teams





Important Reminders

- ☐ Please bring your own playing caps
- ☐ For the safety of all participants, ensure your players trim and file their finger and toe nails
- ☐ Match results: [Water Polo | Pesta Sukan | GetActive! Singapore](#)
- ☐ Indemnity Form
 - All participants **must** fill up the digital indemnity form sent to their emails after registration.



Kindly ensure that the Indemnity Form is submitted upon completion of registration, as it is a mandatory requirement for participation in the Pesta Sukan event.



Important Reminders

☐ Prices and Medals:

- All categories will receive medals for the top 3 teams. (Provided there is a minimum of 4 teams in the category)
- Categories with 8 or more teams will also get a prize money for the first 3 qualified teams.

☐ Match results:



<https://go.gov.sg/pesta-sukan-water-polo>

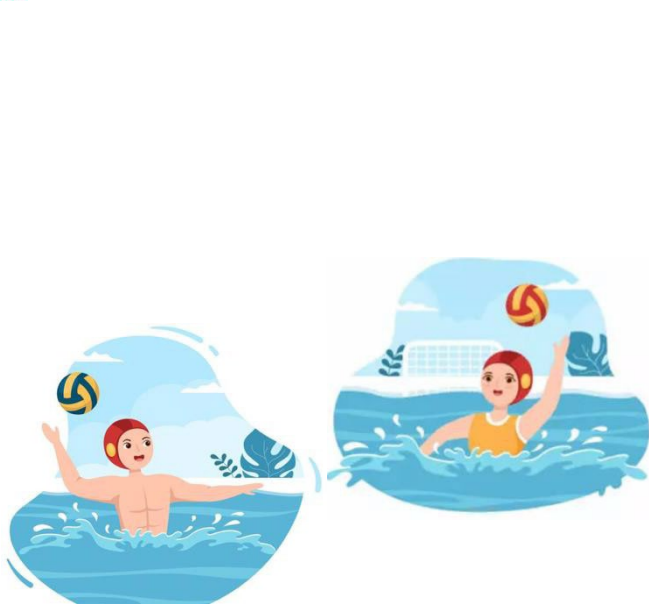


REGISTRATION PORTAL

Due to a very high number of requests from teams to change or add players, the registration portal will be opened for a few hours only today in order for teams to make the necessary amendments.

Please note that no more than 15 players are allowed per team and now new teams are allowed to be registered at this point.





We seek your cooperation and understanding to treat everyone with respect, and if there are differences or challenges along the way, let's work together to resolve them.

Thank you for your participation and contributions!
Let's work together to make this event a success!

