

PESTA SUKAN 2026

COMPETITION RULES and REGULATION – Water Polo

Venue: Our Tampines Hub (OTH) 1 Tampines Walk Our Tampines Hub Singapore 528523

Pool: Level 6 Competition and Multi-Purpose Pools

Date: 18, 19, 25, 26 July 2026

Time: 8am – 8pm (timing may vary depending on the number of teams)

Organizer: Get Active! Singapore, Sport Singapore

Competition Management: Singapore Water Polo (SWP), Singapore Aquatics

1. Age Group Categories

a. Age as of 31st December 2026:

- i. 10 and under (**10U**) – Born in the year 2016 and after;
- ii. 12 and under (**12U**) – Born in the year 2014 and after;
- iii. 15 and under (**15U**) – Born in the year 2011 and after;
- iv. **Men's Open** – 16 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);
- v. **Women's Open** – 14 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);
- vi. **Men's Master** – 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).

b. Players can choose to compete in one age group category higher if applicable.

2. Competition Rules

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

3. Competition Format

- a. Teams will be split into 2 groups if there are 6 or more teams in a category;
- b. All games will have a winner (Penalty shoot-out (PSO) for match ties);
 - i. Game point system:
 - 3 points for match won;
 - 2 points for match won by PSO;
 - 1 point for match lost by PSO;
 - 0 point for match lost or forfeited.
 - ii. Walkover team awards 5 goals to opposing team;
- c. Depending on the number of teams, format may change.

4. Playing Time

a. Preliminary Round (Round Robin) and Crossover Round

- i.** 10U and 12U – 2 halves of 10 minutes running time (stoppage at Penalty taking and at referee's discretion), 2 minutes interval;
- ii.** 15U, Men's Open, Women's Open and Men's Master – 2 halves of 8 minutes actual time, 2 minutes interval;
- iii.** No timeout;
- iv.** 3 players for PSO, followed by sudden death.

b. Placing Round

- i.** 10U and 12U – 4 quarters of 8 minutes running time (stoppage at Penalty taking and at referee's discretion), 2 minutes interval after quarters 1 and 3, 3 minutes interval at half break;
- ii.** 15U, Men's Open, Women's Open and Men's Master – 4 quarters of 7 minutes actual time, 2 minutes interval after quarters 1 and 3, 3 minutes interval at half break;
- iii.** Standard PSO rule;
- iv.** Placing matches are limited to the top teams of each category;
- v.** Depending on the number of teams, playing time may change.

5. Team Size and Composition

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

For all Team categories, each team must comprise of at least 70% Singapore Citizens or permanent residents.

The foreigner quota will be based on the total registered participants within the team.

Refer to the table breakdown below:

Total Participants No.	Singaporean / PR	Foreigner with Valid passess
30	21	9
29	21	8
28	20	8
27	19	8
26	19	7
25	18	7
24	17	7
23	17	6
22	16	6
21	15	6
20	14	6
19	14	5
18	13	5
17	12	5
16	12	4
15	11	4
14	10	4
13	10	3
12	9	3
11	8	3
10	7	3
9	7	2
8	6	2
7	5	2
6	5	1
5	4	1
4	3	1
3	2	1
2	1	1

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

- a. 10U and 12U – 20m by 15m;
- b. 15U, Men's Open, Women's Open and Men's Master – 25m by 20m;
- c. 10U markers are at 2m, 4m and 5m and Penalty is taken at 4m.

7. Ball Size

- a. 10U and 12U – size 3;
- b. 15U and Women's Open – size 4;
- c. Men's Open and Men's Master – size 5.

8. Goalpost Size

- a. 10U and 12U – 2m (12U 2.5m if available) by 0.7m;
- b. 15U, Men's Open, Women's Open and Men's Master – 3m by 0.9m.

9. Entries

- a. There is no limit to the number of teams each organization may enter, however priority will be given to those with only 1 team;
- b. The entry fees as follows:
 - i. 10U – \$70
 - ii. 12U – \$70
 - iii. 15U - \$70
 - iv. Women's Open – \$105
 - v. Men's Open – \$105
 - vi. Men's Master - \$105

10. Registration

- a. Registration closes on 10 June 2026.

All participants shall be Singapore Citizens, Singapore Permanent Residents and non-Singapore Citizens residing in Singapore holding any of the following valid passes: 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:

[Water Polo | Pesta Sukan | GetActive! Singapore](#)

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

11. Team Draw, Fixtures and Team Manager Briefing

- a. Team Draw:
 - i. Team grouping will be seeded / drawn by the Organizer and Competition Management;
 - ii. Fixture release date on TBC;
 - iii. Team Managers Briefing on TBC.
- b. Team Managers Briefing Zoom Meeting
 - i. Details: TBC
- c. Team Managers
 - i. Deck: TBC

12. Coaches' Accreditation

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

13. Protest

- a. 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;
- b. If the protest is not upheld, the deposit shall be forfeited;
- c. The Organizer's decision to any protest shall be final.

14. Others

- a. The Rules and Regulations as depicted here and other competition documents are current at the time of printing or posting on the Pesta Sukan website;
- b. 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 deemed fit.

15. General R&R

- a. Please scan the QR code below:



End of info pack