



Term 4 Flippa Ball

Flippa Ball is a modified version of water polo designed for children aged 8-12 years. It's a simple game that can be played by all children regardless of swimming ability. It's a non-contact sport played in the shallow end of the pool so players can touch the bottom. It's great fun and a wonderful way for children to get involved in water polo.

If you would like to play for Cambridge in term 4, please email Katherine Dent with your child's name and grade by the end of September 2025.

Katherine.Dent10@gmail.com

Further details regarding the competition and upcoming come and try sessions can be found via the below link:

[Flippa Ball - Water Polo Tasmania - revolutioniseSPORT](#)

Flippa Ball
OFFICIAL Rules

FlippaBall branded SIZE 2 BALLS (available from WPS)

10m 15m
FIELD RECOMMENDED

Any depth
If players can touch the bottom, they may not walk while touching the ball or jump off the bottom in attack or defence

Players in the water
6 INC. 1 GOAL KEEPER

7-10 PER TEAM mixed

4 minute quarters
1 minute break
2 minute half time

Aim of the game
While protecting the ball from the other team, try to score the most amount of goals

Attempt to shoot or steal the ball from the other team.
Only use one hand to touch the ball
Avoid deliberately touching another player
Avoid pushing the ball fully under water

To Start the game / each quarter:
One player from each team swims from their goal line to the middle to reach the ball first then pass to their team

If the ball goes OUT of the pool
The team who did not touch the ball last gets the ball back in line with where the ball first went out

To score a goal
A goal is scored by the whole ball crossing the goal line
A goal = 1 point

After a goal is scored
After a goal is scored, all players must rotate, including as goal keeper

To re-start after a goal
The team that did not score the goal re-starts with the ball lined up at half-way

A referee will issue a 'free throw' if any of these rules are broken.
A free throw means that the all other players must move at least 1m away from the person with the ball until they pass it (you cannot shoot a goal off a free throw)

If the SCORE GAP reaches 10 goals or greater, the trailing team may add one additional field player until the score gap becomes less than 10 goals.

Water Polo AUSTRALIA

For more info go to FlippaBall.com.au