



WATERHAND: OFFICIAL MANUAL & RULEBOOK (2026)

Founder & Architect : **Shri Dhanpal Onkar**

Official Birthplace : **Daheli, Ghatanji, Dist. Yavatmal (Maharashtra, India)**

Name of Swimming pool where the game played first time : **Vasantrao Naik High School Jarud, run by the Evolution Board, is located in the magnificent premises of Mrs. Kumudini Keshavrao Yawalkar Swimming Pool, Jarud. Dist. Amaravati Maharashtra State, India. dated 14/08/2024. The game were played before the Management team and Teachers named Vijendra morkar, anil salame, tushar dawande , Nilesh sisode, Dharmendra raikwar, Surendra patankar, bhavesh pendokhare, Akshay Mendhe (Tech. Asst.), Rameshwar Meshwam, Krantikumar Alone, Atul Tadas, Danish Pathan, present at the program.**





1. History & Heritage (Origin) Ancient Roots: The sport is inspired by ancient Indian aquatic martial arts and the legendary agility of Mallakhamb. In historical times, warriors practiced swift movements in water and the art of tagging opponents without the need to hold their breath—a combat skill that has evolved over time into this modern competitive sport. Birthplace: The modern era of Waterhand began in Ghatanji, Yavatmal district, Maharashtra. The Waghadi River (Waghadi Project) is the official cradles of this sport. Modern Concept: In the 21st century, Shri Dhanpal Omkar refined this sport by adding a technical framework to test explosive power, Standing Jump capacity, and tactical strategy.

2. Technical Field Specifications Pool Dimensions: 16 meters in length and 21 meters in width. The 5-Meter Conflict Line: A line marked 5 meters from the pool edge. All 4 defenders must remain behind this line until the attacker (raider) has jumped and entered the water. Standing Jump Zone: A 1-meter 'No-Running Zone' on the deck. Players must jump from a stationary position. Any jump initiated after running is declared a 'Foul'.



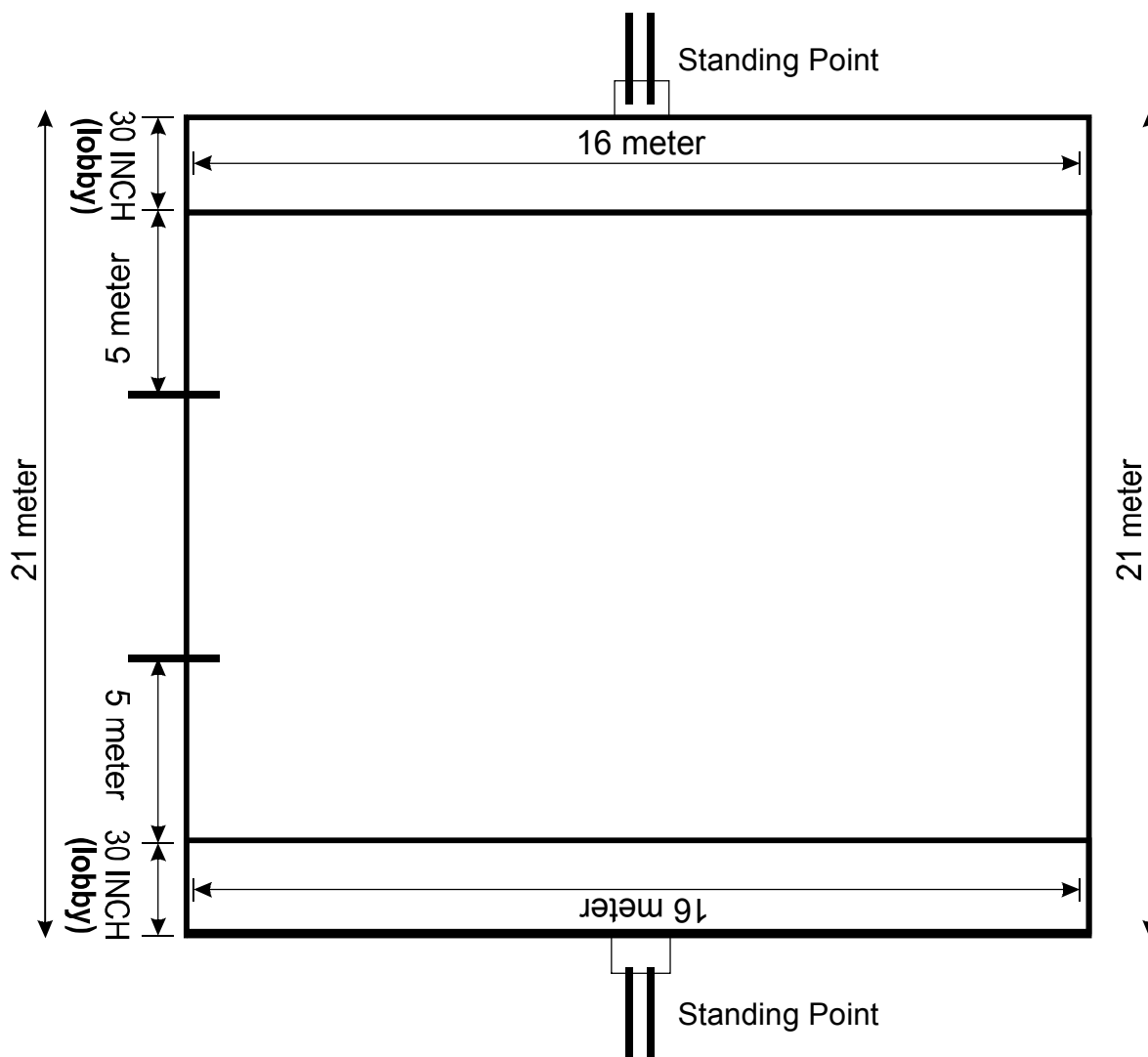
3. Advanced Gameplay Rules Free Breathing: The attacker is permitted to breathe naturally during the raid. Holding the breath (Cant) is not mandatory. 30-Second Raid: Each raid has a fixed duration of 30 seconds. Do-or-Die Raid: If a team fails to score in two consecutive raids, the third raid becomes a 'Do-or-Die' raid. The attacker must score a point, or they will be declared 'Out'. Strategic Time-out: Each team is allowed two 30-second time-outs per half. Challenge System (The Review): If the Captain disagrees with a referee's decision, they may take one 'Challenge' per half. Valid Tag: Only a touch made with the palm or fingers is considered a valid tag.

4. Team Composition & Substitutions Total Squad: 16 Players (11 Main + 5 Reserves). The game is played with 4 Defenders in the water and 7 players on the deck. The 3-5 Second Rule: As soon as a defender is tagged out, one reserve player must enter the water via a Standing Jump within 3 to 5 seconds. Defender Rules: Defenders must remain in the water to defend. Touching the pool wall, steps, or ladder to avoid a tag results in a 'Self-Out'.

5. Scoring System & Tie-Breakers Successful Tag: 1 Point. All-Out Bonus: 5 Points. Golden Raid: In the event of a tie, a 'Golden Raid' is conducted. The attacker who completes a successful tag in the shortest amount of time is declared the winner.

6. Official Referee Hand Signals Index Finger Raised: 1 Point. Both Arms Extended Sideways: Safe / Not Out. Pointing Towards the Ground: Out. Arms Crossed (X): Technical Foul.

7. Selection Criteria & Age Groups (Article 25) Categories: Sub-Junior (U-14), Junior (U-17), and Senior (Open). The 100-Point Selection Test: 25m Sprint Swim: 25 Points. Aquatic Agility: 25 Points. Standing Jump Capacity: 25 Points. Technical Match Performance: 25 Points. (Minimum 50 points required for qualification).



Waterhand Sport Swimming Pool Playing arena

8. Safety, Uniform & Athlete's Oath
 Uniform: Official Nylon swimwear, silicone cap, and goggles are mandatory. Application of oils or lotions on the body is strictly prohibited.
 Safety: 2 Certified Lifeguards and 1 Medical Officer must be present at the poolside during all matches.
 Athlete's Oath: "We, the players of Waterhand, pledge to play with true sportsmanship, adhering to all rules, and honoring the historic heritage of Waghadi."

Match Duration :

- * Seniors: 4 Quarters of 12 minutes each.
- * Juniors/Sub-Juniors: 4 Quarters of 8 minutes each.
- * Intervals: A 5-minute break between the 2nd and 3rd quarter (Half-time), and a 2-minute break between other quarters.
- * Total Player 16 (11 Active Player & 5 Reserve Player)

Field of Play

- * **The Arena:**The match shall be conducted in a swimming pool with a recommended depth of 4 to 6 feet to ensure safety during jumps and maneuvers.
- * **Standing Jump Zone:**A designated area on the pool deck shall be marked as the 'Standing Jump Zone'. Attackers must initiate their entry into the water from a stationary standing position within this zone.
- * **The 5-Meter Defensive Lobby Rule:**Markings: Boundary lines shall be marked 5 meters inward from two specific sides (Lobbies) of the pool. Initial Rule: At the moment of the attacker's jump, all 4 defenders must be at least 5 meters away from these two lobbies, staying towards the center. Movement: Once the attacker enters the water, the 5-meter restriction is lifted. However, defenders are strictly prohibited from entering the lobby area or taking support from the pool edges during active play.
- * **Match Squad & Replacement Zone:**A specific independent area outside the pool shall be reserved for the 11-player Match Squad to facilitate instant and seamless replacement of players.

Fouls and Penalties

- * **Illegal Jump Foul:**Any jump not performed from a stationary standing position (e.g., running start) is void. The attacker must exit and restart.
- * **Lobby Touch Foul:**If a defender touches the pool edge or enters the lobby zone during play, they are declared 'OUT' and must be replaced immediately.
- * **Positional Violation:**If defenders are within the 5-meter zone during the attacker's jump, 1 Technical Point is awarded to the attacking team.
- * **Misconduct:**Dangerous physical contact (pulling or sinking) results in a 2-minute suspension or disqualification.

Substitution and Rotation Rules

- * **Attacker Rotation:**An attacker may return to the starting point if exhausted. The next attacker can only jump once the previous one has exited the water or reached the deck.
- * **Defender Replacement:**When a defender is tagged 'Out', they must exit immediately. The next player from the 11-member squad must jump in instantly to keep the defender count at exactly 4.
- * **Substitution Limit:**There is no limit on the number of rotations/substitutions within the 11-member match squad during a quarter.