



निवड आणि वयोगट: SELECTION & AGE GROUPS

1 AGE CATEGORIES (AGE CATEGORIES)

1

SUB-JUNIOR
(U-14)

2

JUNIOR
(U-17)

3

सीनियर
(U-19)

4

OPEN
/मास्टर्स

**AGE AS OF 1ST JANUARY
OF COMPETITION YEAR.**

(Age as of 1st January of competition year.)

2 100-POINT PROFICIENCY TEST (100-POINT TEST)

2A २५ मी. वेगवान पोहणे (२५ गुण)

25m

Start

TIME (SEC)

2B वॉटर अँजिलिटी/चपळाई (२५ गुण)

2C स्टँडिंग स्विमिंग (हातांच्या हालचालीशिवाय) (२५ गुण)

HEAD ABOVE WATER

HEAD ABOVE WATER

VERTICAL POSTURE

2D तांत्रिक कामगिरी (२५ गुण)

Correct execution of techniques like Standing Jump, Valid Touch, and positioning.

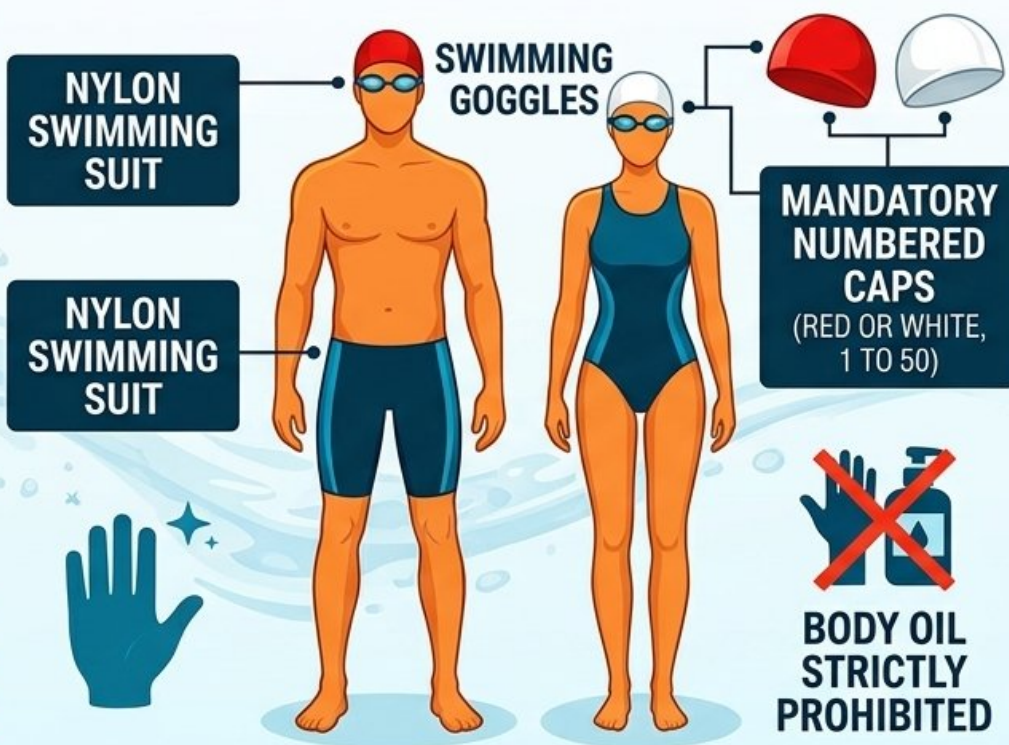
3 **QUALIFICATION**

YOUR SCORE **65** **QUALIFIED** ✓

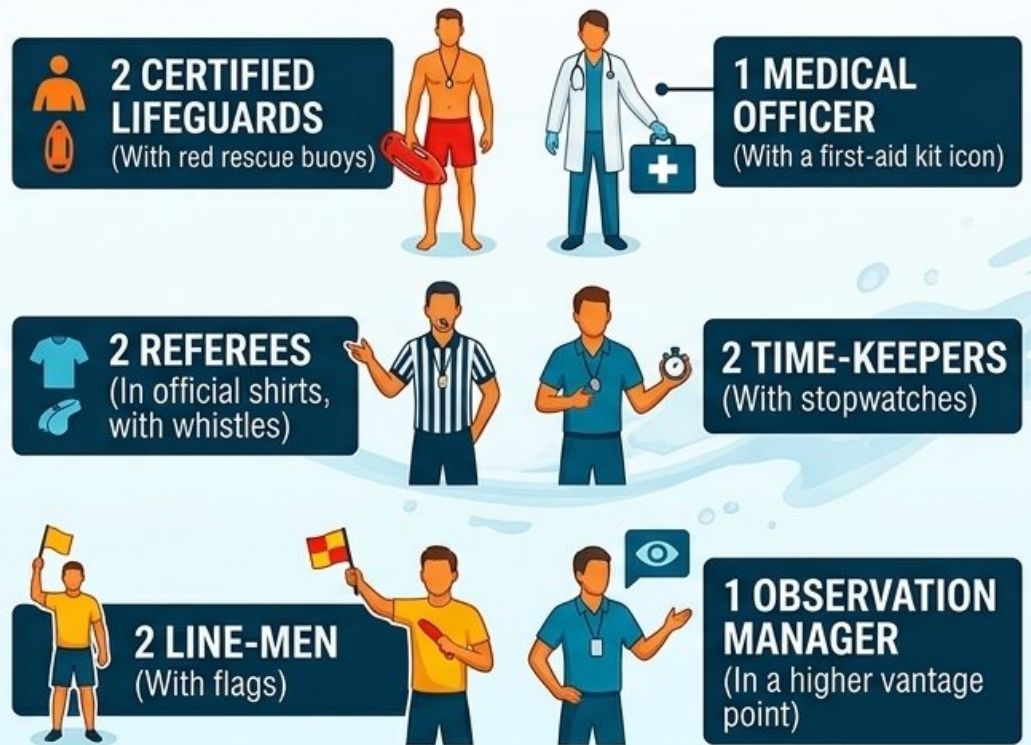
पात्रतेसाठी किमान ५० गुण आवश्यक.
(Minimum 50 marks required for qualification.)

WATERHAND: SAFETY, UNIFORM & OFFICIALS

1 PLAYER UNIFORM



2 REQUIRED OFFICIALS



WATERHAND: REFEREE SIGNALS

1



POINT SCORED



1 POINT

One finger up:
A successful touch. (1 Point)

2



SAFE / NOT OUT



Arms extended sideways:
Attacker is safe, no point scored.

3



OUT



ATTACKER OUT

Pointing downwards:
Attacker is out, no point scored.

4



FOUL



TECHNICAL FOUL

Crossed arms:
Technical foul committed.

WATERHAND: SCORING & TIE-BREAKERS

1 SUCCESSFUL TAG



1 POINT.
(Valid point for touch with palm or fingers only.)



2 ALL-OUT BONUS



5 POINTS.
(Given when a team has no more players left.)



3 GOLDEN RAID

GOLDEN ATTACKER



**TIME-OUT
INTEGRATED**

A tie-breaker played after extra periods. The attacker who scores a point in the shortest time wins the match for their team.



4 WINNER ANNOUNCEMENT

15 - 15

TIE-BREAKER

**WINNER
TEAM**

**WINNER
TEAM**





WATERHAND SPORTS DISCIPLINE: MATCH DURATION (QUARTERS)

(OFFICIAL FIELD & TECHNICAL SPECIFICATIONS)

1 MATCH FORMAT (MATCH FORMAT)



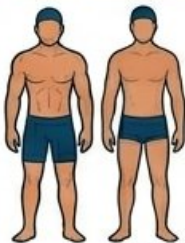
Match is divided into 4 mandatory Quarters. (Match is divided into 4 mandatory Quarters.)

2 SUB-JUNIOR & JUNIOR (U-14, U-17)



8 MINUTES PER QUARTER.
(8 minutes per Quarter.)

3 SENIOR CATEGORY



12 MINUTES PER QUARTER.
(12 minutes per Quarter.)

4 TIE-BREAKER



3 MIN
PERIOD 1



3 MIN
PERIOD 2

Two 3-minute extra periods played.



GOLDEN RAID

If still tied, a **Golden Raid** is played.

(If still tied, a Golden Raid is played.)

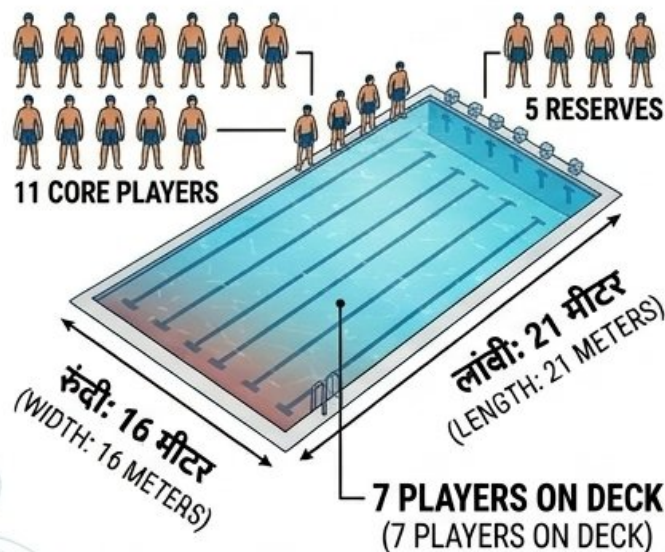
Note: In all formats, proper timing and officials are mandatory as per official rules. (In all formats, proper timing and officials are mandatory as per official rules.)



WATERHAND SPORTS DISCIPLINE: TEAM STRUCTURE & SUBSTITUTIONS (OFFICIAL FIELD & TECHNICAL SPECIFICATIONS)

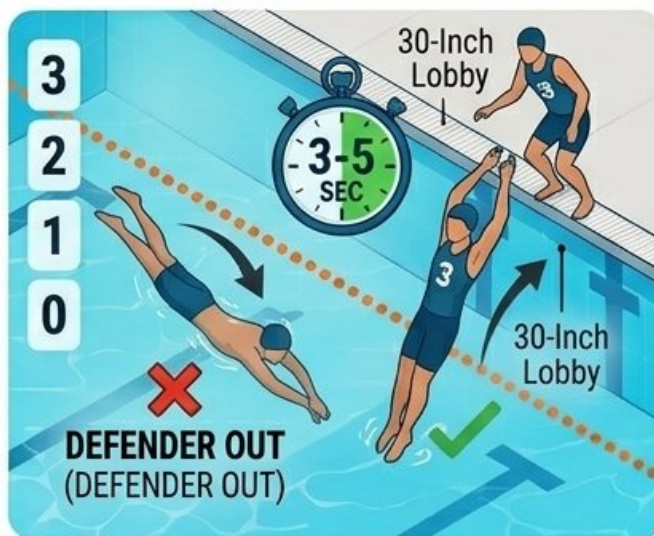


1 SQUAD SIZE & ALIGNMENT (SQUAD SIZE & ALIGNMENT)



16 Total Players:
11 Core + 5 Reserves.
(Total 16 Players: 11 Core + 5 Reserves)

2 3-5 SECOND RULE (3-5 SECOND RULE)



A substitute must enter within 3 to 5 seconds of a defender going out.
(A substitute must enter within 3 to 5 seconds of a defender going out.)

3 DEFENDER CONDUCT (DEFENDER CONDUCT)



Defenders must stay in the water; touching the pool edge or ladder is a 'Self-Out'.
(Defenders must stay in the water; touching the pool edge or ladder is a 'Self-Out'.)

WATERHAND: ADVANCED GAMEPLAY RULES

1 FREE BREATHING

ATTACKER



Natural breathing allowed during raid.
NO "CANT" (breath-holding) mandatory.



2 RAID TIMING

MIN:
30 SEC



MAX:
1 MIN 30 SEC

Raid duration can range from 30 seconds to 1 minute 30 seconds.

3 DO-OR-DIE RAID



FAILED RAID 1



FAILED RAID 2

DO-OR-DIE RAID



A third raid after two failures **MUST** score a point. Otherwise, Attacker is "OUT".

5 REVIEW (CHALLENGE)



Captain can challenge a referee's decision.
One challenge per session.



6 VALID TOUCH



PALM & FINGERS

Valid point for touch with palm or fingers only.



BODY



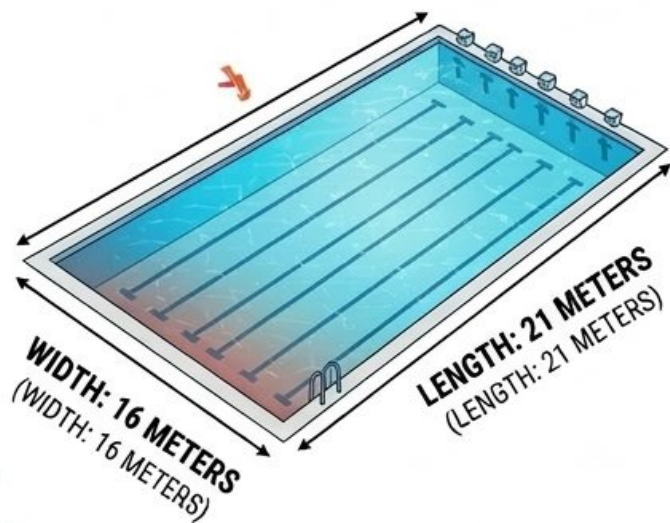


WATERHAND SPORTS DISCIPLINE: OFFICIAL FIELD AND TECHNICAL SPECIFICATIONS

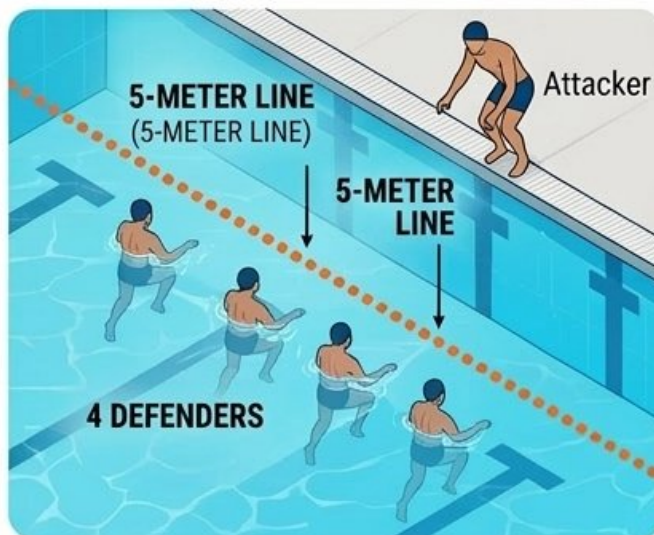
(OFFICIAL FIELD & TECHNICAL SPECIFICATIONS)



1 POOL DIMENSIONS (POOL DIMENSIONS)

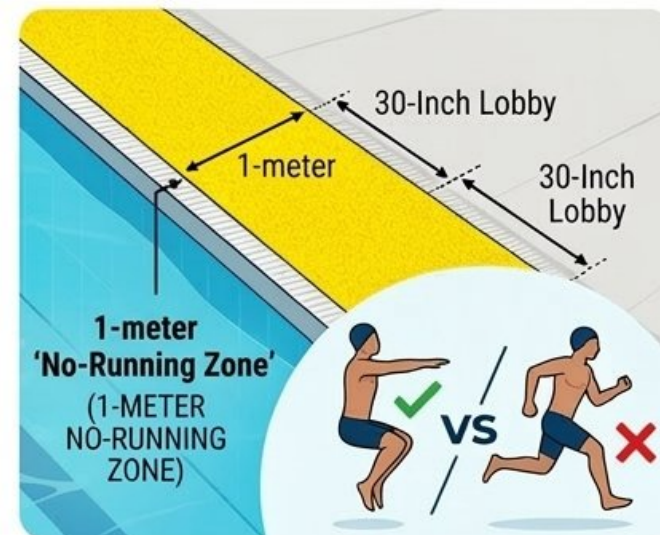


2 5-METER MARK (5-METER MARK)



Defenders must remain behind this line until Attacker enters water.
(Defenders must remain behind this line until Attacker enters water).

3 STANDING JUMP ZONE (STANDING JUMP ZONE)

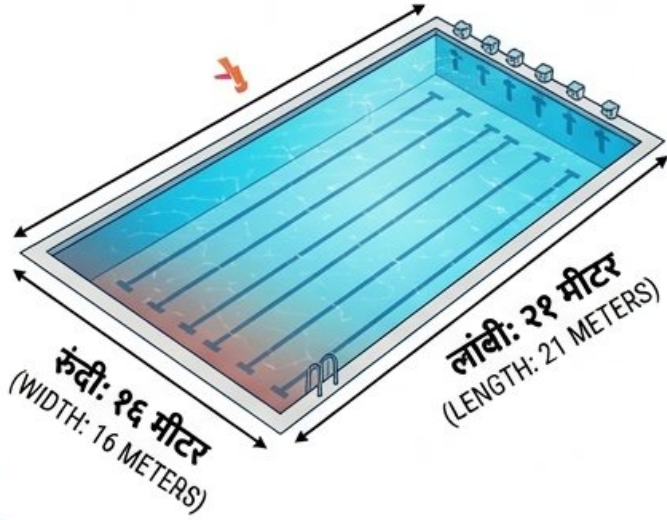


Stationary jump mandatory; running jump is a 'Foul'.
(Stationary jump mandatory; running jump is a 'Foul').

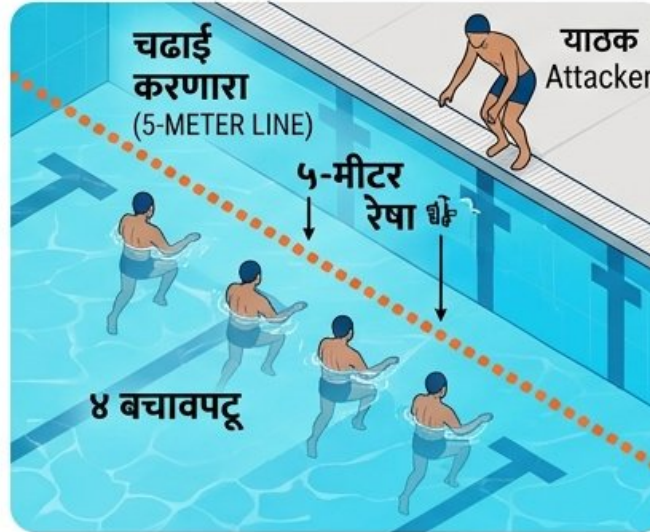


वॉटरहॅंड (WATERHAND) क्रीडा प्रकार : अधिकृत मैदान आणि तांत्रिक तपशील (OFFICIAL FIELD & TECHNICAL SPECIFICATIONS)

1 पूलचा आकार (POOL DIMENSIONS)

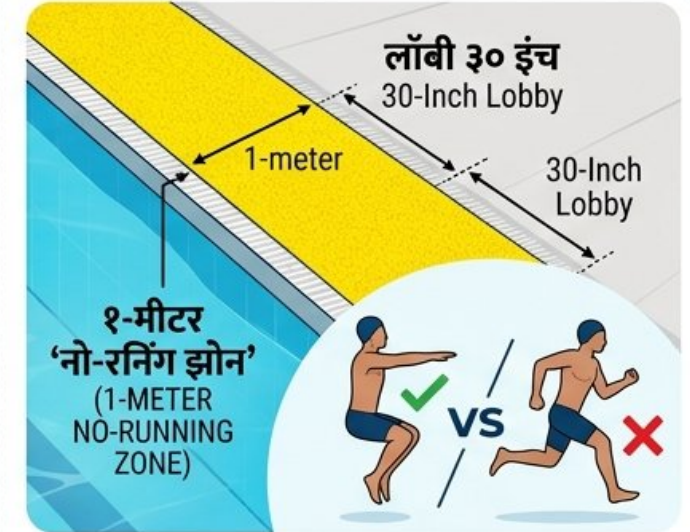


2 ५-मीटर मार्क (5-METER MARK)



चढाई करणाऱ्याने पाण्यात प्रवेश करेपर्यंत बचावपटू या रेषेच्या मागे राहतील
(Defenders must remain behind this line until Attacker enters water).

3 स्टँडिंग जंप झोन (STANDING JUMP ZONE)



स्थिर स्थितीतून उडी अनिवार्य; धावत येऊन उडी मारणे 'फाऊल'
(Stationary jump mandatory; running jump is a 'Foul').