

## WHAT YOU NEED

### Ball

#### Dimensions and Weight:

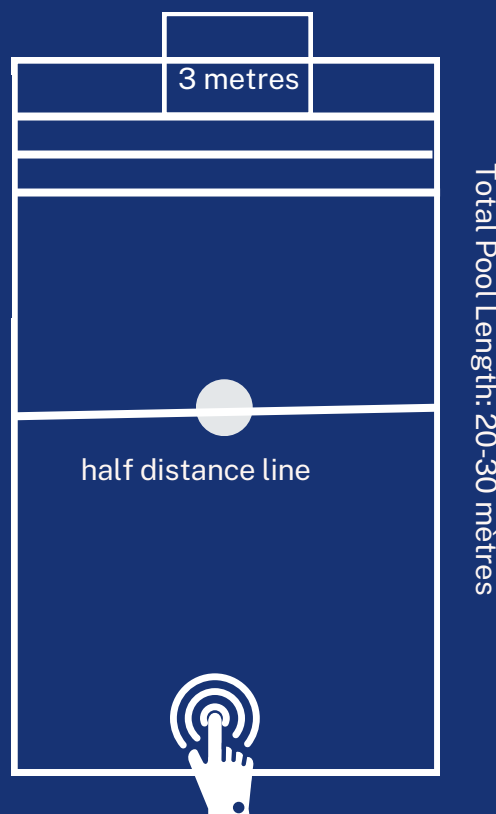
- For men: Circumference 68–71 cm, weight 400–450 grams.
- For women: Circumference 65–67 cm, weight 400–450 grams.
- The ball has a textured surface to ensure grip when wet.

### The Outfit

Men wear tight-fitting swim trunks, while women wear snug one-piece swimsuits for ease of movement. Each team wears water polo caps, usually white for the home team and blue for the away team, with goalkeepers in red. The caps, numbered 1 to 13, include ear protectors to prevent injuries.

## THE SWIMMINGFIELD

Pool Width: 10-20metres



[Click here for Interactive Overview](#)

