

Centre Back

A key defensive player responsible for marking the opposing centre forward and preventing scoring chances.

Centre Forward

An offensive player positioned near the opponent's goal, responsible for creating scoring opportunities and drawing defenders.

Ordinary Foul

A minor rule infraction such as impeding an opponent's movement, pushing off, or failing to pass after a foul. Ordinary fouls result in a free throw for the opposing team but do not lead to exclusions or penalties.

Exclusion Foul

A major foul that results in the penalised player being excluded from play for 20 seconds, leaving their team temporarily shorthanded.

Penalty Foul

A severe foul committed inside the five-metre area, resulting in a five-metre penalty shot for the attacking team.

Turnover Foul

A violation by the attacking team (such as pushing off or improper ball handling) that results in the opposing team gaining possession.

Lob Shot

A high, arcing shot designed to pass over the goalkeeper and drop into the goal.

Skip Shot

A shot that bounces off the water before reaching the goal, making it difficult for the goalkeeper to anticipate.

Free Throw

A throw awarded after an ordinary foul, allowing the fouled team to continue play without defensive interference.

Goal Throw

A restart awarded to the defending team when the attacking team last touches the ball before it goes out of bounds beyond the goal line.

Shot Clock

The 30-second timer limiting how long a team can possess the ball before taking a shot.

Sprint (Swim-Off)

The race at the start of each quarter where players sprint to the centre of the pool to gain possession of the ball.

Two-Metre Throw (Corner Throw)

A restart awarded to the attacking team when the defending team last touches the ball before it crosses the goal line outside the goalposts.

Steal

Successfully taking the ball from an opponent through defensive positioning or anticipation.

