

ATTRACTIVENESS LOST IN THE WATER POLO RULES

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Review paper

Abstract

Beauty and attractiveness of the water polo game are manifested in combinatory and richness of performed actions during the match. Every technical element carried out in the game are in function of individual tactics in attack or defense, and like that is constituent of collective tactic in attack or defense. The game is regulated by the rules of water polo which from one side concede to the players to demonstrate adopt technical and tactical knowledge's, skills and habits and convert it in result. On under side rules regulated game by the suppression system over which fouls are adjudicated. Rules, hence, give the frame for game. In the last fifty years rules of water polo are changed many times. The basic intention of all the changes was to accelerate the play and make it attractively for viewers. On the look of the play, rapidity of actions and all what water polo makes attractively affected also the changes in training arise from evolution of expert and scientific cognitions in the field of kinesiology in sports. Not always and necessary, changes in the rules of water polo, has created positive effects and water polo makes rapidly and attractively. In this moment, according actually applying rules, water polo became non attractive and uninteresting for viewers about what depose empty auditoriums on league competitions. Attractiveness of this sports game was destroy in a moment when changed rules has permit contact, for position choosing, to center and his opponent, defender, in front of the goal. In the real conditions of the game, collision between center and defender represents unproductive, roughly, sometime badly wrestling in the water, in some cases in duration of thirty seconds. In this considerations of the game, capability of combinatory are completely eliminated, because the second attack line practically is out in the play during positional attack. On the base of provide we suggest, possible, changes in the water polo rules, which can give back beauty, attractiveness and viewers to water polo.

Keywords: *water polo, rules, tactics, attractiveness*

Introduction

Water polo belongs to the category of polistructural complex motions in which dominated simple and complex movements structures performed in the variable conditions in terms of cooperation with other team members, actively interfering with the opposing team's players. Thus the default conditions, which are the rules of the game, water polo is a complex sport on the IT plan (plan technique, tactics, strategy and theoretical knowledge), and somewhat more complex and difficult on the energetically plan (physiological functional characteristics ultimately measured by the mix of anaerobic and aerobic capacity) (Lozovina, 2009; Smith, 1998). By given duration of the game and the flow of energy processes, water polo belongs to the category of mixed anaerobic-aerobic sports at which dominates the anaerobic phase (Lozovina & Pavičić, 2002; Lozovina, Pavičić & Lozovina, 2007). Thus belongs to extremely difficult and strenuous sports. In terms of the either complexities is not easy to get to the top results all at the same time respecting the factors that have influences at success in this sporting game.

Technical and tactical skills of water polo (IT component) assign appearance of the game and that is what we looking during the course of the match, whether participate as a spectator or coach of the opponent teams in mutual rivalry. For coaches, as a rule, determining in the effectiveness of given tactics and the result arise from it. Viewers, still in smaller number on the official water polo league games, today, primarily interested in a feeling that they can afford the beauty of the game. Viewer experiences of the beauty primarily afford through the number, wealth and attractiveness of the actions performed in a game, directly provided in technical elements derived in parts of the tactics, bounded by the rules of the game. The term tactics accorded harmonized collective activity of the entire team, whose ultimate intention is to achieve the goal, if the team is in ball possession and in the attack phase, or prevent the achievement of goals when the team is out of ball possession and in the defense phase. Collective tactics is defined as the sum of individual tactics actions organized in the attack and in defense.



Picture 1. Attacking

Any of this formation, has the essential characteristics which can be present with a basic scheme, call system. The system is a narrower apprehension than the tactics, presenting exactly defined, expressed and signed movements of players, particularly lines, and overall team movements during the game (Lozovina, 2009; Lozovina, 2009). Repertoire of techniques is the repertoire of activities that define the elements of all possible manners of players during the match. Set of elements that contains all the elements of the individual player manners is defined as a repertoire of techniques of water polo, and all elements of the manners of two or more players as a group together, as a repertoire of tactics in water polo.

Elements of the techniques that make open cluster called the repertoire of techniques. It can be divided into mutually undercover subsets. Elements of those subsets directly define situation and tactics. Criteria that generate and determinate subsets include: possession of the ball, the movement of players, players position, players emplacement, the attack or defense phase of the game, the role in the game, the weight of the carried technical elements, the energy requirements for the execution of the elements, necessary experience, etc. Set forth, are proposed by the water polo rules which provide the framework for all possible, permissible manners in all the tactics (Pavičić, Lozovina & Šimenc, 1987). Another approach is based on the fact that each individual technique element is also an element of individual tactics, which has strongly definite and specified use value in tactic. Each individual element of tactics is also an element of collective tactics, because the water polo game in which is coordinated work of the seven players, who obviously spend a collective tactic which is, in fact, the sum of individual actions (tactics) in order to attack and in defense.

Arguments for changes in water polo rules

Collective tactics, in attack and defense is always given for the current match (Lozovina, 2009). Many of the changes in the last 50-ten years are primarily caused by changes in the water polo rules at the time. The progress in the training process changed water polo simultaneously. Changes in the rules caused the reduction of technical elements as well as elements of individual tactics which is by definition an integral part of collective tactics in to attack and defense. That is precisely what we looking whether as consumers of water polo matches from the auditorium (viewers) or coaches of the teams that competes. Changes in rules, in the long period, are created primarily in respect to speed-up the game and enrich combinatory in the tactics thus advance the attractiveness of the game for the viewers. Changes in rules did not always resulted with more attractive game conditions; indeed, some of them have produced the opposite effect. Near 1950 in the two halves (2 x 10min) the static water polo was played (players had to stay where they are found at the time of referee whistle.



Picture 2. Shoot

During interruption the movements was prohibited. The first and large-scale intervention in the rules acquired the possibility of players moving in the "dead time". The game has become a dynamic and interesting to viewers. After this change, until now, many interventions and changes in water polo rules was performed (Donev & Aleksandrović, 2008; <http://www.waterpolointernational.com>. We will mention those that we consider important.

Significant changes

In (1961.-1971.) decade

1961 - Half-time (2 X 10) min changed in quarters (4 X 5) min. actual playing time (clean play). In the game participate 11 (7 +4) players on both sides. Ball possession is limited to 1 min. Exclusion off the player is limited at 45 sec.

1976 - The third serious major foul (in succession) results with penalty throw. During a match dominated the contact between the players. The game apparently rough and is full off fouls, devoid of combinatory, beauty and attractiveness.

1970 – The rule of three major fouls is canceled.

1971 – Performed major foul resulting with exclusion of the 1 min.

1977 – The ball possession is limited on 35 sec. The player who performed major foul has exclusion of 45 sec. A second referee is import in the game. Any player can execute ordinary foul with condition that he is the nearest place where the foul is performed and do so without delay.

In the decade (1981-1991)

1981 - The team comprises 13 players (7 +6). The duration of the game prolongs. The game lasted 4 x 7 min of actual playing time (clean play).

1984 – Substitution can be performed only from re-entry area, marked 2 meters from the corner of the field of play on the side opposite to the official table. The penalty of excluded player reduces and it takes 35 seconds. Excluded player can return to the game and before expire the penalty time if his team went into the ball possession, but, on the signal of referee.

1991 - The penalty for excluded player reduces and lasts 20 sec. Goalkeeper, who has not allowed direct shot on the opponent's goal door can be achieved by the opposing goal. Possession is limited on 35 sec.

In the period 1991-1996 has not changed anything

In the period 1996-2009

During this period duration extend on the 4 X 8 min actual playing time (clean play). Introduced a line of seven meters out of which the offense after adjudge foul allows direct shoot at goal. The line of four 4 meters moves to 5 meters, from where execute the penalty shot. Blocking with both hands are proclaim. Introduced is the flying substitution, as well as "time out".

Concede the contact in the fight for position between the center and its defense opponent. Referees get instructions that about foul arbitrate by means of "good" or "bad" pass forwarded to center. Line 7m in back of, after foul, is allowed directly shoot on the goal revoked and moves to 5m which is, at the same time, penalty throws line. All the changes in the rules were made to speed up the game, and indirectly increase its attractiveness. The greatest contribution in acceleration of the game is given by reduction of the ball possession from 30 on the 20 seconds, return of excluded player immediately after ball possession change, possibility of the direct.

That is what most contributed to the shortening of possession for 30 sec, 20 sec at the exclusion, admission excluded players immediately after the change of possession, possibility for to direct shoot at goal after fouls in back of 5m line and possibility of flying substitutes as well as prohibition to attempt to block a shot on a goal outside the 5 meter area. Attractiveness of the game can be expressed out of variety of techniques and tactics applied during the match.

In general, one team always defends while the other attacks. In the moment of entering into possession of the ball starts the attack phase of the team. Each attack, in principle realizes through the two phases. First phase carried out attempted counter attack which ultimately finish as players more or less with handicap in complexity form from (1:0 to 6:5) with an attempt of realization when there is a realistic and highly probable chance to shoot at goal, or no attempt of realization if the chance are not achieved. On average, the execution of this action amounts 15 seconds. Next 15 seconds, in today's water polo, water polo teams spent in a positional attack in which the center plays a fundamental role (Lozovina, 2009). According to the current rules center and his defender have permission for very rough contact play. The referees estimated consideration of their duel.



Picture 3. Attack and goalkeeper action

Arbitration depends on the referee's judgment that "good or bad pass" is set out to the center during the duel. In the case of "good pass" to center usually a defender is excluded. In the case of "bad pass" defender usually take up the ball, without foul and change the ball possession (FINA Water Polo Rules 2009-2013). If the foul are arbitrated against the center, usually, that is a ordinary foul, exceptionally as a exclusion foul, for brutality. All dittos are contrary to the rules that define exclusion and penalty fouls. Hold, pull, sink, push or push off from the opponent who is in ball possession (control the ball), but not in contact with the ball, sanction is exclusion or penalty foul.

Existing rules, and this way of arbitration, forcing the teams which pretend to a high placement in the game, to use at least two, if necessary, and three centers, well-prepared to maintain continuity of the positional attack for the all game time. If, during the time estimated for the permissive ball possession center did not achieve the conditions for the shot at the goal than external attackers in the last seconds before the end of attack realize shot on the goal.

That what is not implemented in the game and did not happens is that the second line of the attack, practically, except in terms of attempts ball transmission to center, is eliminated from the attacks mainly in the form of mobile performs, in- swimming that from the standpoint of combinatory positional attack makes unattractive for viewers. Basic characteristics of the game in such conditions are attempted counterattack from which fall a small number of goals.

Unsparring centers and his defender battle which is full of the roughness resulting with a small or neither realization of the centers (Lozovina, Pavičić & Lozovina, 2004; Lozovina & Pavičić, 2002). Fail potential dynamic actions of attackers from second attack line, hence combinatory in the second phase of attack (positional attack). The result of the game dependent of a large amount of time in the game spent with a player more or less and percentage of realization. Result is non attractiveness and hollow auditorium.

Water polo is a game that takes place in a slow medium (water) which in terms of IT (techniques, tactics and strategy) makes a relatively simple game in comparison with football, ice hockey, handball and basketball.

Conclusion

Today's rules and their application did not allow the game to develop up to boundaries that could. With minimal intervention, in the existing and valid rules of the game, that can proclaim possible. This "anomaly" can be repaired with changes in the rules, to regulate the collision between center and its defender, with blocking the hand contact play, otherwise, with permission for one hand contact in the collision between center and its defender. Any contact with a two hands needs to be penalized as a foul. In the case of a contact with one hand foul will be adjudicated in the spirit of existing rules. It is enough, in the spirit of existing rules, give back the ordinary foul to the center. That will mobilized the players from second line in attack, what will bring back beauty and attractiveness of this sports game. In this case players in defense mission will play more actively, without contacts anywhere in the field except in collision with a center, especially in the "dead time" where any ordinary foul become foul for exclusion. Following this logic, any contact and blocking of a free moving in the field must be penalized in the spirit of existing rules, and strictly apply, what referees did not perform in to day water polo.

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ATRAKTIVNOST IZGUBLJENA U VATERPOLO PRAVILIMA

Sažetak

Ljepota i atraktivnost vaterpolo igre ogleda se u kombinatorici i bogatstvu izvedenih akcija tijekom utakmice. Svaki izvedeni tehnički element u funkciji je individualne taktike bilo u napadu ili obrani i kao takav sastavni je dio kolektivne taktike kako u napadu tako i u obrani. Sama igra regulirana je pravilima koja s jedne strane dozvoljavaju da igrači ispolje usvojena tehničko-taktička znanja vještine i navike i pretoče ih u rezultat, a s druge strane reguliraju igru po sustavu zabrana prema kojima se dosuđuju prekršaji. Pravila dakle daju okvir igri. U posljednjih 50 godina pravila vaterpola doživjela su mnoge izmjene. Osnovna intencija svih promjena pravila bila je da se igra ubrza i učini što atraktivnijom za gledatelje. Na izgled igre, brzinu akcija i sve ono što je čini atraktivnom svakako su utjecale i promjene u pristupu treningu do kojih je došlo razvojem saznanja kako stručnih tako i znanstvenih u području kineziologije športa. Nisu uvijek i nužno promjene pravila igre proizvela pozitivne učinke i vaterpolo napravile bržim i atraktivnijim. U ovom trenutku, a prema pravilima koja se primjenjuju, vaterpolo je postao neatraktan i neinteresantan gledateljima o čemu svjedoče prazna gledališta za vrijeme odigravanja ligaških natjecanja. Atraktivnost ove sportske igre uništena je onog trenutka kada je promjenom pravila dozvoljena kontakt igra za izbor pozicije, centru i njegovu braniču a pred golom. U realnim uvjetima igre sraz centra i braniča sveo se na neproduktivno, grubo, ponekad i opasno hrvanje u vodi koje u nekim slučajevima može potrajati i do tridesetak sekundi. U ovim okolnostima igre potpuno je eliminirana mogućnost kombinatorike u igri jer je druga linija napada praktički eliminirana iz igre tijekom odvijanja pozicijskog napada. Slijedom navedenog predložili smo moguće izmjene u pravilima koje bi, uvjereni smo, vratile ljepotu, atraktivnost i gledatelje vaterpolu.

Ključne riječi: vaterpolo, pravila, taktika, atraktivnost

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