



Sports Regulations

Hopla Cup 2026

U14 Tournament



1.0 Teams

- 1.1 Teams must be composed of a minimum of 7 players. The game is played with 7 players (6 field players + 1 goalkeeper).
- 1.2 In 2026, boys and girls born in 2012 or later can participate in the Hopla Cup U14.
- 1.3 A player can only play on one team.
- 1.4 An over-aged player cannot be registered in 2 different tournaments.

2.0 Playing field

- 2.1 The playing field will be 25m x 20m, the pool depth is 1.80 m.
- 2.2 Penalties are taken from 5m.
- 2.3 **The goal area** will be marked longitudinally by a cone placed 2m from the goal line and laterally by two cones (or floats/rolls on the water lines located 2m outside each post). The 6m zone will be marked by a cone of a different color.
- 2.4 Goal dimensions: 3m x 0.9m.
- 2.5 Balls used will be size 4.

3.0 Game duration

- 3.1 Each match will last 2 periods of 9 minutes each with a 2-minute interval between periods.
- 3.2 Time runs continuously and is only stopped in case of injury or technical incident.
- 3.3 The 28-second rule does not apply.
- 3.4 The referee may decide that ball possession must be given to the other team if there are obvious signs of time-wasting, especially in the last minute of the match (the team stays in its half of the field, the team retreats without reason). The referee will then announce "5 seconds"; time remaining for the team in possession to shoot.
- 3.5 Each match will start at the scheduled time whether both teams are

present or not. In case of absence of one team, the present team wins by forfeit with a score of 8-0. If both teams are absent, both teams lose by forfeit with a score of 8-0.

4.0 Rules

- 4.1 A player who commits 3 personal fouls cannot return to the game; they remove their cap and take a seat on the substitute bench.
- 4.2 Brutal, disrespectful players or those behaving contrary to the spirit of the game will be permanently excluded from the match with replacement (they will automatically be suspended for the next match). Moreover, disqualification for several matches or even the entire tournament is possible depending on the severity of their actions after analysis by the disciplinary committee.
- 4.3 A temporarily excluded player must go to the exclusion area and surface visibly within it. They may then immediately return to the game.
- 4.4 At any time during the match, a field player can be substituted by leaving the playing field via the exclusion area. The substitute may enter the field after visibly surfacing in the exclusion area and high-fiving the exiting player as soon as they have also reached the area.
- 4.5 Only the goalkeeper is allowed to hold the ball with both hands within the 6m zone.
- 4.6 The goalkeeper is allowed to go beyond the midline. Outside the 6m zone, the goalkeeper is subject to the same rules as a field player.
- 4.7 If the goalkeeper touches the ball and it goes out of the field:
 - Behind the goal line, a corner is awarded,
 - Laterally outside the field, a throw-in is awarded to the opposing team.
- 4.8 If the foul occurs within the 6 meters: a.) two players from the same team must have intentionally touched the ball before being allowed to shoot at goal, or b.) for a player who has clearly put the ball back in play **INSIDE** the 6 meters and swims beyond the 6 meters before shooting at goal **(they are also allowed to re-enter the 6 meters to shoot!)**. If the foul occurs outside the 6 meters, the referee will raise their arm, and the player may shoot directly at goal.
- 4.9 If an attacker in possession of the ball (in water or in hand) is facing the goal in the 6m zone without an opponent in front and a defender interferes from behind, a penalty will be awarded to the attacker.
- 4.10 The goalkeeper can only be substituted at the following points in the game:
 - 4.10.1 *After a goal has been scored,*
 - 4.10.2 *During the interval between periods,*
 - 4.10.3 *In case of match interruption by the referee due to injury.*

- 4.11 The coach is allowed to move up to their 6m marker only when their team has possession of the ball. On defense, they remain seated or standing next to their bench.
- 4.12 In all other cases, the general water polo rules of the French Swimming Federation (FFN) should apply..

5.0 Points

- 5.1 The winning team will be awarded 3 points.
- 5.2 In case of a draw, 1 point will be awarded to each team.
- 5.3 The losing team will receive 0 points.
- 5.4 If two or more teams have the same points after the preliminary phase, the following criteria will be applied to determine the final team rankings:
 - a. Result of the match between the teams with equal points.*
 - b. Best goal difference in matches between teams with the same points*
 - c. Highest number of goals scored in matches between teams with the same points.*
 - d. Best goal difference in all group matches.*
 - e. Highest number of goals scored in all group matches.*
 - f. Coin toss.*
- 5.5 During the tournament final phase, in case of a tie, teams will be separated by a series of 3 penalty shots. If still tied after this phase, each team will take penalties alternately (with the same 3 shooters as initially) until one team wins. Players will shoot in the same order as in the first series.

The team wearing white caps will shoot first.

6.0 Referees

- 6.1 One referee per match (two are possible depending on circumstances).
- 6.2 Two people at the scoring table to ensure compliance with the rules, record the score, control substitutions, and note player exclusions and the third personal foul.
- 6.3 One timekeeper per pool for pool or ranking matches.

7.0 Miscellaneous

- 7.1 Only 1 coach and 1 assistant may sit on the bench.
- 7.2 The coach must never interfere with the referee's function.
- 7.3 The coach is there to coach, not to shout at players or referee. Repeated behavior will result in a yellow card, then red if it continues.
- 7.4 The assistant is not allowed to move, even if the head coach is excluded.
- 7.5 During the tournament, the coach, assistant, and players must wear the accreditation provided by the organizers. Members of the same team should wear identical attire if possible.
- 7.6 The coach or assistant will be automatically expelled in case of protest during a match and automatically suspended for the next match. Harsher sanctions are possible by the tournament organizing committee.
- 7.7 A red card will result in automatic suspension for the next match.
- 7.8 Any misbehavior from coaches or spectators in the stands that hinders the game allows the referee to temporarily suspend play. In case of recurrence, the game ends and a 5-0 defeat is given to the team whose supporters or officials are deemed responsible (tournament disciplinary committee).
- 7.9 If incidents involve both teams or both publics, each team will receive a defeat with a score of 8-0 (tournament disciplinary committee).
- 7.10 All matters not covered by these rules are governed by the general rules defined first by the FFN (1) and then if necessary by World Aquatics (2).
- 7.11 Composition of the disciplinary committee:
 - 7.11.1 The president of Mulhouse Water-Polo (or their representative, a board member).
 - 7.11.2 The referee of the match.
 - 7.11.3 Supervisor of the match referee, if applicable.
 - 7.11.4 A member of the Hopla Cup organizing committee.
 - 7.11.5 Any person required by the president of MWP.

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