

# Kompetansehelga 2025

Oppdatering av nye regelendringer i vannpolo



Giuseppe Panzella



WORLD  
AQUATICS



# WATER POLO

COMPETITION  
REGULATIONS



## De oppdaterte reglene fra WTPC trådte i kraft

Januar 2025



SPORTS ▾ LATEST ▾ CALENDAR RESULTS ATHLETES SHOP MORE ▾

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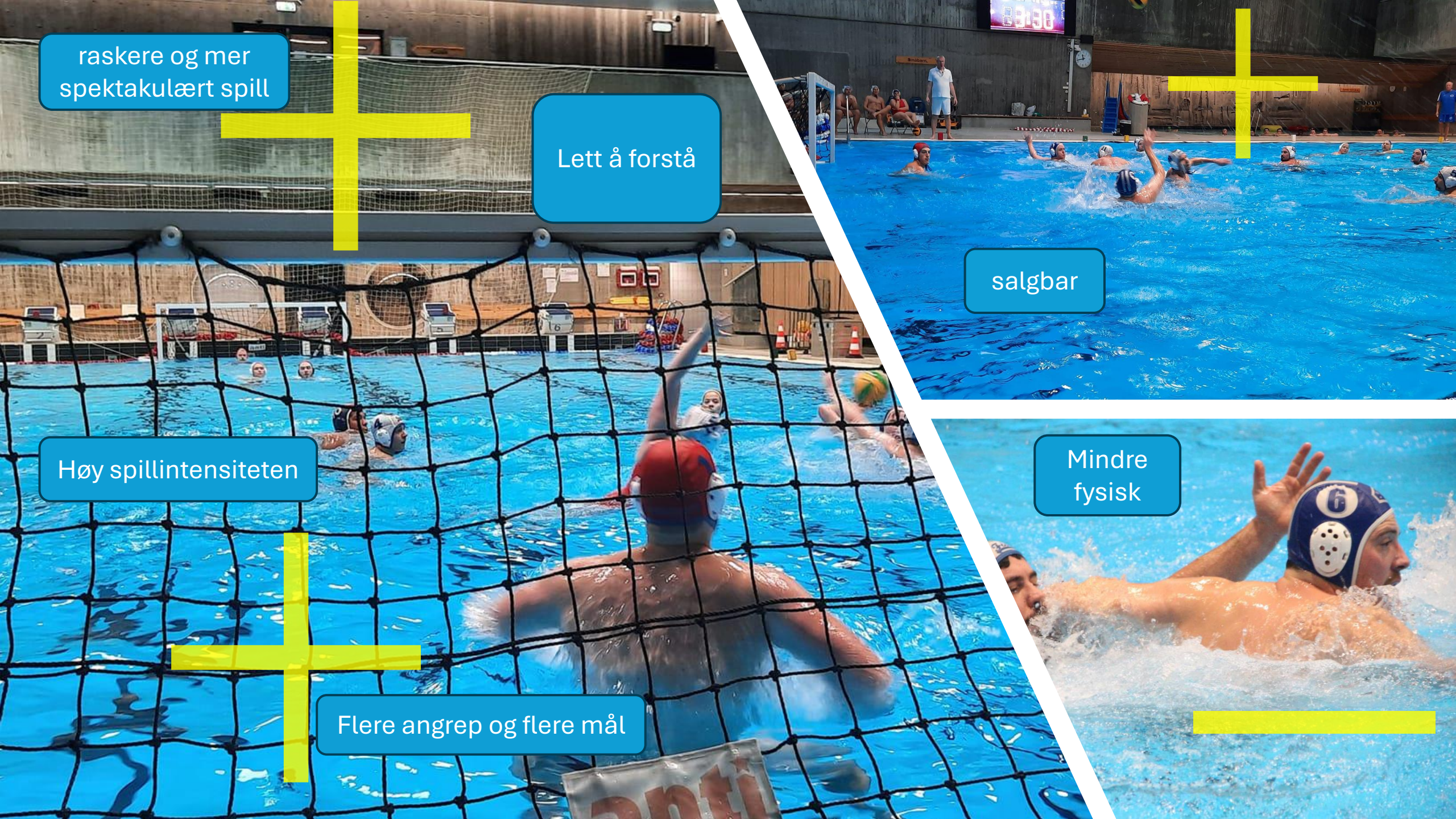


Richard PAPAIZIAN  
Member •  
Paris 2024 Olympic Games Liaison

# The procedure:

	DATE
TWPC RECOMMENDATION	OCTOBER 2024
BUREAU DECISION	8 November 2024
ANNOUNCED	9 November 2024
HOUSEKEEPING	November 2024
WORLD CUP	December/January 2025
NEW RULES REVISION	January 2025



A collage of four photographs showing water polo matches. The top-left photo shows a wide view of a pool with a net in the foreground. The top-right photo shows a group of players in a pool. The bottom-left photo is a close-up of a player in a red cap behind a goal net. The bottom-right photo shows a player in a blue cap with the number 6 swimming. Yellow plus signs are overlaid on the images. Blue text boxes with white text are placed over the images.

raskere og mer  
spektakulært spill

Lett å forstå

salgbar

Høy spillintensiteten

Mindre  
fysisk

Flere angrep og flere mål

- 30''
- Skudd fra 5m
- Corner
- 2 hendene

2005

- 20''
- skudd fra 6m
- Straffe med forsvar fra bak
- Flying sub.
- Innkast hvor ballen er
- Keeper over halvbane

2018

- Goal Area
- VAR

2022

utvikling





Water Polo

🕒 December 15, 2024, 14:37 | World Aquatics has approved new rules for swimming, diving, water polo...

# World Aquatics updates Competition Regulations

Written by:  
World Aquatics Communication Department



Image Source: Tom Pennington/Getty Images

World Aquatics has updated the Competition Regulations for swimming, diving, water polo, artistic swimming, open water swimming and high diving, along with swimwear equipment. The new rules will come into effect at all international aquatic events, starting with the World Aquatics events calendar for 2025.



# COMPETITION REGULATIONS

In force as from 1 January 2025



UNITED BY WATER

[https://resources.fina.org/fina/document/2025/03/06/07a441da-3c8f-4c9b-bd84-2b617faed8de/Competition-Regulations\\_January-2025\\_Track-changes-updated-01.03.2025\\_v2.pdf](https://resources.fina.org/fina/document/2025/03/06/07a441da-3c8f-4c9b-bd84-2b617faed8de/Competition-Regulations_January-2025_Track-changes-updated-01.03.2025_v2.pdf)

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# Water Polo

**Field of Play (FOP):** The overall Field of Play for men's and women's matches will be 25.60m x 20.0m.

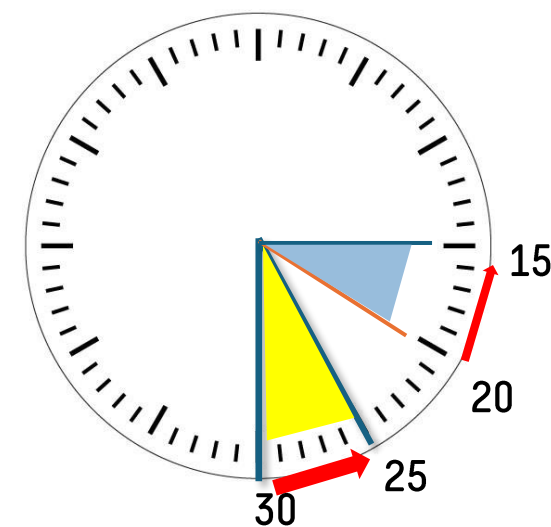
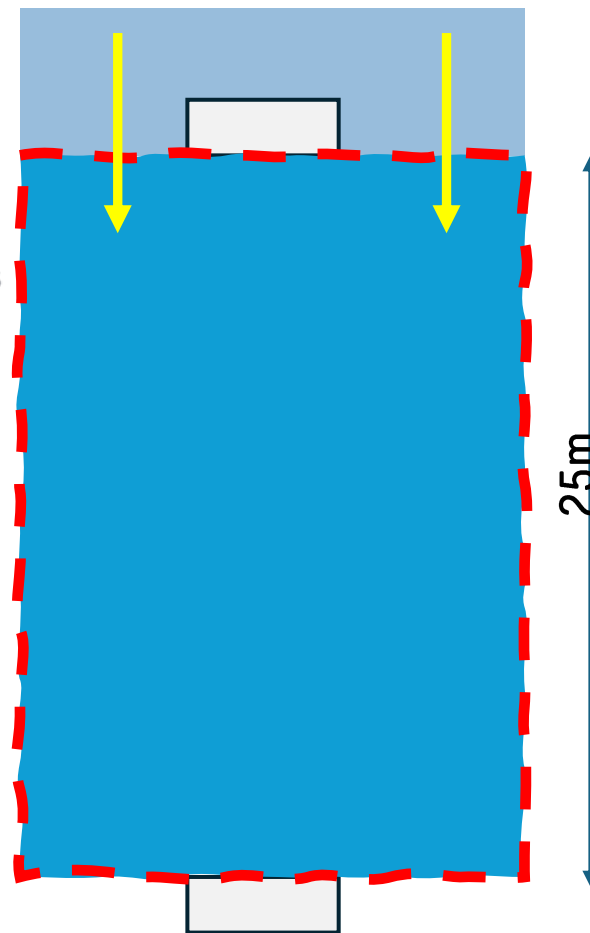
**Team Composition:** The team start list shall consist of a maximum of fourteen eligible players, composed of twelve field players and two goalkeepers.

**Possession Time:** The maximum ball possession time within a men's match will be 25 seconds; the maximum ball possession time within a women's match will be 30 seconds.

**Coaches' Challenge:** Each coach is entitled to challenge one referee-initiated call per match, so long as the challenge involves the following:

1. A referee's perceived failure to call a violent action; or
2. A referee's perceived failure to call a penalty foul; or
3. A referee's perceived incorrect call of a penalty foul; or
4. Field of play situations not reviewed by VAR technology.

**Goalkeeper:** A team must start the match with seven players, one of whom must be a goalkeeper. Following the start of the match, a team is not obliged to have a goalkeeper in the water and may instead have seven field players.





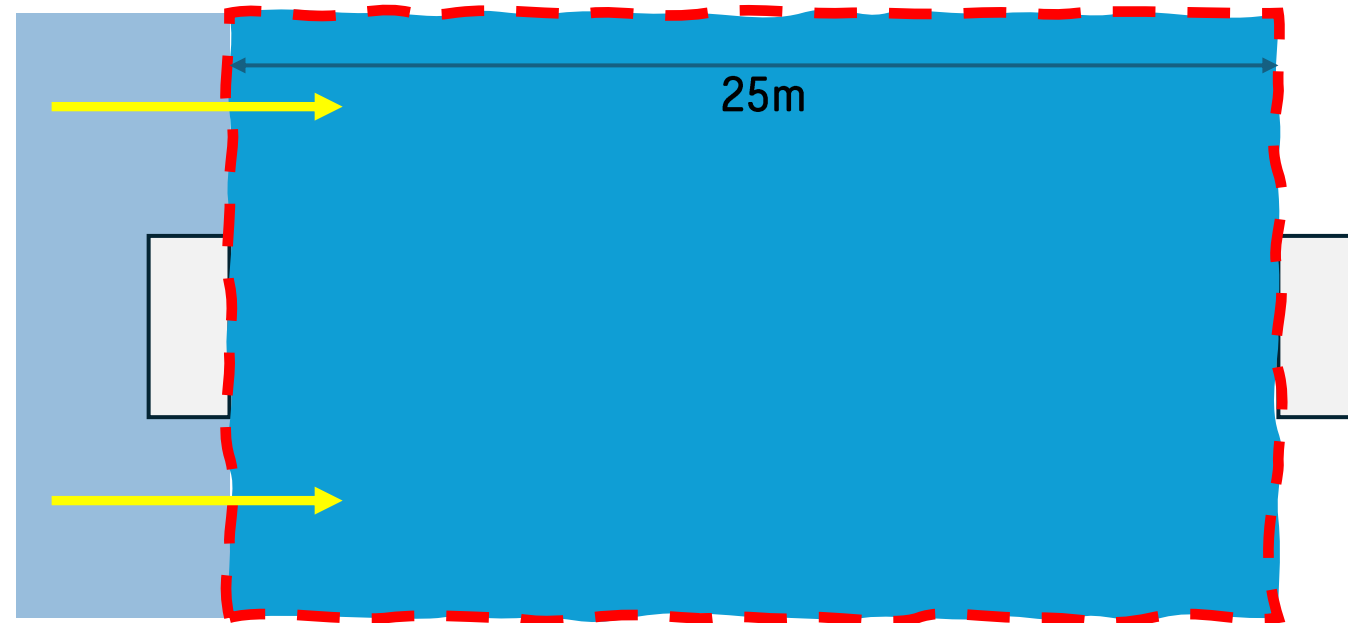
## PART SIX: WATER POLO RULES

### 1 THE FIELD OF PLAY & EQUIPMENT

1.1 Features of the field of play, goals, ball and other equipment must be in accordance with Part Six, Appendix 4.

1.2 The distance between the goal lines shall be 25 metres. This shall apply to men's and women's matches.

1.3 An area for flying substitutions must be available on the lateral outer side of the field of play, on the side where the team benches are situated. The width of this area must be between 0.5m – 1m. The designated area for flying substitutions for each team will be between the goal line in front of the team bench and the centre of the field of play.



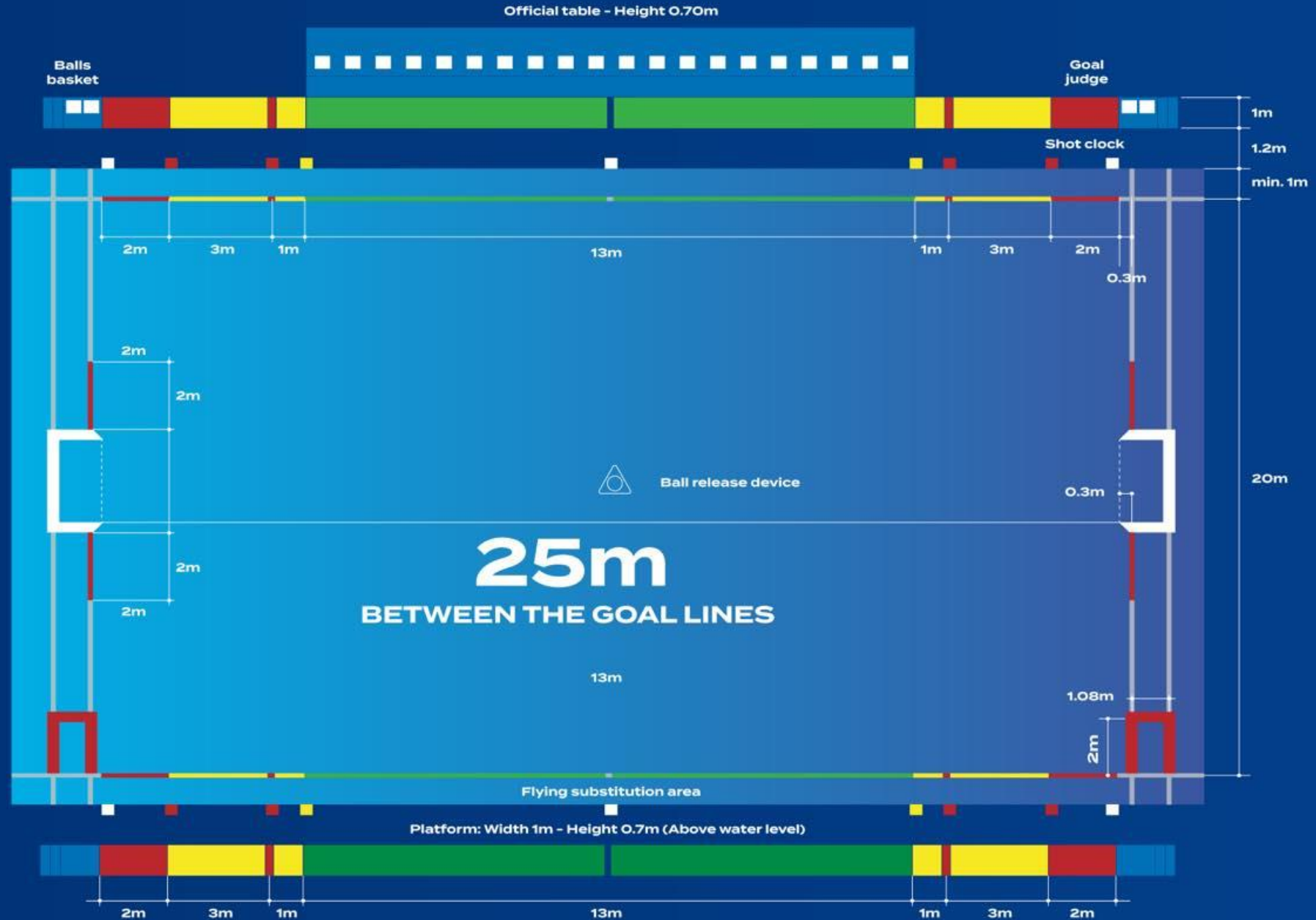
# WATER POLO

NEW POOL MEASUREMENTS



PREVIOUSLY 30M

NEW RULE: 25M



## Team composition

## 2.1

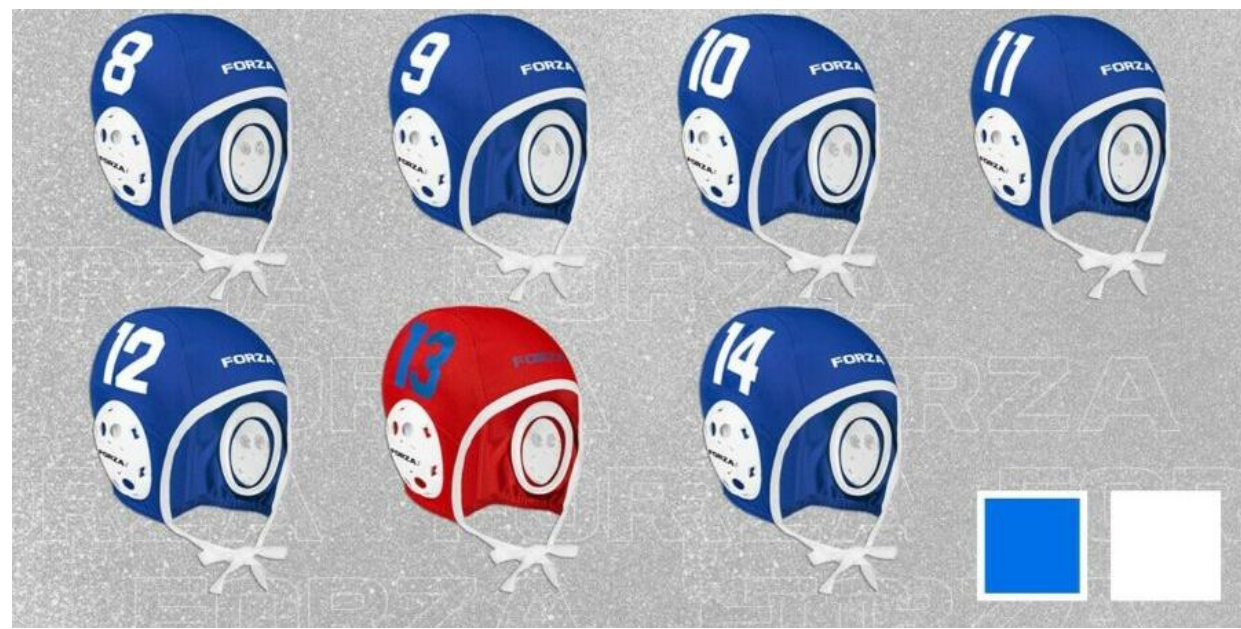
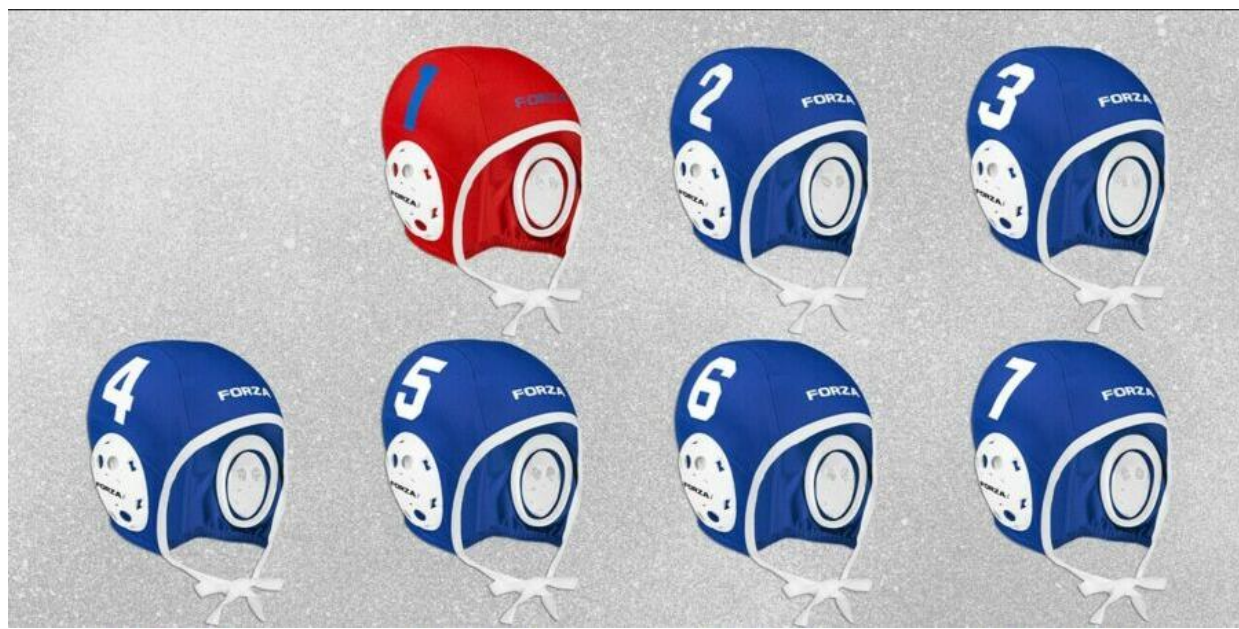
At World Aquatics events, or any event qualifying for a World Aquatics event, each team's start list shall consist of a maximum of fourteen eligible players. This start list shall include a maximum of twelve field players and a maximum of two goalkeepers.

13+1 spillere

Each team must have at least one goalkeeper on its start list. Even if a team has only one goalkeeper, the maximum number of field players remains at twelve. The goalkeeper must wear a red cap, as the red cap entitles the player to the privileges of a goalkeeper.

A team must start the match with seven players, one of whom must be a goalkeeper. Following the start of the match, a team is not obliged to have a goalkeeper in the water and may instead have seven field players.

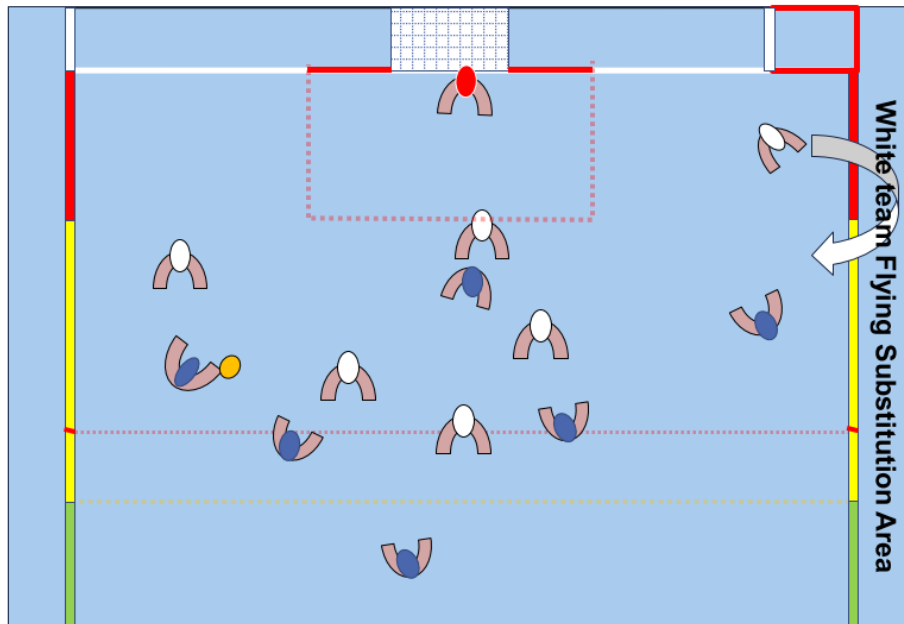
If at any point, a team has no remaining eligible field players, either the registered goalkeeper or the registered substitute goalkeeper, may play as a field player. Similarly, if at any point, a team has no remaining viable goalkeepers, a registered field player may play as a goalkeeper, provided he or she wears a red cap.



## Substitution procedure

2.6

At any time in the game, a player or goalkeeper may be substituted by leaving the field of play at the team's exclusion re-entry area. The substitute may enter the field of play from the exclusion re-entry area as soon as the player has visibly risen to the surface of the water within the re-entry area ~~and touched hands above the water with the substitute~~. Substitution from the 'flying substitution' area is also allowed when the substitute enters the area from behind the extended goal line, both players, the exiting player and the substitute, are in the water, outside of the field of play and touch hands above the water. A substitute shall be ready to replace a player, without delay. If the substitute is not ready, the game shall continue without the substitute and, at any time, the substitute may then enter the field of play from the team's designated substitution areas, after touching hands where applicable. If a player leaves the field of play through the exclusion re-entry area or the 'flying substitution' area without being replaced by a substitute, the same player shall be permitted to re-enter the field of play from the same exclusion re-entry area or the 'flying substitution' area.



2.7

~~If a goalkeeper is substituted under this Rule, it must only be by the substitute goalkeeper, if applicable. No substitution shall be made under this Rule between the time a referee awards a penalty throw and the taking of the throw or during VAR review.~~ If the goalkeeper or substitute goalkeeper, if applicable, is not entitled or able to participate, a team playing with seven players shall be ~~required~~ permitted to play with an alternative goalkeeper with the previliges of a golkeeperwho shall wear the goalkeeper's cap. This player who substitutes for the goalkeeper shall wear a red cap with the same number as he/she was wearing as a field player. A goalkeeper who has been replaced by a substitute may not play in any position other than goalkeeper. The substitution and the cap - change for the alternate goalkeeper must be at the bench, and must follow the related rules of substitution.

2.8

No substitution shall be made under this Rule, except for bleeding or injury, between the time a referee awards a penalty throw (unless during a timeout) and the taking of the throw ~~or during VAR review.~~



## 5 TIMEOUTS

- 5.1** Each team may request two timeouts per game. The duration of the timeout shall be one minute. A timeout may be requested at any time, including after a goal, but not ~~after a penalty throw has been awarded or~~ during VAR review, by the coach of the team in possession of the ball calling "timeout" and signalling to the secretary jury table or the referee with the hands forming a T-shape. A team has possession of the ball when one of its players is holding or swimming with the ball. If a timeout is requested, the secretary or referee shall immediately stop the game by whistle and the players shall immediately return to their respective halves of the field of play. The timeout request can also be made by any device authorized for use in the game.
- 5.2** Play shall be restarted on the whistle of the referee by the team in possession of the ball putting the ball into play on or behind the half distance line, except that if the timeout is requested between the time a referee awards a penalty throw and the taking of the throw~~before the taking of a corner throw~~, that throw shall be maintained.
- 5.3** If the coach of the team in possession of the ball requests an additional timeout to which the team is not entitled, the game shall be stopped, and play shall then be restarted by a player of the opposing team putting the ball into play at the half distance line.
- 5.4** If the coach of the team not in possession of the ball requests a timeout, the game shall be stopped, and a penalty throw awarded to the opposing team. After requesting this illegal timeout, the coach shall lose the right to request a legal timeout if the team still has one.
- 5.5** At the restart following a timeout, players may take any position in the field of play, subject to the Rules relating to the taking of corner throws or penalty throws if the timeout is requested between the time a referee awards a penalty throw and the taking of the throw.

Mulig å kalle for en T-Out før straffe



Det er mulig å score fra 6 meter selv når frikast skjer inne, eller når ballen opprinnelig var innenfor



- a) at the start or any restart of the game, after at least two players (of either team but excluding the defending goalkeeper) intentionally play or touch the ball;
- b) from a penalty throw;
- c) if a player throws the ball from a free throw into the player's own goal;
- d) from an immediate shot from a goal throw or a corner throw or a free throw taken by a player awarded outside 6 metres, except restarting after a goal, a timeout, a neutral throw, after the referee calls for the ball for an injury, replacement of a cap or for any other reason or when the ball leaves the side of the field of play;
- e) by a player who visibly puts the ball into play ~~when starting or restarting play outside 6 metres or~~ from a corner throw or outside 6 metres:
- from a goal throw:
    - after a swim up or the commencement of a period;
    - after a timeout or a goal;
    - after an injury;
    - after replacement of a cap;
    - after the referee calls for the ball or calls for a neutral throw;
    - when the ball leaves the side of the field of play;
    - taking a free throw awarded outside 6 metres;
    - after any other delay.
- f) by a player who visibly puts the ball into play inside 6 metres and swims outside 6 metres:
- after an injury;
  - after replacement of a cap;
  - after the referee calls for the ball or calls for a neutral throw;
  - when the ball leaves the side of the field of play;
  - taking a free throw;
  - after any other delay.

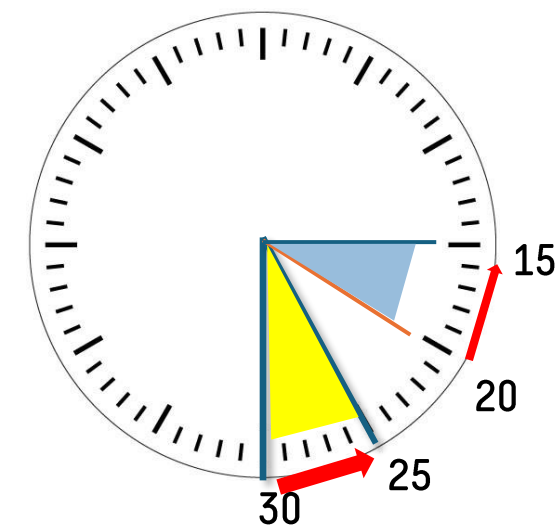
A team may retain possession for no more than (i) 25 seconds of actual play for the men's category and (ii) 30 seconds of actual play for the women's category without shooting at the opponent's goal.

The specific time limits for a team to retain possession of the ball without shooting at the opponent's goal, in the men's category, is summarized as follows (for which the timekeeper recording the possession time shall reset the clock):

- a) after the ball has left the hand of the player shooting at the goal, if the ball rebounds into play from the goal posts, a player or the goalkeeper, the possession time shall not recommence until the ball comes into the possession of one of the teams. The clock shall be reset to 15 seconds if the ball comes into possession of the attacking team. It shall be reset to 25 seconds if it comes into possession of the defending team;
- b) when the ball comes into the possession of the defending team, the clock shall be reset to 25 seconds of possession time.
- c) when the ball is put into play following the award of an exclusion foul to the defending player, the clock shall be reset to 15 seconds of possession time unless there are more than 15 seconds of possession time remaining, in which case the time shall continue and not be reset;
- d) when the ball is put into play following the taking of a penalty throw without a change of possession, or a corner throw, the clock shall be reset to 15 seconds of possession time. The clock shall also be reset to 15 seconds of possession time when the ball leaves the field of play through the side lines as a result of a deliberate action by a defender or the blocking of a shot by ~~a~~the defending goalkeeper;
- e) when the ball is put into play following the award of a penalty throw with a change of possession, a goal throw or neutral throw, the clock shall be reset to 25 seconds of possession time.

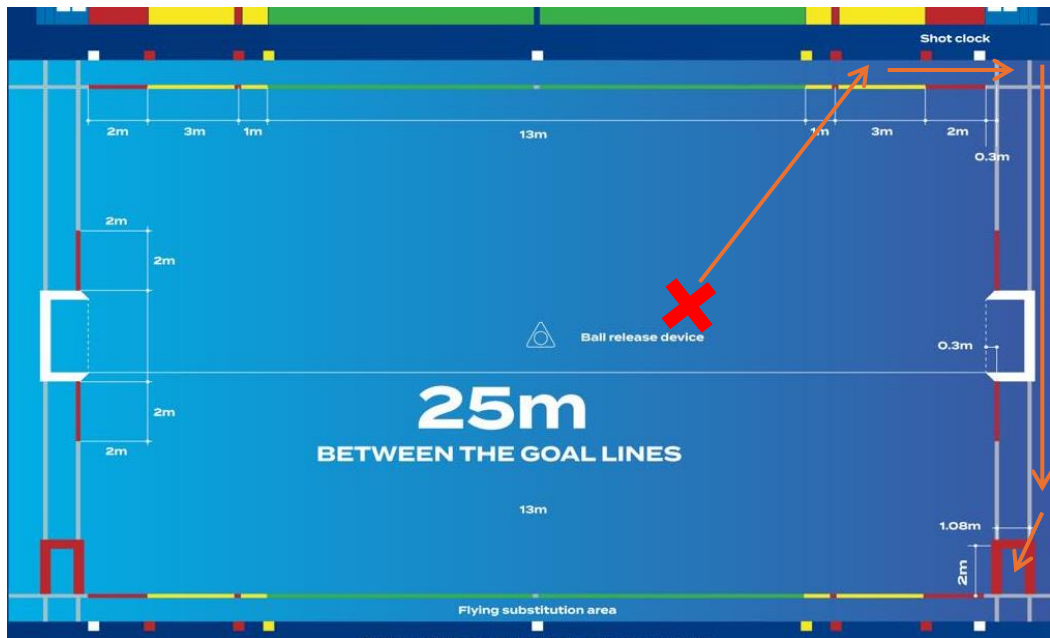
Fra 30'' til 25''

Fra 20'' til 15''



## 9 EXCLUSION FOULS

- 9.1** It shall be an exclusion foul to commit any of the following offences (Part Six, Article 9.4 to 9.18) which shall be punished (except as otherwise provided by the Rules) by the award of a free throw to the opposing team and the exclusion of the player who committed the foul.
- 9.2** An excluded player, including a player excluded from the remainder of the game, must immediately leave the field of play at any place, not leaving the water, and move to the exclusion re-entry area (visibly rising to the surface of the water ~~and, if applicable, touch hands above the water with the substitute~~) nearest to the player's own goal line without interfering with the play.
- 9.8** To impede or otherwise prevent the free movement of an opponent who is not holding the ball, including swimming on the opponent's shoulders, back or legs or going under water hindering the positioning of an opponent. "Holding" is lifting, carrying or touching the ball but does not include dribbling the ball.
- 9.11** Tactical foul. Anywhere in the field of play, for a defending player to commit a foul on any player of the team in possession of the ball with the intent to stop the flow of the attack. This kind of foul is called a tactical foul.



Utvisning for taktisk frikast

## Feil re-entry er alltid straff

~~9.16~~ For an excluded player to re-enter or a substitute to enter the field of play improperly, including not following Part Six, Article 2.6, Part Six, Article 2.7 and Part Six, Article 9.3. This player receives only one personal foul, which should be marked by the secretary as an exclusion foul.

~~9.16.1~~ If this offence is committed by a player of the team not in possession of the ball, the offending player shall be excluded and a penalty throw also awarded to the opposing team.

~~9.16.2~~ If this offence is committed by a player of the team in possession of the ball, the offending player shall be excluded and a free throw awarded to the opposing team.

9.179.16 To interfere with the taking of a penalty throw. The offending player shall be excluded from the remainder of the game with substitution after the earliest occurrence referred to in Part Six, Article 9.3 and the penalty throw shall be maintained or re-taken as appropriate. The referees may use the VAR system to determine if there has been interference with the penalty throw. This offence may occur after the whistle by the referee. See Part Six, Article 15.2.

9.17 For the defending goalkeeper to fail to take up the correct position on the goal line at the taking of a penalty throw having been ordered once to do so by the referee. Another defending player may take the position of the goalkeeper but without the goalkeeper's privileges or limitations.

9.18 If at the taking of a penalty throw the goalkeeper moves forward before the referee blows the whistle and the player takes the shot and goal is not scored, the goalkeeper shall be excluded according to 9.17 and the penalty throw shall be re-taken.



~~10.12~~ If, in the last minute of the game, a penalty throw is awarded to a team, the coach may elect to maintain possession of the ball and be awarded a free throw. The timekeeper recording possession time shall reset the clock to 25 seconds, in men's category and 30 seconds in women' category, and the game will be restarted as after a timeout.

~~10.12~~ It is the responsibility of the coach to give a clear signal without delay if the team wishes to maintain possession of the ball in accordance with this Rule. For an excluded player to re-enter or a substitute to enter the field of play improperly, including not following Part Six, Articles 2.6, 2.7, 9.3, 9.13.1, 9.14.1, 9.14.2, 9.14.3 and 9.15. This player receives only one personal foul, which should be marked by the secretary as a penalty foul.

~~Should this occur as a (re-)entry from an exclusion with the period of the exclusion not expired, the offending player must leave the field of play before the taking of the penalty throw. The player or a substitute shall be permitted to (re-)enter at the expiration of the period of the exclusion or when the excluded player's team has retaken possession of the ball or is awarded a free throw, a goal throw or a penalty throw except in the circumstances under Part Six, Article 9.14, in which case the player or a substitute shall be permitted to (re-)enter only at the expiration of the period of the exclusion.~~

~~15.6~~ If at precisely the same time as the referee awards a penalty throw the timekeeper whistles for the end of a period, all players except the player taking the throw and the defending goalkeeper shall leave the field of play entering the respective flying substitution areas ~~water~~ before the penalty throw is taken. In this situation, the ball shall immediately be dead should it rebound into play from the goal post, crossbar or the goalkeeper.

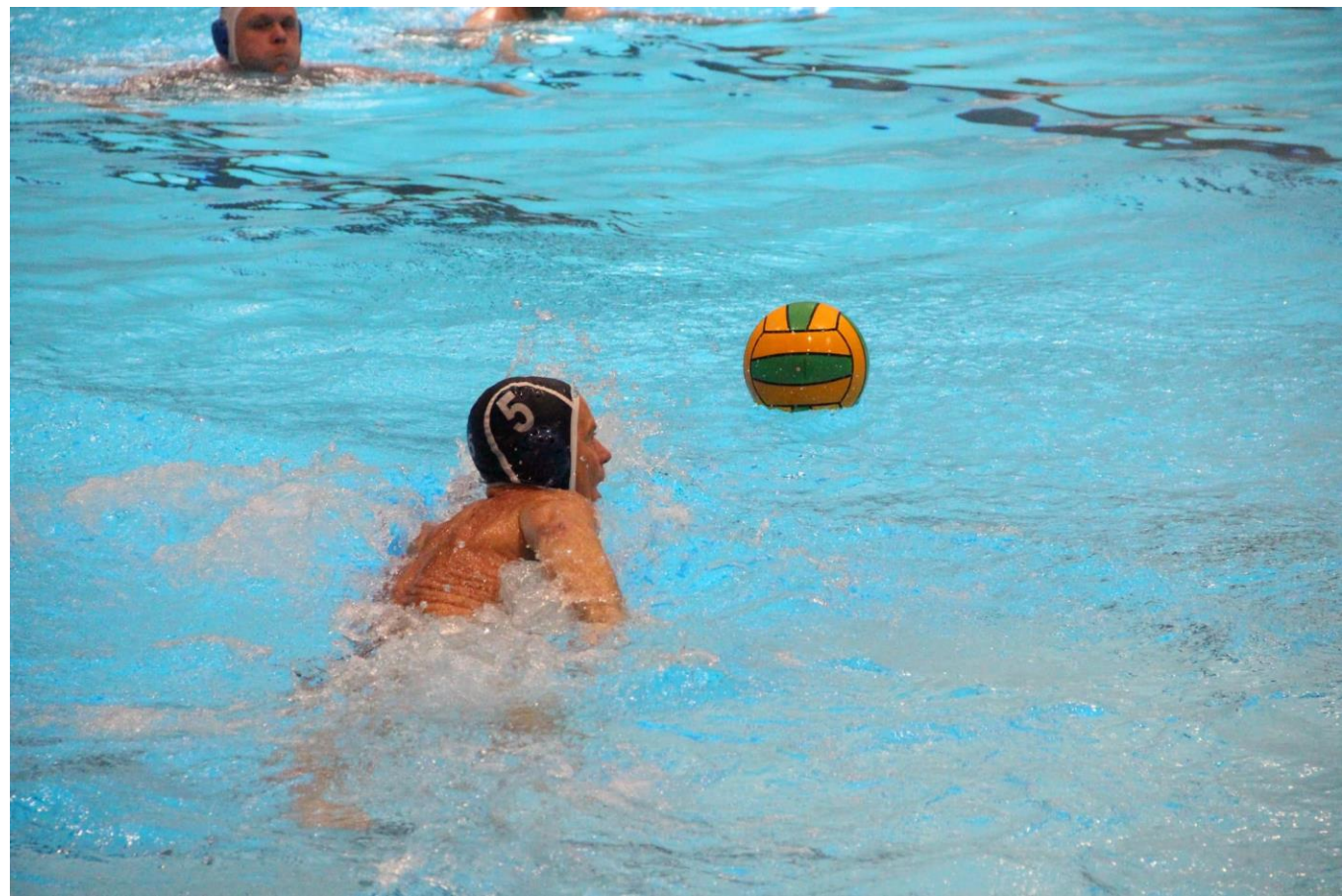
~~15.6~~~~15.7~~ If, in the last minute of the game, a penalty throw is awarded to a team, the coach may elect to maintain possession of the ball and be awarded a free throw. The timekeeper recording possession time shall reset the clock to 25 seconds, and the game will be restarted as after a timeout. It is the responsibility of the coach to give a clear signal without delay if the team wishes to maintain possession of the ball in accordance with this Rule.



11.3

The free throw shall be taken with no undue delay by the player nearest to the ball in a manner to enable the players to observe the ball visibly leaving the hand of the player taking the throw, who shall also then be permitted to carry or dribble the ball before passing to another player, or to shoot, when permitted. The ball shall be in play immediately when it leaves the hand of the player taking the free throw. However, when there is a counterattack, a player does not have to give up the advantage to go to the ball and take the free throw. The second closest player to the ball can take the throw as long as there is no undue delay.

nest nærmest  
ballen kan starte  
etter frikast



# 16

## PERSONAL FOULS, YELLOW AND RED CARDS

### 16.1

A personal foul shall be recorded against any player who commits an exclusion foul or penalty foul. The referee shall indicate the offending player's cap number to the secretary.

### 16.2

Upon receiving a third personal foul, a player shall be excluded from the remainder of the game with substitution after the earliest occurrence referred to in Part Six, Article 9.3. If the third personal foul is a penalty foul, the entry of the substitute shall be immediate. This player must sit in a specific area designated near the bench, if available.



Spillere utvist  
for resten av  
kampen kan  
ikke forlate  
bassenget

## 17 ACCIDENT, INJURY AND ILLNESS

17.1 A player shall only be allowed to leave the water, or sit or stand on the steps or side of the pool during play in the case of accident, injury, illness or with the permission of a referee. A player who has left the water legitimately may re-enter from the team's exclusion re-entry area at an appropriate stoppage, with the permission of a referee.

17.2 If a player is bleeding, the referee shall immediately order the player out of the water with the immediate entry of a substitute and the game shall continue without interruption. After the bleeding has stopped, the player is permitted to be a substitute in the ordinary course of the game.

17.3 If accident, injury or illness, other than bleeding, occurs, a referee, at the referee's discretion, may briefly suspend the game ordering the immediate substitution of the injured player, if needed, for not more than three minutes, in which case the referee shall instruct the timekeeper as to when the stoppage period is to commence.

17.4 Should the game be stopped through accident, injury, illness, bleeding or other unforeseen reason, the team in possession of the ball at the time of the stoppage shall put the ball into play at the place of stoppage when the play is resumed.

~~17.5 Except in the circumstances of Part Six, Article 17.2 (bleeding), the player shall not be allowed to take further part in the game if a substitute has entered.~~

~~17.6~~17.5 If the referee or VAR assistant referee or delegate, suspects that a violent action may have occurred, the referees may review VAR according to the VAR protocol. (Part Six, Appendix 7).

### ~~17.7~~17.6 **Medical and Safety specific requirements for Water Polo**

Water Polo is a contact sport. The incidence of traumatic injuries is the highest of the World Aquatics Sport. Therefore, the Medical Team shall be ready to address some specific issues.

#### ~~17.7~~17.6.1 **Traumatic Injury**

Contact injuries in water polo are high. Therefore, the Chief Medical Officer (CMO) or Venue Medical Officer (VMO) should have the proper medical kit to manage traumatic injuries, which should include suture material and/or skin glue, as a bleeding athlete will not be allowed back in the water (Part Six, Article 17.2).

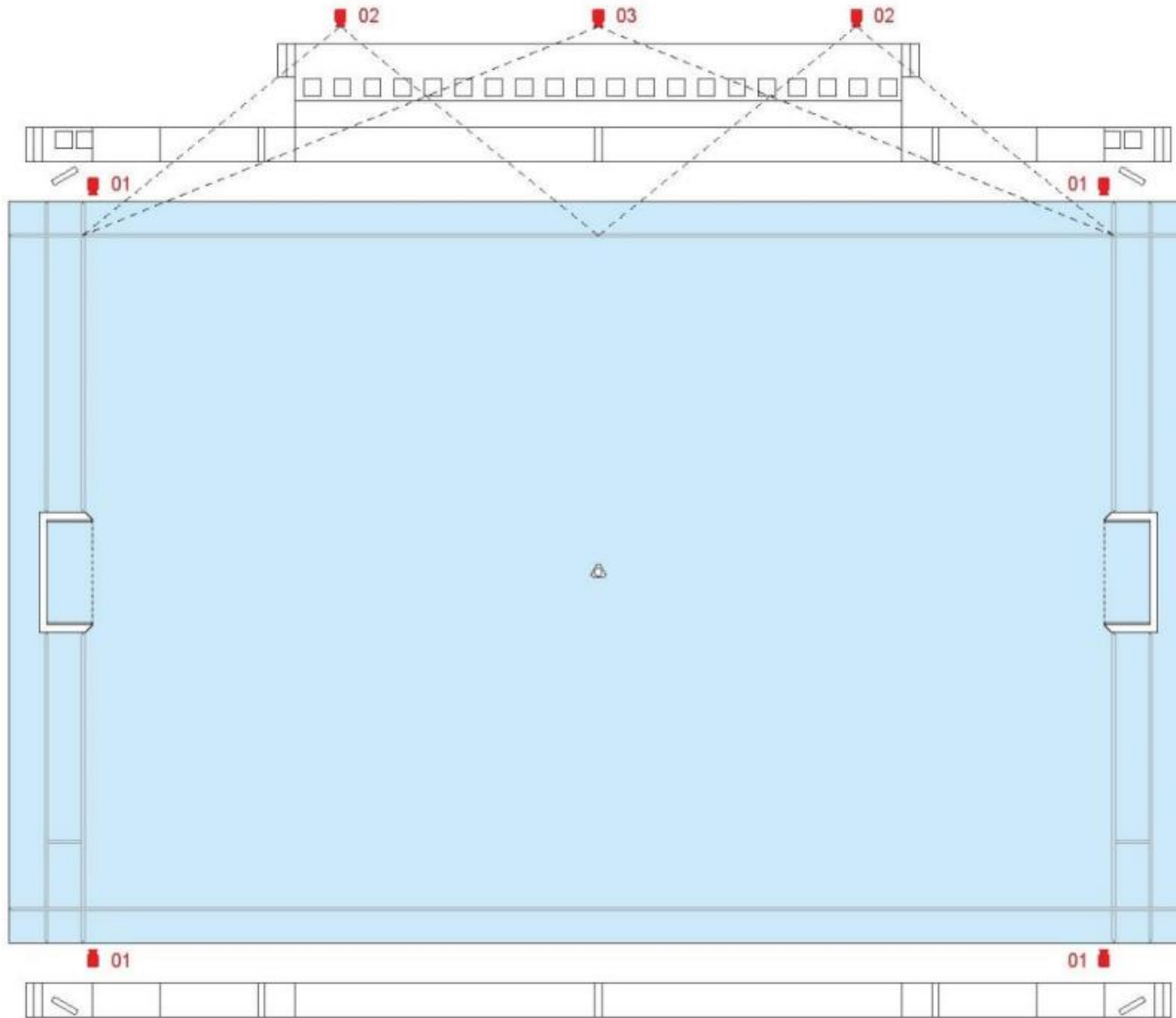
In addition, ice packs should be available during matches.

Lifeguards and the FoP medical team should be trained in trauma recognition and deep water extractions.



# REFEREES AND TECHNICAL OFFICIALS

**Video assistant referee – VAR:** Video technology and assistant referee, which the referee may use to make a final decision after reviewing a situation in described situations in Appendix 7 - VAR protocol or after a challenge by the coach in the circumstances in Appendix.10 – Challenge Protocol.



**Procedures:**

Each Coach is entitled to challenge one (1) call, made by a referee, per match (a "Coaches' Challenge"), so long as the challenge is one of the following:

1. A Referee's perceived failure to call a violent action;
2. A Referee's perceived failure to call a penalty foul;
3. A Referee's perceived incorrect call of a penalty foul; or
4. One of the following field of play situations not reviewed by VAR technology:
  - a. A corner throw or goal throw.
  - b. A goal.
  - c. A declaration of no goal.
  - d. An interference in an Athlete's penalty throw.
  - e. A goal recorded at "shot clock" expiration or at the conclusion of a period.
  - f. An Athlete's improper or illegal entry or re-entry into the field of play.
  - g. A shot taken at the end of a period, during which time, a player is wrongfully excluded from the field of play.
  - h. Any perceived error made by the jury table; or
  - i. Any perceived electronic error that has not been reviewed by VAR.

For the avoidance of doubt, a Coach may not challenge a decision for which a referee has consulted a VAR review.

If a Coach's Challenge is successful, he/she is entitled to make a second challenge, in the same match, subject to the same criteria as set out above.

In the event a team makes a challenge that is not allowed pursuant to the aforementioned guidelines during stoppage as timeout, goal, intervals between periods, before the taking of a penalty throw, or any other stoppage, the team coach shall be sanctioned by a yellow card or red card if yellow was already given before a penalty foul. If the head coach has already been excluded, any other bench official can only receive a red card. In this case, no personal foul shall be recorded on the game protocol.



**Timing:**

The timing of a Coach's Challenge must comply with the following criteria:

1. Challenge against an uncalled violent action: The challenge must be brought immediately upon the challenging team's ball possession, and not afterwards.
2. Challenge against a penalty foul: The challenge must be made by the team against which the penalty foul has been called before the penalty throw is taken.
3. Challenge against an uncalled penalty foul: The challenge must be made on the earliest occurrence of one of the following moments:
  - Upon the challenging team's immediate next ball possession, but not afterwards.
  - At a timeout called by the non-challenging team before the challenging team's next immediate ball possession, but not afterwards.
  - At a corner throw in favor of the non-challenging team before the challenging team's immediate next ball possession, but not afterwards.
  - At a penalty foul call in favor of the non-challenging team before the challenging team's immediate next possession and before it is taken, but not afterwards.
  - When the non-challenging team scores at its immediately following possession, but not afterwards.
  - When the referees stop the game and take the ball for any reason during the non-challenging team's next immediate possession.

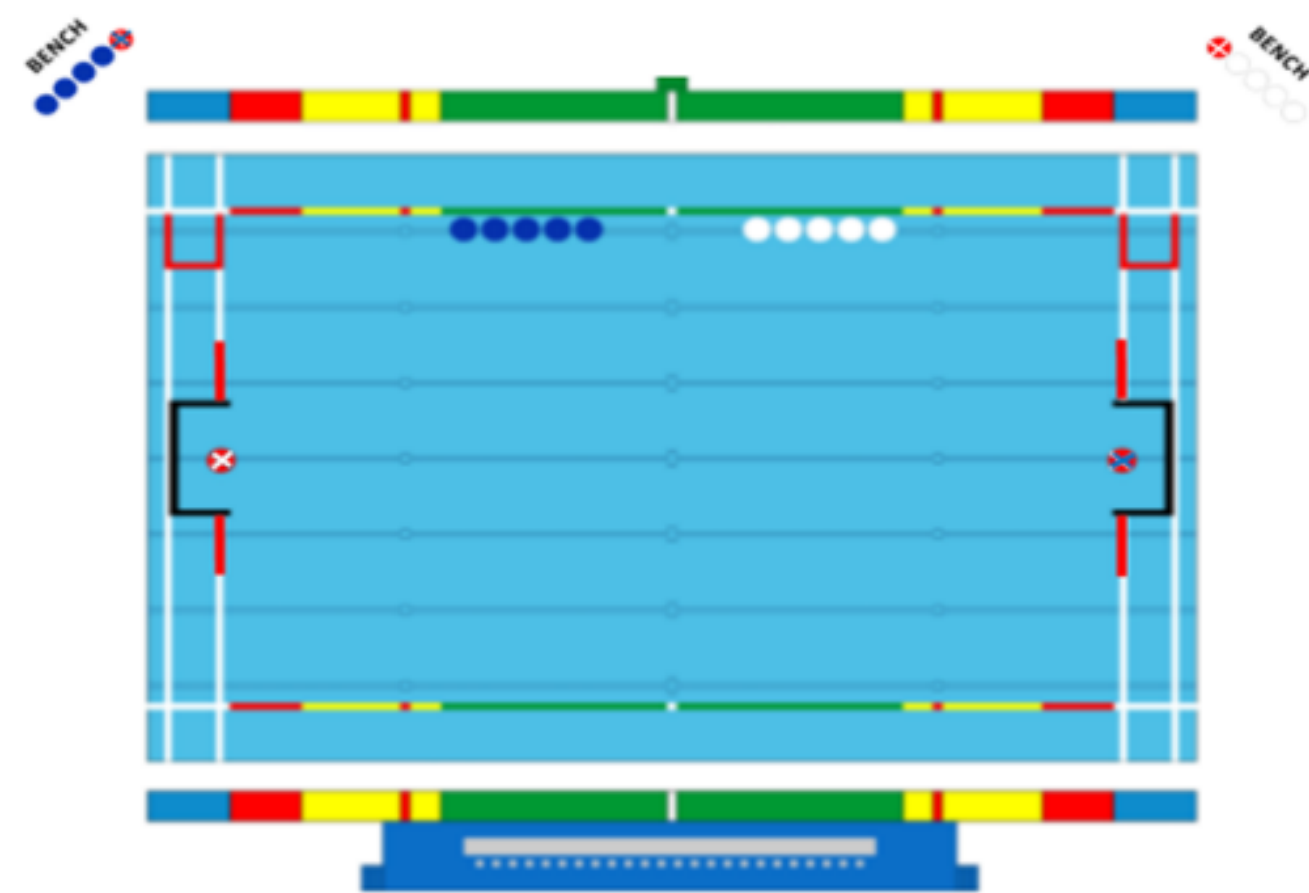
Against a goal scored at "shot clock" expiration or at the end of a period: The challenge must be made instantaneously following such shot.

Against all other cases:

The challenge must be made by the challenging team upon the earliest occurrence of the following moments:

- Upon the challenging team's immediate next ball possession, but not afterwards.
- At a timeout called by the non-challenging team before the challenging team's next immediate ball possession, but not afterwards.
- At a corner throw in favor of the non-challenging team before the challenging team's immediate next ball possession, but not afterwards.
- At a penalty foul call in favor of the non-challenging team before the challenging team's immediate next possession and before it is taken, but not afterwards.
- When the non-challenging team scores on the challenging team, immediately upon the challenging team's possession, but not afterwards.
- When the referees stop the game and take the ball for any reason during the non-challenging team's next immediate possession.





**20.6.2.8** If during the shootout procedure the defending goalkeeper fails to take up the correct position on the goal line at the taking of a penalty throw having been ordered once to do so by the referee, the goalkeeper shall be excluded and a player from the five players participating in the penalty shootout may take the position of the goalkeeper but without the goalkeeper's privileges. Following the taking of the penalty throw, the goalkeeper or a substitute shall be permitted to (re)-enter except in the circumstances of Part Six, Article 16.2.

**20.6.2.9** If at the taking of a penalty throw the goalkeeper moves forward before the referee blows the whistle and the player takes the shot and goal is not scored, the goalkeeper shall be excluded and the penalty throw shall be re-taken according to Part Six, Article 20.6.2.8. The goalkeeper or a substitute shall be permitted to (re)-enter according to Part Six, Article 20.6.2.8.

# KONSEKVENSER

- Mer dynamiske spill med flere mål
- Økte fysiske krav til idrettsutøvere
- Mer intens trening planlagt
- Flere skudd
- Mulig økt stress for spillere
- VAR kan endre avgjørende beslutninger
- Ny taktikk for å utnytte 15"
- Dommerne må ta raskere avgjørelser
- Samlede regler for begge kjønn (mer rettferdighet)
- Dataanalyse og teknologi kommer

