

# Flippa Ball

Grades 3-6

Flippa Ball is a modified, beginner-friendly version of water polo designed for children, from Grades 3 to 6. It serves as an introduction to the sport, focusing on basic skills like swimming, passing, and shooting while emphasising fun and teamwork.

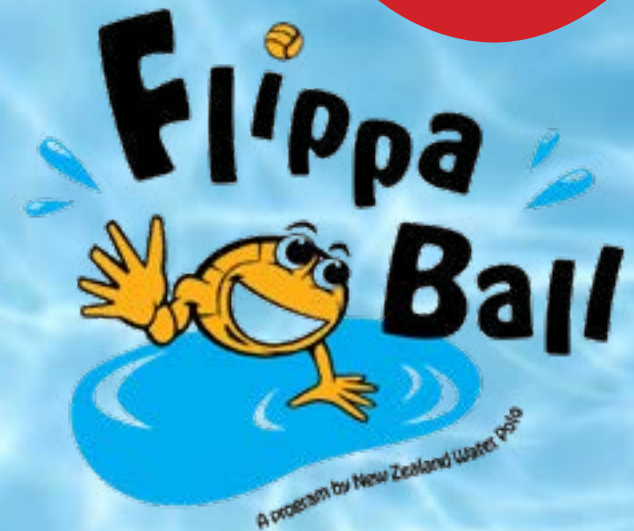
Flippa Ball is played in a shallow pool (1.2m – 1.3m deep) and uses a range of ball skills, swimming and teamwork.

Children are only allowed to use one hand to catch, pass and shoot. Goalies are allowed to use two hands. Players must swim with the ball.

This involves placing the ball on the water in front of their face and swimming freestyle while keeping the ball in between their arms.

Teams must consist of at least 7 players per team with 6 field players and one goalie on at a time. A team can have up to 10 players in a team.

Flippa Ball is a great way for kids to be active while building confidence when in the water.



## Competition Information

For	Years 3 - 6
Leagues:	Term 1 - Summer League
	Term 2 & 3 - Winter League
	Term 4 - Spring League
When:	Sundays 12 – 5 PM
Where:	Sacred Heart Aquatic Centre, Sacred Heart College, Glendowie
Grades:	Year 3/4 A & B Grade or Year 5/6

For further information  
and to register



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