

NEWSLETTER

JULY-AUGUST 2019



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NEWSFLASH

Welcome back to another season of water polo with City of Bristol! We hope you all had a great summer and are excited for another year of hard swim sets, intense leg exercises and most importantly thrilling games against rivals from all over the country, we certainly are!

This year we will welcome a new set of rules, designed to make the game more dynamic and higher scoring, with the aim to appeal larger crowds worldwide. We will analyse these new rules and go through their effect in our in depth section.

During the summer a few things happened that you should know about. First of all, our Head Coach Craig Figes was interviewed once again by Geoff Twentyman on the 13th of August. In the hour long chat they discussed all sorts of interesting topics, well worth a listen.

A number of our junior players have been involved with their GB squads these last months, traveling abroad to prepare their upcoming tournaments. We will try and cover their trips in their relevant sections.

On a more social note, some of our athletes also participated in the Lyme Splash beach water polo tournament organised early in August in Lyme Regis. Despite the freezing cold water, this was a great chance to play the sport with a different scenery in a tournament that is quickly gaining traction.



**BBQ and Bar
Plus
Beach Water Polo**

**SUMMER
SOCIAL**

**Tickets - £5
Per Person**

Portishead Lido

20 Sept 19.00 - 22.00

Finally, later this month we will be having a “Summer Social” at the Portishead Lido where we will officially welcome the new season! Tickets should still be available from the relevant team managers.

This will be a great opportunity to meet members from across the teams and have a fun evening of water polo. Fun tournaments are being organised. A legends match will take place, where the heroes from the past will showcase they still have it. But then the youngsters will take the water, playing games and having all the fun in the world.

We highly recommend the event and hope to see you all there!

MEN



JOE HUBBLE CONTINUES TO PREPARE WITH GB

Joe continues to prepare European qualifiers next year with the GB U19 squad. They are using this summer to prepare abroad, having been to Croatia to play in the H2O cup. They finished the tournament in 3rd place. In early September they travel to Barcelona to play in the Turbo Waterpolo Cup. Also in the squad is Tom Manley, who has played for Bristol in National League.



BARBARIANS DEFEAT HARLEQUINS IN THE B&W CUP

The “Handicap” cup sees teams from lower divisions in B&W play against each other. This edition offered a game between the two club’s teams. Harlequins started with a 15 goal lead, but stellar performances by Nathan Brown and John Sissons, who combined scored that amount, proved too much for the men that train at Bristol South. The final score of 28-18 sees the Barbarians through to the next round.

JUNIORS



JOE ASHWORTH WITH GB IN EGER

Left hander Joe A. continues his preparation with GB National Academy, this time traveling to Eger, Hungary. The team took part in the Eger Academy 2019 where they practiced alongside other nations such as Russia. Joe continues to play for the Juniors in Bristol and West and regularly joins in (with other juniors) the first team sessions, having already made his competitive debut for the team in the Local League.



JUNIORS STORM PAST EXETER

Our juniors faced off with Exeter early in July, taking a convincing 20-5 victory back home. The team has been looking good in recent months, with quite a few players regularly training with the first teams. They will face Exeter again, hoping to repeat the success in September. All before a crucial game against Devonport, which could very well be the title deciding game.



MEMBER OF THE MONTH

POPPY ELLIMAN

Just before the summer break the girls played against Newton Abbot. In that game, Poppy displayed her outstanding goalkeeping abilities, becoming an absolute wall for the opposition. Her saves were crucial in the team’s victory by 11 goals to 5.

Poppy regularly commits to training despite the long commute to and from the pool, with well over an hour travel time each way. We are certain that she will continue to develop and be a clear safety net for the future of the team.

LADIES



ANASHE AND LILY-MAY WITH GB JUNIOR

Both Anashe C. and Lily-May G. have been this summer traveling with the GB junior squad. First to Eger where they prepared at the Eger Academy 2019 for the Junior European Championship tournament. The Europeans are taking place in Volos, Greece, at the start of September.

In this tournament the girls will play against the biggest water polo nations in the world, facing teams like Germany and Hungary. We wish them the very best, and congratulate them for their amazing achievements so far!

WATER POLO WELCOMES NEW RULES!

Starting this month, all British competitions, including B&W and National League will adopt a new set of rules. These rules come from FINA, the international governing body and have been already implemented across the world in several competitions. These new rules have been designed with the aim of making the sport more attractive for the public and expand interest in the game. Many other changes were considered, and trialed in the past, including reducing the number of players in the pool or playing with smaller balls. The implemented rules were tested in Junior competitions over the past years and were aproved earlier in the year. So, what are these new rules?

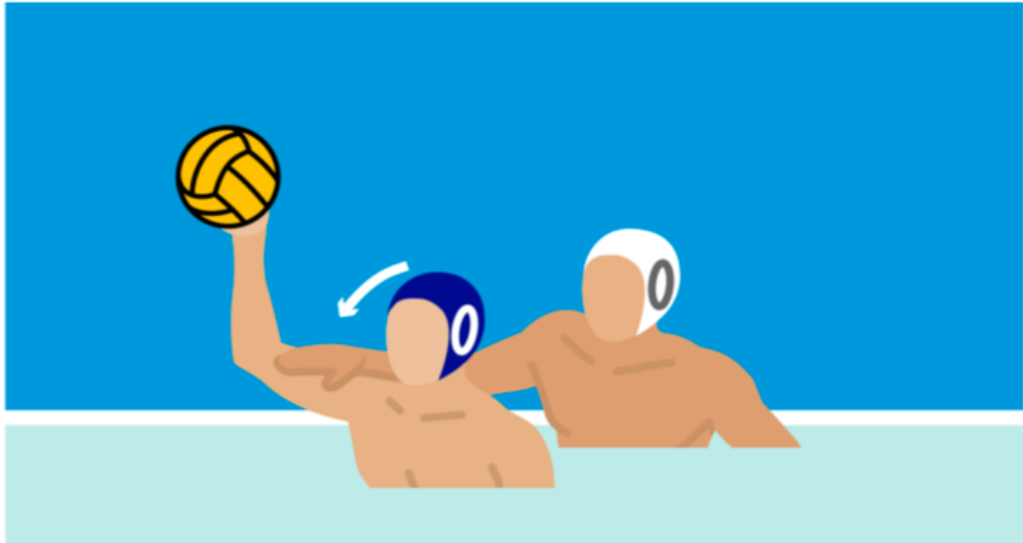
A shot can be taken from a free throw taken and awarded outside 6m after faking or dribbling or putting the ball onto the water. When the player is not shooting directly, the ball must be put into play.

This is a change from the previous rule book in two ways. Before players could shoot from a foul taken outside 5m, but had to do so in one motion. Now this line moves back to 6m, but as well as shooting directly players can put the ball in play and then fake and/or move before taking a shot. It has been stressed by referees the importance of puting the ball in play before faking/moving, which can be done by switching the ball from hand, or by dropping it or most likely, by throwing the ball in the air, seen in the drawing below. Once the ball is put in play defenders can re-engage as before the foul was committed. The aim here is to reduce the power of a foul and drop to help the centre back, leaving the fouled player effectively stranded if he doesn't play the ball straight away. It is important to note that this rule applies if both the foul and the ball are outside the 6m line. A referee will signal this is the case by lifting one arm up.



For a defending player, including the goalkeeper, to impede an attacking player from behind within the 6m area when the attacking player is facing goal and making a shooting action, unless the defending player makes contact only with the ball. If the defending player's actions prevent the attacking player from shooting a penalty must also be awarded.

Previously it was a lot more dependent on interpretation whether a foul was committed in a clear goalscoring oportunity and whether a penalty should be awarded. With this new rule, driving gets more power and will force defences to adjust and switch more effectively. Note on this rule, that if a player is in a position where he could realistically block the shot (other than the goalkeeper) a penalty may not be awarded. The drawing below shows a standard case of a defender impeding a shot from behind that would result in a penalty.



When a corner is awarded, the player taking it can take an immediate shot, but also put the ball in play and then score after faking or swimming with the ball.

In the spirit of getting the game to be more offensive, this is directly to tackle the common tactic of pressing high after a corner and double marking the centre forward, giving no options to the corner taker other than playing a risky pass. Now, they can become a threat and move their position, or take advantage of a lapse in goalkeeper concentration.

A free throw shall be taken from the location of the ball, not where the foul was committed, unless the ball is inside 2m.

We've already discussed this breifly in the previous rules. This is aimed at making the game more dynamic, reducing the benefit of moving the ball when fouling, to give their team time to set defensively. However, this could see a benefit if players being attacked can control what they do with the ball when being fouled.

A goalkeeper can now go past the half way line.

A more minor rule change, that could have an effect at the end of close games or quarters. We have already seen ocasions where goalkeepers set as a second centre forward, or as an extra player in the arc. This will most likely have a small effect on the overall gameplay, as losing the ball could result in an easy goal for the opposition.

Yiannis Giannouris on behalf of the World Water Polo Coaches Association (WWPCA) has conducted an analysis of the effect the new rules had on the World Championships this summer. The results could be summed up in the following way. More shots were taken resulting in more goals. There were more exclusions, coming mostly from new exclusions from the field (not centre forward). This resulted in more 6X5 goals. Also a slightly higher number of counter attack goals. However, not all was rosy for attackers, there was less 6m foul goals compared to 5m fouls, both because less shots were taken there and their effectiveness was drastically reduced. All in all, we are excited to see how these rules affect British water polo and we hope to take full advantage of them.

SUMMER RESULTS

MEN

BWPL CHAMP 2

		P	W	D	L	GD	Pts
1	Watford	7	6	0	1	30	12
2	Bristol	7	6	0	1	37	12
3	Worthing	7	6	0	1	18	12

B&W BRISTOL

Premier Division

13th N. Abbot 8 14 Bristol

		P	W	D	L	GD	Pts
4	Welsh W	4	2	0	2	-7	4
5	Bristol	3	2	0	2	5	4
6	Exeter	5	1	0	4	-4	2

B&W BARBARIANS

Division 1

11th Harle. 18 28 Barbar.

		P	W	D	L	GD	Pts
1	Barbarians	10	9	1	0	82	19
2	Frome	11	7	1	3	20	15
3	Swindon	10	4	1	5	-10	9

B&W HARLEQUINS

Division 2

11th Harle. 18 28 Barbar.
28th Newport 0 2 Bristol

		P	W	D	L	GD	Pts
4	Bradford	7	3	0	4	-21	6
5	South G.	8	2	0	6	-18	4
6	Harlequins	6	2	0	4	-1	4