



HONG KONG CHINA SWIMMING ASSOCIATION

Unit L, 9/F, MG Tower, 133 Hoi Bun Road, Kwun Tong, Kowloon

Tel: (852) 2572 8594 Fax: (852) 2591 0792 E-mail: info@hkgswimming.org.hk Web-site: www.hkgswimming.org.hk



26th August 2026

Nomination and Selection Criteria for National Women's Water Polo Championship 2026

Please find the Nomination Eligibilities and Selection Criteria for Hong Kong China Water Polo Team as follows:

A) Nomination Eligibilities

- 1) HKSAR Passport Holder
- 2) HKGSA Registered Player (Water Polo) 2026-2027
- 3) Actively participate in Water Polo training and competitions organized by HKGSA
- 4) Fulfil and comply with HKGSA eligibility rules
- 5) Players must participate in at least 1 of the 3 major local competitions, namely Summer National & Junior Water Polo Championships, HKGSA School Invitational Water Polo Championships or Winter Deep Water Polo Championships, to prove their fitness for Water Polo. Failure to comply with will be subject to further consideration including possible cancellation of inclusion into the Team.
- 6) Category: **Women's Open**

B) Selection Criteria

Selection Criteria for players will mainly base on:

- 1) Player should attain a minimum of **80% monthly training attendance in 12 consecutive months (30%)**;
- 2) **Objective Criteria (40%)** - Objective tests that evaluate players' physical and technical ability. Players will be given points from 0 to 10 for each part of the test (See Appendix I). The results will be based on the ability test conducted in May 2026.

Remarks:

- Players should attain minimum of 50% out of 80 points (i.e. 40 points).
- If fewer than **15 players** qualify in the test, a maximum of 3 Players scoring below 40 points will be classified as "Reserved Players" and considered for selection.
- The criteria of the ability test are not applicable to players who aged under 18, their test results are for reference only.

Tests includes:

For All Players, **(a) Pull-ups, (b) Vertical jump, (c) 10lb Hold, (d) 12.5m Sprint, (e) 2 x 8 x 25m.**

For Field Players, there are three additional tests of **(f) 2 Buoy Drill, (g) Obstacle Course and (h) 25m Freestyle.**

For Goalkeepers, there are three additional tests of **(i) Four corners, (j) Eight Touches and (k) 25m Breaststroke.**



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For All Players:

(a) Pull-ups (Completed reps): Perform as many pull ups as possible

(b) Vertical jump (Height, in inches): From an eggbeater position below the apparatus, Players have three tries to see how high they can touch on the apparatus.

Move the measuring sticks around 180 degrees between attempts to give Players a clear shot on their next attempt.

Record the distance from the surface of the pool to the highest stick touched by the Player. For ease of measurement, note that the sticks are 1 inch apart, so knowing the distance from the surface to the pool to the lowest stick on the apparatus provides a starting point from which you can add 1 for each stick reached by the Player.

(c) 10lb Hold (Time, in seconds): Have the Player hold the medicine ball above their head keeping their elbows and chin out of the water as long as can.

Start your timer on a "Go" command and give the Player one warning when either elbow or their chin touches the water, or they stop maintaining the proper posture. Stop your timer the second time either elbow or chin touches the water and record the elapsed time in seconds.

Improper posture includes but is not limited to:

- i) Leaning back
- ii) Resting the ball on top of your head
- iii) Head back, eyes looking upwards

(d) 12.5m sprint (Time, in seconds): Have the Player start with one hand on the wall and their legs out.

On a "Go" command, start your stopwatch. The Player should then swim down the pool and through the cone; they may not push off the wall when they start. When the Player reaches the cone, stop your stopwatch and record the elapsed time in seconds.

(e) 2 x 8 x 25m (Completed sprints within time limit): Complete two sets of eight 25m sprints @ 20 seconds.

There should be a five minutes break between the two sets. For male Player, maximum points are achieved if all 16 sprints is completed within 17 seconds. A point is deducted for every sprint completed outside of 17 seconds. For female Player, maximum points are achieved if all 16 sprints are completed within 20 seconds. A point is deducted for every sprint completed outside of 20 seconds.



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For Field Players:

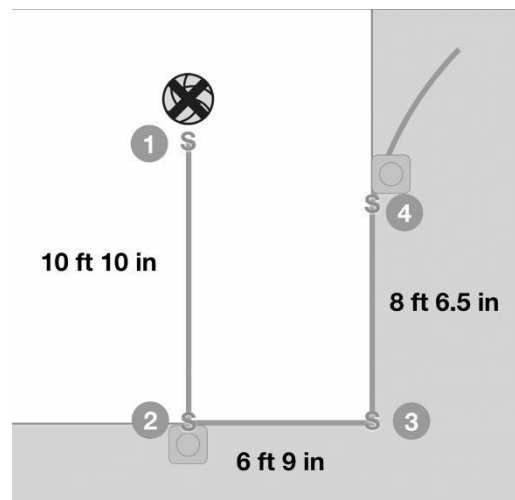
(f)2 Buoy Drill (time, in seconds): Assemble the ball buoy kit on deck and place at the edge of the pool.

- 1) Place the ball buoy in its approximate location, attaching the clamp and/or weights to the bottom of the pool and adjust the length of the buoy rope.
- 2) Using the rope, starting from the corner of the pool, measure along the wall from the third S hook (#3) to the fourth S hook (#4) and place a cone at that location.
- 3) Using the rope, starting with the third S hook (#3), measure along the wall from that S hook to the second S hook (#2) and place a cone at that location.
- 4) Using the rope, measure from the second S hook (#2) into the water to the first S hook (#1), and adjust the location of the ball buoy to that location.

Assessment:

Have the Player start at the #2 cone with one hand on the wall and their feet out. On the "Go" command, start your stopwatch and have the Player:

1. Touch the buoy
2. Touch the wall at the #4 cone
3. Touch the wall at the #2 cone
4. Touch the first buoy again



After the Player has touched the first buoy for a second time, stop your watch.



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(g) Obstacle Course (Time, in seconds):

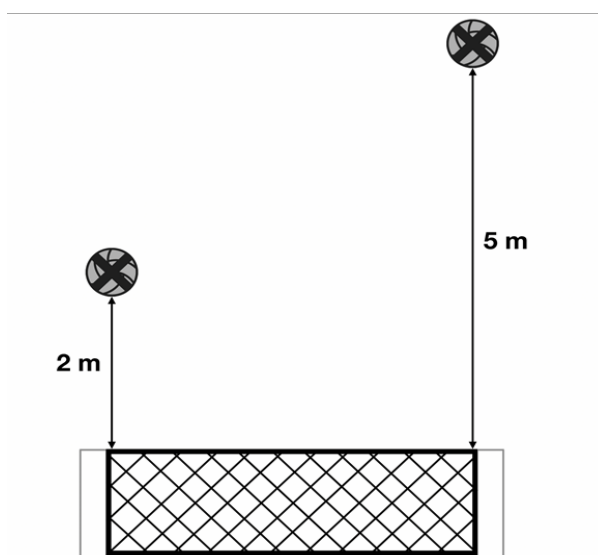
Assessment:

Player starts from an eggbeater position in the center of the cage.

On a "Go" command, the Player touches each vertical post of the cage — going side to side — four times for a total of eight touches.

After their eighth touch, toss a ball to the Player who then swims with the ball around the outside of the 2m buoy, passing it with their right shoulder. Then swim the ball around the 5m buoy, passing it with their left shoulder.

After passing the 5 m buoy, the Player takes a shot on the goal. Stop your timer when the ball hits the cage. Reduce the Players overall time by 2 seconds if they hit the target on the cage.



(h) 25m Freestyle (Time, in seconds): The field player should swim a 25m freestyle as fast as they can.

Starting on the wall, start your watch on a "Go" command. The Player may push off the wall and must swim legal freestyle for a distance of 25 meters. Note the field player may not start from a dive; they must start in the water from a push. Stop your timer when the Player reaches the 25m mark. Record the elapsed time in seconds.

For Goalkeepers

(i) Four Corners (Time, in seconds): Players start from an eggbeater position in the middle of the cage.

When the timer says "Go", the Player must touch each of the four targets. Stop your timer when the Player touches the fourth target.



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- (j) Eight Touches (Time, in seconds):** Player starts from an eggbeater position in the center of the cage.

On a "Go" command, the Player touches each vertical post of the cage — going side to side — four times for a total of eight touches. After their eighth touch, stop your timer and record the elapsed time in seconds.

- (k) 25m Breaststroke (Time, in seconds):** The goalie should swim a 25m breaststroke as fast as they can.

Starting on the wall, start your watch on a "Go" command. The Player may push off the wall and must swim legal breaststroke for a distance of 25m. Note the goalie may not start from a dive; they must start in the water from a push. Stop your timer when the Player reaches the 25m mark. Record the elapsed time in seconds.

- 3) Training attitude and coach's evaluation **(30%)**. The player's attitude is paramount in a team sport. Willingness to cooperate, assist and listen to the coach's instructions both in the pool and outside the pool is vital. Players who have attitudinal and disciplinary problems deemed to be sufficiently serious by the Hong Kong China Water Polo Committee as detrimental to the well-being of the Team and Squad will not be eligible for inclusion in the Hong Kong China Team. The players' attitude and discipline must be maintained outside of training and failure to do so will be grounds for non-inclusion.

The training attitude and coach's evaluation, which will be weighted as 30% of the overall selection criteria will be broken down further as follows:

Water Polo is a team sport. It is often different to base selection strictly on an Player's measurable performance and therefore some subjective judgment is required.

The selection criteria outlined will be the primary tool used by the Hong Kong China Team Coach to select the Team. When selecting an Player for the Team, the Hong Kong China Team Coach will base decisions on the following criteria and select players who benefit the Team most:

3.1 Individual / Team Play Characteristics (15%)

(a) Technical Ability

- Individual ball handling
- Application of skills to the game situation
- Passing ability when under pressure
- Ability to maintain possession in confined area
- Ability to improve to meet changing situations
- Ability to make and execute correct decisions under pressure
- Game clock and shot clock awareness

(b) Tactical Knowledge

- Previous Team experience
- Offensive system
- Defensive system
- Counter-attack system
- Power play system



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(c) Personal Characteristics

- Goal-oriented
- Confident
- Leadership qualities
- Self-motivated
- Determined
- Hard worker
- Team player
- Coachability
- Committed
- Selflessness

3.2 Technical Abilities, Skills and Positions (15%)

(a) Drivers

- Ability to shoot / score
- Ability to create an outlet
- Ability to earn an advantage or exclusion

(b) 2 metres Guard

- Ability to read the game
- Ability to neutralize the opponent
- Ability to counter attack

(c) Centre Forward

- Ability to control their position
- Ability to control the ball and pose a scoring threat
- Ability to effectively pass to shooters
- Ability to earn an exclusion

(d) Outside Shooters

- Ability to score from outside seven (7) metres
- Diversity of shots

(e) Goalkeepers

- Ability to block
- Ability to perform accurate long passes
- Ability to read the game
- Ability to anticipate shots
- Ability to steal balls
- Ability to communicate to teammates

(f) Team Work

- Work effectively with the Team
- Ability to play and to cooperate within the Team
- Ability to be involved and to communicate effectively with other players during the game, in and out of the water
- Ability to adhere to the game plan
- Ability to display leadership qualities in and out of the pool
- Ability to fit into the overall Team chemistry



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Remarks:

- The top **15** Players will be considered for the proposed team list. (The key factors taken into account are relevant principles and player positions.)
- The proposed team list will be presented to Executive Committee and Water Polo Committee of HKGSA for approval.
- HKGSA will shortlist and propose such list to the SF&OC/ CSTB/ LCSD for their consideration and final selection.
- Water Polo Committee of HKGSA has the right to modify the criteria based on actual circumstances.

C) **Appeal Procedures**

Submitting an Appeal

- Clubs wishing to appeal the Team selection must inform the Water Polo Committee of HKGSA of the intention to appeal. Appeal must be received seven (7) days after the circulation of the Team composition of the respective event in question.

Acknowledgement of an Appeal

- The Water Polo Committee of HKGSA must consider the submitted appeal and respond to the Club within seven (7) days of receiving the appeal. The correspondence will include acknowledgement of the appeal being received, along with whether the stated appeal has grounds for further review.

Acceptable Grounds of an Appeal

- The appeal will be considered if the individual demonstrates that the selection process was not followed.

Composition of the "Water Polo Appeal Panel"

- The Chairman of Water Polo Committee of HKGSA will be responsible for nominating the "Water Polo Appeal Panel", which should be composed of: Vice Chairman and Hon. Secretary of Water Polo Committee of HKGSA. The Hong Kong China Team Head Coach will be called upon as resource person and should withdraw during the deliberations or in any situation where they may be in conflict.

Time-frame required to reach a Final Decision

- The "Water Polo Appeal Panel" should deliver its decision within fourteen (14) days of the Water Polo Committee of HKGSA's acknowledgement of receiving the appeal. The final decision made by the "Water Polo Appeal Panel" should be presented to Water Polo Committee of HKGSA for approval.
- If the Club(s) was not satisfied with the decision made by "Water Polo Appeal Panel". Appeal Fee HK\$1000 and written letter from the Club must submit to HKGSA office within seven days after the decision made by "Water Polo Appeal Panel". And the appeal should forward to "HKGSA Appeal Committee" for consideration. The final decision should be made within fourteen (14) days.

The Association shall select players based on the Nomination Eligibilities and Selection Criteria mentioned above.



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Appendix I For Male:

<u>Total Points</u>	<u>ALL Players</u>					<u>Field Players Only</u>			<u>Goalkeepers Only</u>		
	a) Pull ups (5%)	b) Vertical Jump (5%)	c) 10lb Hold (5%)	d) 12.5m Sprint (5%)	e) 2x8x25 (5%)	f) 2 Buoy Drill (5%)	g) Obstacle Course (5%)	h) 25m Freestyle (5%)	i) Four Corners (5%)	j) Eight Touches (5%)	k) 25m Breast Stroke (5%)
<u>10</u>	24 reps	62 inches	70 sec	6.30 sec	16 sec	5.00 sec	15 sec	12.20 sec	5.00 sec	9.00 sec	15.00 sec
<u>9</u>	22 reps	60 inches	65 sec	6.45 sec	15 sec	5.25 sec	16 sec	12.40 sec	5.20 sec	9.40 sec	15.50 sec
<u>8</u>	20 reps	58 inches	60 sec	6.60 sec	14 sec	5.50 sec	17 sec	12.60 sec	5.40 sec	9.80 sec	16.00 sec
<u>7</u>	18 reps	56 inches	55 sec	6.75 sec	13 sec	5.75 sec	18 sec	12.80 sec	5.60 sec	10.20 sec	16.50 sec
<u>6</u>	16 reps	54 inches	50 sec	6.90 sec	12 sec	6.00 sec	19 sec	13.00 sec	5.80 sec	10.60 sec	17.00 sec
<u>5</u>	14 reps	52 inches	45 sec	7.05 sec	11 sec	6.25 sec	20 sec	13.20 sec	6.00 sec	11.00 sec	17.50 sec
<u>4</u>	12 reps	50 inches	40 sec	7.20 sec	10 sec	6.50 sec	21 sec	13.40 sec	6.20 sec	11.40 sec	18.00 sec
<u>3</u>	10 reps	48 inches	35 sec	7.35 sec	9 sec	6.75 sec	22 sec	13.60 sec	6.40 sec	11.80 sec	18.50 sec
<u>2</u>	8 reps	46 inches	30 sec	7.50 sec	8 sec	7.00 sec	23 sec	13.80 sec	6.60 sec	12.20 sec	19.00 sec
<u>1</u>	6 reps	44 inches	25 sec	7.65 sec	7 sec	7.25 sec	24 sec	14.00 sec	6.80 sec	12.60 sec	19.50 sec
<u>0</u>	4 reps	42 inches	20 sec	7.80 sec	6 sec	7.50 sec	25 sec	14.20 sec	7.00 sec	13.00 sec	20.00 sec



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For Female:

<u>Total Points</u>	<u>ALL Players</u>					<u>Field Players Only</u>			<u>Goalkeepers Only</u>		
	a) Pull ups (5%)	b) Vertical Jump (5%)	c) 10lb Hold (5%)	d) 12.5m Sprint (5%)	e) 2x8x25 (5%)	f) 2 Buoy Drill (5%)	g) Obstacle Course (5%)	h) 25m Freestyle (5%)	i) Four Corners (5%)	j) Eight Touches (5%)	k) 25m Breast Stroke (5%)
<u>10</u>	18 reps	55 inches	60 sec	6.50 sec	16 sec	6.00 sec	20 sec	13.40 sec	6.00 sec	11.00 sec	17.00 sec
<u>9</u>	17 reps	53 inches	55 sec	6.65 sec	15 sec	6.25 sec	21 sec	13.60 sec	6.20 sec	11.50 sec	17.50 sec
<u>8</u>	16 reps	51 inches	50 sec	6.80 sec	14 sec	6.50 sec	22 sec	13.80 sec	6.40 sec	12.00 sec	18.00 sec
<u>7</u>	14 reps	49 inches	45 sec	6.95 sec	13 sec	6.75 sec	23 sec	14.00 sec	6.60 sec	12.50 sec	18.50 sec
<u>6</u>	12 reps	47 inches	40 sec	7.10 sec	12 sec	7.00 sec	24 sec	14.20 sec	6.80 sec	13.00 sec	19.00 sec
<u>5</u>	10 reps	45 inches	35 sec	7.25 sec	11 sec	7.25 sec	25 sec	14.40 sec	7.00 sec	13.50 sec	19.50 sec
<u>4</u>	8 reps	43 inches	30 sec	7.40 sec	10 sec	7.50 sec	26 sec	14.60 sec	7.20 sec	14.00 sec	20.00 sec
<u>3</u>	6 reps	41 inches	25 sec	7.55 sec	9 sec	7.75 sec	27 sec	14.80 sec	7.40 sec	14.50 sec	20.50 sec
<u>2</u>	4 reps	39 inches	20 sec	7.70 sec	8 sec	8.00 sec	28 sec	15.00 sec	7.60 sec	15.00 sec	21.00 sec
<u>1</u>	2 reps	37 inches	15 sec	7.85 sec	7 sec	8.25 sec	29 sec	15.20 sec	7.80 sec	15.50 sec	21.50 sec
<u>0</u>	0 rep	35 inches	10 sec	8.00 sec	6 sec	8.50 sec	30 sec	15.40 sec	8.00 sec	16.00 sec	22.00 sec