

## Water Polo Exclusion Time Cheat Sheet

:00 - :40	:40 - :20	:20 - :00
:59 - :39	:39 - :19	:19 - :59
:58 - :38	:38 - :18	:18 - :58
:57 - :37	:37 - :17	:17 - :57
:56 - :36	:36 - :16	:16 - :56
:55 - :35	:35 - :15	:15 - :55
:54 - :34	:34 - :14	:14 - :54
:53 - :33	:33 - :13	:13 - :53
:52 - :32	:32 - :12	:12 - :52
:51 - :31	:31 - :11	:11 - :51
:50 - :30	:30 - :10	:10 - :50
:49 - :29	:29 - :09	:09 - :49
:48 - :28	:28 - :08	:08 - :48
:47 - :27	:27 - :07	:07 - :47
:46 - :26	:26 - :06	:06 - :46
:45 - :25	:25 - :05	:05 - :45
:44 - :24	:24 - :04	:04 - :44
:43 - :23	:23 - :03	:03 - :43
:42 - :22	:22 - :02	:02 - :42
:41 - :21	:21 - :01	:01 - :41