



## CO-ED INNERTUBE WATER POLO

### General Rules & Regulations:

1. Number of players on each team  
Five (5) – Maximum of 3 males in the water at all times  
If the **goalie is female** there must be **(2)** other females playing as well.
2. Length of game 2-25 minute halves - running time (20 minute halves if teams are late showing up).
3. Time outs per team - one (1) per half as called by any player in control of the ball.
4. Substitutes may be made at anytime by referee.
5. Goal Keeper Area  
Five feet from end of pool and entire width of the playing area. No offensive player is permitted in this area ahead of the ball - offside.
6. Scoring  
One point for each goal scored. One point for each penalty point thrown at the goal and scored. Can only shoot the ball from behind the flag.
7. Pool Markings  
Distinctive markings, clearly visible to players on both sides of pool (if possible) denoting goal line, six feet goal area.
8. Goals
  - Regulation water polo goals or rigid goal posts and crossbar fixed to end of pool.
  - Width of each goal is 3 meters or 10 feet. Crossbar is 3 ft. above the water surface.
  - Limp netting attached to goal frames.

#### 9. Caps

One team wears white caps, the other team blue caps. Goal keepers wear red caps.

#### 10. Drop Ball

Throw ball by official into centre of the pool to start the game, each quarter, and an overtime period. Players on each team must be in position in respective goal areas before the ball is thrown.

#### 11. Penalty Face-Off

When two opposing players have possession of the ball with no one player having clear possession a face-off will be called. The two players will position themselves 3 ft. apart at the side of the pool nearest the point of the penalty. The referee will forcefully throw the ball into the water between them. When the ball surfaces, it is in play. Failure to gain clear possession, another face-off occurs. If this occurs again a centre toss as in the start of the game shall be called.

#### 12. Free Throw

After minor infraction, non-violating team member nearest spot of infraction puts ball into play by passing or advancing with ball. Opponents may not rough, impede, or interfere with their attempt to pass the ball. One pass must be made before any attempted goal.

#### 13. Out of bounds ball

A free throw from the same point the ball went out awarded to the opposing team. Player nearest to where the ball goes out takes the throw.

#### 14. Penalty throw

A penalty throw is awarded to the offensive team if a player is fouled inside the 4 yd. penalty area while controlling the ball and facing the goal. All players except the goal keeper must leave the penalty area until the throw is taken. No player may be within 1 yard of the thrower. Should the penalty throw be missed, the ball is a free ball and continues in play.

### **Method of Play:**

1. Each team lines up at opposite ends of the pool at the start of play.
2. Play starts when the referee throws the ball into the centre of the playing area and both teams propel their inner tubes toward the ball.
3. After each score, the ball is put in play from the referee by returning it to the

goalie just scored upon.

4. No player may leave the inner tube and touch or manoeuvre the ball; otherwise, the player is assessed a personal foul and a free throw or penalty throw is awarded the nearest opponent. Also, if tipped out of the tube, a player may not touch or control the ball until back in the tube. Players must be horizontal in the tube when in contact with the ball or when advancing to the ball.

#### **Duties of the Goalie:**

1. The goaltender may not throw the ball more than half the length of the pool at any time.
2. To effectively guard the goal and prevent a thrown ball from entering it or passing the goal line, the goalie may not leave the inner tube in performing the task.
3. The goal tender must sit in a horizontal position inside the inner tube.

#### **Duties of Other Team Members:**

1. To pass, catch, and throw the ball to team member or toward the goal in an attempt to score upon the opposing team.
2. The forward line should remain an offence and not attempt to drop back more than halfway. No part of an offensive player's body or tube may penetrate the four yard line.
3. The defensive line should keep in mind that they are the main line of defence for the goal tender and should not venture way up the goal (this is optional).
4. Defender shall not stay in the goal area (2 meters in front of the goal) for more than 30 seconds. Failing to leave will result in a penalty. In the event of a penalty, the offensive team gains possession for an indirect throw.
5. Tackling a player who has possession of the ball is legal, but must be done from tube to tube. Tackling is defined as dumping a player from their tube.

#### **Infractions**

Penalty - losing possession of the ball to another team by a free throw.

1. Pushing off of the wall or another player with or without the ball.

2. Holding onto pool wall while in possession of the ball, including the goalie.
3. Holding the ball under water.
4. Goal tender throwing the ball more than half the length of the pool.
5. Offensive player within the goal keeper's area.

### **Personal Fouls**

Penalty - Losing possession of the ball to the other team by a free throw.

1. Holding, pushing, hitting, jumping on, tackling, ducking, or dumping an opponent player not holding the ball.
2. Goal keeper holding on to the side of the pool while catching or passing the ball.
3. Player persistently repeating an infraction, even after the referee has given warnings.
4. Tipping an opponent out of their tube immediately after a score in an attempt to discount the score.

### **Personal Fouls – Penalties**

1. A Free throw is awarded to the nearest opponent or a penalty throw at the goal if the foul occurs in the penalty area.

### **Major Fouls – Penalty**

Offending player shall be removed from the game for remainder of the game. They may be replaced by a substitute.

1. Player attacking, striking, or kicking an opponent in such a manner as, in opinion or referee, to endanger the person in any way.
2. Flagrantly refusing obedience to referee's request.
3. To exhibit unsportsmanlike conduct.