



## Inner tube Water Polo

### Rules

#### Game Time

- Game consist of two 15-minute halves with a running clock.
- Teams will get a 10 min warm up and a 2 minutes break in between halves.
- Play begins when the official blows the whistle, followed shortly by them throwing the ball in the middle of the pool. Both teams propel their inner tubes towards the ball in an attempt to gain possession.

#### Scoring

- A goal is worth one point.
- You must remain in your inner tube when attempting to score. Players are not permitted to score in the act of falling out of their tube. The ball must be released from the shooter's hand before they land in the water in order for the goal to stand.

#### Possession of the Ball

- Player can only hold the ball for 5 seconds
- A player is considered to have active possession of the ball if the ball is making contact with any part of their body. (i.e holding it in their hands, between their knees or in their lap)
- Players can use two hands
- Players are not allowed to use their feet to make a play on the ball or to gain possession of it. Doing so will result in a minor foul being judged against them.
- Players may only have possession of the ball when they are sitting in their tubes. Once a player is no longer sitting in their tube they must let go of the ball (as a result of a flip or otherwise)
- A change in possession will occur as a result of the ball being projected or knocked out of the pool on the sides or the back. Play is resumed by a throw in for the opposing team which must be taken within 5 seconds of gaining control of the ball at the appropriate location.

#### Goaltending

- The 2m zone at each end of the pool is the Goaltender's area. No other player is allowed inside this zone unless they have possession of the ball. If there is a loose ball inside the 2m zone, the goalie must retrieve it.
- Goaltenders may only come out as far as the nearest attacking player to make a play on the ball.
- Goaltenders may go out and attempt to retrieve the ball at the beginning of each half so long as they do not go past an attacking player while being in possession of the ball.
- Defensive players may not linger inside the 2m zone to block shots on Goal. They must stay outside the 2m zone unless they enter the zone while being in possession of the

ball. If they intentionally block a shot while being inside the 2m zone a penalty may be assessed.

- Offensive players may not enter the 2m zone unless they already have possession of the ball. It is illegal to screen the goalie in any way while being inside the 2m zone.

### **Scoring**

- A goal is awarded if the ball is thrown from outside the 2m zone and the entire ball crosses cross bar and the two side posts at the front of the goal. (Ball does not have to hit back of netting)
- If a shot is made by a player who is within the 2m zone and enters the goal, it is not awarded as a goal.

### **Flipping and Opponent**

- A player in possession of the ball may be "flipped" out of their tube (tube pushed down or pulled up) but the tackler may not leave their own tube or make physical contact with the body of the opposing player.
- Players are not allowed to hook the inside of an opponent's tube in attempts to flip them. This shall be considered impeding the progress of the opponent and is a Minor Foul.
- Goaltenders may not flip an opponent. The penalty for doing so may be assessed as a penalty throw or a Major Foul associated with a kick out.

## **Fouls**

### **Minor Fouls**

- Holding onto the pool wall or the goalposts while in possession of the ball.
- Holding the ball under water.
- Intentionally splashing an opponent.
- Holding, pushing, hitting, tackling, dumping an opponent when they do not have possession of the ball.
- Obstructing the forward progress of an opponent by touching their tube with hands or feet when they do not have possession of the ball. Players may however swim against each other back-to-back (only tubes making contact) to try and defend space.
- Goaltender holding onto the side of the pool while handling the ball.
- Tipping an opponent out of their tube immediately after scoring a goal in an attempt to nullify the goal.

### **Penalties for Minor Fouls**

- Minor fouls occur when a player is fouled while not in possession of the ball. A free throw will be awarded to the nearest opponent on any minor foul that occurs in the regular course of play. The free throw shall be taken from the location of the foul and must be passed to or touched by a teammate before entering the goal.

- If a member of the attacking team is fouled, and the foul does not put the attacking team at a disadvantage, the official will allow play to continue (similar to the advantage rule in soccer).
- A player who has been fouled must, within five (5) seconds, put the ball in play, by raising the ball and dropping it, or by passing it to a teammate.

### **Major Fouls**

- Major fouls are called for flagrant offenses. A major foul is one where the defensive player has made no legal attempt to go for the ball or the player's tube, but instead fouls the individual player.
- Major fouls may be assessed for any physical contact deemed violent or excessive by the referees.
- Persistent infringement of the rules may also result in the referees assessing a Major Foul and imposing the requisite penalty.

### **Penalties for Major Fouls**

- The penalty for a major foul is thirty seconds (30 seconds) with time being counted from the moment the ball is put into play. The offending player must sit out in the corner of the pool on the opposite side of his team's bench. If a goal is scored against the penalized team during the time they are shorthanded, the penalized player returns to the game.
- A penalty throw shall be awarded to a player who is the victim of a major foul inside the 4m line. The 4m line is the yellow line on the side of the pool. Penalty throws are taken from the 4m line.
- At the official's discretion a match penalty may be assessed, whereby the offending player shall be removed for the remainder of the game and their team will play shorthanded for five (5) minutes. A substitute may enter the game for the ejected player when the penalty has expired.
- Two match penalties assessed to any one player during the regular season will result in that player's expulsion from the league for the remainder of the season.
- Match penalties include: Players attacking, striking, or kicking an opponent in such a manner as to endanger their well-being; flagrant disrespect of the official; or unsportsmanlike conduct.