

Innertube Water Polo Rules

Mission Statement:

Campus Recreation collaborates with the university community to offer exemplary facilities, programs and services that inspire participation and engagement.

Rule 1: Eligibility

1. All participants are subject to the Eligibility guidelines, which are listed in the current Intramural Sports Participant Handbook.
2. Participation is limited to currently enrolled U of A fee paying students and U of A Faculty/Staff that have a current Department of Campus Recreation membership.
3. All players must sign in with the Supervisor at site prior to game time with a current Catcard.
4. No ID, no play, no exceptions.
5. **If your team forfeits, \$30 will be charged to the Bursur's account of the captain.**

Rule 2: The Game, Players and Equipment

1. Games shall be played between two teams of 5 players each, 2 of which must be female. Teams must start and end with a minimum of 4 players. There is a maximum of 20 players per team.
2. A game will consist of two 15 minute halves with running time. The halftime will be 5 minutes.
3. In an effort to maintain the safest environment possible please abide by the following:
 - a. All rings, necklaces, studs, watches, bracelets etc. must be removed prior to playing.
 - b. All braces with metal/hard plastic must be wrapped or removed
 - c. Individuals wearing casts are not allowed to play.
 - d. All body piercings must be removed or covered prior to playing.
4. The Supervisor reserves the right to prohibit any apparel that is deemed unsafe or not within the spirit of the game.
5. Each team shall designate to the Supervisor a captain. The captain shall address the Supervisor on matters of interpretation or to obtain essential information.
6. Game balls and inner tubes will be provided.
7. Substitutions can be made only during the half break, after a goal has been scored, or in case of injury.
8. Teams will switch ends of the pool at half time.
9. All players should clip finger and toe nails to avoid scratching or cutting themselves and other players.
10. All players must remain in a seated position in their inner tubes (cannot be on your stomach).
11. No player may leave his/her inner tube and touch the ball. If a player is tipped from his/her tube, that player may not touch the ball until he/she is back in the inner tube. Handling the ball while not in a tube is a penalty resulting in a free throw for the opposing team.
12. The goalie cannot throw the ball more than half the length of the pool. If the goalie does, it is a technical foul, and a free throw occurs for the opposite team where the ball landed.
13. Offensive players may not enter the goal area when attempting to shoot. Players may enter to retrieve a ball after it is shot, but then cannot shoot again until behind the goal line. The goal area extends two yards from the end of the pool, across the entire width of the pool.
14. No player may leave his/her tube to defend an opponent.

Rule 3: Time Factors

1. There are no time outs, except for injury or emergency.
2. Play begins with each team lining up at opposite ends of the pool. Each player must be touching the pool deck. Players must be evenly spread on the different sides of the goal, with one side having 3 players and the other side having 2. If you are playing with 4 players and a goalie, two players will be on each side of the goal.
3. At the start of each half, the Supervisor throws the ball into the center of the pool and both teams propel themselves toward the ball from opposite ends of the pool.
4. Each team will get a 2 minute shot clock. If they have not attempted a shot after 2 minutes, the defense will get the ball with a free throw.
5. At the end of regulation play, if the score is tied, a 5 minute overtime period will be played to determine a winner.

Rule 4: Scoring and Goalkeeping

1. Two points will be scored for each goal by a male player. Three points will be scored for each goal by a female player.
2. Both males and females will score one point for a shootout goal.
3. A goal is scored when a legal shot, taken outside of the goal box, completely crosses the goal line. Any shots taken from inside the goal box will be disallowed. The ball may hit the water in its path to the goal.
4. Following each goal, the ball is put back into play by the Supervisor returning it to the goalie just scored upon.
5. The goalie may leave his/her tube in attempting to prevent a thrown ball from entering the goal. Once out of the tube, the goalie must get back in his/her tube before attempting to block any other shots.
6. Offensive players may retrieve any rebounds that exit the goal box. Any rebounds that stay within the goal box must be retrieved by the defense.
7. The goalie may retrieve a blocked shot that lands within the goal box before returning to his/her tube. Any other actions (blocking other shots, etc.) by the goalie while he/she is out of his/her tube are illegal and will result in a penalty shot.
8. The goalie may not hold the ball, while in his/her tube, for more than 5 seconds in the goal box.
9. The goalie may not throw the ball beyond the center line.

Rule 5: Technical Fouls

1. Each of the following infractions constitutes a technical foul. (The penalty for a technical foul is a free throw at the spot of the infraction)
 - a. The goalie throwing the ball across the center line.
 - b. Intentionally holding the ball.
 - c. When a team is penalized for stalling, the opposing team will be awarded the ball for a free throw at the edge of the goal box of the team being penalized.
 - d. Striking the ball with a clenched fist (goalie exempted).
 - e. Any player going into their opponent's goal box. If a player is forced into the box but is still making an attempt to get out, no foul will be called.
 - f. Touching the ball before it reaches the water on a face off.
 - g. Throwing directly at the goal on a free throw (must be first thrown to a teammate).

- h. Holding onto the wall while in possession of the ball.
- i. Holding the ball completely underwater.

Rule 6: Personal Fouls

1. Each of the following infractions constitutes a personal foul. (The penalty for a personal foul is a free throw at the spot of the infraction.)
 - a. Unnecessary or intentional body contact with an opposing player.
 - b. Holding on to or dumping an opposing player's inner tube when that opposing player is not in possession of the ball.
 - c. Contacting a player with the ball (tube may be dumped).
 - d. Deliberately splashing water in the face of an opponent.
 - e. Committing any technical foul for the purpose of scoring or preventing a score.
2. A player is disqualified on his/her 3rd personal foul.
3. On the 5th personal foul (and thereafter) by a team in a half, a penalty throw will be awarded.
4. Team fouls do not carry over to the next period.
5. For any flagrant, malicious, or violent fouls, the offending player will be ejected and a penalty shot will be awarded to the offended team.

Rule 7: Free Throws

6. On all free throws, the ball must be passed within 5 seconds to a teammate before an attempt for a goal may be made.
7. All players must be 3 feet away from the free thrower prior to the throw.
8. Penalty shots will be taken by the offended player. The following procedure will be followed for all penalty throws:
 - a. The player taking the throw must line up on the edge of the goal box. All other players must be at least 3 feet away from the thrower.
 - b. The Supervisor shall ensure that both the goalie and thrower are ready. The thrower shall raise the ball into the air.
 - c. On the whistle, the thrower must attempt to score a goal. No hesitation or faking is permitted. Hesitating or faking will result in loss of the penalty shot and the ball awarded to the goalie for a throw.
 - d. Following an unsuccessful attempt, the ball remains live and in play.

**ADDITIONAL INFORMATION ON RULES CAN BE FOUND IN OUR
CURRENT INTRAMURAL SPORTS PARTICIPANT HANDBOOK.**