



Innertube Water Polo

Team/Player Requirements:

- A team shall consist of 6 players (one of which is the goalkeeper), but may play with a MIN of 4 players.
- Each Co-Rec team must have a MIN of 2 males and 2 females playing at all times.
- Co-Rec teams participating with 6 players must have at least 3 females in the pool at all times. 4 males and 2 Females is not allowed, but 4 females and 2 males is allowed.
- Co-Rec teams may not play with only 1 Male or 1 Female in the pool at any time.
- Legal Tube Position: The rear-end of the player must be in the center of the tube with their legs draped over the edge. In order to participate in any action, a player must be in legal tube position. If you are holding the ball you must immediately drop the ball.
- There is no limit to the number of players who may be on an Official Team Roster.

Equipment:

- If a player is wearing a non-sport two piece, they are required to wear a tee-shirt. This is recommended for all players to prevent bruising and rashes. Team colors are recommended
- No eyeglasses are allowed. Goggles are permitted
- No hats, caps, or visors
- For your safety and others NO jewelry or watches is allowed
- Inner tubes will be provided

Substitutions

- a goal is scored
- the play ends because the ball went out of bounds
- a time out is called
- Only the team that gains possession of the ball may make a substitution.
- Only players on the Game Sign In sheet and the Official Team Roster are eligible to participate.

Game Length

- Each half will be 12 minutes long with a continuously running clock.
- Half time will be 2 minutes long, teams will change sides at half time

Start of Play

- To start each half, both teams line up at opposite ends of the pool
- All players must be in contact with the wall before play begins.

- The official throws the ball into the center of the court while simultaneously whistling to begin play
- On the official's whistle or when the ball leaves the official's hand, both teams may paddle their tubes toward the ball. Pushing off the wall is legal at start

Play

- To prevent a player from advancing the ball, a defender may:
 - Move in front of the advancing player
 - Knock away or seize the ball from an opposing player, avoiding physical contact
 - Force the player with the ball out of their inner tube by grabbing, shaking, or dunking that player's inner tube
 - Splashing the person with the ball, excluding the goalie
 - 2 players competing for possession may attempt to tip the opposing player's tube
- You can not obstruct a player that is trying to resume legal tube position

Stoppage of Play

- The Official blowing his/her whistle always signals an immediate stoppage of play and a dead ball
- Each team will be allowed one time-out per half. Only the player with control of the ball may call a time out. Timeouts will be 1 minute in length.
- During the regular season, a game can end on a tie. During the playoffs, all ties at the end of playing time will be broken by a shootout.

Free Throws

- Free throws are awarded for violations at the point nearest the spot the ball went out of bounds
- During a free throw, the offense has 3 seconds to pass the ball to a teammate.
- A goal may not be scored until a second offensive player touches the ball after the free throw
- The defense must provide 2 feet of space from the point of the free throw

Penalty Shots

- Penalty shots shall be taken by the offended player at the backstroke flags
- No defensive player may be within 2 feet of the shooter
- If the result of the penalty shot is not a goal, the ball remains in play
- Exception: Shoot Out-the ball is dead after the shot is taken in a shoot out

Shootouts

- Five players from each team will be selected by the team to shoot (goalkeepers may be one of the shooters)
- Shooters do not have to be in the water at the end of the play. But the goalkeeper will be the same as the goalkeeper from the end of the play
- A coin flip will decide which team shoots first
- Each team has a total of 5 penalty shots and will alternate each shot. No Rebounds
- The official signals the start of each penalty shot

- If the score is tied at the end of the first shootout, another shootout will be conducted. During the second shootout, the game is won if, after ANY equal number of shots, the tie is broken. Only players who shot the first round are eligible to shoot in the second round. The gender order established in the first round will be maintained in the second round.
- Co-Rec Teams must have an equal ratio of males and females during penalty shots.

Play Area- Sidelines

- The court is the rectangle formed by the backstroke flags, pool walls, and lane lines.
- A ball is considered in-bounds until it makes contact with the pool deck or pool surface outside of the boundaries
- The ball changes possession when it goes out of bounds.
- Any shot or pass that ricochets off a diving board, backstroke flags, or other pool equipment within the water polo court boundary and lands in-bounds is a live ball.

Play Area- Goal Box

- The goal box is the area between the edge of the pool and backstroke flags
- Only the goalie is permitted within the goal box
- A defensive play may not voluntarily travel inside the goal box to make a defensive play. Exception: A defending player is permitted in the goal box to retrieve a ball outside the goalie's reach. The player must give the ball back to the goalie before the play resumes.
- An offensive player may not voluntarily travel inside the goal box to make an offensive play.
- A ball that travel out of bounds within the goal box is given to the goalie for a free throw

Goals

- A goal is scored when a legal shot (taken outside the goal box) completely crosses the goal line.
- A player scoring a goal must remain in his/her tube after the goal is scored
- A shot taken from inside the goal box will be disregarded and the ball will be given to the goalie for a free throw.

Possession

- The last player to make contact with the ball has possession
- Players move with the ball by:
 - o Pushing it in the water
 - o Holding it between their knees
 - o Gripping it with 2 hands
 - o Gripping it with 1 hand
 - o Holding it in their lap
- A player may not hold the ball completely under the water
- Players may not deliberately hold the ball to delay the game

Goalie

- The goalie may not leave his/her tube in an attempt to block a shot from entering the goal
 - o If the goalie leaves his/her tube while blocking a shot on the goal, this will result in a Penalty shot for the offensive team
- The goalie may never pass the ball beyond the mid-pool line
- The goalie may not leave the goal box area during play
- Once the goalie gains possession of the ball he/she will have 3 seconds to release the ball
- A ball in play may be passed back to the goalie. The goalie will have 3 seconds to release the ball
- After a score, everyone will line up on their walls and there will be another throw in by the official.

Minor Fouls: Resulting in the ball being turned over to the other team immediately

- To hold, sink, or pull on an opponent not in control of the ball
- Deliberate body contact. Kicking or striking an opponent with or without the ball
- Grabbing an opponent's arms or legs
- Holding the ball completely underwater
- A player may not hold onto the wall, lane lines, or goal while in possession of the ball, this includes the goalie.
- Contacting a player with the ball intentionally. This is not a dodge ball

Major Fouls: Results in a penalty shot for the opposing team

- Committing a minor foul in the attempt to stop a goal from being scored
- Excessive roughness, unsportsmanship like conduct, or language
- Intentionally delaying the game for the clear advantage of the stalling team
- Jumping on or physically dunking the head/body of a player