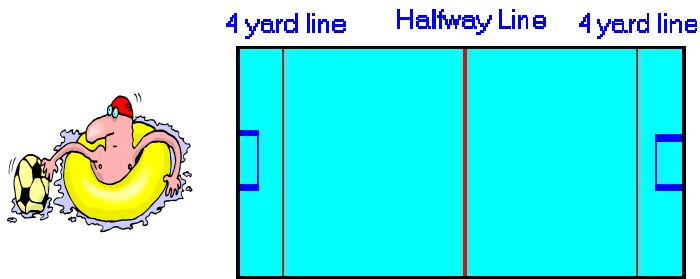


**University of Minnesota Duluth  
Recreational Sports Outdoor Program  
Co-Rec Inner Tube Water Polo Rules**



1. **Players.** A team shall consist of three males and three females. You may play with one less of either sex, but you must have at least five players or the game will be called a forfeit.
2. **Equipment.** All individuals inside the pool area must have on a swim suit (cutoffs and gym shorts are not permitted). Woman must wear a one-piece suit or a t-shirt over a two-piece suit. We will provide inner tubes.
3. **Pool Area.** Shall be a swimming pool as indicated in diagram.



4. **Start of Game.** At the start of the game and second half, all players must be seated horizontally in their inner tubes at least one yard apart with their inner tubes behind the 4 yard lines and at least one yard from either goal post and await the referee's signal. No more than two players are allowed between the goal posts.
5. **Game.** Water Polo games are 2 18-minute halves. The clock does not stop unless a time out has been taken.
6. **Overtime Period for PLAYOFFS ONLY.** If the score is tied at the end of the regulation period, a five-minute sudden death overtime period will be played. If no one scores in the overtime we will go to a shoot out. Each team will choose three players to shoot. This will continue until we have a winner.
7. **Maneuvering the Ball.** All players may handle or block the ball with one or two hands.  
  
Players must be seated horizontally in their inner tubes to touch or maneuver the ball and/or influence play. Players may not fall out of the tube while throwing the ball.
  - A. **Penalty:** A technical foul is called on the offending player and a free throw is awarded the nearest opponent.  
Player(s) may not hold, push, ride, hit, jump on, or tip over an opponent without the ball.  
Player(s) may not kick or attempt to kick the ball.
  - B. **Penalty:** Personal foul is called on the offending player and a free throw or penalty throw is awarded to the player fouled.
8. **Substitution.** Teams may substitute at any time during the game as long as no advantage is taken of the situation. This is an official's judgment call.

(Exception: A substitution for the goalkeeper may be made only after a goal or during a time out).  
Substitutions must be a male for male, female for female basis. When entering the game, players may not dive into the pool.

9. **Time Outs.** Each team will get one time-out per half.

**10. Scoring.** Each goal counts one point for the team scoring the goal.

On each offensive possession, prior to the first attempted goal, the ball must be played by a minimum of two offensive players - one must be a female. Playing the ball is to handle the ball with the palm side of the hand. (Exception: Penalty throws which is a direct throw at the goal).

A player scoring a goal must remain seated horizontally in the inner tube.

A. Penalty: A technical foul is called and the goal, if scored, will be disallowed. The goalkeeper will be awarded a goal throw.

**11. Goalkeeper.** The goalkeeper must remain in his/her inner tube while influencing the play of the ball. The goalkeeper cannot strike the ball with a clenched fist.

**12. Penalty for Personal Fouls.** All personal fouls shall be penalized by a free throw and shall be recorded against the offending player. Each player shall be allowed three personal foulss before being removed from the game.

## **B. Interpretations**

1. **Free Throw.** A free throw is a method of putting the ball in play after play has been stopped for a foul, goal, ball out of bounds or any other situation in which one team is directly awarded the ball.

The team awarded a free throw must put the ball into play at the point where the foul was committed, unless otherwise specified. The player has three seconds to put the ball in play. No play may deliberately interfere with the taking of the throw.

2. **Goal Throw.** A goal throw is taken by the goalkeeper anywhere inside the four yard line within three seconds, after a member of the offensive team causes the ball to pass over the goal line, not between the goal posts or after a goal has been attempted in violation of the rules.

3. **Corner Throw.** A corner throw is a free throw taken by the player on the offensive team nearest the corner where the defensive team caused the ball to pass over the goal line, not between the goal posts.

4. **Penalty Throw.** A penalty throw is awarded if a player commits any foul within the four-yard area with the object of preventing a goal from being scored or if a player commits an act of brutality. A penalty throw is taken from the four-yard line by any player on the offended team who is in the water when the foul was committed. All players except the thrower and the goalkeeper must be outside the four-yard area until the throw is completed and no player may be within two yards of the thrower. The goalie must take up a position with his/her tube on the goal line. Upon the referee's whistle, the thrower attempting the penalty throw must immediately and directly throw the ball at the goal with an uninterrupted movement. If he/she hesitates or fakes, he/she loses the penalty throw. A free ball results if the penalty throw is missed.

5. **Face Off.** A face off is taken if a double foul occurs, or if no one has possession of the ball when the game was stopped for an unforeseen reason. One player from each team closest to the point where the foul and/or stoppage occurred shall be selected by the referee to engage in the face off. The official will then drop the ball between them. No player is allowed within two yards of the players involved in the face off.

6. **Start of Game.** The start of the game is by one blast of the whistle, and the referee must then release or throw the ball onto the centerline within six feet of the edge of the field of play. All Players start from their end of the pool.

7. **Player Position After Goal.** After a goal, players must take up positions anywhere within their respective halves of the field of play behind the halfway line. A player from the team not having last score shall restart the game from the center of the field of play. Upon the referee's whistle, the ball must be put in play within three seconds by passing it to another player of his/her team who must be behind the halfway line when he/she receives it.

8. **Offensive Handling of Ball.** A minimum of two players, one of which must be female, must play the ball before an attempted goal. The player making the free throw may count as one of the two offensive players.

9. **Possession of Ball.** Once a player has gained possession of the ball, he/she may place it anywhere (i.e., place the ball at his/her side or behind the shoulders and dribble) and until he/she loses control of it, he/she is considered as having it in his/her possession.

10. **Changing Ends.** Teams change ends between halves, before an overtime period,

11. **Starting After Time-out.** When a time-out period has ended (other than injury) the ball will visibly be put in play within the two-yard line by the goalkeeper of the team that called the time-out.

12. **Goalkeepers Privileges.** The goalkeeper may throw the ball anywhere in the field of play except inside the opponents four yard area. He/she may advance up to the halfway line, but not beyond it. The goalkeeper may not fall out of his/her tube in an attempt to block the ball.

13. **Ball in Play.** A ball that rebounds in the field of play from the goal posts or crossbar remains in play.

14. **Ball Out of Play.** A ball that strikes or lodges in an overhead obstruction, or strikes the side of the pool in flight above the water line.

### C. Summary of Fouls

1. **Technical Fouls.** To start before the official blows his/her whistle at the start or restart of the game.
  - A. To fail to be ready to start after a time-out, or at the beginning of the half.
  - B. To hold on to, or push off from the goal posts or their fixtures; to hold onto the rails or fixtures; and to hold on to or push off from the side during actual play.
  - C. To intentionally hold the ball under the water.
  - D. To strike the ball with a clenched fist.
  - E. To touch the ball before it reaches the water when thrown in by the official for a face off. Only players involved in the face off may go for the ball, and no other player may touch the ball before one of the players in the face off gain control of the ball.
  - F. To fall out of the tube when throwing the ball.
  - G. For the goalkeeper to throw the ball inside the opponents' four yard line or touch the ball beyond the halfway line, or if he/she goes beyond the halfway line.
  - H. On a free throw, corner throw, or after a goal has been scored, to fail to release the ball within three seconds after the official has determined that the player is ready to put the ball into play. The free throw must be taken by the team without delay; if a player who is already in position to most readily take the free throw does not do so, it is a technical foul.
  - I. To not be seated horizontally in the inner tube when touching or maneuvering the ball and/or influencing the play.
  - J. To fail to have a minimum of two offensive players (one must be female) to handle the ball on any offensive drive and/or after a free throw.
  - K. To substitute improperly.
  - L. For a player scoring a goal not to remain in his/her inner tube.
  - M. To cause the ball to go out of bounds.
  - N. To be within two yards of an opponent's goal line or to remain there except when in possession of the ball or when behind the line of the ball. A player inside an opponent's two-yard line who releases the ball to another player must immediately make normal progress to move outside the two-yard area unless he remains behind the line of the ball. Otherwise, any goal scored on the play will not count. The position of the head shall determine two-yard line infractions.
  - O. When taking a free throw or corner throw, to throw the ball directly or after dribbling, at the opposing goal or goalkeeper. The ball is awarded to the goalkeeper.
  - P. Failure of a team to advance the ball and to aid in the normal progress of the game.
  - Q. To not be seated horizontally in the inner tube when touching or maneuvering the ball and/or influencing the play.
  - R. To fail to have a minimum of two offensive players (one must be female) to handle the ball on any offensive drive and/or after a free throw.
1. Penalty: A technical foul shall be penalized with a free throw awarded the team fouled at the point at which the foul occurred.
2. **Personal Fouls. Will be a penalty shot from the 4 yard line if inside of the 4 yard line. If outside the 4 yard line it will be a free throw, from spot of foul.**
  - A. To push off from or retard the free movement of an opponent, or to impede him/her in any way, unless he/she is holding the ball.
  - B. To hold, sink or pull back an opponent not facing the goal or inside the post inside the four yard line whether in control of the ball or not.
  - C. To deliberately splash water in the face of an opponent.
  - D. To deliberately flip the ball away after committing a foul.
  - E. To deliberately interfere with the taking of a free throw, corner throw, or goal throw.
  - F. To interfere with the referee in the execution of his duties.
  - G. Tipping an opponent out of his/her inner tube immediately after a score or attempted score.
  - H. Kicking or attempting to kick the ball.