

UCDAVIS

CAMPUS RECREATION

Rec Sports

Rec Sports Official Rules Innertube Water Polo

UNIVERSITY OF CALIFORNIA, DAVIS
232 ACTIVITIES AND RECREATION CENTER

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1. EQUIPMENT

1.1 Pool

All games are played at Re Pool, which has a minimum depth of seven feet.

1.2 Innertubes

Innertubes are provided by Intramural Sports. They should be fully inflated at all times. If a player is caught deflating his/her tube or altering them in anyway, it will result in an ejection

1.3 T-Shirts

To prevent injury to players getting in and out of the tube, clean T-shirts can be worn to prevent injuries caused by the inner tube.

1.4 Nails

All players are to have short fingernails and toenails to avoid scratching and cutting one another. All jewelry must be removed. Jewelry cannot be covered with tape. Any item deemed dangerous by the referee must be removed before a player is allowed to participate

1.5 Sunglasses/ Pool Goggles

No sunglasses or pool goggles will be allowed in the pool during play. Eyeglasses can be worn at your own discretion if there is a strap. Any medically necessary eyewear must be approved by the IM staff at ARC prior to game. If not approved, it will not be allowed

2. BEFORE PLAY STARTS

2.1 Entering of the pool

Do not enter the pool if there is no lifeguard on duty. If you enter the pool without a lifeguard on duty, you will be suspended for the remainder of the tube polo season.

2.2 Swim Test

Once a lifeguard is on duty you may enter the pool. Once you enter the pool you must complete the swim test by swimming to the other side and back.

2.3 Handling of the Innertube

Before the game begins, all participants should become familiar with the handling of an inner tube.

2.4 Sitting in the Tube

All players except the goalkeeper must sit in the tube with both legs hanging over the tube. Players may advance through the water only while in the tube in this way

2.5 Sitting in the Tube (Goalkeepers)

Goalkeepers must sit with both legs through the middle of the tube

3. DUTIES OF THE GOALKEEPER

3.1 Goalkeeper

The goalkeeper may be male or female.

3.2 Throwing the Ball

The goalkeeper may not throw the ball past the half-line of the pool. The goalie MAY NOT leave the red zone, even if they are sitting like a regular player.

PENALTY: Loss of possession to opponent at the half-line or to closest opponent to the ball (up to opponent to choose)

Example: Home team goalie throws ball over half-line and the ball ends up close to the Away team goalie. Away team can choose to take ball to half-line and continue playing, or they can start game from where the ball is.

3.3 The Red Zone

The goalkeeper may not leave the inner tube or exit the red zone.

PENALTY: Loss of possession to opponents at the spot of infraction.

3.4 Sitting in the Tube

The tube may not be straddled or sat on (for goalkeeper).

3.5 Ball Back in Play

The ball must be put into play within ten seconds of the official's whistle after a goal. Also, if the goalie gains control of the ball after a missed shot or for an in-bound throw, they have 10 seconds to release the ball.

PENALTY: Loss of possession to opponent at the spot of the infraction (edge of red zone).

4. DUTIES OF POOL PLAYERS

4.1 Catching and Passing

All members can pass, catch, and throw the ball to team members or toward the goal in an attempt to score. One or both hands may be used at any time.

4.2 Goalkeeper Area

No part of the offensive or defensive player's tube may penetrate the opposing team's goalkeeper area.

PENALTY: Loss of possession to opponent at the spot of the infraction.

4.3 Physical Contact

When attempting to gain possession of the ball from an opponent, no physical contact between players will be allowed. It is legal to have tube on tube (post play) contact but only

in the penalty area (yellow marker zone). You can flip a players' tube over, but only if they are in possession of the ball. In order to flip a player both hands must be open (open palms) pushing straight down or lifting straight up. (Player possession of the ball includes holding the ball or having the ball within the circumference of the tube. Also included is a player who places the ball in the water next to him/herself).

4.4 Flipping a Player

It is legal to flip a player in possession of the ball anywhere in the pool between the goalkeeper areas. However, a player cannot avoid being flipped by placing the ball in the water near them. The player can still be considered in possession of the ball even if they place it next to themselves.

5. METHOD OF PLAY

5.1 Face-Off Play

A face-off will begin play—each team lines up at opposite sides of pool, with both hands touching the wall; the goalkeeper may stay in his/her goal. Play starts with the referee's whistle as the ball is dropped into the center of the playing area and both teams propel their inner tubes toward the ball. A false start will result in a penalty.

PENALTY: Loss of possession to the opponent at half-line or at the opponent's goalie, whichever the opponent chooses.

5.2 Referee Acknowledgment

After a goal is scored, the goalkeeper must hold the ball until acknowledged by the referee's whistle. The ball then must be put into play within 10 seconds of referee's whistle.

PENALTY: Loss of possession to the opponent spot of infraction.

5.3 Leaving the Inner Tube

No player may leave the inner tube then touch or maneuver the ball. If tipped out of the inner tube, a player may not touch or control the ball until they regain proper position.

PENALTY: Loss of possession to opponents at the spot of the infraction

5.4 Using Feet

Feet may not be used to play the ball.

PENALTY: Loss of possession to opponents at the spot of the infraction.

5.5 Throwing to the Goalkeeper

A pool player cannot throw the ball to his/her own goalkeeper.

PENALTY: Loss of possession to opponent at the spot of the infraction.

6. GENERAL RULES AND REGULATIONS

6.1 Players

A game shall be played with two teams, each of which shall consist of no more than five (5) players at one time.

- CoRec Rec: 3:2, 2:2, 2:1, 0 experienced players
- CoRec Competitive: 3:2, 2:2, 2:1, 3 max experienced players
- Res Hall: no gender rules, 0 experienced players
- Open: no gender rules, 3 experienced players

6.1.1 Minimum and Maximum

A minimum of three (3) players is required to play a game.

No more than twenty (20) players may sign up for any given team over the season. No player may change teams after playing for another team within the same division.

6.1.2 New Players

New players may be added to the team roster at any time before the individual(s) is/are to play. No additions may be made to the roster after the team has played its last regularly scheduled game (game(s) before playoffs begin. A team can add new players by doing the following:

Note: Player passes swim test as administered by IM supervisor prior to being allowed to play. Players must also purchase a rec sports pass to participate.

6.1.3 Eligibility

All players must comply with the official intramural eligibility rules. "Experienced players" must play in Open (unlimited experienced) or Competitive (up to 3 experienced) divisions. An experienced player is one that has been on an ICA, professional or Sport Club roster since June 30, 2023.

PENALTY: For ineligible players: Game is played under protest or automatically forfeited. Violator will need to meet with the one of the Rec Sports Coordinators of IM Sports before they are allowed to play in any other IM Sport play.

6.1.4 Goalkeepers

The goalie may be of either gender for CoRec Leagues

Note: For **WHAT** leagues, a team may not have three (3) pool-players of one gender playing at any given time. The gender with more players in the pool must have that gender be the goalie.

PENALTY: If there are three pool players of the same gender a foul will be given to the captain or designated captain (player at official's captains talk).

6.2 Forfeits and Defaults

6.2.1 Forfeits

A forfeit constitutes: (1) non-appearance, (2) **fewer than the required minimum number of players at the pool 5 minutes past the scheduled game time**, (3) use of

an ineligible player (i.e. a player who plays on more than the allowed number of teams or a player who is not in possession of a valid IM Card or valid UCD Student ID Card), a team will result in a fine of \$10.00 being assessed to the captain, and will lose the game 6-0.

6.2.2 Defaults

A default constitutes: (1) if a team ever drops below the minimum number of players needed to participate in the game due to injury. (2) Cancellation of contest with fewer than 24 business hours' notice to IM Office. In the case of a default, the defaulting team will lose 13-0, but no fine will be asserted.

6.3 Length of Game

Twenty-four (24) total minutes of play. Two (2) twelve-minute halves. Teams change sides at the end of each half.

Last Two Minutes of Game: Stop time will be used in the last two (2) minutes of the second half on all whistles.

6.4 Scoring

After a goal, the team has 15 seconds to move the ball past mid-pool.

PENALTY: Loss of possession to opponent at the spot of infraction.

6.5 Time Between Halves

Three (3) minutes. Teams switch sides at this time

6.6 Time-Outs Per Team

One (1) time-out allowed per team, of one minute duration. The team calling time-out must have possession of the ball. Only players in the pool may call time-out.

6.7 Tied Game

6.7.1 Regular Season

When a regular season game ends in a tied score, the game goes straight to a shootout. Three people from each team (alternating genders for CoRec) will take the shots. In CoRec games, the Home team will have the option of deciding which team shoots first **or** which gender shoots first. The Away team may then decide the second condition. See below for shootout policies.

6.7.2 Playoffs

Overtime period will use stop time on all whistles. When a playoff game ends in a tied score, a two minute overtime period will be played. Overtime will last the entire duration (i.e. not sudden death). If the score is still tied after the overtime period, penalty throws will determine the winner. (See Rule 25 for penalty throw procedures; exception: ball is NOT live if blocked or missed). Once the penalty throw situation has started, teams may not change goalies. Penalty throws will be a best of 3 attempts, with males and females alternating throws in CoRec Leagues, even if it means that players of one gender shoot more than once before the entire roster has attempted. If tied after 3 attempts, penalty throws will continue until one team scores and the other does not score. No player on a

team may take a second penalty throw until each player on the team, including the goalie, has had one attempt. The point value of the penalty throws following the sudden death overtime shall be 1 point for each goal scored. Any person on the team may be goalkeeper. One goal will be added to the score of the winning team to determine final score of the game.

6.8 Field of Play

Length of distance between end lines is 75 feet. 6 swimming lanes wide.

6.9 Goalkeeper Area (Red)

From the end of the goal line, out two meters (or six feet) and the entire width of the playing area. No offensive or defensive player's tube is permitted in this area for safety reasons. If the ball is inside goalkeeper area and not playable by opponents, *the defense has 10 seconds to put the ball into play.*

PENALTY: Goalie not playing the ball in 10 seconds-Loss of possession to the opponents at the spot of the infraction.

PENALTY: Defensive or offensive team having any players in the red zone (other than the goal keeper). Non-offending team will incur a penalty shot. If the player is accidentally floating in, official will give warning the first time.

6.10 Penalty Area (Yellow)

Four (4) meters from the goal line and the entire width of the playing area.

6.11 Pool Markings

Markings around pool will indicate the goalkeeper area, penalty area, and half-line. At Schaal Pool, half-line is marked on the deck. Goalkeeper and penalty area are marked on lane lines.

6.12 Goals

Regulation size water polo goals. Width of each goal is 3 meters or 10 ft. Crossbar is 3 ft. above the water surface. Goals must be positioned at ends of the pool and equal distance from sidelines.

6.13 Ball

Official Women's Ball will be used for CoRec leagues. An Official Men's Ball will be used for all other games.

6.14 Caps

Home team wears white caps, the visiting team wears blue caps. Goalkeepers wear red caps. All caps provided by IM Sports.

6.15 Scoring

All goals are worth 1 point. A player scoring a goal must remain in the tube or the goal will not be allowed. The ball must completely cross the goal line to score.

6.16 Held Ball

If a STATIONARY player in possession of the ball is being closely guarded, that player must release the ball within 5 seconds. Closely guarded is when the defender is within an inner tube's diameter from a stationary offensive player. For a held ball, possession is determined by the officials and can be based on proximity. If a player holds the ball for 5 seconds while closely guarded, that player may not release the ball right next to him/herself to reset the possession time and then pick the ball back up. In that case, proximity will determine possession.

PENALTY: Loss of possession to opponent at the spot of the infraction.

6.17 Drop Ball

The ball will be dropped by an official into the center of the pool to start the game, second half, and the overtime period. Players on each team must be in position in their respective goal areas before the ball is dropped.

6.18 Ball in Play

After an infraction, the non-violating team member nearest the location of the infraction puts the ball into play by passing the ball to a teammate, unless specified otherwise. Opponents may guard the player attempting to pass the ball. Players must be at least one yard from the thrower. **One pass must be made before any attempted goal.**

6.19 Out of Bounds Ball

A ball that leaves the playing area is considered out of bounds.

A ball that goes out at the pool ends: If the defense was last to touch the ball, the closest defensive player to where the ball went out gets the ball. If the offense was last to touch the ball, the goalkeeper takes the throw-in (goal throw).

A ball that goes out at the pools sides: The ball will be put back into play by a throw-in from the same point where the ball went out of bounds. The throw is awarded to the team that did not throw the ball out of bounds. The player nearest to where the ball went out takes the throw. The referee's whistle will allow the thrower to put the ball back into play.

6.20 Captain's Appeal

Only the captain may call a time-out to question the misinterpretation of an official's ruling (a judgment call may not be appealed). If the official changes his/her decision, it will be considered an official's time out. If the call remains unchanged, the appealing team will be charged with one time-out. *If the team has no time-outs remaining, a penalty throw will be awarded to the opposing team*

6.21 Inadvertent Whistle

Ball belongs to the team that was last in possession of the ball. The team that was holding, shooting, or passing the ball to a teammate is given the ball. If neither team is in control, ball goes to defense.

6.22 Substitution

Substitutions may only be made during time-outs, after an injury, after a goal is scored, or between halves/overtimes. Substitutions have up to 20 seconds to sub. After 20 seconds is up we will restart play whether the sub is ready to play or still struggling to get into their tubes. A substitution may be made at the assessment of a player's **5th personal foul** (if a player has five fouls that player will be disqualified like in basketball); only the disqualified player may be substituted for in the event of a player disqualification. The referee must be notified of any substitution(s). Time will be stopped for substitutions after a scored goal or player disqualification until the substitution is complete.

PENALTY: Loss of possession to opponent at location of the ball at that current moment. Exception: if the defensive team illegally substitutes the offensive team is awarded a penalty throw.

6.23 Penalty Throw

By a male or female member of the *offensive team only*. Time will be stopped until the penalty throw is complete. A penalty throw is awarded to the offensive team if a player is fouled inside the four-yard penalty area facing the goal while controlling the ball and attempting a shot at the goal. All players except the goalkeeper must leave the penalty area until the throw is taken. No player may be within one yard of the thrower. The thrower will be positioned at the four-yard mark with ball in hand. The thrower must wait for the official's whistle. After the whistle, the player must throw the ball *in one continuous motion*. If the player hesitates or fakes, the player loses the penalty throw. Should the penalty throw miss and stay in-bounds, the ball is a free ball and continues in play.

Note: A penalty throw is awarded when a one team accumulates five fouls and additionally for each multiple of five fouls. These fouls carry over from one half to the next and also into any overtime periods. A penalty throw will also be awarded for a yellow card or a red card. (A red card will also result in an ejection). **Any** player in the pool at the time of the 5th team foul may take the penalty throw.

7. INFRACTIONS

7.1 Examples

- Failure to start period from the two yard line.
- After a goal, team not putting the ball in play in 10 seconds after officials whistle.
- Touching or maneuvering the ball while out of the tube.
- Playing the ball with the feet.
- Goalkeeper throwing the ball past the half-line.
- Goalkeeper leaving the inner tube.
- Goalkeeper 10 second violation.
- Goalkeeper exiting the goalkeeper area.
- Offensive or Defensive player's tube within the goalkeeper's area. (Penalty throw).
- Use of ineligible player.
- Player throws ball back to own goalkeeper.
- Not moving the ball past the half-line within 15 seconds after the officials whistle acknowledging a goal.
- Ball inside goalkeeper area and goalie not playing in 10 seconds.
- Held ball.

- Illegal substitution. (At the half-line, unless on the offense which results in a penalty throw).
- Deliberate splashing of water in an opponent's face.
- Use of backhand sweep shot. Overhead throw is not the same.
- Player not sitting in the inner tube properly.
- Holding onto the pool wall or goal supports while in possession of the ball
- Holding the ball under water.
- Throwing a players tube.

PENALTY – Loss of possession of the ball. The ball will be given to the opposing team at the spot of the infraction.

7.2 Personal Fouls

- Physically holding, pushing, striking, jumping on, pulling, sinking, or dunking an opponent **not in possession of the ball**.
- Physically holding, pushing, striking, jumping on, or pulling on an opponent **in possession of the ball**. Players may only play the tube. No physical contact with the offensive player is allowed. There is no swiping or stripping of the ball when an offensive player has possession.
- In attempting to dunk an opponent's tube, the opponent's inner tube may not be grabbed by the hand and fingers, held, or shaken. A player can only push down on a tube or lift up on a tube. Both actions must be done **with both hands open**.
- Goalkeeper holding onto the side of the pool or goal standard while catching or passing the ball. (Exception: If the goalkeeper pushes off the wall or goal to block a shot and the ball goes into the goal, the goal is scored. If the shot is blocked, a penalty throw is awarded.)
- Player persistently repeating an infraction, even after the referee has given warnings.
- Tipping an opponent out of the tube immediately after a score in an attempt to discount the score.
- It is legal to push tube-on-tube only in the 4 meter penalty area and the entire width of the pool; the pushing shall not be rough or violent in nature. Any pushing outside of this shall be a personal foul.
- Kicking, moving with **hands or feet**, hooking, or grabbing an opponent's tube while opponent is **not in possession** of the ball.
- Player in possession of ball using hands or feet against opponent or their tube to prevent another player from defending.
- Player (while out of the tube) contacting opponent's tube or person.
- Player advancing through the water while not being in proper sitting position (i.e. throwing tube and swimming to it).
- Deliberately splashing an opponent's face after multiple warnings from the officials.
- If a defensive player forces the hand of an offensive player to submerge the ball it is a foul on the defensive player.
- A team having three field players on the same gender. Foul given to the captain or designated captain.

PENALTY – Loss of possession of the ball to the other team at the spot of the infraction – personal foul recorded on scorecard. The ball will be awarded to the nearest opponent (unless specified otherwise).

7.2.1 Notes

- A player is disqualified from further play in a game when they are assessed a fifth (5th) personal foul.
- The ball is awarded to the nearest opponent to put the ball in play or a penalty throw is awarded if the person fouled was facing the goal and in possession of the ball within the penalty area.
- Penalty shot- (4 yard maker) for each set of 5 personal fouls.
- Any major foul can be immediate cause for ejection if given a Red Card.

8. MAJOR FOULS

8.1 Examples

Examples include, but are not limited to:

- Player attacking, striking, or kicking an opponent in such a manner as in opinion of the referee to endanger a player.
- To exhibit unsportsmanlike conduct which may include, but is not limited to, taunting, foul language, violent or persistent foul play.
- Flagrantly disobeying referee's request.
- Deliberately and maliciously fouling a player with no intention of playing the ball

PENALTY- Major Fouls will result in a yellow or red card given to the offending player. If the same player commits another Major Foul a second yellow card will be given and the offending player will be ejected. A penalty throw will be awarded to the offended team for every yellow card and red card given.

8.2 Bleeding

If a player is bleeding, the referee shall immediately order the player out of the water with the immediate entry of a substitute and the game shall continue without further interruption. After the bleeding has stopped and approval from a supervisor is given, the player is permitted to be a substitute in the ordinary course of the game.

Note: *Aggressive treatment of open wounds or skin lesions should be followed. Whenever a player suffers a laceration or wound where oozing or bleeding occurs, the practice or game should be stopped at the earliest possible time, and the player should leave the area of play and be given appropriate medical treatment.*

8.3 Accident, Injury, Extenuating Circumstances

In case of accident, injury or extenuating circumstances, at the discretion of the referee, the game may be stopped and the injured player replaced immediately or the incident addressed. No time-out is charged and the injured player may return to the game at a later time. Should a goalkeeper retire from the game for any medical reason, the referees shall allow an immediate substitution, subject to one of the players taking the goalkeeper's cap.

8.4 Return of Ball to Play

Should the game be stopped due to an accident, illness, bleeding or other unforeseen reason, the team in possession of the ball at the time of the stoppage shall put the ball into play from the spot where the stoppage occurred from. If the ball was in the air for a pass or a shot the ball will be placed at the spot where the thrower was positioned.

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