

CU • STUDENT REC. CENTER INTRAMURALS
INNERTUBE WATER POLO

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Website: www.colorado.edu/rec-center/intramurals

GENERAL

- Participants should have adequate health & insurance accident insurance to cover any injury which may occur.

THE GAME

- The game consists of 4 quarters, 7 minutes each (28 minutes). Time between quarters is 2 minutes; between halves 5 minutes. Teams change goals at half-time.
- Each team will be allowed two 1 minute time-outs per half. Time outs must be called by the player in control of the ball.
- **HOW TO PLAY:**
 - At the start of each quarter, teams line up at each end of the pool with both hands and feet on the far wall. 3 players need to be on either side of the goal, with at least one person of each sex on each side.
 - Generally have 3 people on offense and 3 on defense.
 - Play begins when the front court referee blows the whistle.
 - After each goal the ball is put back in play by the goalie just scored upon.
 - No player may leave his/her innertube and must be seated in the tube; maneuvering or touching the ball when a player is not correctly in his/her tube constitutes a technical foul and a free throw for the other team.
 - One or both hands may be used to pass, catch, or throw the ball.
 - Players may not hold on to or push off of the walls or goal area while in possession of the ball.
 - The defensive player may seize or knock the BALL from the possession of the player holding the ball (avoiding body contact).
 - Only a player in possession of the ball may be dumped. Possession of the ball is a judgment call by the ref. & may be defined as having control of the ball or ability to maneuver the ball. (A player may be considered in control of the ball if the ball is being maneuvered by the player's body or tube.)
 - The feet may not be used to knock the ball out of the possession of another player or to score a goal.
 - A player cannot use a teammate to leverage themselves or gain unfair advantage
- **SCORING**
 - 2 points for a goal by a woman; 1 pt for penalty throw.
 - 1 point for a goal by a man; including penalty throws.
 - The ball may be shot for a goal from any point outside the goal line.
 - **The ball may not hit the water in its path to the goal.**
 - A goal does not count if during the process of scoring, the scorer falls out or is legally dumped out of the innertube.
- **FREE THROWS**
 - On all free throws the ball must be passed within 5 seconds to a teammate before an attempt for a goal may be made. **All other players must be 3 feet away.**

- **PENALTY THROWS**

- This occurs when a foul is committed within the goal box.
- The player taking the penalty throw must line up on the penalty line.
- The whistle will be blown 2 times; the first time the player throwing the ball must raise their arm with the ball in it and the second whistle the ball must be thrown with **no hesitation and no faking allowed**, otherwise the penalty throw is lost.
- All players except the goalie must be outside the penalty line and at least 3 feet away from the person taking the penalty throw. Whether the goal is made or missed the ball is put back in play by the front court referee.

- **FACE OFF**

- This occurs in the case of a double foul or a tie ball.
- The two players involved sit in their innertubes 3 feet apart, with their backs toward each other.
- They line up along the wall but may not touch the wall.
- Everyone else must be at least 2 yards away.
- The ball is dropped between the 2 players and is in play as soon as it touches the water.

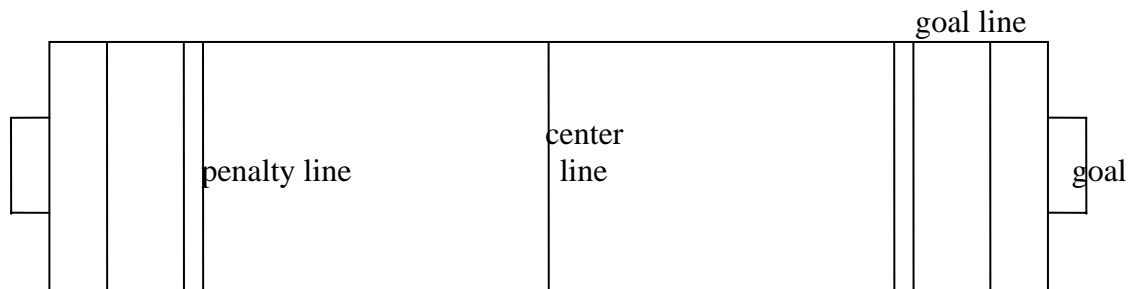
GOAL KEEPING:

- The goalie may be male or female.
- The goalie may not throw the ball beyond the center line while inside the goal box (penalty = opposing goalie receives possession.)
- Only one innertube may be in the goal box (the area between the defending team’s goal posts from the redline back to the wall) at one time.
- Players may enter the goal box but they may not assist in guarding the goal or wait for a shot from within the goal box.

TEAMS

- Teams are made up of 7 players; 3 men, 3 women and a goalie of either sex.
- An Honest Effort Forfeit results when a team does not have the minimum number of players (a team may play with 3 men, 1 woman, & a goalie - or 3 women, 1 man & a goalie).

THE COURT



- **OUT OF BOUNDS:** If team “A” knocks the ball out of bounds, the team “B” player closest to where the ball went out will be given a free throw. *If the ball goes out of bounds in the bottom 3rd of the pool, the defending goalie receives possession.*

SUBSTITUTIONS

- Only allowed between quarters & during time outs.
- After a substitution, play resumes when the official blows the whistle.
- Intentionally delaying the game during substitutions will be penalized by a free throw awarded to the opposing team.

BLIND SHOTS

- Blind Shots are not permitted.
- They are at the discretion of the officials; generally being a shot/pass that is made when the shooter/passer cannot see the target because they are facing in the other direction.

EQUIPMENT/UNIFORM

- **NO EYE GLASSES WILL BE ALLOWED IN THE POOL!**

FOULS AND PENALTIES

- **TECHNICAL FOULS:**
 - **Penalty = Free throw on the spot where the infraction occurred**
 - Starting play before the referee blows the whistle.
 - Intentionally delaying the game (the opposing team will be awarded the ball for a free throw on the goal line of the team being penalized.)
 - Striking the ball with a clenched fist (goalie exempted).
 - Any player going over their opponent's goal line without the intention of retrieving the ball. (If the player is forced over, but attempts to get out, NO FOUL)
 - Touching the ball before it reaches the water on a face-off.
 - On taking a free throw, throwing directly at goal (the ball must first be thrown to a teammate).
 - Holding on to the wall while in possession of the ball.
- **PERSONAL FOULS:**
 - **Penalty: Free throw on the spot where the infraction occurred**
 - Deliberately splashing water in the face of an opponent.
 - Committing any technical foul for the purpose of scoring or preventing a score.
 - **UNNECESSARY OR INTENTIONAL BODILY CONTACT WITH ANY PLAYER**
 - Contacting the body of a player with the ball. (however his or her innertube may be dumped).
 - Holding on to or dumping a player that is not in control of the ball. (However you may get in their way)

**Controlling the ball is a judgment call by the referee determined by looking for the following things:

- 1- Are the hands of the player nearest the ball in the air?
- 2- Is the ball moving with or close to the player in question?