

CU • STUDENT REC CENTER INTRAMURALS
INNERTUBE WATERPOLO • RULES
Office Line: 303-492-2893 • Email: imsports@colorado.edu
Website: www.colorado.edu/rec-center/intramurals

ROSTER SIZE IS LIMITED TO 16 PLAYERS
Teams winning a championship will receive a maximum of 10 t-shirts.

Games will be governed by the current rules of the National Intramural and Recreational Sports Association (NIRSA), with the following points of emphasis and modification:

GENERAL

- Participants should have adequate health insurance to cover any injury which may occur.
 - Alcoholic beverages and drugs are prohibited in the Student Recreation Center, on any Recreation Center Property and at all Intramural sanctioned events. Participation while under the influence of these substances is also prohibited these areas. Violations will be grounds for immediate ejection, forfeiture and possible season suspension.
 - NO JEWELRY is allowed in any Intramural Competition.
 - **Game time is forfeit time! Players should check in with the Intramural Supervisor at least 15 minutes before their scheduled game time. If you do not have enough players to field a team at your game time, your team will receive a Forfeit. NO EXCEPTIONS!**
 - **No Buff OneCard = No Play! All Intramural Participants are required to have either their Buff OneCard or Recreation Center Membership card with them at EVERY Intramural Event. Failure to do so will result in ineligibility. NO EXCEPTIONS!**
 - The following are situations in which your team WILL NOT be allowed to advance to the post-season tournament:
 - If you forfeit two regular season games.
 - If you accumulate two or more Honest Effort Forfeits (HEF).
 - If you receive two or more Defaults for failure to comply with equipment regulations.
 - If your team fails to average a 3.00 or better sportsmanship rating.
 - The Intramural Office **DOES NOT** reschedule regular season or post-season tournament games once the schedule has been posted. If your team is unable to make a regular season game, **your team captain must** email the Intramural Office at least 24 hours prior to your scheduled game time Monday-Friday, and by no later than 5:00pm on the Friday preceding a Sunday game. The Intramural Office will then be responsible for offering out your game. If your game is picked up by another team, your team will not be credited with a Forfeit. However, if your game is not picked up by another team, your team is still responsible for playing that game. Failure to notify the Intramural Office by the deadline stated will result in a Forfeit. Failure to show up to a game where no replacement team was found will result in an Honest Effort Forfeit (HEF).
 - All games picked up by a team count as a real game and will count on your record and sportsmanship rating.
- *** NEW IN SPRING 2012***. NEW FORFEIT POLICY**
- **TEAMS RECEIVING ONE FORFEIT**
 - **If a team accumulates one Forfeit during the regular season, they will automatically be charged a \$20 fee that must be paid within the four business days following the forfeited game.**

- **If a team receiving one forfeit pays the assessed \$20 fee within the four business days, this team will be allowed to continue in the league for the remainder of the regular season and will still be eligible for the post-season tournament.**
- **If the team fails to pay this \$20 fine within the four business days, they will still be responsible for the \$20 fee, but will be automatically dropped from the remainder of the regular season and will not be allowed to participate in the post-season tournament.**
- **TEAMS RECEIVING TWO FORFEITS**
 - **If a team accumulates two Forfeits during the regular season, they will automatically be charged an additional \$10 fee. This team will then be dropped from the remainder of regular season play and will be ineligible for the post-season tournament.**

ELIGIBILITY

- Every eligible Intramural Participant must be a full fee paying CU Student or Recreation Center Member.
- Every eligible Intramural Participant must present their “Buff OneCard” or Recreation Center Membership Card in order to check in before every game. If a player fails to have one of these two proofs of identification, they will not be allowed to participate. **NO EXCEPTIONS!**
- Players may play on only one team per sport per session (with the exception of being allowed to play on a Co-Rec team and a team of their own gender in the same sport).
- A player must have played in at least one of the first four regular season games in order to be eligible to play in the post-season tournament.
- **Intercollegiate Athletes:** Current intercollegiate athletes are not eligible to participate in their sport or any related sport. An intercollegiate athlete is any individual participating in intercollegiate contests attending regular practice, whose name appears on the official squad list, or who has won a letter at a recognized senior college. Varsity, red shirts, junior varsity players and freshman are all considered intercollegiate athletes. You are considered an intercollegiate athlete for one entire academic year unless you have been dropped from the squad before the first intercollegiate contest and no longer playing or practicing with the team.
- **Club Players:** A member of a club sport is defined as a student who participated or practiced with the club during the current academic year. Intramural teams are limited to 3 club players per team in their specific sport or any related sport and they must play in the most competitive league.

TEAMS & SUBSTITUTIONS

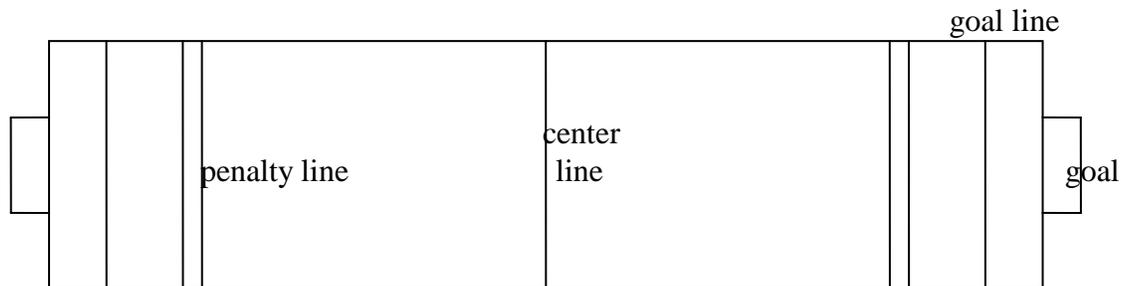
- A team consists of seven players in the pool, three of each gender and a goalie of either gender. A minimum of five players, at least two of each gender and a goalie of either gender, is needed at game time to start the game.
- Teams may have no more than four and no less than 2 players of one gender in the pool at all times.
- An Honest Effort Forfeit (HEF) will be awarded to teams that have only four players at game time. Teams with any less than this will be given a standard Forfeit.
- A player may substitute in or out only between quarters & during timeouts.
- 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.

UNIFORM/EQUIPMENT

- Players provide their own appropriate swimgear and wear the cap denoting their team color provided by Intramural Sports.
- Balls will be provided by Intramural Sports.

- **NO EYE GLASSES WILL BE ALLOWED IN THE POOL!**
- Players may not wear hats, watches, or any sort of jewelry.

THE POOL



THE GAME

LENGTH OF GAME

- The game consists of 4 quarters, 7 minutes each (28 minutes). Time between quarters is 2 minutes; the time between halves is 5 minutes. Teams change goals at half-time.

CAPTAIN'S MEETING

- At the beginning of each game there will be a captain's meeting. Officials will go over any questions or rule changes with captains at this time.

TIMEOUTS

- Each team will be allowed two 1-minute timeouts per half. Timeouts must be called by the player in control of the ball.

STARTING THE GAME

- 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 gender on each side.
- Play begins when the front court referee blows their whistle.

SCORING

- Two points for a goal by a woman; one point for penalty throw.
- One point for a goal by a man, this includes 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 point will be counted if it hits the goalie's tube or any part of the goalie's body and goes in 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. If the ball is released before the scorer is out of the tube, the point counts (this is up to the official's discretion).

MERCY RULE

- If a team is winning by ten or more points with two minutes or less remaining, the game will be called.

OVERTIME

- There is no overtime during the regular season.
- During tournament play, if the game score is tied after regulation time, a three player shootout on penalty throws will occur. If there is no winner at that point, then it will be followed by a "Sudden Death Throwout". Only players in the pool at the end of regulation play may take the penalty throws.

RULE CLARIFICATIONS

HOW TO PLAY:

- 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. The correct position is arms and legs over the tube while sitting in the tube.
- 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.
- A player cannot use a teammate to leverage themselves or gain unfair advantage.
- The defensive player may seize or knock the BALL from the possession of the player holding the ball (avoiding body contact). Although the feet may not be used to knock the ball out of the possession of another player or to score a goal
- Only a player in possession of the ball may be dumped. Possession of the ball is a judgment call by the official & 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.)
- A player may not use feet or arms underwater to hold on to an opposing player's tube

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 fouled 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 hold on or push off the posts while blocking a shot.
- 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. A penalty throw will be awarded to the opposing team if a player, who is not the goalie, blocks a shot in the goal box.
- Goalie may leave the crease.
- **Goalie cannot dump a player at any time!**

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.*

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.

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?

RULE CLARIFICATIONS:

- A ball deflected by a held ball, whether caught or not, does not result in player elimination. It is a “dead” ball.
- A ball hitting a player may be caught by an inbounds teammate before it hits the floor. It may not hit a wall/backboard etc. Result: Only the opposing thrower is out and **nobody** from the team that caught the ball may enter.
- Out-of-Bounds: Catching a ball out-of-bounds does not count.
- Goaltending is NOT ALLOWED. Goaltending is defined as attempting to deflect, catch or hit a ball above the rim of the basket.
- If a ball is caught but comes in contact with another ball in hand, the catch does not count (the ball hits another ball and is dead).
- A basket still counts if the ball first hits the walls, backboard, lights, etc...

CONDUCT/SPORTSMANSHIP

- Fighting and unsportsmanlike conduct will not be tolerated and are grounds for the entire team and all its members being dropped from the league and/or Intramural Program. Any team whose members leave the bench will result in the entire team being suspended for at least the semester.
- Any abusive language, physical gestures and untimely or inappropriate questioning of calls directed at any Intramural Staff, Participant or Spectator is grounds for ejection. Bench technicals may be called; therefore team captains are responsible for controlling their respective benches.
- Pre and post-game: harassing of any Intramural Staff, Participant or Spectator, any unsportsmanlike conduct or lack of cooperation, is subject to penalty from a mild warning to complete expulsion from the program.
- The Intramural Supervisor has the ability to award penalties and/or ejections to any Intramural Participant or Spectator at any point in time.
- Only Captains may address the Intramural Staff on matters of interpretation and discussion.
- Teams are required to clean up after themselves and keep the Intramural playing area clean. Failure to do so can impact your sportsmanship rating.
- **Teams must average no less than a 3.0 sportsmanship rating. Failure to do so will result in expulsion from the post-season tournament.**

TOURNAMENT SCHEDULES

- Teams are considered ineligible for the post-season tournament for the following reasons:
 - Accruing one Forfeit and failing to pay the assessed \$20 fee within the four business days following the forfeited game.
 - Accruing two Forfeits.
 - Accruing two Honest Effort Forfeits (HEF).
 - Receiving less than a 3.0 sportsmanship rating average.
 - Failing to complete the Intramural Captain's Test by the deadline set.
- Post-season tournament schedules will be posted the last week of the regular season.
- Teams receiving two Honest Effort Forfeits (HEF), two Defaults or failing to complete the Intramural's Captain's Test by the set deadline will be allowed to but their way into the post-season tournament for an additional \$20.