

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 modifications and points of emphasis:

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 Sports sanctioned events. Participation while under the influence of these substances is also prohibited in these areas. Any violation of this policy will be grounds for immediate ejection, forfeiture and possible 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 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 Rec 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 and may be removed from the league:
 - If you forfeit one regular season game.
 - If you accumulate two or more Honest Effort Forfeits (HEF).
 - If your team fails to average a 3.00 or better sportsmanship rating.
- The Intramural Sports Office **DOES NOT** reschedule games once the schedule has been posted. If your team is unable to make a game, **your team captain must** email the intramural office by 12:00pm the day of a weekday game or by 12:00pm Friday preceding a weekend 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 towards your record and sportsmanship rating.

FORFEIT POLICY

- **GAME TIME IS FORFEIT TIME!** All teams should arrive **15 minutes prior** to the scheduled start of the game to check in and get the necessary equipment for the game. Any team failing to report ready-to-play at the scheduled starting time shall forfeit to their opponent. Any team that forfeits will be removed from the league for the remainder of the season.
- If you are not playing at least 50% of your scheduled games due to other teams forfeiting, please contact the intramural office to see if we can schedule more games for your team.

ELIGIBILITY

- Every intramural participant must be a full fee paying University of Colorado student or recreation center member.
- Every intramural participant must present their Buff OneCard or Student 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 no more than one team in an Equal Opportunity division and one in a Co-Rec division per sport per session.
- 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 are 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 three club players per team in their specific sport or any related sport, and athletes must play on a team in the most competitive league offered.

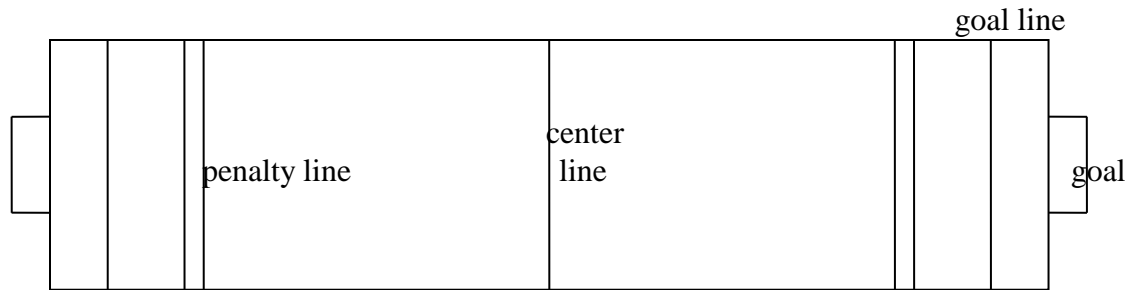
TEAMS & SUBSTITUTIONS

- A team consists of seven players in the pool, with at three of a different gender.
 - A minimum of five players, at least two of a different gender, are needed at game time to start the game.
- An Honest Effort Forfeit (HEF) will be given to teams that have only three players at game time. If a team receives two or more HEFs in a single season, they will be removed from the league and not be allowed to advance to the post-season tournament.
- Teams with any less than this will be given a standard Forfeit and dropped from the league.
- 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.
- Tubes and balls will be provided by Intramural Sports.
- **NO EYE GLASSES WILL BE ALLOWED IN THE POOL!**
- Players may not wear hard billed hats, watches, headphones or any sort of jewelry.

THE POOL



THE GAME

LENGTH OF GAME

- The game consists of four, seven minute quarters.
- Time between quarters is limited to two minutes.
- Time between halves is five minutes, with teams changing sides at this 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, one 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. Three players need to be on either side of the goal, with at least one person of a different gender on each side.
- Play begins when the front court referee blows their whistle.

SCORING

- All goals count for one point, 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 point will be counted if the ball 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 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 their 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 an unfair advantage.
- The defensive player may seize or knock the BALL from the possession of the player holding the ball (avoiding body contact). 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 made 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 five seconds to a teammate before an attempt for a goal may be made. **All players must be at least three feet away from the person taking the free throw.**

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 two 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 three 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 three 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 six feet away.
- The ball is dropped between the two players and is in play as soon as it touches the water.

GOALKEEPING:

- 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.
- The goalie may leave the crease.
- **The 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 third of the pool, the defending goalie receives possession.*

BLIND SHOTS

- A blind shot is made when the shooter/passer cannot see the target because they are facing in the other direction and are not permitted.

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:

- 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?

CONDUCT/SPORTSMANSHIP

- Fighting and unsportsmanlike conduct will not be tolerated and are grounds for the team and its members being dropped from the league and/or suspended from Intramural Sports. 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. Team technicals may be given and team captains are therefore responsible for controlling their respective benches.
- Pre and post-game harassing of any intramural staff, participant or spectator, as well as any unsportsmanlike conduct or lack of cooperation, is grounds for penalty, suspension or expulsion.
- 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.
 - Accruing two Honest Effort Forfeits (HEF).

- Receiving less than a 3.0 sportsmanship rating average.
- Post-season tournament schedules will be posted the last week of the regular season.

Forfeit Score: 15-0

Needed to Start: 7 players (3 of a different gender for Co-Rec)

Minimum to Start: 5 players (1 of a different gender for Co-Rec)

HEF: 3 players