



# RECREATION

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## INTRAMURAL INNERTUBE WATER POLO RULES

Last Revised: Fall 2023

 = Revised Changes

### Part A: WR Governing Rules

1. Warrior Recreation Intramural Leagues are guided by the Spirit of Competition (S.O.C.). Every participant, player, captain, and league staff will all have an active part in upholding the S.O.C.
2. Warrior Recreation Innertube Water Polo is governed by the policies and rules put forth by **Water Polo Canada** in conjunction with the rules listed here, as well as the policies as outlined in the Spirit of Competition.
3. Officials, team captains, and players are all responsible for the good order and conduct of the game.
4. The official's judgment is final for all decisions regarding game play.
5. A more comprehensive list of rules and regulations for all intramural sports can be located in the Intramural Handbook found [here](#).

### Part B: The Teams

1. The conduct of the participants must be in accordance with the Spirit of Competition. Any player violating these guidelines may be asked to leave the facility.
2. It is recommended that both teams be dressed and ready to play 10 minutes before the scheduled start of their game. All games start at the time published on the schedule.

3. Team Members: Teams consist of 6 players playing at one time. The minimum number of players required to begin the game is 5.
4. Grace Time: Any team without the required number of players within 10 minutes of the scheduled time will default that game. If any team member is in doubt about their eligibility, they should speak with their team captain, League Staff, or the Recreational Sports Coordinator immediately.
5. If players, team officials, game timekeeper, etc. show up for a game in a condition which in the official's opinion, render them unable to take part, the official may default the game.
6. Specialized Positions: The goalie must be designated but may change at the halftime or a stoppage in play with permission from the official.
7. Varsity players are not eligible to participate in an intramural sport similar to their varsity sport while in season. This means that varsity swimming players are not eligible to participate in the fall and winter semester.
8. Substitutes will remain on the pool deck and can be changed at any time during play and are unlimited. Substitutes must enter the tub from the player leaving the playing area and be in the defensive end at the time of the switch. They must not jump into the tub.

### **Part C: Team Captain**

1. The team captain must be familiar with the Spirit of Competition guidelines and Eligibility rules, and inform players of all rules and conduct expectations.
2. Each team must identify their team captain at the beginning of each game to the official. If the captain is not present, the team will nominate a player to be the acting captain for that game. This person will take on all duties and responsibilities as the team captain. This person will be identified as the acting captain on the score sheet.
3. It is the team captain's duty to know his/her duties and responsibilities before the game begins.
4. Only the captain should be speaking with the officials during the game time. Players who wish to discuss any issue with an official must ask the captain to speak on their behalf.
5. It is each captain's responsibility to have the team roster ready on the score sheet by the start of game time.
6. The captains of each team are to complete the S.O.C. on the score sheet honestly by giving the opposing team a rating of 0, 1, or 2. They will also **sign and** validate the score upon completion of the game.

7. Any concerns that a captain may have regarding officiating, should be made aware to the **League Staff** in a timely and respectful manner.

### **Part D: Officials**

1. Innertube Water Polo will have one official assigned to each game.
2. The official will require that all participants sign in. Any participant not signing in will not be able to participate.
3. All participants will respect the call of the official. The team captain may ask for clarification in a respectful manner.
4. The official will manage the match and the game sheet.
5. If there is a dispute, the official's decision is final.

### **Part E: Equipment**

1. No jewelry (unless properly taped down), non-elastic head bands, or hard support braces are allowed during game time.
  - a. Captains will be warned at the beginning of the game to have all their players remove such items.
  - b. During the game, players found with such items will be asked to leave play until the item is removed or properly secured.
2. Religious wear may be worn while participating and must not be a safety risk to the participant, participant's team, opponents, or officials.
  - a. Items that are a safety risk will be asked to be properly secured.
  - b. It is the responsibility of the player to properly secure the item safely.
  - c. If there are any questions about an item's safety risks, players should contact League Staff or the Intramural Coordinator more than 24 hours prior to their game.
3. The following equipment will be required or provided:
  - a. Game Ball and Net (a game ball will be provided for game play only, not for practicing).
  - b. Innertubes
4. The following equipment will be optional:
  - a. If available, practice equipment may be signed out at the equipment desk.
  - b. Swim caps at the service desk
    - i. Must all be the same colour (contrasting to opponents).

5. Proper attire must be worn to participate
  - a. Proper and appropriate swimwear must be worn. Gym shorts/t-shirts are allowed to be worn over swimsuits.

## **Part F: General Game Rules**

1. Playing Time:
  - a. One match will be played in two halves.
    - i. Halves will be 18-minutes long
    - ii. There will be 5-minutes between two halves
  - b. A match will be called final from 55 minutes after the start of the match, regardless of score.
    - i. The team leading wins.
  - c. No game shall exceed 1 hour after the scheduled start time.
    - i. There will be 5-10 minutes to warm up in the pool at the start of the match.
2. Overtime/Tie
  - a. If a game is tied due to time restrictions, the game will be recorded as a tie.
3. Time Outs: There will be no timeouts
4. Mercy Rule: The game will be final if a team leads by 8.
5. A game recorded as a default/forfeit will be scored 3-0.
6. The winner will be determined as the team with the most goals at the end of the match.
7. Game will be played in CIF Pool 1 and Pool 2

## **Part G: Specific Game Rules**

1. To start the game, players must be seated horizontally in their tubes facing the pool deck of their respective end. The official will blow their whistle and the first to the ball gets initial possession.
  - a. The goalie will get possession after any goal or ball out of play when last touched by the attacker
  - b. The attacking team will get the ball in the corner at the 2m crease line when the ball goes out of play and last touched by a defensive player
  - c. If the ball hits the starting blocks and/or back wall, it is considered out
2. A goal is worth one point.

3. To score a goal the following must be true:
  - a. You must remain in the tube when attempting to score. Falling completely out of the tube will mean no goal. The player must be controlled in the tube. If they fall out after the ball goes in it is no goal.
  - b. No “behind the back” scoring attempts.
  - c. Must not be in the 2-metre crease.
  - d. If any of the above are false, there will be no goal and the opposing goalie will get possession of the ball.
4. Teams have 30 seconds for the ball to cross the halfway line from when the defense gains possession of the ball in the defensive end.
5. Players may only have possession of the ball for a maximum of 10 consecutive seconds.
  - a. This includes carrying the ball, floating beside it, or influencing the ball with an innertube.
  - b. This includes the goalie after a goal is scored or missed.
  - c. In the case of dual possession, the person who initially or first had full possession of the ball will retain possession.
6. Playing the ball
  - a. The ball must be presented and not held against the body
    - i. The ball can be carried in the tube or on your lap
  - b. If a player falls out of their tube, they must release the ball immediately and not influence in any way until they are fully back into the tube.
  - c. Players may not kick or attempt to kick the ball in the water
    - i. They can block with feet
  - d. Players may not contact another player. Any player doing so will lose possession of the ball and may receive a penalty.
    - i. This includes but is not limited to holding, riding, hitting, jumping on, pushing off from, or tipping another player.
    - ii. Two players going for a ball may have incidental contact, but the player who does not gain possession must back away to ensure no further contact.
  - e. Players from both teams may **NOT** be within the 2m crease and cannot interfere with the ball or goalie, this includes defenders blocking a shot.
7. Goalkeepers
  - a. Are not permitted to touch or hang on the wall or net.
  - b. Are not permitted to physically pass the half line.
  - c. Are not able to pass the ball over the half line.
  - d. Not able to touch the ball outside of their 2-metre crease.
  - e. Tube must be level with the water.

## **Part H: Penalties, Fouls, and Misconducts**

1. Penalties for minor infractions will be 2 minutes in length where the offending player must get out of the pool.
2. 3 minor penalties in one game or a major penalty will result in ejection from the game and may result in other supplemental discipline.
3. Minor Penalties (examples)
  - a. Contact with another player while attempting to grab the ball
  - b. Unsportsmanlike behaviour (rough play, foul language)
  - c. Playing the ball while not in the tube
  - d. Intentionally hitting an opposing player with the ball
4. Major penalties (examples)
  - a. Deliberate and aggressive contact with a player
  - b. Intentionally tipping an opponent's tube
  - c. Dunking a player
  - d. Unsportsmanlike behaviour towards an official
5. Penalty Shots
  - a. They will be awarded to a team when the following occurs
    - i. An opposing player is ejected for a major penalty towards a player
    - ii. A defender deliberately saves a goal from occurring
  - b. They will be taken from 4 metres from the goal by the player the foul was committed against.

## **Part I: Playoff Specific Rules**

1. The game will immediately go into a 5-minute overtime. If still tied after 5 minutes, the game will go to a shootout.
2. Shootouts will consist of each team selecting 3 unique players to shoot.
  - a. If still tied after both teams have taken 3 shot attempts, teams will send 1 player at a time for a sudden death shoot out.
  - b. All players must shoot once before a player may take a second shot.
  - c. Once all players have shot, any player may shoot as many times as selected by the team.

## **Part J: Tie-Breaking Procedures**

1. If teams have the same number of points at the end of the regular season, the following will be used in order to determine the team that is ranked higher in the order they are listed:
  - a. The team having the higher S.O.C. will be ranked higher.
  - b. The team with the fewest defaults and forfeits will be ranked higher.
  - c. The team with the fewest defaults will be ranked higher.
  - d. The team having won the head-to-head match will be ranked higher.
  - e. The team having the best ratio of points for/against will be ranked higher.
  - f. The team having the better point differential will be ranked higher.
  - g. A coin flip will determine the team to be ranked higher
  
2. If multiple teams are tied, the above criteria will be used until one team is ranked higher OR lower. The process will then reset and continue until all teams have been ranked.

If there are any questions about the above rules, please email League Staff at [leagues@uwaterloo.ca](mailto:leagues@uwaterloo.ca) and they will be more than happy to explain and clarify any questions.