

**BIRMINGHAM-SOUTHERN COLLEGE**  
**PHYSICAL FITNESS & RECREATION**

**INTRAMURAL INNERTUBE WATER POLO RULES**

**The Game**

1. The game will be played between two teams of six players each – 5 pool players and a goalkeeper. Four players are required to play and avoid a forfeit.
2. Appropriate swimming attire must be worn at all times. If a person cannot swim, it is advised that they do not participate in this activity.
3. Game time is forfeit time. Both teams shall be warmed up and ready for play at the scheduled time.
4. Coin Toss - The Home Team captain shall call the toss and shall have the choice of the end of the pool to defend. The Visitor Team captain gets their choice to start the second half.
5. The game will be played in two (2) 20-minute halves and a 5-minute halftime. The clock will run continuously except for time-outs, penalty shots and injuries.
6. Each team will have two (2) 30-second time-outs to use in each game.
7. To start the game, both teams will line up at their respective end of the pool. At the sound of the whistle, the ball will be tossed into the middle of the pool and both teams will paddle to the ball and try to claim possession.
8. No player may throw the ball farther than the half-pool line.
9. All players must remain in their respective tubes during play. A player may not play the ball if he/she is not in his/her tube.
10. Each player's feet must remain out of the water at all times. The legs may not be used to assist in propulsion at any time
11. All players must stay in their respective tubes and may not use any part of the pool (gutters, sides or ends) for support or to gain an advantage. This includes kicking or pushing off the sides/ends of the pool.
12. No dunking or intentional splashing will be allowed.
13. Offensive players may be in possession of the ball for a maximum of 3 arm strokes. A violation of this rule will result in the ball being turned over to a defensive player at that point.
14. No player may make contact with an opposing player's head, neck or face. Also, no player will be allowed to hold another players tube, legs, arms or any other body part. Incidental contact with the arms will be allowed.
15. "Man to Man" defense is required at all times. Each defender must be within 3 feet of the offensive player. A warning will be given for the first violation, and a Penalty Shot will be awarded for all subsequent violations.
16. Defensive players may not swipe at or knock the ball out of an offensive player's hand at any time.
17. Out of Bounds – Any ball that is thrown, hit or deflected out-of-bounds will be awarded to the appropriate team at the ladder closest to where the ball went out of bounds. Any ball that hits a wall after a shot is considered out-of-bounds.
18. Substitutions may be made only during a timeout, halftime or after a goal is scored. Goalkeepers may be substituted for, but only during the indicated times.
19. Overtime – In the case of a tied game at the end of regulation time, a 5-player shootout will take place from the Penalty Shot line (ladder). A coin toss will determine the team that will shoot/defend first. Teams will alternate shooters until all 5 shooters from each team have taken shots. In the event of a tie after the shootout, a second shootout will take place, with the shooting/defending order reversed. Once the Overtime has been decided, 1 point will be added to the winning team's score.

**Scoring**

1. Scoring: Each made goal will count as 1 point. Also, each made Penalty Shot will also count as a point.

2. A ball that is deflected off of a tube, player or the water and enters the goal will count as a goal.
3. The goal zone extends from end of pool to the ladder rail that is farthest from the goal. No part of any offensive player's body/tube is allowed in that zone during a shot on goal.
4. After a goal is scored, both teams will line up at their respective end of the pool and ,at the sound of the whistle, the ball will be tossed into the middle of the pool and both teams will paddle to the ball and try to claim possession.
5. All Penalty Shots will be taken from behind the Penalty Shot line (ladder). Only the goalkeeper is allowed to defend against the Penalty Shot. All other players on both teams must be touching the side of the pool during a Penalty Shot.
6. If a Penalty Shot is missed, and the ball stays in-bounds, the ball is considered live and both teams may try to gain possession.

### **Safety**

1. No jewelry will be worn at any time. This includes, but is not limited to rings, earrings, watches, necklaces, and any form of body piercing. Also, no shoes will be worn at any time.
2. No hard casts will be allowed at anytime. All hard braces (knee, elbow, etc.) will be evaluated prior to the start of the game.
3. No alcohol or tobacco products may be used by the participants prior to or during the game. These substances are not allowed in the Striplin Center at any time.

### **Violations/Results**

Offensive player entering the goalkeeper zone	Opposing team gets possession of ball. Any goal made is disallowed.
Holding the ball underwater	Opposing team gets possession of ball.
Playing ball while not in innertube	Penalty Shot
Illegal Contact / Unnecessary Roughness	Penalty Shot
Long Throws (more than half-pool length)	Opposing team gets possession of ball at mid-pool line.