

Southwestern University
INTRAMURAL SPORTS
INNERTUBE WATERPOLO

RULES:

1. Players: Play will be seven on seven including the goalie. A minimum of five players must be present to avoid forfeit. In Co-Rec you may play the following combinations: 3men-4women; 4 men-3women; 3men-3women, 4women-2men, 2women-3men, 3women-2men.
2. The game will consist of (2) twelve-minute halves and a two-minute half time.
3. Each team will be given one time-out per half.
4. Mercy Rules: If a team is ahead by 20 goals at anytime during the second half the game will be stopped.
5. No player may enter the 2-yard zone, except for the goalie. The 4-yard zone is the penalty area.
6. **CO-REC RULES** – If a Female scores = two (2) point, Male scores = one (1) point. Play will be eight on eight including the goalie. A female must touch the ball at least once before a goal is scored.
7. **General Rules:**
 - The game will consist of two twelve-minute halves with a running clock. There will be 2 minutes between halves (goalies change ends). There are two one-minute timeouts allowed per team. The player in control of the ball is required to call the timeout.
 - Substitutions** may only be made during a timeout, after a goal is scored, or between halves.
 - The Goalie area** will extend two-yard from the end of the pool. No offensive or defensive player is permitted in this area.
 - The Penalty area** will be four yards from the end of the pool. If a violation occurs a free throw occurs and the non-violating team member nearest the spot of the infraction puts the ball into play by passing the ball. Opponents may not touch, impede, or interfere with his/her attempt to pass the ball. One pass must be made before any attempted goal.
 - A penalty shot** is awarded to the offensive team if a player is fouled inside the four-yard line. The shot is taken from the middle of the four-yard zone. All players except the goalie must leave the penalty area until the shot is taken. No player may be within one yard of the thrower. Should the shot be missed, the ball is free and play continues.

-A **free throw** is awarded to the opposing team from the same point where the ball went out of bounds.

-A **Participant must remain in his/her tube at all times**. If he/she gets dumped out, he/she must attempt to get into the tube immediately. No movement in the pool or touching the ball is allowed if a player is not sitting in his/her tube. A player must advance the ball towards his/her goal by passing or paddling towards the goal. If a player is stopped, he/she has five seconds to move the ball.

-**Dumping**: Dumping is the act of trying to dump a player out of his/her tube while in possession of the ball. In order to legally dump someone from their tube a defensive player must use one motion down or one motion up to dump them out of the tube. A defensive player may not hang on to a tube and try to pull a person out from under their tube. Penalty: Free throw from the spot. Exception: No player may dump someone from his or her tube in the outside lanes.

-**Goalie Responsibilities**: A goalie may not throw the ball in past half the length of the pool. The goalie may not leave his/her tube to perform his/her task (i.e. he/she must stay in the tube to block a shot) A goalie has five seconds to throw the ball in once a goal has been scored or a shot blocked, or the ball falls into the two yard zone.

8. **PENALTIES:**

- Holding on to the pool wall while in possession of the ball.
- Holding the ball under water
- Goalie throwing the ball more than half the distance of the pool.
- Offensive player entering the goalies area - goalie throw in
- Defensive player in the goalies area - offensive corner throw from the four-yard zone
- Holding, pushing, dunking, or dumping an opponent not possessing the ball.
- Goalie holding on to the side of the pool while catching or passing the ball.
- Attacking, striking, or kicking an opponent in such a manner, as in the opinion of the Referee, to endanger another person.

4 yard zone



2 yard zone