

California State University, Northridge
SRC INTRAMURAL SPORTS



INNERTUBE WATER POLO RULES

(Updated 02/12)

1. Each team shall consist of 6 players: 1 goalie and 5 field players. A minimum of 4 players is needed to begin a game.
2. **The Game:** At the start of each period, the players shall take positions at least 1 yard apart on their respective goal lines, grasping the ends of the pool no higher than the water level. A whistle blast will signal the start of play, and the referee will throw the ball into the center of the playing field. Whichever player reaches the ball first may take control and advance the ball. After each score, the ball is put into play from the referee by returning it to the goalie just scored upon.
3. **The Innertube:** All players in the field must recline in the innertube with their behind through the hole and the maximum amount of innertube surface area touching the water. Goalies may sit in the innertube any way they prefer when they are inside the Goal Area.
4. **Controlling the Ball:** Players are to pass, catch, and move the ball toward the goal in an attempt to score on the opposing team. Players may use one or both hands at all times. A player is eligible to be dunked **WITHOUT CONTACT** if he or she is in control of the ball, regardless of whether they are holding the ball or dribbling it next to them. Players must be in their respective tubes at all times. If a player is dumped out of their tube, they must return immediately.
5. **Scoring:** A goal will be scored when the ball touches any part of the net. A goal may be scored by any part of the body except the clenched fist.
6. **Held Ball:** An alternate possession system will be used in situations where the ball is controlled simultaneously by members of opposing teams for more than 3 seconds.
7. **Substitutions:** Teams may use unlimited substitutions during any dead ball.
8. **Goalie Play:** The Goalie Area will extend two yards from the end of the pool and span the entire width of the pool. No offensive player is permitted in this area, and defensive players other than the goalie may not defend a shot within the Goalie Area. The goalie may not throw the ball more than half the distance of the pool, and the goalie may leave his/her tube to perform his/her task. After putting the ball in play following a shot attempt

or goal, the goalie may leave the Goalie Area and become a regular player. All player rules apply to the goalie who leaves the Goal Area.

9. Penalties: There are three types of penalties in Tube Water Polo:

- a) A minor foul will result in a free throw following the infraction. The non-violating team member nearest the spot of the infraction puts the ball in play by passing nor advancing the ball. Opponents may not touch, impede, or interfere with his/her attempt to put the ball in play. One pass must be made before any attempted goal. Free Throws will be awarded based on whether a “distinct advantage” is gained by the offender. The following infractions will result in a Free Throw:
- Starting before the referee blows the whistle at the start of a half.
 - Holding onto or pushing off from the wall.
 - Striking the ball with a clenched fist.
 - Causing the ball to go out of bounds. If a defensive player causes the ball to go out of bounds behind the goal line, a corner throw (free throw) is made by the offense.
 - Holding on to another player’s tube, hands, or feet at any time. The only contact allowed occurs when an offensive player has possession of the ball.
 - Dumping another player that does not have possession of the ball, or using physical contact on a player with the ball.
 - Leaving the tube to play the ball.
 - Splashing water in the face of an opponent.
 - Goalie throwing the ball more than half the length of the pool.
 - Offensive player entering the Goalie Area.
- b) A Yellow Card will result in the offender being removed from the game for 5 minutes, with the offender’s team playing short one player. Yellow cards will be issued at the Official’s discretion and may result from the following infractions:
- Diving into the pool at any time.
 - Persistent arguing with official’s decisions or repeating minor infractions.
 - Unsportsmanlike actions or language.
 - Rough or dangerous play.
 - Fouling a player during a scoring opportunity. The offensive team will receive a penalty shot from the 4 yard line. All players except the goalie must leave the penalty area until the shot is taken. The penalty shot will be taken from the center of the pool, four yards from the goal. No player may be within one yard of the thrower. Should the shot be missed, the ball is live and play continues.
- c) A Red Card will result in the offender being ejected from the game, with no replacement of that player. Two yellow cards equal a red card and the player receiving two yellow cards will be removed from play with no substitute. Red cards will be issued at the Official’s discretion and may result from the following infractions:
- Grabbing or touching another player around the head or neck, or other dangerous play.

- Attacking, striking, throwing the ball at, or kicking an opponent in such a manner, as in the opinion of the referee, to endanger another person.
- Refusing obedience to the referee or exhibiting extreme Unsportsmanlike Conduct.

10. Coed Rules Adaptations

- a) A team consists of 3 men and 3 women. This includes the goalkeeper.
- b) At least 2 men and 2 women, including the goalkeeper, are needed to begin a game.
- c) When passing the ball, all previously stated rules apply. However, the passing sequence must go from male to female or female to male. Players are not allowed to pass to a team member of the same sex.
- d) If the pass is made from the goalie, he/she must also pass to a member of the opposite sex. If the goalie is male, he must pass to a female. If the goalie is a female, she must pass to a male.