

Greenmeadow CIT Inner Tube Water Polo Rules

Format

1. The game begins when the game official drops the ball at mid-course. All players must be at their end of the pool touching the wall.
2. The game will consist of four seven-minute periods with a running clock. There will be 2 minutes between halves. Teams change ends only at the half.
3. Players may use one or both hands at all times.
4. The Goalie's Area will extend five feet from the end of the pool and span the entire width of the playing area. No offensive player is permitted in this area.
5. The goalie may not throw the ball more than half the length of the pool at any time. The goalie may not leave his/her inner-tube while effectively guarding the goal.

Substitutions

1. Substitutions may only be made during timeouts, after a goal is scored, or between halves.

General Rules

1. The Penalty Area will extend twelve feet from the end of the pool.
2. A free throw is awarded after a minor infraction. The non-violating team member nearest the spot of the infraction puts the ball into play by passing or advancing 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.

3. A penalty shot is awarded to the offensive team if a player is fouled inside the four-yard line. 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 continues in play.
4. A free throw is awarded to the opposing team from the same point where the ball went out of bounds. The player nearest this exit point takes the throw.
5. A Goal is awarded only after the entire ball has crossed completely into the goal.
6. After each score, the ball is put into play from the supervisor by returning it to the goalie just scored upon.
7. No player may leave his/her inner tube to touch or maneuver the ball; otherwise, they will be assessed a personal foul and a free throw or penalty throw is awarded to the nearest opponent.
8. Also, if tipped out of the tube, a player may not touch or control the ball until back in the tube and sitting.
9. A participant must remain in his/her tube at all times. If he/she falls or gets dumped out, he/she must attempt to get into the tube immediately.
10. No movement in the pool or touching the ball is allowed if a player is not sitting in his/her tube.
11. Anyone inside the goalie's area is considered a goalie, and that player may not throw the ball more than half the distance of the pool. The goalie may not leave his/her inner tube to perform his/her task (i.e. he must stay in the tube to block a shot). Penalty will be loss of ball.
12. Players may not splash other players. Penalty will be loss of ball.
13. Offensive players are not allowed in opponent's goalie area. If a free ball lands in the goalie's area, the goalie has five seconds to gain control of the ball and have it touch another player's hand out of the area.

14. A player may defend him/herself while controlling the ball, but an offensive or defensive player may not use excessive force while doing his/her duties. A player may not pass the ball to him/herself.

Penalties

1. A free throw is awarded to the nearest opponent on all personal fouls.
Personal fouls are as follows:
 2. Holding the ball under water.
 3. Goalie throwing the ball more than half the distance of the pool.
 4. Offensive player entering the goalie's area without the ball.
 5. Holding, pushing, dunking, or dumping an opponent not possessing the ball.
 6. Goalie holding on to the side of the pool while catching or passing the ball.
 7. Persistently repeating an infraction, even after the referee has given warnings.
 8. Tipping an opponent out of his/her tube immediately after a score, in an attempt to discount score.
 9. Grabbing or touching another player around the head or neck.
10. A penalty shot is awarded to the nearest player if the foul occurs within the penalty area.
11. Flagrant penalties include:
 1. Attacking, striking, or kicking an opponent in such a manner, as in the opinion of the referee, to endanger another person.
 2. Flagrantly refusing obedience to a referee's request.
 3. Exhibiting unsportsmanlike conduct.

12. Flagrant penalties will result in the offending player immediately leaving the game, and not playing the rest of the game, resulting in the offending team playing one player short for the duration of the half.