2016 INTRAMURAL INNER TUBE WATER POLO RULES  
(Updated 11/15)  
Recent Rules changes will appear in hi-lighted and italicized font.

Rule 1: Facility  
1. The Inner Tube Water Polo tournament will be held in the Field House Pool. Alcohol and tobacco are not permitted inside the facility or in the parking lot.  
2. Do not bring food, drink, or gum into the pool.  
3. If the lifeguard makes an Emergency Signal—3 whistle blasts, exit the pool immediately.  
4. No horseplay in or around the swimming pool.

Rule 2: Player Eligibility  
1. All Intramural Sports eligibility rules apply. Please check the Intramural Sports Rules and Regulations carefully.  
2. All players must check-in with a valid, state-issued or University of Iowa photo ID with the Supervisor prior to the start of each game.

Rule 3: Equipment  
1. Proper swimwear is required.  
2. No hand jewelry is permitted while participating in Inner Tube Water Polo.  
3. It is recommended to wear a T-shirt during participation to protect your skin from rubbing on the inner tubes. But, a T-shirt is not required to be worn while participating.

Rule 4: Team Composition  
1. Teams shall consist of 6 “field” players and a goalkeeper, and a game may start with 5 “field” players and a goalkeeper.  
2. A goalkeeper may be either male or female, must be sitting in an inner tube at all times, and must remain in the goal area.

Rule 5: Game Procedures  
1. The duration of a game shall be 24 minutes of actual play, in two periods of 12 minutes each, with the teams changing ends at half time. A 5-minute interval must be allowed between halves. Time starts on the referee’s whistle at the start of each half and will run continuously until the end of the half. Each team receives two, one-minute, time-outs per game.  
2. The entire ball passing over the goal line between the goal posts counts as a goal. One point is awarded for each goal. The player scoring must remain in his/her inner tube or the score will not count. If a ball is thrown by a player into his/her own goal, it is scored as a goal.  
3. If the game is tied at the end of regulation play, a sudden death period of three minutes in length will be started. If still tied at the end of three minutes the winner will be determined by teams taking an equal amount of alternating shots at the goal until a goal is scored. A coin toss will determine which team throws first. Example: Team A throws and misses, Team B throws and scores, Team B wins. If Team B misses, another member from Team A shoots, etc.

Rule 6: Game Setup  
1. At the start or restart of a game, the goalkeeper must be positioned between the goal posts, and the field players must take up positions at least one yard apart on their respective goal lines, grasp the ends of the pool and wait for the referee’s signal after he/she has ascertained the teams are ready.
2. The start of a game is signaled by one blast of the whistle, and the referee must then release or throw the ball onto the center line. It is a technical foul to start before the referee blows his/her whistle. If this occurs the ball shall be awarded to the offended team at the halfway line.

3. The GOALKEEPER AREA is located on each end of the pool, extends two yards out into the water, and is four yards wide. No player shall hold the ball in this area for more than five seconds.

4. The PENALTY AREA is from the end of the pool extended into the water two yards and from the middle of the pool extended four yards to each side.

5. A FREE TOSS is awarded after any rule infraction or personal foul. The non-violating team member nearest to the spot of infraction puts the ball into play by passing. Opponents may not touch, impede or interfere with his/her attempt to pass the ball. One PASS must be made before any attempted goal.

6. A penalty throw is awarded to the offensive team if an offensive player is fouled inside the 4-yard penalty area while controlling the ball and facing the goal. All players, except the goalkeeper, must leave the penalty area until the throw is taken. No player may be within one yard of the thrower. Should the penalty be missed, the ball becomes live and play continues. The penalty throw must be taken outside the 4-yard area.

7. A penalty throw is also awarded for each five fouls accumulated by a team. These fouls carry over from one half to the next and also into overtime periods.

8. After a goal is scored the referee will signal the goalkeeper who was scored upon to put the ball back into play. The goalkeeper must put the ball in play within five seconds or lose the ball to the opposing team.

Rule 7: General Rules

1. The defense may contact the offensive player’s tube if that offensive player has the ball. The ball may be separated from the offensive player by the defensive player either by grabbing the ball away or by tipping the offensive player out of his/her tube.

2. All players must be in a sitting position in their tubes.

3. A drop ball is a ball thrown by the official into the center of the pool to begin play for each period.

4. The ball may be advanced by a player throwing or carrying the ball. One or both hands may be used at any time.

5. The ball must remain above the surface of the water at all times during the game.

6. The goalkeeper may not throw the ball beyond the halfway point of the pool.

7. The goalkeeper must sit in the inner tube and may not leave it while guarding the goal.

8. The goalkeeper may not hang on the crossbar of the goal.

9. The goalkeeper may not touch the opposing players and may not tip them from their tubes.

10. The goalkeeper may not hold the ball for more than five seconds in the goalkeeper area. The field players may not cross the imaginary 2-yard line at any time during the game (except at the start of each quarter).

11. On out-of-bounds plays, the ball goes to the team not touching the ball last and at the point of departure from the pool. The player nearest to where the ball goes out takes the toss.

12. When the ball becomes dead as the result of an out-of-bounds or an infraction, which does not involve a penalty throw, it may be put back in play either after the referee handles the ball, or (if this is impractical because the referee is on the far side of the pool) after a player on defense “checks” the ball and hands it back to the offensive player nearest the point of infraction. After each shot or goal, the ball becomes a “goalie ball” and possession changes to the goalkeeper’s team.

13. Substitutions may be made at half time, during time-outs, or after a goal is scored, and not during actual play. Teams with possession of the ball after a violation may make substitutions. If the team possessing the ball after a violation chooses to substitute, the other team will be allowed to substitute as well.

14. An offensive player with the ball can protect himself/herself from the defensive player, but he/she may not protect himself/herself by dropping the ball beside his/her tube, which is actually still in his/her possession.

15. No one can hinder or maneuver another person’s inner tube, unless that person has possession of the ball. All competitors must use inner tubes and balls provided by Recreational Services.
16. Tube color will be chosen by the captain who wins the coin toss. The options will be clear or blue.

**Rule 8: Loss of Possession Infractions**

1. Starting before the referee blows his/her whistle at the start or restart of the game.
2. Pushing off from the sides during actual play.
3. Holding onto the side of the pool wall while in possession of the ball.
4. Playing the ball or interfering with play when out of the tube.
5. Pushing off from, or interfering with, the free limb movement of an opponent unless he/she is holding the ball.
6. Deliberately splashing water in the face of an opponent.
7. Holding the ball under the water.
8. Goalkeeper throwing the ball more than half the length of the pool.
9. Offensive player within the goalkeepers’ area.
10. Goalkeeper holding the ball more than five seconds or any player holding the ball in the goalkeeper area for five seconds.
11. Holding, pushing, hitting, jumping on, tackling, dunking, or dumping an opponent player not holding onto the ball.
12. Goalkeeper holding onto the side of the pool while catching or passing the ball.
13. Tipping an opponent out of his/her tube immediately after an attempt to disallow the score.
14. Kicking or attempting to kick the ball in order to propel it.
15. Two defenders in Goalie Area and in front of goal simultaneously.

**INTRAMURAL SPORTS WEBSITE (General Information)**

http://recserv.uiowa.edu/intramural-sports

Like us on Facebook! Search “Iowa Intramurals”

Follow us on Twitter! Search “@IowaIntramurals”