



Mesabi YMCA

Inner Tube Water Polo

NCAA Adapted League Rules

Playing Area:

- The field of play is the entire pool, 8yards by 24yards. The length of the pool, shallow to deep end.
- The goal sits on the deck, suspended from two poles.

Equipment:

- Male trunk type suits and Female tank style suits. A player wearing a non-sport two piece swimsuit is required to wear a t-shirt. This is recommended to prevent unnecessary wardrobe malfunctions and bruises.
- No eyeglasses are allowed. Goggles are permitted.
- No hats, caps or visors.
- Remove all jewelry for safety of players.
- Inner tubes, balls and other necessary materials will be provided.

Game Overview:

- 6 team members in the water at one time, this includes the goalie.
- Teams are coed. One player of the opposite sex must be in play at all times.
- 2-20 minute halves with a 5 minute half time.
- Legal tube position: Players must sit in the center of tube with their legs draped over the edge. In order to participate in any action, effect play of the ball, a player must be in legal tube position.
- You cannot obstruct a player that is trying to resume legal tube position.
- A player may not hold the ball in their hand/s for longer than 5 seconds at any time. Balls on a players lap may be held longer.
- Ball may be advanced in play by passing or traveling with the tube using legs and/or arm strokes.
- Not allowed to use the edges of the pool to hang on or advance yourself in play.
- The pool edge may be used to get into legal tub position.
- Player substitutions are allowed at anytime, original player must exit the pool before substitute can go in.
- Ball cannot be thrown over the center line, it must be carried over.
- This is a non-contact sport, no intentional physical contact is allowed.
- In the event of tie, two minute overtime will be played. Overtime starts with a face-off. First team to score wins.

Starting Play:

- A face-off will take place at the start of each half. Teams will switch ends for the 2nd half.
- A face off starts with each team lined up on opposite ends of the pool, two feet touching the wall.
- On the whistle, ball is dropped into the center of the pool and teams race to gain possession.

Possession of the Ball:

- Possession of the ball is in your hand/s or resting in your lap. It cannot be tucked under your legs, behind your back or obstructed in any way.
- You are not allowed to touch the ball or another players tube if you are not in your tube.
- If you get flipped and are still holding the ball, it is a turnover to the other team.

Goalies:

- Teams must designate a goalie.
- The goalie cannot hold on to the side of the pool at any time and the goalies inner tube cannot rest on the pool deck.
- The goalie cannot hold the ball in their hands for more than 10 seconds.

Scoring:

- Any time the ball touches the black netting area of the goal points are awarded.
- Legal shots on goal must originate from behind the backstroke flags suspended across the pool.
- Any goal made from a shot inside the flag line, points will be awarded to the opposing team.
- Males scoring receive 1 point.
- Females scoring receive 2 points.
- After a goal the team scored upon will be given the ball and the goalie will throw the ball back in play.

To Prevent a Player from Advancing the Ball:

- A defender can move in front of an advancing player.
- Knock away or seize the ball from an opposing player, avoiding physical contact.
- Force the player with the ball out of their innertube by grabbing, shaking, or dunking that players inner tube, excluding the goalie.
- Splashing the person with the ball, excluding the goalie.
- Contact may be made with another players inner tube, Cannot grab/secure another players inner tube.

Fouls and Misconduct:

- This is a NON CONTACT sport. Players MAY NOT be touched. This includes contact with a player's arms, legs or body.

Minor Fouls: Results in the ball being turned over to the other team immediately.

- To hold, sink or pull on an opponent not in control of the ball.
- Deliberate body contact. Kicking or striking an opponent with or without the ball.
- Grabbing an opponent's arms or legs.
- Holding the ball completely under the water.
- A player may not hold onto the wall or goal while in possession of the ball, this includes the goalie.
- Hitting a player with the ball intentionally. This is not dodge ball.

Major Fouls: Results in a player ejection and possible suspension from the league.

- Excessive roughness, unsportsmanslike conduct, or foul language.
- Intentionally delaying the game for the clear advantage of the stalling team.
- Jumping on or physically dunking the head/body of a player.