

# Intramural Water Polo

## Rules

### INTERCOLLEGIATE ATHLETES

- Current ICA Members may not participate on an intramural team in their specialty sport during their regular season of play.
- Current Sport Club Members may not participate on an intramural team in their specialty sport during their regular season of play.
- Former/Off season ICA members may participate on an intramural team in their specialty sport, with a limit of 2 ICA athletes per team (certain team positions may be deemed illegal for an ICA member ie. ICA goalie playing as an intramural goalie).
- 5 Year Waiver Rule applies to the amount of time in which an ICA player must wait before he/she is considered a “regular” participant.

### THE GAME

- Seven players constitute a team. A team may start play and continue play with five players, but at no time can the number be less than five.
- The game consists of four seven-minute quarters with a two-minute break between quarters, and a five-minute break at half time
- Teams will switch ends at each quarter and there will be a new sprint to begin the new quarter
- Each team will have two timeouts per game. They may only be called:
  - By player on team in possession of ball (during live play)
  - By player on either team (after a goal, before ball is put back into play)
  - By player on either team (before a 4m penalty throw is attempted)
- Substitutions may only be made during the timeouts, after goals, or between periods of play.
- Overtime will consist of two 3-minute quarters with a 2-minute break between quarters. If the game is not decided after two overtime periods there will be one 2-minute sudden victory overtime period. If the game is not decided after that it will end in a tie.

### STARTING PROCEDURES

- At the start of each period, the players will line up even with the 2 meter cone. The referee then blows the whistle and the ball is dropped next to the wall on the centerline.
- Restarting play after a goal: The teams must line up anywhere within their perspective halves (usually lined up at half tank). When the referee signals, anyone from the team in possession of the ball may put the ball in play him/herself or pass the ball off. The player who starts the play cannot take a shot.
- Restarting play after a timeout or injury stoppage: play begins with a free throw from where the ball was last in play by the team who last had possession. If free throw is taken from beyond seven meters, in this case, there cannot be a shot taken.

## SHOT CLOCK

- There is a 35 second shot clock that will be kept by an official outside the pool.
- The shot clock shall be reset after a goal; a shot has been taken which hits the goal itself or the goalie, and after a player has been ejected.
- The shot clock shall also be reset after a change of possession, whether that is a steal, turnover, or a shot recovered by the other team.

## OUT OF PLAY

- The ball goes out of play when it leaves the pool, the playing area, hits the side of the pool before hitting the water, or skips off the water and hits the side wall.
- If the ball is deflected out of play by the defensive team beyond their goal line and outside the goal posts, the offensive team shall take a free throw at the 2m mark on the side of the pool.
- If the ball is sent out by an attacker in the same as in B, then a goal throw is awarded to the other team that is to be taken from anywhere inside their 2m area. The player taking the free throw must not throw it past their opponents 4m line unless the throw is an immediate shot.
- A free throw is awarded at the spot where the ball went out of play.
- If two fouls are committed at the same time, a face-off occurs.
- A player has to put the ball into play by either dropping the ball into the water, tossing the ball in the air and catching it, or making a pass without undue delay. After approximately three seconds the referee will signal the ball in play and the defender may play the man with the ball. If the attacker delays a turnover will result.

## SCORING

- A goal is scored when the ball completely crosses the line.
- Two players must touch the ball after a start or restart, in order for a goal to be scored.
- The goalie may score if he/she is not the first person to touch the ball after a start or restart. (If he/she is taking the free throw)
- A shot may be taken and scored from beyond seven meters if the foul was committed outside of seven meters also. This shot must be taken immediately after the ball has been picked up and in one, continuous motion. This dead time shot can also be taken after an out of bounds call outside of seven meters.

## FOULS

- Types of fouls:
  - Ordinary fouls and violations are penalized by a free throw to the other team.
  - Major fouls which are penalized by either ejection or a 4m penalty shot.
- Ordinary fouls and violations:
  - Ball Under: When the defensive player forces the offender's arm or hand in possession of the ball below the surface of the water. Results in an offensive turnover.
  - Two Hands (Outside 4m): Blocking or holding the ball with two hands. Resulting in an offensive free pass.
  - Pushing off from the goal or sides of pool: Results in a free pass to opposing team.
  - Push off: Offensive push off-Results in a turnover
  - Inside the 2m: When the offensive player is inside of the 2m and the ball is outside the 2m. (Offender must be making a deliberate effort to reach the 2m)

- False start on sprint: Results in opposing team's ball at half-tank line-up.
- 35 clock expiration: Results in offensive turnover.
- Delay of game: Failure to put the ball in play without undue delay.
- Incorrect penalty throw: False start or hesitation on 4m shot. Results in offensive turnover.
- Pressing the goalie: Goalie is awarded a free pass.
- Major Fouls:
  - Brutality: Kicking or striking an opponent, or an attempt to, with the intent to injure will result in a game ejection with the ability of the penalized team to substitute for the ejected player. Opposing team is awarded a 4m shot to be taken by anyone who was in the field of play during the incident. The ejected player will be given a notice to appear and summoned to meet with Taggart or Paul for further action.
  - 20 Second Ejections:
    - Holding, sinking, or pulling back on an opponent who is not holding the ball.
    - Interfering with a free throw. Defender must stay 3 ft. from offender.
    - Disobeying or showing disrespect to the referee.
    - Foul language directed at anyone
    - Playing the man, rather than the ball (pull backs in the set)
    - Splashing offensive player
    - Any field player blocking a shot with tow hands inside his/her 4m. Results in offensive 4m shot.
    - Pull back of offensive player inside the water or inside 4m with a chance to score. Results in offensive 4m shot.
    - Fouling contact with an offensive player during Dead Time

## PENALTIES

- Free throws: Result from fouls or violations or after and ejection.
  1. 7m Rule: If a foul or violation is committed outside of 7m from the targeted goal, or after an overthrow, or an out of bounds call passed 7m from the targeted goal, a player from the tam now in possession of the ball may shoot, rather than pass or put the ball in play, so long as it is immediate and taken in one continuous motion. Any hesitation or delay in taking a shot will result in an immediate turnover.
    - A free throw can be taken at the spot of the foul, violation, or kick-out or from anywhere further from the goal than that spot.
- Ejections:
  - A. player is ejected for 35 seconds
  - The penalty period start when the ball is put into play following the ejection call.
  - The ejected player may reenter the field of play:
    - After a change of possession
    - When a goal is scored
    - Ejection time is done
- 4 Meter Penalty Throws:
  - Goalie's head must be on the goal line.
  - All other players must be beyond the 4m line and at least 5 feet from the shooter.\
  - Shooter's head must be on the line
  - Shot must be taken in one continuous motion

- If the shot misses, the ball is then in play.

## EJECTIONS

- A participant whose conduct is deemed inappropriate by the presiding officials, and is ejected from the game, will automatically face a minimum of one game suspension for the following game. In addition, the offending participant must schedule an appointment with the Recreational Sports Director or Assistant Director prior to their team's next game, or the entire team will forfeit their next match and may face expulsion for the league if the incident is unresolved. In the event the ejection occurs on the last game of the season, penalties will be assessed beginning the following quarter.