RULE I. OBJECT

The object of co-ed innertube water polo is to advance the ball and throw it into the opponents’ goal. The team on defense attempts to prohibit the advance of the ball by using the following methods:

1. Moving in front of an advancing player.
2. Seizing the ball from the player in possession.
3. Knocking the ball from an opponent’s hands and causing it to float free.
4. Intercepting the passes of the opponents.

RULE II. TEAMS

A. A full team will consist of seven (7) players: 5 men and 1 woman, in addition a goalie who may be male or female. However, the goalie does not count towards the gender requirements. There must always be one female in the water. (Exception – when a female is charged with a major foul, the team may not substitute a male player for the ejected female, but they can substitute another female if there is one available.)

B. All team members must remain in a sitting position in the tube at all times. The goalie is allowed to straddle the tube, however, one leg must be in the water inside the tube. The goalie must have a tube.

C. A forfeit is called at ten (10) minutes after the specified starting time. A team must have three men and one woman along with a goalie (either a male or female) to begin play. This is the minimum number (5) for a legal team. A double forfeit is awarded if neither team can field a legal team.

RULE III. PUTTING BALL INTO PLAY

A. Each team lines up at opposite ends of the pool at the start of each period. All players must be in contact with the pool wall with some part of their body to start play.

B. Play begins when the referee blows the whistle and throws the ball into the center of the pool with the two teams propelling their innertubes towards the ball.

C. After a goal is scored, the ball is thrown out to the official and then back to the front line who then puts the ball into play.
RULE IV. SCORING

A. A goal is worth one (1) point for men and one (1) point for women.

B. The ball may be thrown at the goal from anywhere outside the 2-meter line, except by the goalie who may not throw the ball past half-court.

C. A goal is scored if the ball passes FULLY over the goal line between the goal posts. If the goal is not in correct position the official may rule a goal scored if the ball bounces off the pool edge and hits the goal bar.

D. A goal is counted if the ball is in flight on its way to the goal when the whistle is blown for the end of a period, providing another offensive player does not touch the ball.

E. Should the ball be blocked in a goal attempt and bounces back into the full play area, any player may retrieve it. A ball that falls inside the 2-meter area may be retrieved by anybody with the stipulation that another player must touch the ball before it is shot.

F. A player scoring a goal MUST maintain equilibrium and stay in a sitting position in his/her tube or the goal will not be counted.

RULE V. BALL OUT OF PLAY

A. A ball deflected or thrown out of the pool will be awarded to the opposing team’s goalie. A ball deflected out of bounds by the goalie will be awarded to the offensive player at the junction of the 2-meter line and the pool wall. (Corner Throw)

B. A tie is called if opposing players have equal possession of the ball or when opposing players simultaneously knock the ball out of bounds. A face-off shall then by used to put the ball into play.

RULE VI. STALLING

A team may not attempt to gain an advantage by stalling the ball. A team which, in the opinion of the official, is attempting to stall will receive one warning. If a team then continues to stall, the official will award the opposing team possession of the ball at the half-line

RULE VII. ORDINARY AND PERSONAL FOULS

A. It is an ordinary foul:

- To start before the referee blows his whistle at the start or restart of the game.
- For any offensive player to cross their opponents 2-meter line, except when retrieving the ball.
- To intentionally push or force someone over the 2-meter line.
- For the goalie to throw the ball over the half-line.
- To intentionally hold the ball under the water.
- To throw the ball, to interfere with the ball, or to interfere with an opposing player while not in an innertube.
- To fail to sit in the innertube as directed by the referee.
- For any player other than the goalie to touch or push off from the side of the pool.
- To touch the ball before it reaches the water when thrown in by the referee for a face off.
- To fail to be ready to start at the beginning of a period.
- For a team to hold the ball for more than 30 seconds without passing or shooting.
  - To enter the goalie box except to retrieve a ball. The goal box is defined as the area width of the goal extended to the two-meter line.

An ordinary foul will be penalized by a free throw awarded to the opponent nearest the point of the infraction. The player making the free throw will be allowed to have a free and unobstructed throw to a teammate. The pass must be made before any attempted goal. The player must throw the ball within five seconds after gaining possession.
B. It is a personal foul:
   - To hold, push, or hit an opposing player.
   - To jump on, tackle, or dump an opposing player (see Major Foul, end of no. 2).
   - To tip an opponent out of his/her tube immediately after a score in an attempt to discount the goal.
   - To splash water in an opponent’s face.
   - To interfere with the referee in the execution of his duties.
   - To hold on to, tip over, or push off of any opposing player’s tube.
   - To interfere with a goalie who has possession of the ball.

Each player is allowed three (3) personal fouls per game. When a player’s third foul is called, he/she must leave the pool for the remainder of the game. A substitute may enter the game when a player fouls out.

RULE VIII. MAJOR FOULS

A. It is a major foul:
   - To attack, strike, or kick an opponent in such a manner as, in the opinion of the referee, to endanger his/her person in any way. Deliberately throwing the ball at an opponent constitutes such an attack.
   - To refuse any obedience to the referee or to exhibit unsportsmanlike conduct.

When a major foul occurs, the offending player shall be removed from the game. A substitute may enter the game. The opposing team will be awarded a penalty shot to be taken from the half-line without the goal being protected by anyone except the goalie. The possession of the ball will remain with the non-fouled team.

Automatic one game suspension with each major foul.

RULE IX. DUTIES OF THE GOALIE

A. The goalie may not throw the ball more than half the length of the pool.

B. The goalie is considered the same as another field player when he/she is outside the 2-meter line.

RULE X. SUBSTITUTIONS – TIME OUTS

A. Substitutions can be made only when the referee has stopped play.

B. Each team may take one time out per half.

C. The game clock will only be stopped for injuries and timeouts.

RULE XI. TIME AND GAME PROCEDURE

A. A complete game will consist of two (2) fifteen-minute periods. Teams will switch ends of the pool at the end of the period.

B. A running clock will be used at all times and will only be stopped for injuries, time outs, and official time outs.

C. Regular season games that end in a tie will remain a tie.

D. Playoff games ending in a tie will be decided by a sudden death period (first team to score wins). Do not change goals.