

Department of Recreational Sports Intramural Sports

Water Polo Rules

I. GOVERNING RULES

The rules of the National Federation of State High School Athletic Associations will apply in all situations except where a special Oregon State University Intramural Sports rule applies.

II. ELIGIBILITY

All participants must be either students registered at Oregon State University or Faculty/Staff/Affiliate with a Recreational Sports Membership. Only three water polo club members will be permitted to play on a team and one of the three players must be of the opposite sex. For example: 2 men and 1 woman or 2 women and 1 man. For more information on eligibility, consult the Intramural Sports Handbook.

III. EQUIPMENT

- A. **No jewelry (earrings, necklaces, bracelets, rings, etc.) or metal hair clips will be allowed in the pool at anytime. Players will need to remove items immediately or leave the game.**
- B. Teams will be provided with a game ball and caps for all team members participating. The equipment must be returned at the completion of the game.
- C. Appropriate water polo attire must be worn at all times. Women must wear a one-piece swimsuit.
- D. Fingernails and toenails must be short and not constitute a hazard.
- E. No braces, casts, guards, or supports not appropriate for the water will be permitted.

IV. PREGAME

- A. All participants will need to bring their ID card to enter the facility.
- B. Team managers need to check in with the supervisor on duty before each game to verify their team's roster.
- C. Team managers need to verify all team members are on the score sheet and have signed the waiver on the back.
- D. Team managers will be responsible for filling in cap numbers on the score sheet.
- E. Team managers will take part in a pre-game conference with the officials.

V. GAME TIME

- A. Game time listed on the schedule is the official game time.
- B. Officials will keep the official game time.
- C. A team shall have seven (7) players, but may begin a game with a minimum of six (6); otherwise a forfeit will be awarded to the opposing team. If a team is playing with only 6 players, the 7th may join the game after a goal and before the restart, in between periods, or during a team timeout.
- D. Officials will keep track of the official game score by using a scoreboard or flip chart.
- E. Each game will consist of four 6-minute periods with running time.
- F. A two-minute interval will occur at the end of the first and third periods. A halftime of five minutes will occur at the end of the second period.
- G. The game clock only stops for injuries and timeouts.
- H. Teams will change defensive ends at the end of every period and at overtime.
- I. Periods are started under the following guidelines:
 - 1. Each participant must have his/her hand on the wall, behind the two meter line.
 - 2. Participants may touch or use the wall to kick off.
 - 3. Three players must be on each side of the goal.
 - 4. The goalkeeper must remain between the goal posts. Other players should not be hanging on to the sides of the goals.
 - 5. At the sound of the whistle, possession will be decided with a sprint for the ball.

Department of Recreational Sports Intramural Sports

IV. SCORING

- A. A goal may be scored by any part of the body except a clenched fist.
- B. A goal may be scored at the start of the period after the ball has been deliberately played by two players.
- C. A goal may be scored at the restart, free throw, corner throw, or goal throw after the ball has been deliberately played by one player, in addition to the player making the throw.
- D. If a goalkeeper brings the ball into the goal while throwing (except on a free throw), a goal will be scored.
- E. The ball must be completely across the plane of the goal posts to count as a goal.
- F. A restart will occur after every goal. A restart consists of the following:
 - 1. After a goal has been scored, each team must be in its own defensive half. The team that was just scored upon will put the ball into play by taking a free throw from the exact center of the playing field. The free throw must be directed toward the team's own defensive end at the referee's signal. Failure to restart properly will result in a technical foul.
- G. The team with the most goals scored at the end of regulation will be declared the winner.

VI. GOALKEEPERS

- A. Goalkeepers may take the ball in two hands within the 5-yard line only.
- B. Goalkeepers may not hang on or push off the goal posts at any time.
- C. Goalkeepers may not cross the halfway line.

VII. TIMEOUTS

- A. Each team is allowed one timeout per period (none in overtime).
- B. Timeouts are one-minute in length.
- C. A timeout may be called by any player on the team controlling the ball.
- D. Timeout periods are restarted by awarding a free throw to the goalkeeper of the team calling the timeout.

VIII. SUBSTITUTIONS

- A. Substitutions may occur immediately after a goal and before the restart, in between periods, on the fly, or during a team timeout.
- B. All substitutions after a goal must receive the referee's permission to do so. Failure to report shall be a technical foul.
- C. If an official timeout is called for an injured player, that player must leave the game but may return at the next available moment.
- D. Any player receiving three personal ejection fouls (kick outs) or one major foul must be substituted for immediately.
- E. The referee must be notified of any cap number changes. Failure to do so shall be a technical foul.
- F. All players not in the water must remain behind their respective goal line. Failure to do so will result in a personal foul for a player on the deck and ejection of a player in the water.

IX. OVERTIME

- A. If the score is tied at the end of regulation, a sudden death overtime period will be added.
- B. The first team to score a goal will be declared the winner.

X. CONDUCT

- A. The Intramural Sports program promotes positive sportsmanship at all contests and activities. Unsportsmanlike conduct includes actions which are unbecoming to an ethical, fair, and

Department of Recreational Sports Intramural Sports

honorable individual. It consists of acts of deceit, disrespect, or vulgarity and includes taunting.

XI. EJECTIONS

- A. Any player ejected from a game will be immediately suspended from participating in all Intramural Sports activities. The ejected player must then make an appointment with the Coordinator of Intramural Sports and Sport Coordinator to determine the length of suspension and any other sanctions. The following actions can result in ejections from Intramural Sports:
 1. Improper language.
 2. Unsporting conduct.

Department of Recreational Sports
Intramural Sports

Explanation of Rules

I. ORINDARY/MINOR FOULS

- A. Failure to make progress toward scoring, stalling for time, or deliberately slowing the restart after a goal.
- B. To hold onto or push off from the goal posts or their fixtures; to hold onto the end rails or fixtures and to push off from the sides during actual play. Players may hang onto the sides for resting purposes only.
- C. To take or hold the ball underwater when, through bodily contact, the player in possession of the ball: (1) is forced to take the ball under against their will, (2) purposely takes the ball under and there is contact by the defender on their shoulders or arm or hand holding the ball, or (3) purposely takes the ball underwater within one yard of a defender.
- D. To strike the ball with a clenched fist.
- E. To be within two yards of an opponent's goal line or to remain there except when in possession of the ball or when behind the line of the ball. A player inside an opponent's two yard line who released the ball to another player must immediately make normal progress to move outside the two-yard area unless he remains behind the line of the ball. Otherwise, any goal scored on the play will not count. The position of the head shall determine two-yard line infractions.
- F. To touch the ball before it reaches the water whenever thrown in by the referee for a face-off. Only the players involved in the face-off may go for the ball, and no other player may touch the ball before one of the players in the face-off gains control of the ball.
- G. If an illegal timeout is called and is awarded by the referee.
- H. Failure to put the ball into play within a reasonable period of time after the referee has awarded the ball to the nearest player who is in position to make the throw.
- I. To cause the ball to go out of bounds.
- J. To physically assist a teammate at the start, restart, or at any time during the game.
- K. To touch the ball with two hands except for the goalie.

Enforcement: A ordinary foul shall be penalized with a free pass awarded to the team fouled at the point at which the foul occurred.

- L. To start before the referee blows the whistle at the start of a quarter.

Enforcement: The ball shall be awarded to the offended team at their opponents' 2 yard line.

- M. When taking a free throw or two-yard throw, to throw the ball directly, or after dribbling, at the opposing goal or goalkeeper.
- N. Failure to be ready to start after a timeout or at the beginning of a period.

Enforcement: The ball shall be awarded to the offended team's goalkeeper.

If a technical foul is committed during a dead time situation: a) by a defensive player, then it is a personal foul and the player is ejected until the next turnover or goal scored, or 20 seconds, or b) by an offensive player, then it is a personal foul and change of ball possession.

Department of Recreational Sports Intramural Sports

II. EXCLUSION/MAJOR FOULS (KICK OUTS)

- A. To hold, sink, or pull back on an opponent who has attained a position of offensive advantage.
- B. To deliberately splash water in the face of an opponent.
- C. To deliberately flip or touch the ball after committing a foul.
- D. To interfere with the taking of a free throw, corner throw or goal throws.
- E. To commit any ordinary foul before the ball is put into play after any awarded free throw, corner throw, goal throw, penalty throw or face-off.
- F. To interfere with the referee in the execution of their duties.
- G. For a player to be detected with sharp nails after the game has started.
- H. For a player to be guilty of misconduct. Misconduct is use of disparaging, insulting or obscene language or gestures. Second offense misconduct will result in a major foul.
- I. To over aggressively hold, sink or pull back an opponent. To avoid fouling over aggressively, the defensive player must attempt to play the ball, not the player.
- J. To push, to push off from or retard the free limb movement of an opponent, or to impede them in any way, unless they are holding the ball.
 - 1. Swimming on the shoulders, back or legs of an opponent constitutes impeding.
 - 2. Blocking by the use of hands and arms outside shoulder width is considered impeding.
 - 3. It is also considered impeding for either the defensive or offensive player, either with or without the ball, to duck under his opponent while swimming even, ahead of, or behind his swimming opponent.

Enforcement: An exclusion foul shall be penalized by removal of the player from the playing area to their respective penalty corner for 20 seconds or until a goal is scored. A free throw will be awarded at the point of infraction.

NOTE: Any player committing any combination of three personal ejection fouls shall be removed from the game and may be replaced by a substitute.

III. FLAGRANT MISCONDUCT FOULS - BRUTALITY

- A. To commit an act of brutality against another player or an official. Brutality is to attack, strike or kick an opponent, or make improper movements with that intent as, in the opinion of the referee, to endanger their person or another player in any way. Deliberately throwing the ball at an opponent constitutes such an attack. A player in possession of the ball may be tackled, but may not be attacked in violation of this rule.
- B. To refuse obedience to or show disrespect for the referee or to exhibit unsportsmanlike conduct.

Enforcement: For any major foul, a player will be ejected for the remainder of the game and a penalty throw will be awarded at the point of the foul. The player may be replaced by a substitute. Any player committing a flagrant misconduct foul is immediately ineligible for further competition in any intramural activity. The Sports and Special Programs Staff will review the incident to determine if or when the player will be allowed back into the program. An ejected player who continues to interfere with the game shall constitute another major foul and will be required to leave the playing area.

Department of Recreational Sports
Intramural Sports

IV. 4. FREE THROW TYPES

- A. Two-Yard Pass - When the defensive team causes the ball to go past its own end line. The free throw is awarded to the offensive team on the two yard line at the side of the pool, closest to where the ball went out. No offensive player may be inside the two yard line when the throw is taken.
- B. Goalkeeper Throw - When the offensive team causes the ball to go past the defensive teams end line. A free throw is awarded to the defensive goalkeeper.
- C. Simultaneous fouls - When two fouls of like severity occur, then a face off takes place. If two fouls occur simultaneously of unlike severity, the more severe foul takes precedence.
- D. Free Throw - On all free throws, the ball must be put into play (leave the offensive player's hand) within 3 seconds or a technical foul will result. For the ball to be legitimately put into play it must noticeably leave the player's hand. The defensive player may not attempt to block or deflect a free throw within 1 yard of the offensive player or a personal foul and an ejection will occur.
- E. Dead time - The period of time from when the referee blows his whistle to award a free throw to when the ball is put into play. Any ordinary foul during this period becomes a personal foul.