



McGill University
Athletics & Recreation
475 Pine Avenue West
Montreal, Quebec, Canada
H2W 1S4

Université McGill
Sports et activités physique
475 avenue des Pins ouest
Montréal (Québec) Canada
H2W 1S4

Tel: (514) 398-7000
Fax: (514) 398-4901
www.mcgillathletics.ca

McGILL INTRAMURALS INNERTUBE WATERPOLO RULEBOOK

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ID. CARDS

- Prior to the start of intramural games students must present their valid McGill ID card to the timer. Staff and Alumni must present their valid Sports Complex Membership Cards. Please indicate to the timer which team you will be playing for. **NO ID. - NO PLAY!**
- All player IDs will be inspected by the scorekeeper and immediately handed back to the participant. IDs will NOT be kept by the scorekeeper and are not the responsibility of the McGill Intramural program.

DEFAULT RULE

- A five **(5) minute** delay to the start of the game will be granted if a team has an insufficient number of players to begin.
- The amount of time that the start of the game was delayed will be subtracted from the first and if needed the second period of play.
- Should a team still not have the minimum required number of players following this delay, the offending team will default the game. The offending team will automatically lose the game **5-0**. If both teams do not have enough players, it will be considered a double default.
- To begin the game, each team must have a minimum of six (6) players to start the game, signed-in and ready to play.

EQUIPMENT

- Regulation water polo balls and innertubes are supplied.

RULES

NUMBER OF PLAYERS REQUIRED TO PLAY

- Games are played 7-on-7.
- 6 players and 1 goaltender
- PLAY-FUN has no gender-based rules
- MIXED requires 3 females and 3 males in the pool at all times. The goalie can be anyone. For our program, the terms female and male are inclusive to trans, two-spirit, and gender non-confirming participants.

GAME TIME AND RESTART OF PLAY AFTER A GOAL

- Game consists of two halves of 22 minutes (running time), with a maximum of five (5) minutes for halftime.
- At the beginning of play for a half, each team lines up at opposite ends of the pool holding onto the end walls in preparation for the start of play.
- Play begins when the official blows the whistle, followed shortly by them throwing the ball in the middle of the pool. Both teams propel their inner tubes towards the ball in an attempt to gain possession.
- After each goal, the team that has been scored upon gets the ball at centre. Both teams must be in the respective half. The first pass thrown must be backwards.

SUBSTITUTIONS

- Substitutions are permitted during play, provided both players involved in the substitution are within the designated substitution area (substitutions must be made in the defensive zone, in either the southeast or southwest corner of the pool).
- Players may not simply abandon their tubes far away from the sideline and let their substitute swim out to get into the vacant tube.
- Players may not swim while being out of their tubes in order to do a quicker substitution. They must swim (while sitting inside their tube) reasonably close enough to the edge before getting out of their tube and letting a substitute take their place.
- In the event of an illegal substitution, the official will blow the play dead, if or when the offending team gains possession, unless the substitution (by the defensive team) put the team in possession of the ball at a disadvantage right away. A kick out will result once the offending team gains possession.

POSSESSION OF THE BALL

- A player is considered to have active possession of the ball if the ball is making contact with any part of their body. (i.e holding it in their hands, between their knees or in their lap)
- Players are not allowed to use their feet to make a play on the ball or to gain possession of it. Doing so will result in a minor foul being judged against them.
- If a player puts the ball in the water next to their tube, they are not in possession of the ball. However if the player keeps tapping/touching the ball at a high frequency so as not to let the ball float away then the referee may assess them to be in possession of the ball for purposes of being flipped by an opponent.
- Players may only have possession of the ball when they are sitting in their tubes. Once a player is no longer sitting in their tube they must let go of the ball (as a result of a flip or otherwise)
- If a player who has been tipped out of their tube touches the ball, they will be charged with a Minor Foul and the nearest opponent will be awarded possession or a penalty throw (if the infraction took place within the 5m area).
- Anytime a team gains possession of the ball in their defensive zone, they will have fifteen (15) seconds to move the ball into the attacking zone. (Not applicable to PLAY-FUN league)
- Once a team passes the ball successfully across the halfway line, they may not intentionally pass the ball back into their defensive half. This is similar to the over-and-back rule in Basketball. However if the ball is knocked back into the defensive half by an opponent then the defensive team may resume possession of the ball without incurring a foul. (Not applicable to PLAY-FUN league)

STAYING IN THE TUBE AT ALL TIMES

- Players are not permitted to leave their inner tubes in the pool unless they are participating in a substitution or have just been flipped/fallen out of their tube.
- Players may not swim while lying ON their tube face down or while being OUTSIDE of their tube and dragging the tube with them in order to gain an advantage for positioning. If such an action is deemed to interfere with play the referee may award a minor foul or penalty throw (if infraction occurs within 5m zone and prevents a shot from an attacking player)

THE 5m METRE ZONE aka GOALTENDER'S AREA

- The 5m zone at each end of the pool is the Goaltender's area and marked by a cone on the side of the pool. No other player is allowed inside this zone unless they have possession of the ball.
- If an offensive player drifts into this zone with the ball they are not allowed to shoot. They must pass or move back outside the 5m line.
- If there is a loose ball inside the 5m zone, the goalie is the only one allowed to retrieve it.
- If an offensive player gains possession of the ball when they are inside the 5m zone they are judged to be offside and the goaltender gains possession.
- If a defensive player gains possession of the ball when they are inside the 5m zone they are judged to be offside and there will be a corner throw
- Defensive players may not linger inside the 5m zone to block shots on Goal. They must stay outside the 5m zone unless they enter the zone while being in possession of the ball. If they intentionally block a shot while being inside the 5m zone a penalty may be assessed.
- **NOTE:** Being inside the 5m zone means your entire tube and body have crossed the entire line.

GOALTENDING

- The goaltender has the option of sitting in the tube, or not using one at all.
- Goaltenders may only come out as far as the nearest attacking player to make a play on the ball.
- Goaltenders may go out and attempt to retrieve the ball at the beginning of each half so long as they do not go past an attacking player while being in possession of the ball.

SCORING

- A goal is awarded if the ball is thrown from outside the 5m zone and the entire ball crosses the plane formed by the horizontal cross bar and two (2) vertical side posts at the front of the goal. (Ball does not have to hit back of netting)
- If a shot is made by a player who is within the 5m zone and enters the goal, it is not awarded as a goal.

FLIPPING AN OPPONENT

- A player in possession of the ball may be "flipped" out of their tube (tube pushed down or pulled up) but the tackler may not leave their own tube or make physical contact with the body of the opposing player.
- Players are not allowed to hook the inside of an opponent's tube in attempts to flip them. This shall be considered impeding the progress of the opponent and is a Minor Foul.
- Goaltenders who are not sitting in an innertube may not flip an opponent. The penalty for doing so may be assessed as a penalty throw or a Major Foul associated with a kick out.

POSSESSION WHEN BALL GOES OUT OF PLAY

- A change in possession will occur as a result of the ball being projected or knocked out of the pool on the sides or the back. Play is resumed by a throw in for the opposing team which must be taken within 5 seconds of gaining control of the ball at the appropriate location.
- A throw in is done with the player sitting on the tube in the pool and touching the side wall where the ball went out
- When the ball goes out of bounds off the goalie it will result in a corner throw. A corner throw is done on side wall at the 5m line.

INFRACTIONS

MINOR FOULS

- Holding onto the pool wall or the goalposts while in possession of the ball.
- Holding the ball under water.
- Intentionally splashing an opponent.
- Holding, pushing, hitting, tackling, dumping an opponent when they do not have possession of the ball.

- Obstructing the forward progress of an opponent by touching their tube with hands or feet when they do not have possession of the ball. Players may however swim against each other back-to-back (only tubes making contact) to try and defend space.
- Goaltender holding onto the side of the pool while handling the ball.
- Tipping an opponent out of their tube immediately after scoring a goal in an attempt to nullify the goal.

PENALTIES FOR MINOR FOULS

- Minor fouls occur when a player is fouled while not in possession of the ball. A free throw will be awarded to the nearest opponent on any minor foul that occurs in the regular course of play. The free throw shall be taken from the location of the foul and must be passed to or touched by a teammate before entering the goal.
- If a member of the attacking team is fouled, and the foul does not put the attacking team at a disadvantage, the official will allow play to continue (similar to the advantage rule in soccer).
- A player who has been fouled must, within five (5) seconds, put the ball in play, by raising the ball and dropping it, or by passing it to a teammate.

MAJOR FOULS

- Major fouls are called for flagrant offenses. A major foul is one where the defensive player has made no legal attempt to go for the ball or the player's tube, but instead fouls the individual player.
- Major fouls may be assessed for any physical contact deemed violent or excessive by the referees.
- Persistent infringement of the rules may also result in the referees assessing a Major Foul and imposing the requisite penalty.

PENALTIES FOR MAJOR FOULS

- The penalty for a major foul is two (2) minutes with time being counted from the moment the ball is put into play. The offending player must sit out in the corner of the pool on the opposite side of his team's bench. If a goal is scored against the penalized team during the time they are shorthanded, the penalized player returns to the game.
- A penalty throw shall be awarded to a player who is the victim of a major foul inside the 5m line. The 5m line is the yellow line on the side of the pool. Penalty throws are taken from the 5m line.
- At the official's discretion a match penalty may be assessed, whereby the offending player shall be removed for the remainder of the game and their team will play shorthanded for five (5) minutes. A substitute may enter the game for the ejected player when the penalty has expired.
- Two match penalties assessed to any one player during the regular season will result in that player's expulsion from the league for the remainder of the season.
- Match penalties include: Players attacking, striking, or kicking an opponent in such a manner as to endanger their well-being; flagrant disrespect of the official; or unsportsmanlike conduct.

OVERTIME

- There is no overtime except during playoffs.
- Overtime will consist of two five (5) minute periods of play.
- A penalty shoot-out will take place if the teams remain tied after the overtime period.
- Each team will select three (3) shooters, one of which must be a female.
- If the game remains tied, one shooter per team will be selected to continue the sudden death shoot-out until one team wins the game. The rotation of shooters must always alternate genders.
- No individual may shoot a second time before all their teammates have shot once
- The shoot-out will take place in the deep end.