

VAVI SPORT AND SOCIAL CLUB
OFFICIAL 7v7 COED INNER TUBE WATER POLO RULES

WAVE HOUSE POLICIES

If a lifeguard, Wave house staff member, or referee witnesses any participant breaking any of the following policies, the referee reserves the right to ask that participant to sit out that game (and/or the next one as well).

No Alcohol

No Roughhousing or throwing inner tubes into the pool

All players must shower before entering the pool

No mishandling of goals

10 Simple Rules

1. NO CONTACT. There is absolutely no physical contact allowed near or away from the ball. This will be strictly enforced.
2. Seven players from each team play at a time (at least 3 women per team). The official must be alerted before all substitutions. The best time to sub is after a goal or time out. You can sub during play as long as one player exits before another player enters. Playing with more than seven players is a penalty shot.
3. Players must sit in the tube with arms and legs hanging outside. You may hold the ball in your hands or in your lap. A player may not make a play on the ball if he/she is outside the tube.
4. Play starts by lining up on the side of the pool. The official will blow the whistle and place the ball in the middle of the pool. Players may push off the walls in an attempt to secure the ball.
5. Players may flip the tube of opposing players with the ball, but may not make contact with any part of the person. Players may not contact, hold, push, or flip an opposing players inner tube without the ball.
6. Each game consists of two 15 minute halves (running clock) and a 5 minute half time. In the event of a tie, there will be a "sudden death" overtime.
7. A missed shot attempt is given to the defense.
8. After a made goal, players must reset to their defense side before resuming play.
9. Offensive players may not be within the goal box without the ball. This results in an offside penalty and turnover. There are no restrictions on players with the ball.
10. Defensive players (other than the goalie) may not remain in the goal box (teams can not have two goalies). First infraction results in a turnover. Future infractions result in a penalty shots.

1. Team Requirements

A team consists of up to 14 players. Small groups of 10 or more are considered complete teams. Teams must have a minimum of 3 females on the roster. No more than 7 players are allowed in the pool at any given time (one of which is the goalkeeper). Teams may play with a minimum of 5 players. The possible combinations are 4M/3F, 4F/3M, 3M/3W, 2M/3W, 3M/2W.

2. Equipment

VAVi will provide inner tubes and a game ball for each contest. All jewelry is prohibited and will result in dismissal from the pool. Players will not be allowed a replacement until the next opportunity for a legal substitution (Section 3).

3. Substitutions

A team must notify the Official of all substitutions. No player may enter the pool without permission of the Official.

Teams may substitute under the following conditions:

- a) After a goal, both teams may substitute
- b) After an out-of-bounds infraction, both teams may substitute
- c) During a time-out
- d) During a live ball. Player must exit before new player enters.

4. Length of Game and Timing

Each half will be 15 minutes in length with a continuous running clock. Half-time will be 5 minutes. Teams will change ends at half-time.

Each team will be allowed one 60 second time-out per half. Time-outs do not carry over to the second half. A time-out may be called by any player whose team is in control of the ball.

To start each half, both teams line up at opposite ends of the pool until the official drops the ball into the playing area and signals to begin play. On the official's whistle, both teams may propel their inner tubes toward the ball. Pushing off the wall to start is legal.

The Official blowing his/her whistle warrants a dead ball (even if inadvertent).

Tie games in the regular season will be decided by a sudden death overtime.

GOLDEN GOAL!!!

Tie games in the playoffs will be decided by a 5 person shoot out. M-F-M-F-M. Any player can be goalie. Goalie is eligible to shoot.

5. Rules Clarifications

5.1 Free throws are awarded for violations from a point nearest (and behind) the spot of the infraction. During a free throw, the offense has 5 seconds to pass the ball to a teammate. A goal may not be scored from a free throw. The defense must remain at least 3 feet away until the ball is released.

5.2 Goal Box Restrictions:

- a) The area that extends 2 meters from the goal line and extends the entire width of the playing area is the goal box.
- b) No offensive player may enter the goal box without the ball. This violation occurs when any part of the player's innertube or body breaks the plane of the goal box without the ball. It is legal to enter the box with the ball.
- c) No defensive player, other than the goalie, may remain in the goal box. A violation occurs when a player purposely attempts to block a shot from within the goal box. This is to prevent two goalies. It is legal to enter the box to defend a player with the ball. First violation results in a turnover. Future violations result in penalty shots.

5.3 Goalie Restrictions:

- a) The goalie may not leave his/her tube in an attempt to block a shot from entering the goal. If the shot is unsuccessful, this will result in a Penalty Shot for the offended team (see Rule 6.3).
- b) After a score, the ball will be put into play by the goalie. The goalie must wait for the Official's whistle to re-start play.
- c) The goalie can not score a goal.
- d) A team may only defend the goal with one goalie (see Rule 5.2.c).

5.4 A goal is scored when a legal shot completely crosses the goal line. A player scoring a goal must remain in his/her tube until the ball crosses the goal line or the score will be disallowed.

5.5 Players dribble the ball by pushing it in the water, holding it between their knees, holding it with 2 hands, holding it with one hand in the air, holding it against their body, or holding it in their lap. It is illegal to hold the ball completely under the water.

- a) Players may not deliberately hold the ball for more than 5 seconds to delay the game. At the Official's discretion, a delay of game violation will be issued.
- b) Violations result in a free throw for the offended team.

5.6 All players must sit in a horizontal position inside the innertube. If a player falls out of their tube, the player may not attempt to influence the game in any way. The player may not make a play on the ball until he/she is properly positioned on the innertube

5.7 A Free Throw will result when the ball passes out of bounds.

5.8 The offsides rule will be enforced for both offense and defense.

5.9 When two opposing players are both in possession of the ball, the ball will be awarded to the defensive team for a free throw.

6. Fouls and Misconduct

6.1 Players may not hold, push, hit, splash, dunk, or tackle any other players with or without the ball. This is a NON CONTACT sport. If a player is in control of the ball, the player MAY NOT be touched. Inadvertent contact will result in a free throw. Advertent and excessive contact will result in a penalty shot. Flagrant contact will result in a player ejection and possible suspension from the league.

6.2 By popular demand, you may attempt to flip a person in control of the ball. Contact may be made with an opponent's inner tube. Any contact with the player's arms, legs, or body is a penalty and will result in a free throw.

6.3 Penalty Shots:

- a) Penalty shots shall be taken by the offended player at the 5-meter line. Defensive players must be at least 3 feet from the shooter and behind or to the side of the shooter.
 - b) Offensive players must shoot immediately following the official's whistle. No delays or pump fakes.
 - b) If the result of the penalty shot is not a goal, the ball remains in play.
- 6.4 A technical foul is a non-contact foul by a player or any behavior deemed by the Official to be unsportsmanlike. A player that receives an unsportsmanlike technical will be ejected. For all technical fouls, a penalty shot will be awarded to the offended team. Any player in the pool at the time of the technical foul may shoot the Penalty Shot.
- 6.5 For any flagrant, malicious, or violent fouls, the offending player will be ejected and a Penalty Shot will be awarded to the offended team.

7. Shootouts (Alternative for Playoffs Only)

- 7.1 Five players from each team will be selected by the team to shoot (goalkeepers may be one of the shooters).
- 7.2 Shooters do not have to have been in the pool at the end of regulation.
- 7.3 A coin flip will decide which team has the option of shooting first or last.
- 7.4 Each team has a total of 5 penalty shots and will alternate each shot. No rebounds are allowed.
- 7.5 The thrower must wait for the Official to start the play on each throw.
- 7.6 If the score is tied at the end of the first shootout, another shootout will be conducted. During the second shootout, the game is won if, after ANY equal number of shots, the tie is broken. Players who shot in the first round are still eligible to shoot in the second round.
- 7.7 Teams must alternate shots on goal between male and female. Possible penalty shot combinations are M – F – M – F – M or F – M – F – M – F. In the case that a tie exists after the first 5 penalty shots, the opposite gender will be eligible to try a penalty shot.
- 7.8 Shootouts must be agreed upon by both team captains. If there is disagreement, a sudden death overtime will be played to decide the game.

TOURNAMENT RULES

The top 4 teams advance to the tournament. The standings will be determined by record (3 points for a win, 1 point for a tie, 0 points for a loss).

In case there is a two-way tie between teams, the following tiebreaker system will be used:

~Head-to-head matchup

~If there is still a tie or if both teams played each other twice and both have a 1-1 record we will move on to Head-to-head goal differential (Head-to-head goals scored minus goals scored against)

~Overall season goal differential (Overall season goals scored minus overall goals scored against)

~ If no clear winner is established a flip of the coin will establish the winner.

In case there is a three-way tie between teams, the following tiebreaker system will be used:

~Head-to-head matchup

~ If the winner of the head-to-head matchup can't be determined (ie. 2 teams played each other twice or each team has a 1-1 record), then the head-to-head goal differential will be used and compared for all 3 teams. (ie. Average Goals scored minus average goals scored against). Whoever has the highest average goal differential will take the higher playoff seed.

****Average goal differential will be used when two tied teams in the three-way tie played each other twice. If Team A and Team B played each other twice and Team C only played each team once, we will use the average score for Team A and Team B's two games. To determine this, we will add up the goals scored for both teams in both games and subtract the goals scored against. This number will then be divided by 2 to determine the average.**

****PLEASE NOTE:** If one of these teams in the tiebreaker forfeits anytime during the season, that game will be counted as a 5-0 loss for the forfeiting team.

If a tie exists at the end of a tournament game the game will be decided by going immediately into a Shootout.**See Shootouts above.

All other playoff scenarios that occur will be treated on a case-by-case basis by the Sports Director. The Sports Director has the final say on any disputes and will treat each situation in the fairest and most logical way. Please email Jessica at jessica@govavi.com if you have any questions about these rules.