



Recreational Sports

**Old Dominion University**  
**Recreational Sports - Intramurals**  
Innertube Water Polo

**1. ELIGIBILITY**

- a. Each student must sign a RELEASE AND ASSUMPTION OF RISK form (which releases the university and university employees and officers of liability in case of bodily injury).
- b. All Full-time Students (undergraduate and graduate enrolled continuously in atleast 3 credit hours), faculty and staff.
- c. Any person having been classified as a PROFESSIONAL athlete in a particular sport will not be eligible to participate in that sport or a related sport. They may, however, participate in other non-related activities.
- d. Current members of ODU varsity roster for intercollegiate athletic teams are not eligible to participate in that same sport or a related sport for that academic school year. Individuals who are trying out for an intercollegiate team but who are not on a permanent roster will be permitted to participate until they are placed on a permanent roster. If they are placed on a permanent roster they will then become ineligible for that sport. Red shirted athletes will not be eligible to play that same or related sport.
- e. A former varsity athlete from any institution shall be ineligible to compete in that sport for the academic school year. Such individuals are limited to one per team roster.
- f. Current sport club members listed on a sport club roster with our office, are limited to two (2) per team roster and are ineligible for individual/dual activities in his/her related sport.
- g. Once a player has played in a game for a specific team, he/she will not be permitted to play on any other teams within that division/league for the duration of that season and/or tournament. A player can only play for (1) single sex team and (1) co-rec team. **Penalty:** Any games in which the illegal player participated in will result in a **FORFEIT**.

**2. GENERAL REGULATIONS**

- a. All teams must submit a roster prior to the entry deadline date as indicated in the Intramural-Recreational Sports Calendar of Events.
- b. Each team/organization must have a representative in attendance at the mandatory info meeting on the date indicated in the Intramural-Recreational Sports Calendar of Events.
- c. All team members must have a valid ODU or EVMS ID card at every intramural event in order to participate. There are **NO EXCEPTIONS!**

**3. CAPTAINS**

- a. Each captain will be responsible for the behavior and discipline of his/her team and sideline.
- b. Team captains are eligible to file protests to the Intramural Sports office regarding player eligibility, but not on matters that concern the judgment of



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the officials. All protests must be made within 24hrs from the time of the incident.

- c. The captain will act as a spokesperson for his/her team in discussion with game officials or in matters concerning the team or individual players unless signified to the game officials that someone else will be the spokesperson. In such a case, the captain will relinquish the rights as spokesman in favor of the person appointed for this stated period.
- d. It will be the responsibility of each captain to keep the players in the designated team area. If a team receives multiple warnings for unsportslike behavior, that team will forfeit the game. Unsportsmanlike behavior between players and between coaches and players is also grounds for forfeiture.

**4. TEAM**

- a. Teams are limited to a maximum of six (6) players.
- b. Each team, under penalty of forfeiture, must have four (4) players in the swimming pool at the designated time of the game and must maintain a minimum of four (4) in the swimming pool throughout the game.

**5. TIME FACTORS**

- a. Once the Intramural Staff stats that the game is ready to begin, and the stated game time is the current time or that time has passed, both teams must be prepared to participate in the scheduled game. If they are not able the offending team will receive a forfeit.

**6. INJURED PLAYER & BLOOD RULE**

- a. Injured player and Blood Rule. An injured or apparently injured player, who is discovered by an official while the ball is dead, shall be removed from the playing area until the bleeding is stopped and cleaned with the appropriate medical treatment. A player that suffers a head, spinal, neck injury, or an injury that is considered to be considered severe must have a doctor's approval (in writing) to the Assistant Director of Intramurals before they are permitted to participate in another game.

**7. GAME RULES**

- a. Teams will consist of 6 players. Teams may start with as few as 4 players. If a team is reduced to less than 4 players at any point during the match, the match will be forfeited.
- b. Co-Rec teams must have 2 females in the contest; teams of 5 or 4 may have no less than 1 female in the contest.
- c. Games will consist of two (2) fifteen-minute (15min) halves with a 3 minute halftime. Each team is allowed one timeout per half. The clock will run continuously during both halves.



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- d. The game begins with each team in their tubes at opposite ends of the pool. They must be holding onto the wall of the pool. The period begins when the official blows the whistle and throws the ball into the center of the playing area and both teams both teams propel their tubes toward the ball.
- e. Each team member must sit in his/her inner tube at all times. The ball may only be played from the inner tube. Scoring: One point is awarded for each successful goal by a male. Two points are awarded for each successful goal and penalty shot by a female. Exception: The goalie may leave the inner tube to block a shot, but may not play the ball again until returning to the inner tube.
- f. The ball must be carried outside of the inner tube at all times.
- g. The goalie cannot throw the ball past the center line at any time.
- h. Defensively a team can:
  - i. Move in front of an advancing player
  - ii. Seize the ball
  - iii. Knock the ball from a player's hands
- i. Free throws will be awarded after minor infractions. A non-violating team player nearest the spot of the infraction puts the ball into play by passing to a teammate. The opposing team may not touch, impede, or interfere with an attempt to pass the ball. One pass must be made before any attempted goal.
  - i. Minor infractions:
    - ii. Holding onto the pool wall, other than to begin a period.
    - iii. Pushing off the wall with the feet.
    - iv. Throwing the ball across the center line by the goal tender.
    - v. Failure to remain in the inner tube while passing or shooting.
    - vi. Starting play prior to the official's signal.
    - vii. Playing the ball while out of the inner tube.
    - viii. Intentionally splashing an opponent.
    - ix. Delay of game (including stalling).
    - x. Holding the ball underwater
- j. A penalty throw is awarded after a major infraction.
  - i. Major infractions:
    - ii. Fouling an offensive player in the 5 yard penalty area.
    - iii. Holding, pushing, kicking, striking, or dumping an opponent.
    - iv. Committing a minor foul to prevent a goal.
    - v. Unsportsmanlike conduct.
- k. Tie Game: In the event of a tie, there will be a shootout with each player having one shot at the
- l. opposing goalie from 10 feet out (female shootout goals are worth 1 point