

Co-Rec Innertube Water Polo Rules and Regulations

Eligibility

Below are the guidelines that participants must follow in order to be eligible to enroll or play in UREC intramurals.

1. Undergraduates/Graduate Students

All undergraduate students enrolled in 7 or more hours (6 or more hours for graduate students) at JMU are eligible for intramural competition.

***Note: Undergraduate students enrolled in 1 to 6 hours (1 to 5 hours for graduate students) will be required to pay a recreation fee in order to participate in the program.**

2. Faculty and Staff

All full-time faculty and staff at JMU are eligible for intramural competition. Spouses of full-time faculty and staff are required to obtain a URAC card to participate in the program.

***Note: All part-time faculty/staff can participate in the program; however, their spouses cannot participate/**

3. Alumni

All alumni are ineligible to participate without a proper membership to UREC.

4. Professional Athletes

Students ineligible for varsity competition due to professional rank are prohibited from competition in the intramural sport(s). Those participants with professional rank will be ineligible for five (5) years from the date professional career ended. (This does not include try-outs and cuts from a professional team).

5. Varsity Letter Person

A person who has received a varsity award at any university (4 year college or junior college) within the last academic year is ineligible to compete in the lettered sport or a related sport. They will be allowed to compete one full year after their final varsity season. However, teams may only carry one former varsity player on their roster.

6. Student Athletes

Any person whose name appears on a varsity, junior varsity, or freshman roster will be ineligible in that intramural sport during that academic year. This includes all players who are "red shirt" in any sport or anyone who practices with a team regularly but does not participate in intercollegiate competition.

7. Sport Club Members

Sport club members are defined as individuals who meet any **one** of the following criteria:

- Name appears on sport club team roster during the academic year.
- Signed a participation waiver **and** is actively participating in club functions.
- Actively participating with the club during their season.

***Note: Teams are restricted to *two Sports club members* in their related intramural activity. Sport Club members can only compete in Level 2 and Level 3 activities (Level 1 is prohibited).**

***Note: All Eligibility requirements can be located in the [Intramural Handbook](#).**

Valid JACards are required for participation. “No JACard, NO play”

Assumption of Risk

Individuals are highly encouraged to have a physical examination and obtain adequate health and accident insurance **prior to participation** in UREC activities. Individuals that choose to participate in UREC activities do so at their own risk. James Madison University does not provide insurance and is not responsible for any injury that may occur to individuals participating in any UREC activity. Participation is voluntary. Student Health and Accident Insurance information may be obtained at the University Health Center.

UREC strongly discourages the use of alcohol and/or drugs by participants prior to any recreational activity. The use of alcohol and/or drugs by participants during any recreational activity is prohibited. In addition, **food, beverages, and tobacco products (dip, chew, cigarettes, etc) are not allowed** at any intramural activity site. The following rules apply to all participants of University Recreation sponsored programs:

Smoking, drinking, or using smokeless tobacco products at an intramural site will result in removal from facility site and sound.

Leaving the bench area and/or consuming an alcoholic beverage will result in an immediate ejection from the game.

Games may be forfeited if, **IN THE JUDGMENT OF THE INTRAMURAL SITE MANAGER ON DUTY**, the participant’s unsportsmanlike conduct is due to the use of alcoholic substances either before or during the activity.

Facilities

1. All games will be played in the UREC Pool lanes 6-8.

Game Time and Timing Regulations

1. The game will consist of 2 halves of 20 minutes in length. Each game will have a halftime consisting of 3 minutes.
2. There are no overtimes during the regular season. Playoffs **ONLY** occur during playoffs.
3. During playoffs overtime will consist of a 3 minute sudden death period, with the first team scoring winning the game.

The Team

1. Six (6) players constitute a team, 3 men and 3 women.
2. Each team must have at least five (5) players to begin a game, with the composition of the team being either 3 men and 2 women, or 2 men and 3 women. Games will start at designated time.

3. If one team is more than ten (10) minutes late, a forfeit will be declared. For every minute a team is late, their opponent will receive one point.

Player Equipment

1. All innertubes and polo balls are provided by UREC.
2. **Players must wear swimming attire and wash before entering the pool.**
3. Goggles are recommended, but not required.
4. Shoes are not allowed in the pool area.

Rules Section

The Game

1. 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. The first player to gain control of the ball must be a female, with control to be determined by the official.
2. Each team member, including the goalie, must sit in his/her innertube at all times. Even if a player is tipped out of their tube they may not handle the ball. The ball may only be played from the innertube.
3. The goal keeping area is two (2) yards out from the end of the entire width of the playing area. No offensive player can score within this two yard zone. They can retrieve a ball and then pass it to a teammate from this area.
4. Team members may carry or pass the ball to team members or toward the goal to score. One or both hands may be used.
5. Defensively a team can:
 - Move in front of an advancing player
 - Seize the ball if the player does not have at least one hand on the ball
 - Knock the ball from a player's hands without making contact with the player
6. The goal tender cannot throw the ball past the center line at any time.
7. 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.
 - **Minor infractions:**
 - a. Holding onto the pool wall, other than to begin a period.
 - b. Pushing off the wall with the feet.

- c. Throwing the ball across the center line by the goal tender.
 - d. Failure to remain in the innertube while passing or shooting.
 - e. Starting play prior to the official's signal.
 - f. Playing the ball while out of the innertube.
 - g. Intentionally splashing an opponent.
 - h. Delay of game.
8. A penalty throw is awarded after a major infraction. A woman on the non-violating team will take the penalty throw from the four (4) yard mark.
- **Major infractions:**
 - a. Fouling an offensive player in the 4 yard penalty area.
 - b. Holding, pushing, kicking, striking, or dumping an opponent.
 - c. Committing a minor foul to prevent a goal.
 - d. Unsportsmanlike conduct.
 - e. Defensively interfering with an attempt to pass the ball.
 - f. When a team commits ten (10) or more fouls in a contest. On the tenth foul and every successive foul a penalty throw will be awarded.
11. **Ball out-of-bounds:**
- Nearest opposing player to the spot where the ball goes out is awarded a free throw from that spot.
 - When a ball is deflected out of play by the goal tender a free throw is awarded to the opposing team at the four (4) yard line. One pass must be made before attempting any shot on goal.
12. **Scoring:** One point is awarded for each successful field goal by a male. Two points are awarded for each successful field goal and penalty shot by a female.
- The shooter must maintain their balance within the innertube during the throwing and follow-through motion.
 - After each score, the referee places the ball in play by returning it to the goal tender who has just been scored upon.
13. Sudden death will consist of three (3) minutes, the first team to score will win. If still tied, another 3 minute period will be played.

Sportsmanship

Philosophy

Sportsmanship is individuals or teams doing unto others as they would have others do unto them. Sportsmanship is individuals containing an understanding and appreciation of the rules developed for sport. Players enjoying the recreational experience and encouraging others to participate regardless of skill level will help enhance the integrity of the program. All participants will take responsibility for his/her own actions regardless of the repercussions, which involves not blaming others for mistakes made or making excuses for wrong doings. Sportsmanship is recognizing and acknowledging character and honor among team members and opponents while practicing such characteristics themselves. Participants will respect

officials, supervisors, and opponents during, before, and after a contest. Finally, sportsmanship will portray an overall respect and passion for the sport and recreation.

Sportsmanship Mission

UREC and the Intramural Sports program are dedicated to promote and enforce positive sportsmanship among all JMU participants. Through each contest participants must portray fair play, respect for opponents, and intramural staff, as well as, graciousness in winning or losing. In order to encourage proper conduct during games, officials, supervisors, and administrative personnel will make decisions to warn, penalize and/or eject players, coaches, teams, and/or spectators for poor sportsmanship. The decisions made by these individuals are final and will be reviewed by the Coordinator of Intramural Sports. In the instance teams challenge their rating, only the captain will meet with the Coordinator of Intramural Sports to discuss the issue. **All captains are responsible for the conduct of their teams during an intramural contest.** The sportsmanship rating can be affected by actions occurring before or after a contest.

Sportsmanship Criteria and Ratings

Based on this philosophy the following system will be used to evaluate a team's sportsmanship during each contest in which they participate:

Teams will receive a rating each week that will create an average at the end of the season. Teams in **Level I** must have an average of 3.0 at the end of their fourth week to continue play. Teams in **Level II** and **Level III** must have an average of 3.0 to be eligible for playoffs.

Example:

Week 1: 3.0

Week 2: 3.0

Week 3: 2.5

Week 4: 3.0

Total 11.5

Average Conversion: $11.5 / 4 = 2.875$. This team would not be eligible for continued play or playoffs.

Superior Sportsmanship: (4.0 – 3.6 points) “Win with class – lose with dignity”

Participants cooperate fully with the officials and intramural site managers. They will respect all calls and decisions made by the intramural staff. During a confrontation, the team captain will have complete control of his/her team and will address the issue to the head official in a calm and respectable manner. Players will recognize good sportsmanship among their team and their opponent through verbal comments or polite gestures. Captains will encourage full participation and does not segregate other members that will prohibit participation. Teams receive absolutely no warnings, ejections, yellow cards, unsportsmanlike penalties or technical fouls.

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. Teams willingly accept all decisions by officials without question.
3. Teams are responsible for their actions and do not respond negatively.
4. Teams encourage others to participate and do not segregate teammates.
5. Teams recognize good sportsmanship among their team and the opponent.
6. Teams state positive comments of encouragement towards teammates and opponents.

7. Teams show concern for an injured player, regardless of team.
8. Teams except a loss and congratulate the opponent on their success.
9. Teams receive absolutely no warnings, ejections, yellow cards, unsportsmanlike penalties or technical fouls.

Excellent Sportsmanship: (3.5 – 3.1 points)

Participants cooperate fully with the officials and intramural site managers. They will respect all calls and decisions made by the intramural staff, but display **some comments**. During a confrontation, the team captain will have complete control of his/her team and will address the issue to the head official in a calm and respectable manner. Players will recognize good sportsmanship among their team and their opponent through verbal comments or polite gestures. Captains will encourage full participation and does not segregate other members that will prohibit participation. Teams receive absolutely no warnings, ejections, yellow cards, unsportsmanlike penalties or technical fouls.

1. Teams must display utmost respect for opponents, officials, supervisors, and administrative staff.
2. Teams willingly accept all decisions by officials with **some questions from players, not captains**.
3. Teams are responsible for their actions and do not respond negatively.
4. Teams encourage others to participate and do not segregate teammates.
5. Teams represent some sportsmanship among their players and opponents.
6. Teams state positive comments of encouragement towards teammates and opponents.
7. Teams show concern for an injured player, regardless of team.
8. Teams except a loss and congratulate the opponent on their success.
9. Teams receive absolutely no warnings, ejections, yellow cards, unsportsmanlike penalties or technical fouls

Good Sportsmanship: (3.0 – 2.6 points)

Participants cooperate **partially** with the officials and intramural site managers. Teams accept some decisions by the officials with some questions by the players. During a confrontation, the team captain has some control of his/her team and address the issue to the head official in a calm and respectable manner. Players are responsible for their actions, but contain some negative responses. Teams accepted a loss and congratulate the other team on their success. Teams may receive warnings, but absolutely no ejections, technical fouls, yellow cards, unsportsmanlike penalties or technical fouls.

***Note: All teams that request to cancel within 24 hours of their next contest will receive a 3.0 rating.**

1. Teams must display partial respect for opponents, officials, supervisors, and administrative staff.
2. Teams accept all decisions by officials with some questions.
3. Teams are responsible for their actions with some negative responses.
4. Teams encourage others to participate and do not segregate teammates.
5. Teams state some positive comments of encouragement towards teammates and opponents.
6. Teams show concern for an injured player, regardless of team.
7. Teams except a loss and congratulate the opponent on their success.
8. Teams may receive a warning, but displays good sportsmanship after the confrontation.
9. Players curse at themselves in a low tone voice.
10. Teams receive no ejections or technical fouls.

Average Sportsmanship (2.5 – 2.1 points)

Participants display some respect for opponents, officials, supervisors, and administrative staff. Teams accepted some decisions by officials with some questions. Players that commit negative actions deny their actions with some negative responses. Captains do not encourage others to participate and segregate their teammates from participation. Throughout the contest teams state few positive comments of encouragement towards teammates and opponents. Teams will except the loss, but does not congratulate their opponent on their success. Teams received multiple warnings, multiple unsportsmanlike penalties or technical fouls, but no ejections

1. Teams displayed some respect for opponents, officials, supervisors, and administrative staff.
2. Teams accepted some decisions by officials with questions.
3. Teams deny some responsibility for their actions with some negative responses.
4. Teams do not encourage others to participate and segregate teammates.
5. Teams state few positive comments of encouragement towards teammates and opponents.
6. Players curse at themselves in loud tone that bystanders can over hear.
7. Teams show concern for an injured player, regardless of team.
8. Teams except a loss but, do not congratulate the opponent on their success.
9. Teams received multiple warnings, multiple unsportsmanlike penalties or technical fouls, but no eject.

Below Average Sportsmanship (2.0 – 1.6 points)

Participants display some respect for opponents, officials, supervisors, and administrative staff. Teams accepted some decisions by officials with **multiple** questions. Players that commit negative actions deny their actions with **multiple** negative responses. Captains do not encourage others to participate and segregate their teammates from participation. Throughout the contest teams state **no positive comments** of encouragement towards teammates and opponents. Teams strive to score as many points as possible to embarrass opponent. Teams received warnings, ejections, unsportsmanlike penalties or technical fouls.

***Note: Teams that forfeit through a no show will automatically receive a 2.0. Teams that receive a player ejection will automatically receive this rating.**

1. Teams displayed no respect for opponents, officials, supervisors, and administrative staff.
2. Teams accepted some decisions by officials with multiple questions
3. Teams are responsible for their actions with multiple negative responses
4. Teams do not encourage others to participate and segregate teammates
5. Teams state no positive comments of encouragement towards teammates and opponents.
6. Players curse at teammates and opponents in a low tone voice.
7. Teams ignore an injured player, regardless of team.
8. Teams do not except a loss and do not congratulate the opponent on their success
9. Teams purposely strive to score as many points as possible to embarrass opponent.
10. Teams received ejections, unsportsmanlike penalties or technical fouls

Poor Conduct and Sportsmanship (1.5 - .9 points)

Participants exhibit a blatant disregard for the philosophy of sportsmanship, officials, and opponents. The contest is dangerous with occasional intent to injure their opponent. The team captains have absolutely no control of their team conduct and the contest is stopped by the intramural site manager. Participants received warnings, ejections, unsportsmanlike penalties or technical fouls.

1. Blatant disregard for the philosophy of sportsmanship, officials, and opponents.
2. Play is dangerous with occasional intent to injure opponent.
3. Players curse at teammates and players in a loud tone that bystanders over hear
4. Captain has no control of team conduct.
5. Participants received ejections, unsportsmanlike penalties or technical fouls

Unacceptable Sportsmanship (0 points)

Participants exhibit a blatant disregard for the philosophy of sportsmanship, officials, and opponents. The contest is dangerous with occasional intent to injure their opponent. The team captains have absolutely no control of their team conduct and the contest is stopped by the intramural site manager. Physical abuse is present through participants fighting. Participants received warnings, ejections, unsportsmanlike penalties or technical fouls.

1. Blatant disregard for the philosophy of sportsmanship, officials, and opponents.
2. Play is dangerous with intent to injure opponent and the game must be stopped by the intramural site manager.
3. Captain has no control of team conduct.
4. Participants received ejections, unsportsmanlike penalties or technical fouls

Sportsmanship Sanctions

The intramural department contains the right to address all issues that pertain to sportsmanship issues. Players that are ejected from an event will receive an automatic 1 game suspension and will have to meet with the Coordinator of Intramural Sports. The captain of the team will have to attend this meeting to discuss the sportsmanship issue and the rating system. The intramural department also reserves the right to contact Judicial Affairs to resolve extreme disciplinary situations. All situations will be handling individually and sanctions may vary.

Blood Borne Pathogen Policies

Any player, who sustains an injury where bleeding or oozing occurs, or where blood has saturated the uniform, must leave or be removed from the contest. The bleeding must be stopped and the area completely covered before the individual is allowed to reenter the game. An Intramural staff member must clear the individual before the participant can resume play. If the uniform has become contaminated with blood, it must be changed before the player reenters the game.