



# **INTERNATIONAL RULES FOR UNDERWATER HOCKEY**

## **RULES OF PLAY**

**Version 13.0**  
**February 2025**

**Approved BoD 234 - 2025/01**

## **REVISION HISTORY**

V9.1 2006  
V10.0 March 2010  
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V13.0 February 2025

## **AMENDMENT HISTORY**

Section	Changes 2025
All	Combined Volumes 1 & 2 of Rules of Play into this one document
2.1	Added fibreglass as material for goals
3.2.2	Amend cap numbers
3.3.10	Electronic devices not allowed by players
4.1.2	Simplification of referee qualification
4.5.6.5	Puck approval
5.0	Protest during match
14.2.3	Clarification to times play in respect of referee time-outs
14.2.6	Clarification for team time outs
16.1	Clarification of Advantage Rule
16.3.6	Clarification on handling the puck rule
16.3.24	Added flick out of bounds to list of infringements (consistency with 17.7.1)
17.7.1	Correction of rules description and numbers
17.9.1.5	Removal of scooping the puck out of the goal as an example of penalty goal

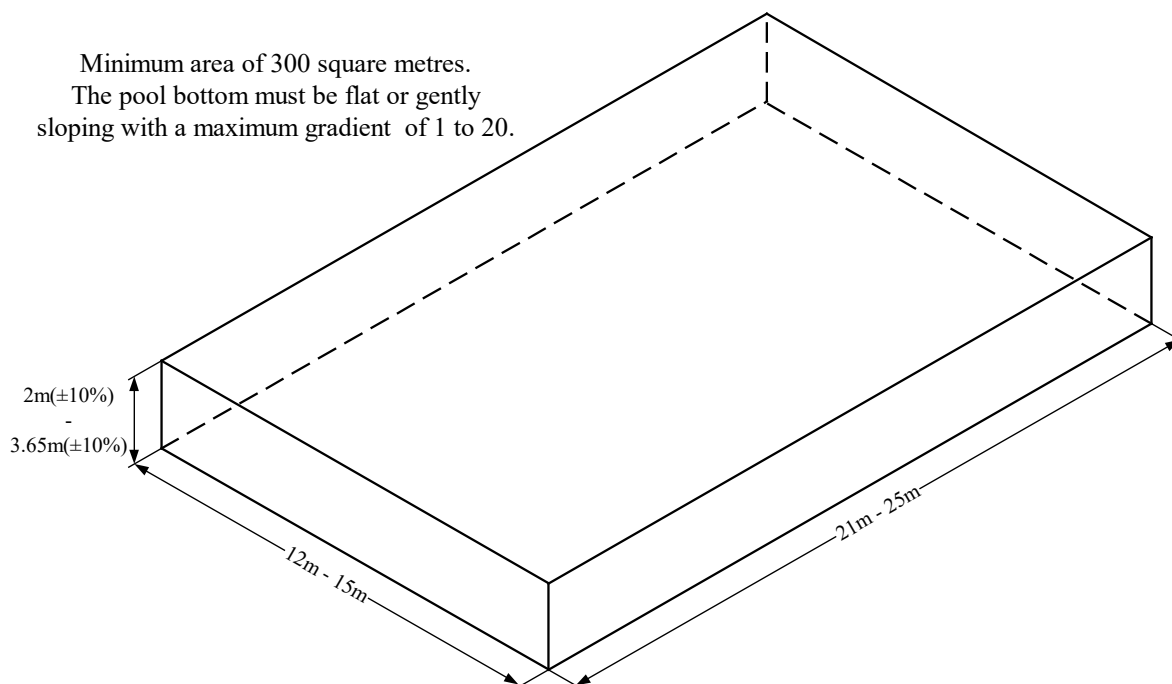
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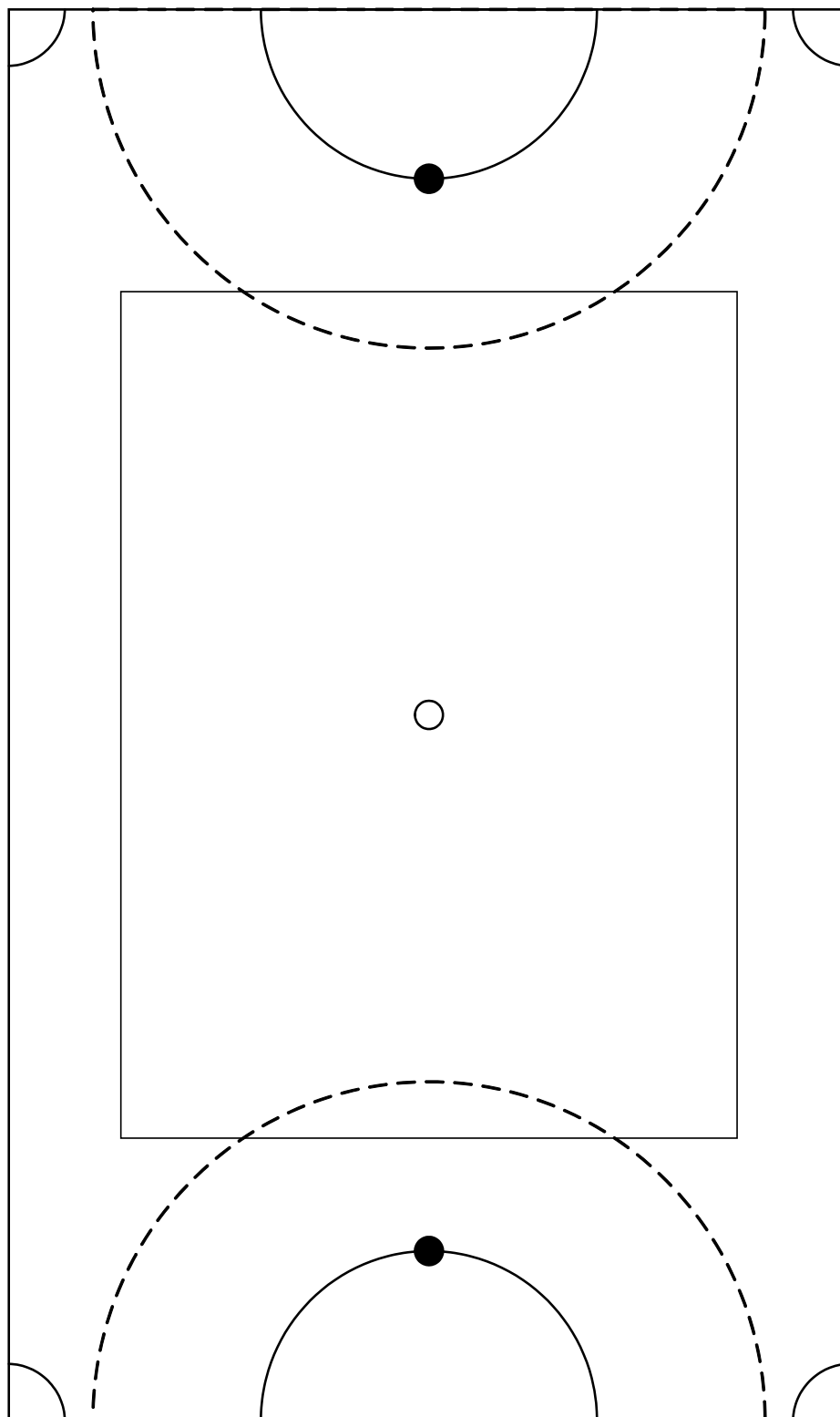
**1.0 PLAYING AREA (see Figures 1A - 1E)****1.1 Playing Area**

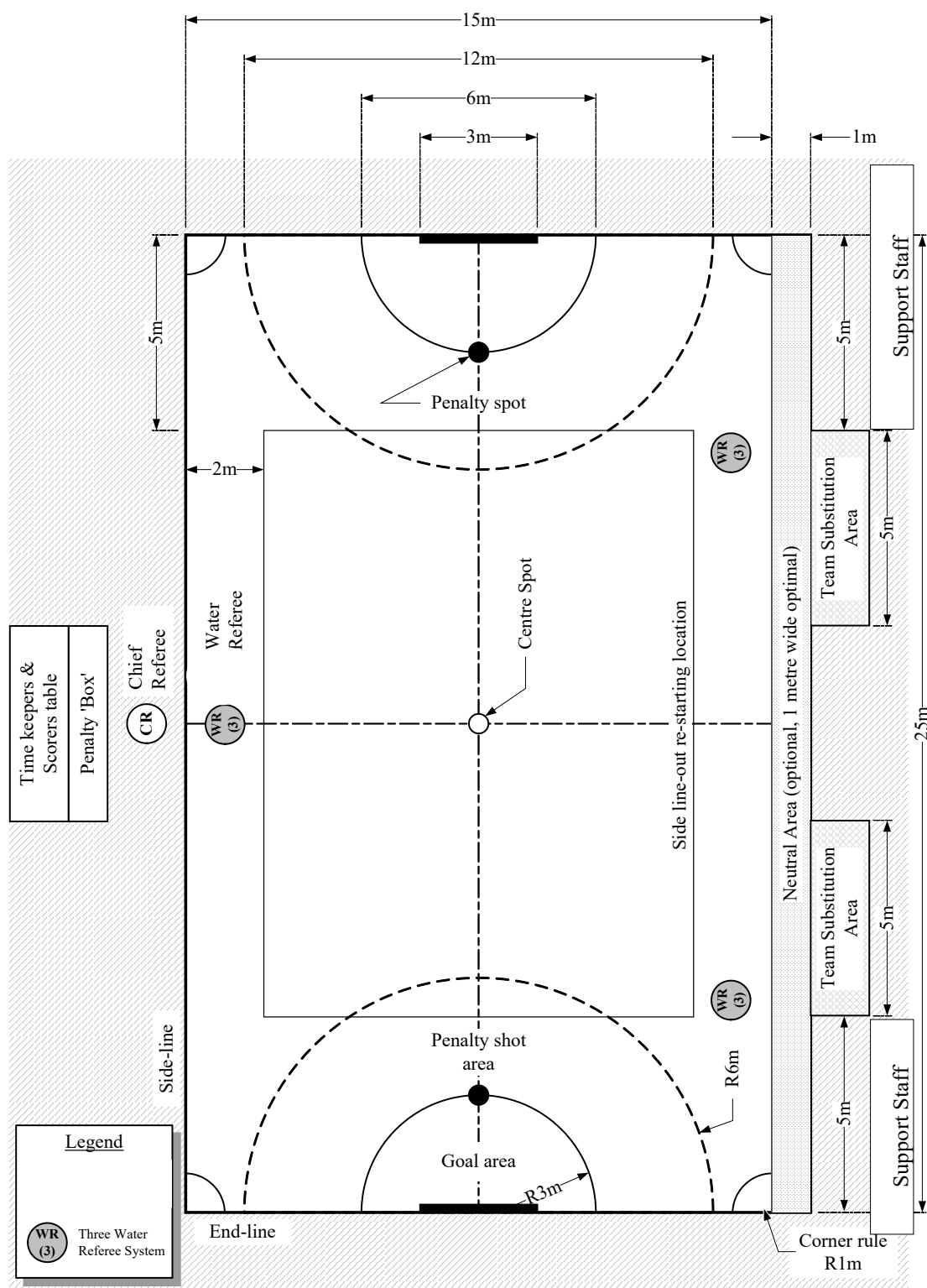
- 1.1.1 The playing area shall be a swimming pool or part thereof.
- 1.1.2 The playing area shall be 12m-15m wide and 21m-25m long, provided that the minimum playing area is 300 square metres.
- 1.1.3 The pool bottom must be flat or gently sloping with a maximum gradient of 1 to 20.
- 1.1.4 The depth of the water shall be between 2m and 3.65m inclusive, with a  $\pm 10\%$  allowance with the approval of the World Tournament Director. Pools shallower than 2m must be considered "fast and safe" by the World Tournament Director.
- 1.1.5 The end lines must be of a solid nature, i.e. pool walls.
- 1.1.6 A side line may be either a pool wall, sturdy barrier, or a demarcation line on the pool bottom.
  - 1.1.6.1 The barrier should have a minimum height of 300mm.
  - 1.1.6.2 A floating line will **not** be immediately above a demarcation line on the bottom to mark the sideline on the surface. The floating line must be outside the playing area.
  - 1.1.6.3 The demarcation line belongs to the playing area.
  - 1.1.6.4 For World Championships, sturdy barriers or walls are essential. For Zone for other tournaments, a sturdy barrier or wall is preferred. However, if not possible, a demarcation line is acceptable.
- 1.1.7 At each end of a playing area, centred on the mid-point of the end line, a penalty shot area will be marked by a dotted line on the pool bottom to define a semi-circle with a 6m radius, and a goal area will be marked by a solid line on the pool bottom to define a semi-circle with a 3m radius.
- 1.1.8 A Penalty Spot shall be marked in the middle of a 3m arc.
- 1.1.9 A Centre Spot shall be marked in the geometric centre of the playing area
- 1.1.10 The "corner" is defined as that part of the playing area bounded by the side and end walls (or side and end lines) and a circular arc of 1 metre radius whose centre is at the intersection (or projected intersection in the case of a curved corner) of the side and end walls (or side and end lines). There are four such 'corners' in a single playing area.

**FIGURE 1A** **PLAYING AREA DIMENSIONS**

The depth of the water shall be between 2m and 3.65m, with a  $\pm 10\%$  allowance with the approval of the CMAS Underwater Hockey Commission - College of Events. Pools shallower than 2m must be considered “fast and safe” by the CMAS Underwater Hockey Commission - College of Events.

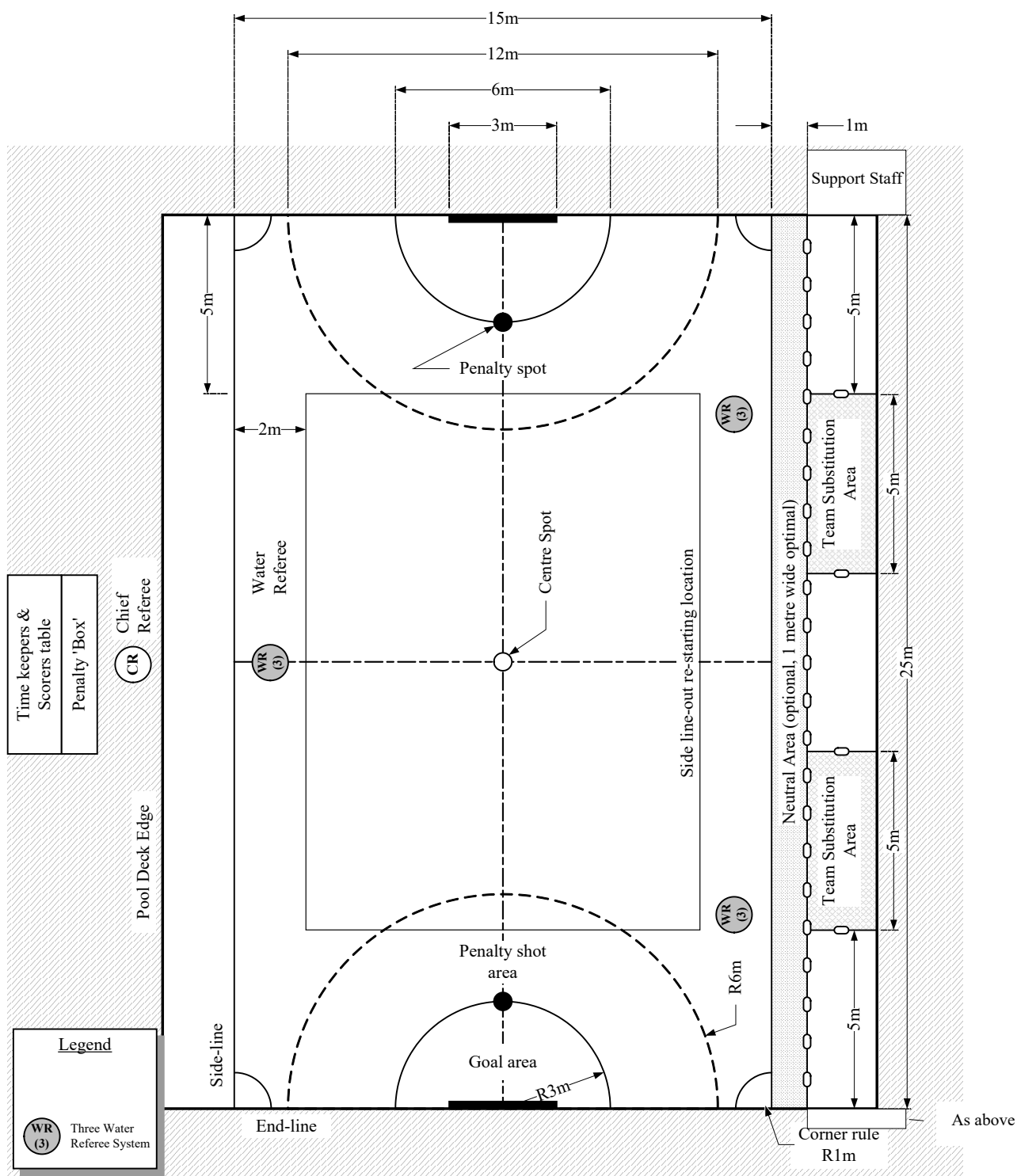
**FIGURE 1B** PLAYING AREA MARKINGS



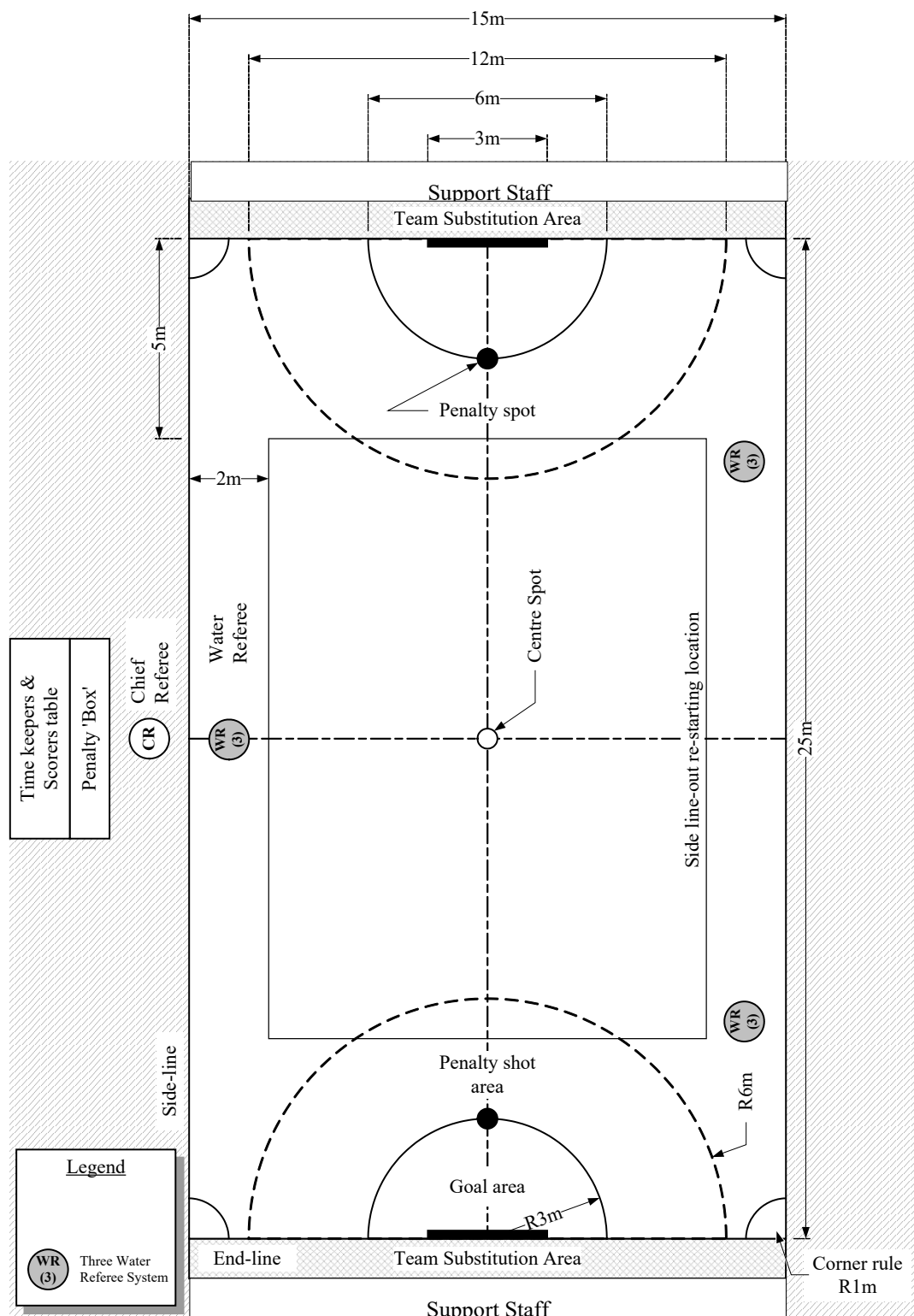
**FIGURE 1C PLAYING AREA LAYOUT: DECK SIDE-SUBSTITUTION**




**FIGURE 1D PLAYING AREA LAYOUT: IN-WATER SIDE-SUBSTITUTION**

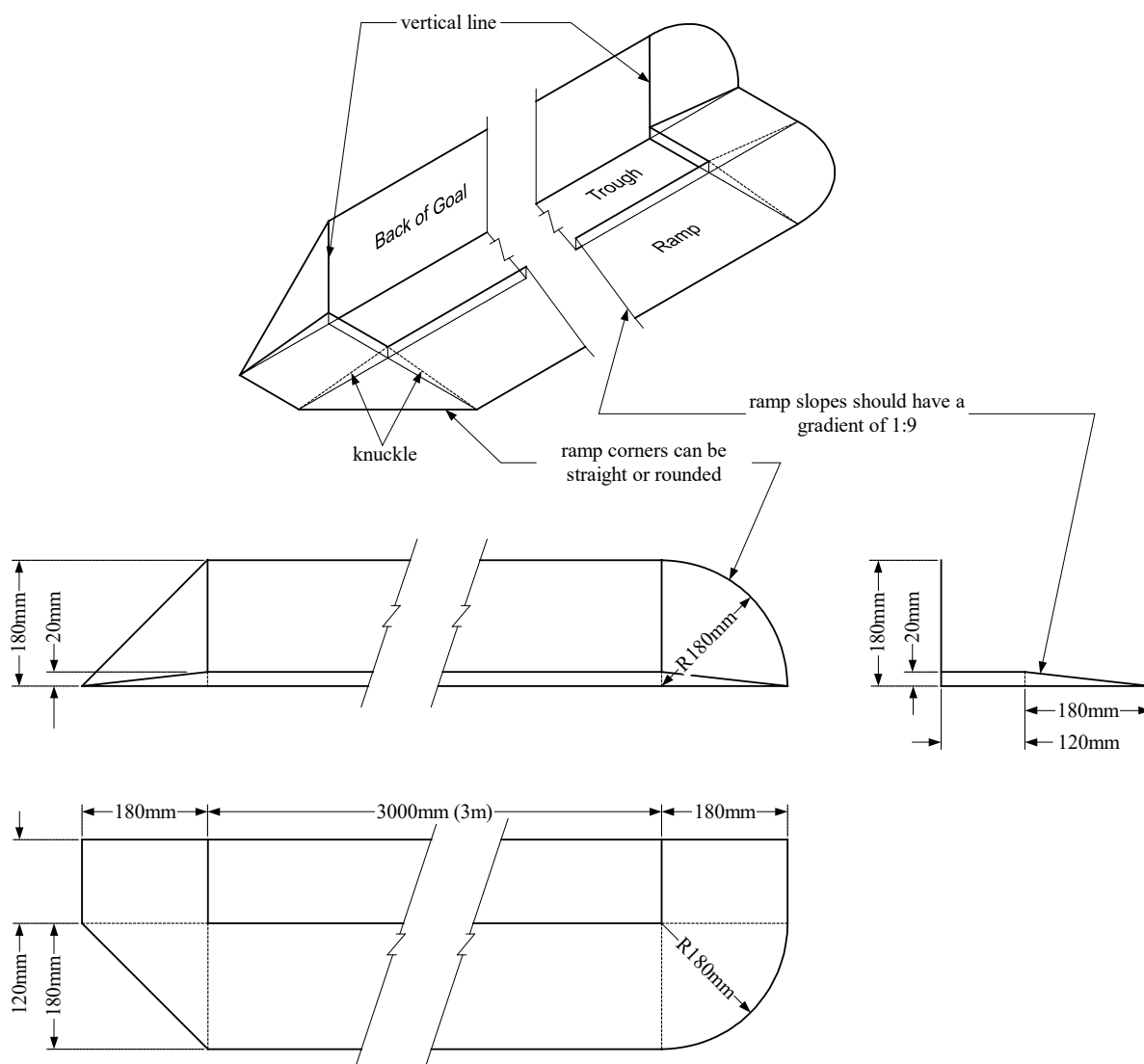


**FIGURE 1E PLAYING AREA LAYOUT: END-LINE SUBSTITUTION**



**2.0 GOALS (see Figure 2A)**

- 2.1 Shall be made of galvanised or stainless steel (of 2mm minimum thickness sheet metal), fibreglass, or similar frames. All sharp edges shall be removed and/or protected.
- 2.2 Open-ended goals will be used.
- 2.3 Shall be 3.36m long, with a trough of 3m, placed in the centre of each end line, and secured in position.
- 2.4 The area behind the anterior lip of the goal is called the trough.
- 2.5 The goal back must have two (2) vertical lines marking the 3m limits of the goal volume.

**FIGURE 2A THE GOALS**

### **3.0 TEAM COMPOSITION, PLAYER'S EQUIPMENT AND THE STICK, AND IDENTIFICATION**

#### **3.1 Team Composition**

- 3.1.1 For an international tournament, a Federation may bring a squad up to twelve (12) players in each division, designated on the day preceding the first match of the tournament. From this number, a team of up to ten (10) members must be declared for any one match within the tournament. These team members are divided into a maximum of six (6) players and (4) substitutes who may be used at any time. The players from the squad not chosen for a particular match are the "reserves".
- 3.1.1.1 In the case of player coaches, the team may play with less than ten (10) players if the coach decides not to play for the entire match. The Chief Referee must be informed.
- 3.1.2 In the event of an accident or injury to a player resulting in a stoppage of play and assistance of the injured player to the poolside, the appropriate Team Captain must request and obtain the verbal approval of the Chief Referee to use a substitute.
- 3.1.2.1 In the event of an injury, a reserve may not be used for that match.
- 3.1.2.2 A player who leaves the playing area and/or deck area due to an injury, having received treatment, may return to the match at the Chief Referee's discretion.
- 3.1.3 In the event of injury or illness that is confirmed by a medical certificate, squad member(s) may be replaced for the duration of the tournament.
- 3.1.4 During play, a team may have up to four (4) support staff for any match/game with a maximum of two in water and two on deck within the respective designated areas. Support staff names must be listed on team roster.
- 3.1.4.1 Support staff may only be in the area immediately adjacent to the substitution area up to and on the end wall. They may go onto the back wall area during team time outs, at the beginning and end of each timed period.

#### **3.2 Team Identification**

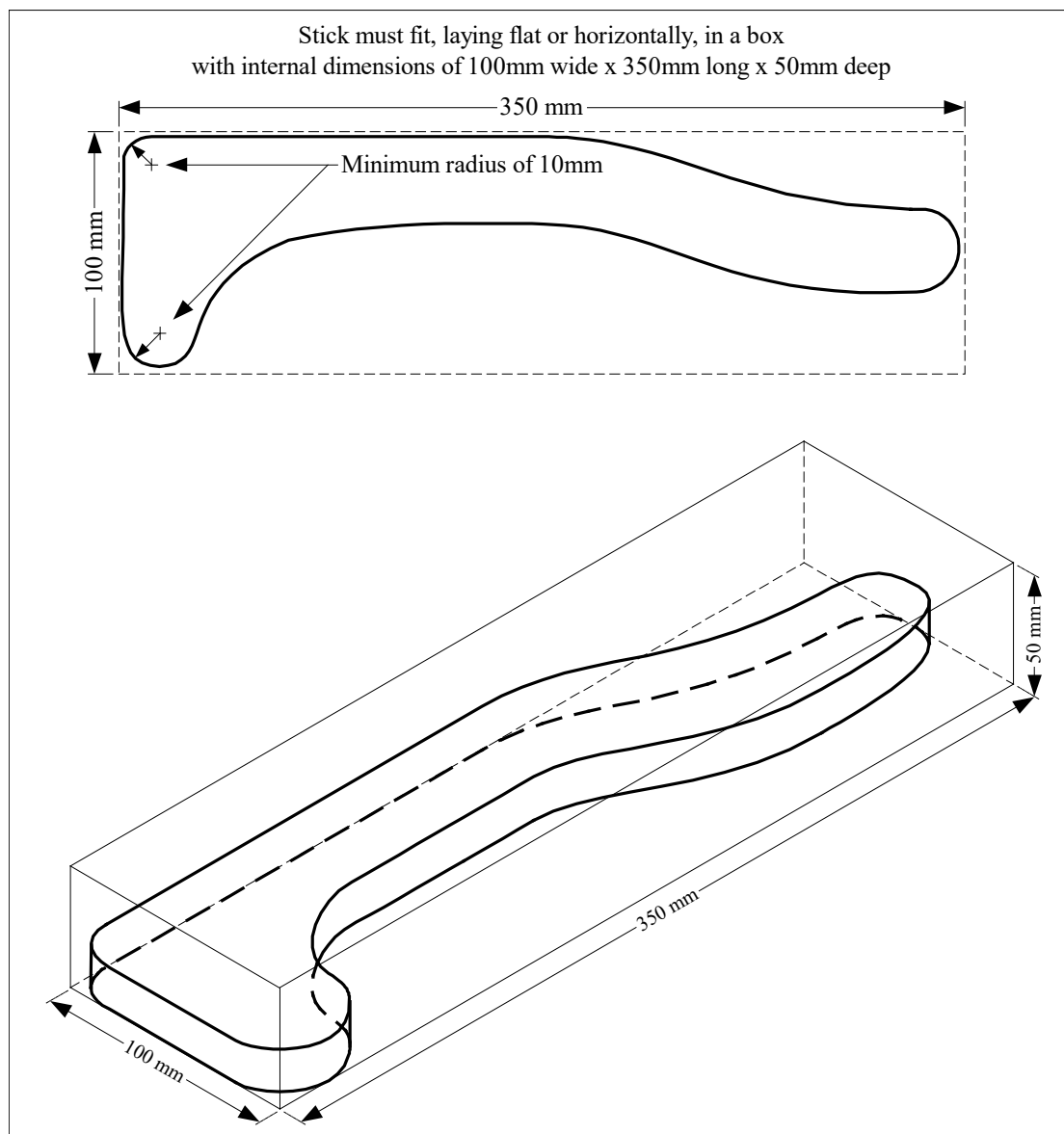
- 3.2.1 All players of a team must wear identical bathing attire of the same design as to colour and pattern, one or two piece suit and/or rash vest and/or shirt), which may have an imprint of their flag or country. Each team must have two sets of identical bathing attire, one light in colour (when the team is using white sticks) and one dark in colour (when the team is using black sticks), and both sets need Tournament Director approval prior to arrival at the competition.
- 3.2.2 All ten (10) players of each team shall wear identification headgear or caps, either black (or dark blue) or white, to match the colour of the sticks the team is using. The headgear or caps must have a unique number(s) between 1 and 15 for each player of the squad.
- 3.2.3 To assist in player identification, players are required to mark their headgear/cap number on both upper arms and both upper legs. Numbers must have a minimum height of 75mm (~3 inches) and be of a contrasting colour to that of the skin.
- 3.2.4 The Captain of each team must wear the letter "C" on each arm above their number. The size of this letter must be identical to the size of the number. In the same manner, the Vice-Captain must wear the letters "VC".

#### **3.3 Players' Equipment and the Stick**

- 3.3. Each player shall be equipped with a mask, snorkel, mouthguard, cap, stick, glove(s) and fins. In addition, they may have elbow / knee guards.
- 3.3.1. The mask must be either a dual lens design mask, a single lens design mask incorporating a centre divider /support in the mask's frame or a plastic monolithic frame design mask. All lenses are to be comprised of shatter resistant safety grade material.
- 3.3.2 Hand protection (e.g. gloves) must not contain rigid or sharp reinforcing material.
- 3.3.3 Gloves used for hand protection may not have webbing between fingers or be of any design that would aid in swimming.
- 3.3.4 Hand protection worn by players (e.g. gloves) must be of a colour that strongly contrasts with the colour of that player's stick and the colour of the puck used for the match. This is to avoid confusion if the puck is being

controlled by the player's hand. Players may not wear a glove of a colour that could be confused with the Water Referees' gloves being used at any competition, which shall always be bright yellow or orange. Note: For World Championships the puck must be pink and/or orange (Rule 4.5.6.4), so at some World Championships pink may not be allowed as a hand protection colour, at the discretion of the Chief Referee.

- 3.3.5 A non-metal, pliable snorkel and players will wear a device/guard that adequately protects them against injuries to their teeth and gums.
- 3.3.6 Headgear or caps with firm polyethylene or rubber ear protectors must be worn.
- 3.3.7 Protective knee and/or elbow pad(s) may also be worn if required, provided they are constructed of soft materials.
- 3.3.8 Wet suits and/or weight belts may not be worn.
- 3.3.9 The Stick (see Figure 3A)
  - 3.3.9.1 Materials: An underwater hockey stick may be produced from wood or plastic or other approved material.
  - 3.3.9.2 Dimensions: The stick must fit wholly in a box with the interior dimensions of 100mm x 350mm x 50mm.
  - 3.3.9.3 Design: The stick must not be capable of surrounding the puck or any part of the hand. The stick may not encapsulate the puck by more than 50% or lock the puck to the stick. The stick may not protrude from the heel of the hand by more than 25mm. The minimum corner radius around the perimeter edge of the entire stick is 10mm (see figure 3A).
  - 3.3.9.4 Safety: The Stick must be considered safe. It must be structurally sound and edges where surfaces intersect must be rounded such that they cannot cause harm. If the Chief Referee or Water Referee determines that the stick may cause harm, the stick may be removed from play for that match.
  - 3.3.9.5 Colour: The stick must be uniformly black or white. However, it may have discreet markings in a contrasting colour for identification purposes. If the Chief Referee or Water Referee determines that the markings could create confusion as to the colour of the stick, the stick may be removed from play for that match.
  - 3.3.9.6 The stick may be secured to the playing hand in a manner that cannot cause harm or interfere with the puck.
  - 3.3.9.7 The "playing area" of the stick is that area not covered by the protected hand and forward of the thumb and index finger where they rest on the stick. The puck may not be played with the portion of the stick that may protrude from the heel of the protected hand.
- 3.3.10 Electronic communication devices may not be worn or used by players. However, devices purely for the purpose of Player Activity Tracking may be allowed at the discretion of the Referees.

**FIGURE 3A THE STICK***(drawing not to scale)*

- The stick must fit in a box 100mm x 350mm x 50mm.
- Minimum corner radius around the perimeter edge of the entire stick is as per figure 3A.
- Edges where surfaces intersect must be rounded.
- The stick must be uniformly black or white.
- The stick may be of any shape or design within the minimum and maximum dimensions given. The illustration is only a guide. Knob(s) on stick is/are allowed.

The stick must not be capable of surrounding the puck or any part of hand, nor encapsulating the puck by more than 50%, or locking the puck to the stick.

## **4.0 OFFICIALS AND THEIR EQUIPMENT.**

### **4.1 Number, Titles, and Qualifications**

- 4.1.1 The Officials who shall control an Underwater Hockey Match are: one Chief Referee, three (preferred) or two Water Referees, Timekeeper(s)/Scorer(s), and other Officials as appointed by the Chief Referee.
- 4.1.2 The Chief Referee and Water Referees shall be qualified Referees, appointed by the tournament authority and registered with the CMAS Underwater Hockey Commission.
- 4.1.3 Timekeeper(s)/Score(s) shall be qualified Federation referees.

### **4.2 Chief Referee's Duties**

- 4.2.1 The Chief Referee's duties are conducted from a position on the poolside where an uninterrupted view of the playing area can be obtained.
- 4.2.2 The Chief Referee is responsible for:
  - 4.2.2.1 All aspects and overall conduct of the match.
  - 4.2.2.2 Instructing the opposing teams of any special requirements of the match.
  - 4.2.2.3 Signaling the starting and stopping of play in accordance with rules 15.1 and 15.3.
  - 4.2.2.4 Observing any rule infringement which might only be visible from above the water and awarding appropriate penalties to offenders.
  - 4.2.2.5 Stopping and re-starting play as a result of time suspensions or time-outs.
  - 4.2.2.6 Determining that substitutions are made correctly.
  - 4.2.2.7 Authorising (or delegating another suitably qualified official to authorise) penalised players to re-enter water when advised by the Timekeeper(s)/Scorer(s).
  - 4.2.2.7.1 Applying Rule 17.3.1.2.3 if the completion of the timed penalty occurs while play is stopped.
  - 4.2.2.8 Appointment of appropriately qualified referees to inspect all players' personal and team's equipment prior to the match.

### **4.3 Water Referee's Duties**

- 4.3.1 Water Referees conduct their duties from the water.
- 4.3.2 Water Referees are jointly responsible for:
  - 4.3.2.1 Enforcing the rules at all times.
  - 4.3.2.2 Signaling the Chief Referee to stop play when a goal is scored.
  - 4.3.2.3 Signaling the Chief Referee to stop play should any infringements occur.
  - 4.3.2.4 Awarding appropriate penalties for rule infringements.
  - 4.3.2.5 Ensuring the puck is placed in the correct position and indicating the match is ready to be re-started to the Chief Referee.
  - 4.3.2.6 Ensuring that the goal frames are aligned in their correct position at all times.
  - 4.3.2.7 Signaling the Chief Referee to stop the match by showing the 'stop play' signal should an accident or injury occur and immediately assisting the injured player to the poolside.

### **4.4 Time-Keeper's/Scorer's Duties**

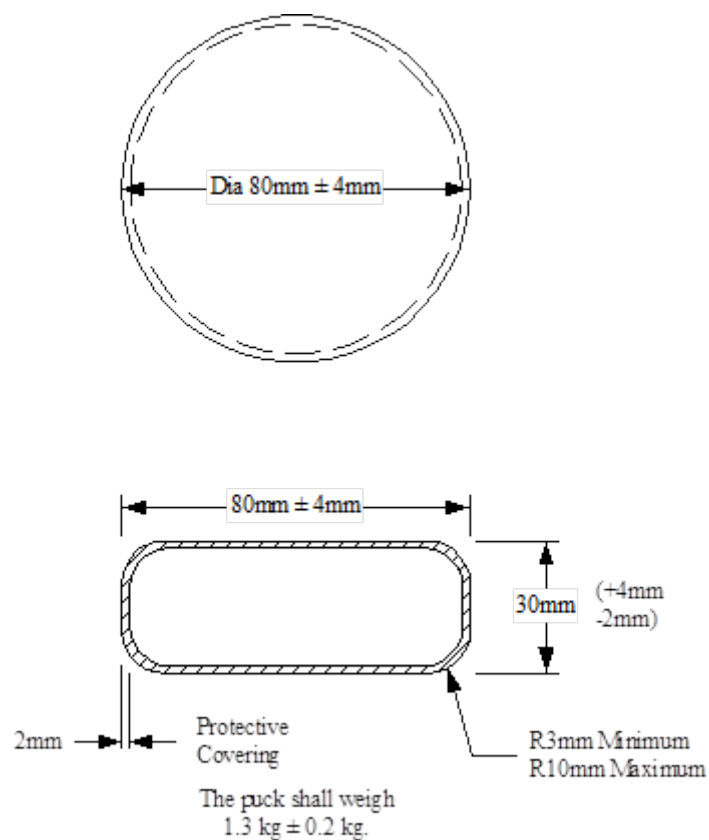
- 4.4.1 The duties of the Timekeeper/Scorer can be performed by one or more persons and shall be carried out from a position adjacent to the Chief Referee.
- 4.4.2 The responsibilities of the Timekeeper(s)/Scorer(s) are:
  - 4.4.2.1 Timing all play and indicating the completion of each time period to the Chief Referee.
  - 4.4.2.2 Timing players sent out of the water for one (1), two (2) or five (5) minute time penalties and indicating to the Chief Referee (or the Chief Referee's designated official) when players may re-enter the water.
  - 4.4.2.3 Stopping the timing of the time period at the request of the Chief Referee in the event of a serious injury, the need to confer with the other Referees, or other special circumstances.
  - 4.4.2.4 Ensuring all goals are displayed and announced immediately after they have been scored.
  - 4.4.2.5 Announcing the final score at the end of the match once the details of the match have been verified and

countersigned by the Referees.

#### **4.5 Officials' Equipment and the Puck**

- 4.5.1 The Chief Referee shall be equipped with a means of creating an audible signal above and below the surface of the water.
- 4.5.2 Each Water Referee shall be equipped with: mask, snorkel and fins, as per rule 3.3.
- 4.5.3 Each Water Referee shall also wear a clearly distinguishable shirt, red cap with ear protectors, and a pair of brightly coloured gloves, which should always be bright orange or yellow for major competitions.
- 4.5.4 The Time-Keeper(s) shall be equipped with suitable timing facilities, sufficient to time both the match and at least two players sent out of the water for a time penalty.
- 4.5.5 The Scorer(s) shall be equipped with suitable means of keeping a written record of the match and a scoreboard that is visible from all parts of the playing area.
- 4.5.6 The Puck (see Figure 4A)
  - 4.5.6.1 The puck shall have a diameter of 80mm,  $\pm 4$ mm; and a thickness of 30mm,  $+4$ mm,  $-2$ mm. These are outside dimensions, which include the puck and the protective covering.
  - 4.5.6.2 The radius of the puck edge, whether covered or not, shall be from 3mm to 10mm in radius.
  - 4.5.6.3 The puck shall weigh 1.3kg,  $\pm 0.2$ kg.
  - 4.5.6.4 The puck must be a bright distinctive colour. High-visibility pink or orange is preferred, and for World Championships the puck **must** be bright pink and/or orange.
- 4.5.6.5 In the case of a CMAS sanctioned tournament, the puck must have the approval of the CMAS Underwater Hockey Commission - College of Events



**FIGURE 4A** **THE PUCK**

## **5.0 PROTESTS, GAME ABANDONMENT AND FORFEIT**

### **5.1 Protest During a Match**

- 5.1.1 Should a protest be made by a Team Captain or a Team Manager about the conduct of a match whilst it is in play, the Game Referee may stop play, consult the Water Referees and others as may be necessary, consider the factual evidence presented, announce a decision to all parties and resume play.
- 5.1.2 If a player receives a penalty, only the Team Captain can protest to the Water Referee. This will not constitute “refusing to accept any decisions made by the Officials”; thus, it does not merit the award another penalty.
- 5.1.2.1 If, after receiving an explanation, the player refuses to go to the penalty box, such action may constitute “refusing to accept decisions made by Officials”. The player will go immediately to the penalty area, and let the Team Captain protest the matter to the Chief Referee.
- 5.1.2.2 After consultation and the Chief Referee’s announcement of a decision, the team captain will no longer protest the issue, so that the match can be resumed. A protest can be made following the match if necessary.

### **5.2 Game Abandonment**

- 5.2.1 Abandonment is when a game cannot commence or has commenced and cannot continue to the conclusion of the game due to circumstances beyond the control of the tournament organisers,
- 5.2.2 In the event of a game being abandoned, the Technical Delegate shall decide what subsequent action shall be taken.
- 5.2.3 The Technical Delegate decision is final.

### **5.3 Game Forfeit**

- 5.3.1 Forfeit is when:
- a team fails to be in position to start the game within two minutes after the scheduled start time, or
  - a team fails to be in position to start the game within two minutes after the scheduled start time with three players or less,
- 5.3.2 In the event of a game being forfeited, the Technical Delegate shall decide what subsequent action shall be taken.
- 5.3.3 The Technical Delegate decision is final.

**[For illustrative purposes only]**

Type	Examples
Abandonment	<ul style="list-style-type: none"> <li>• Broken tiles – too dangerous to continue</li> <li>• Weather – Lightning / Storm</li> <li>• Behaviour of a team / refuse to continue to play</li> <li>• Electrical issues / gear failure (scoring / barriers / loss of power)</li> <li>• Safety Issues</li> </ul>
Forfeiture	<ul style="list-style-type: none"> <li>• Team don’t turn up</li> <li>• Team is late</li> <li>• Team is late and opposition quote 5.3.1</li> </ul>

**6.0 (RESERVED)**

**7.0 (RESERVED)**

**8.0 (RESERVED)**

**9.0 (RESERVED)**

**10.0 (RESERVED)**

**11.0 (RESERVED)**

**12.0 (RESERVED)**

**13.1 Signals (see Figures 13A-13G)****13.1.1 Ready to Start**

The ready to start signal is one arm raised straight up in the air with signal hand open, fingers together.

**13.1.2 Stop Play**

The stop play signal is one arm extended up in the air with the signal hand open, giving a wide rapid waving motion side-to-side.

**13.1.3 Time**

The end of a timed match period is signalled by one hand on top of the other to form the letter "T".

**13.1.4 Equal Puck**

Equal puck is signalled by the arms being crossed above the head with hands clenched into fists.

**13.1.5 Advantage Puck**

An advantage puck is signalled by backing up the infringing team, using an extended arm with the palm towards the offenders. Then use the free arm moving in a 90° arc over the water surface to indicate the infringing team line. Once the infringing team's position is established, the backing-up arm is raised vertically with open hand. When both Referees have raised their backing-up arm, play can be re-started by the Chief Referee.

**13.1.6 Time Penalty**

A time penalty is signalled by pointing with one arm to the infringing player, then to the penalty box with the same arm while indicating the penalty time with the fingers of the other hand held over the head.

**13.1.7 Total Dismissal**

A total dismissal is signalled by pointing to the dismissed player, while swinging the other arm back and forth horizontally to the water in a 90° arc, then pointing to the penalty area.

**13.1.8 Goal**

A goal signal series is the stop play signal followed by both arms raised straight up into the air with open hands. To avoid disagreement/confusion between all the referees, before raising their arms, all will confirm the goal is valid by pointing their index fingers upward, at the level of their head.

**13.1.9 No Goal, or, Goal Successfully Defended During a Penalty Shot**

A no goal series is the stop play signal followed by both elbows extended to the side from shoulders, forearms and hands straight, perpendicular to the water surface, fingers together and palms facing away from chest. Both forearms make arcs simultaneously toward the water surface, right arm arcing left, left arm arcing right. Repeat several times.

**13.1.10 Penalty Shot**

A penalty shot signal series is the stop signal followed by vertically pumping one arm up and down from the shoulder with a clenched fist.

**13.1.11 Penalty Goal**

A penalty goal series is signalled by a stop play signal followed by a penalty shot signal followed by a goal signal.

**13.1.12 Team Time-Out**

Team time-out is signalled by raising both arms above the head to form a large letter "O", then pointing to the end line of the team to be charged with the time-out.

**13.1.13 Illegal Use of Free Arm**

Illegal use of free arm is signalled by one arm parallel to the water, bent at the elbow with fist clenched: the arm moves in a horizontal pumping motion.

**13.1.14 Obstruction, Barging, Blocking, or Shepherding**

General blocking fouls are signalled by the two arms above the water being clasped at the wrists and moving the joined arms in and out from the chest.

**13.1.15 Advancing the Puck with the Glove, Free Hand, or Body**

These fouls are signalled by one fist punching into the palm of the other hand, followed by touching the part of the body used to illegally advance the puck.

**13.1.16 Illegally Stopping the Puck**

The signal for illegally stopping the puck is an open hand held in a vertical plane and moving up and down in a chopping action.

**13.1.17 Stick Infringement**

Signal is a repeated chopping motion of one hand against the middle forearm of the other arm. The forearm is held parallel to the chest at arms length away from the body.

**13.1.18 Call by the Referee**

The Referee may call anyone in the water by using one hand, palm facing the Referee, moving the fingers backwards and forwards in a beckoning or calling motion, while pointing with the other hand to the concerned player.

**13.1.19 Official's Time-Out (Time Suspension)**

Referees may signal a time suspension by forming a large letter "O" over the head, then bringing the hands to the shoulder level and patting shoulders.

**13.1.20 Illegal Substitution**

An official will signal an illegal substitution by a hand over hand rolling motion.

**13.1.21 Unsportsmanlike Conduct**

Signalled by clenching a fist and then repeatedly tapping the top of one's head with the thumb-side of the fist.

**13.1.22 Breaking, False Start, or Encroachment**

The signal is an arm extended and straight up with index finger pointing up. Hand is then rotated several times such that the index finger inscribes an imaginary circle above the head that is parallel to the surface of the water.

**13.1.23 Grabbing and/or Pulling on Wall Barriers or Goals**

Signal is an open-fingered hand palm down, with fingers curved and moving back and forth in pulling motion. Signal is mimicking the grabbing of the top of an invisible barrier and shaking it.

**13.1.24 Infringement Seen but the Advantage Rule is in Effect**

Upon reaching the surface, a signal made above the surface of the water to indicate that the advantage rule is in play. A referee points with the index finger, other fingers clenched into a fist and the hand moved in a circular motion. The index finger is moved parallel to the surface of the water. This signal allows players to see a Referee has seen an infringement and is, at that moment, exercising the "advantage rule. This signal is to reduce frustration and possible retaliation by players.

**13.1.25 Side-Line-Out or Puck Out-of-Bounds**

Signal is a straight forearm and hand, fingers straight and together, forearm and hand held parallel to the water surface with palm facing chest, and extended away from the chest by the length of the upper arm. The other hand then makes a diving motion over the stationary forearm/hand mimicking a puck being flicked over a barrier. This signal is then to be followed by the appropriate equal puck or advantage puck signal.

**13.1.26 Delay of Game Infringement**

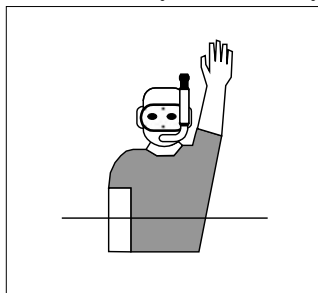
If a 'Delay of Game infringement' is awarded involving the 'corner' area of the playing court, this is signalled by laying one hand on the opposed shoulder with a horizontal arm, pointing elbow at the infringing player.

**13.1.27 Official Caution/Warning**

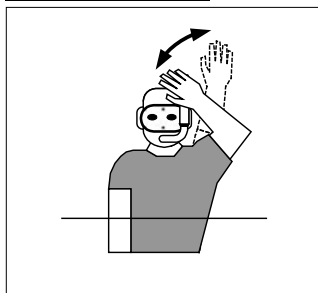
Indicated by a rigid extended arm held parallel to the water surface and perpendicular to the chest. The hand is held in a clenched fist with the thumb extended and held parallel to the water surface.

## FIGURE 13A SIGNALS

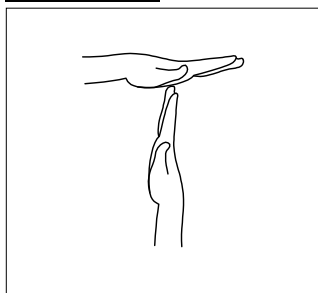
### 13.1.1 Ready to Start Play



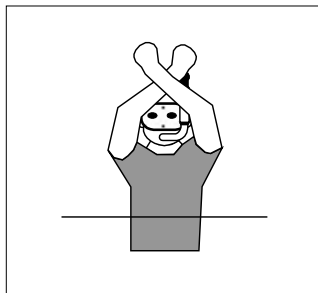
### 13.1.2 Stop Play



### 13.1.3 Time

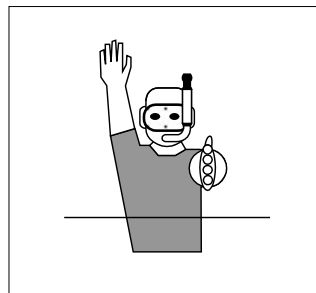
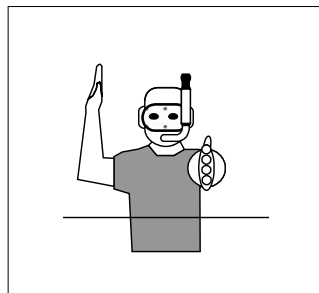
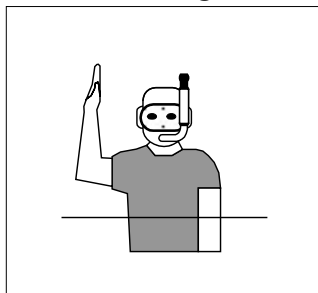


### 13.1.4 Equal Puck

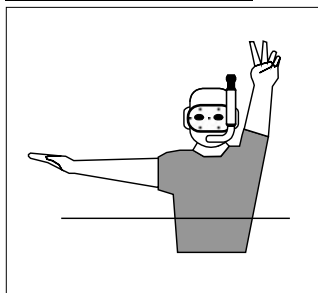


**FIGURE 13B** **SIGNALS**

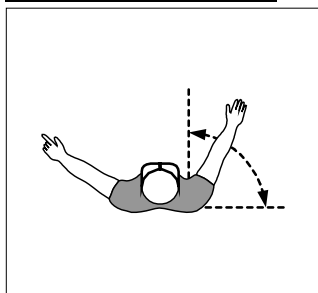
**13.1.5 Advantage Puck**



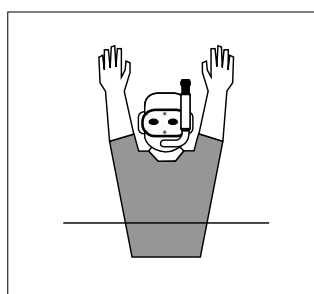
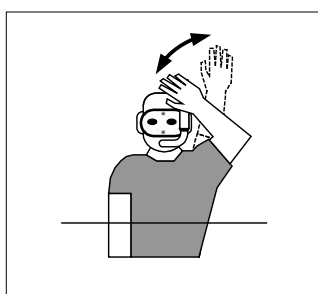
**13.1.6 Time Penalty**



**13.1.7 Total Dismissal**

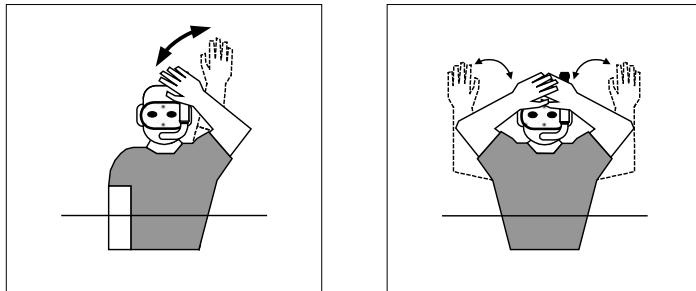


**13.1.8 Goal**

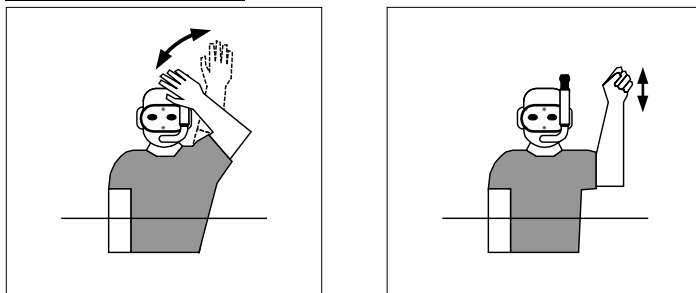


**FIGURE 13C** **SIGNALS**

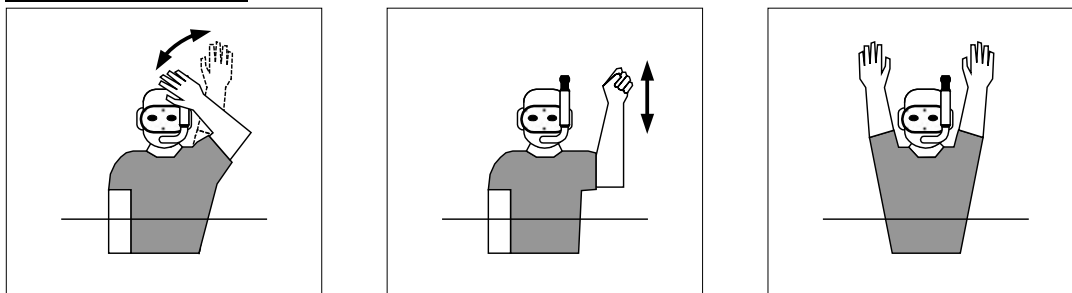
**13.1.9 No Goal, or Goal Successfully Defended (Penalty Shot)**



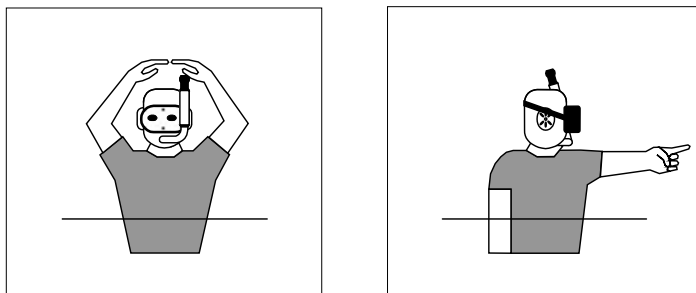
**13.1.10 Penalty Shot**



**13.1.11 Penalty Goal**



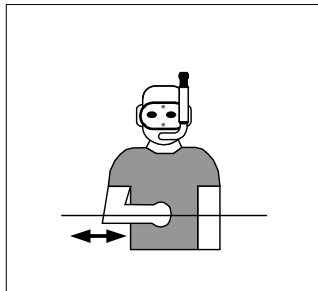
**13.1.12 Team Time-Out**



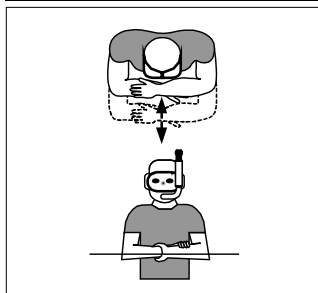


## FIGURE 13D SIGNALS

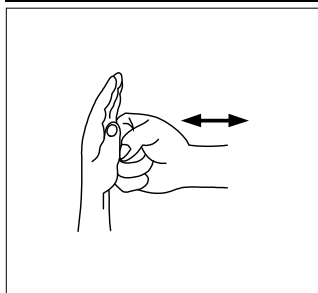
### 13.1.13 Illegal Use of Free Arm



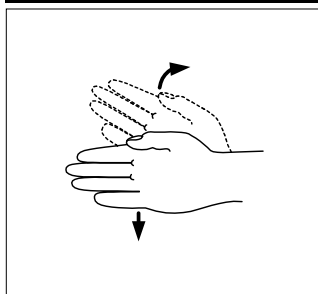
### 13.1.14 Obstruction, Barging, Blocking, Shepherding



### 13.1.15 Advancing the Puck with the Glove, Free Hand, or Body

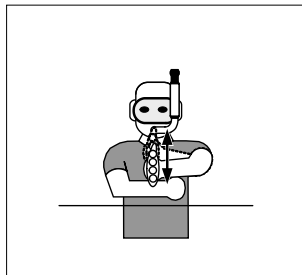


### 13.1.16 Illegally Stopping the Puck

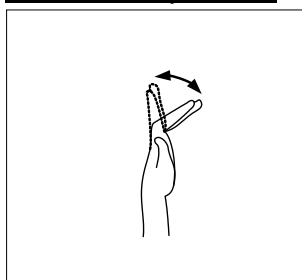


## FIGURE 13E SIGNALS

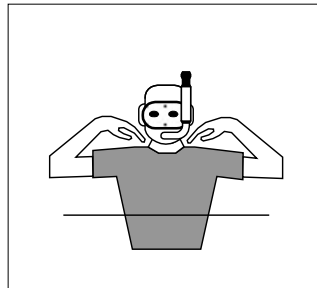
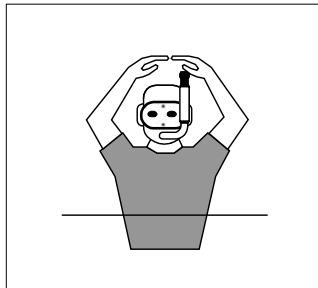
### 13.1.17 Stick Infringement



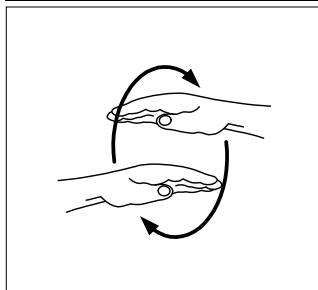
### 13.1.18 Call by Referee



### 13.1.19 Official's Time Out (Time Suspension)

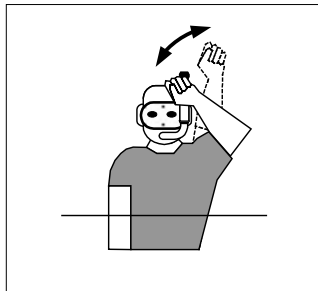


### 13.1.20 Illegal Substitution

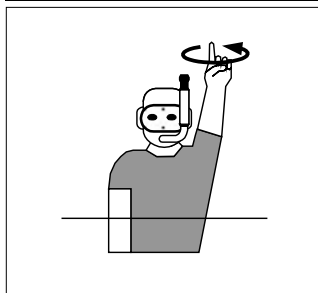


## FIGURE 13F SIGNALS

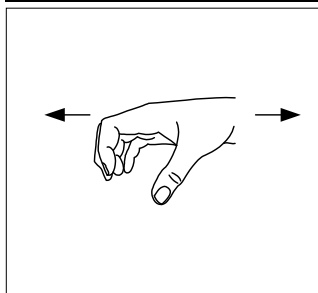
### 13.1.21 Un-Sportsmanlike Conduct



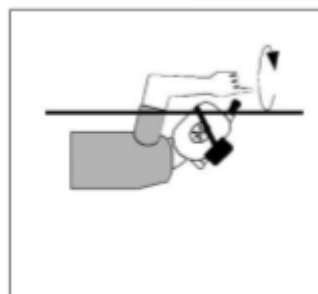
### 13.1.22 Breaking, False Start, or Encroachment



### 13.1.23 Grabbing and/or Pulling on Wall Barriers or Gullies

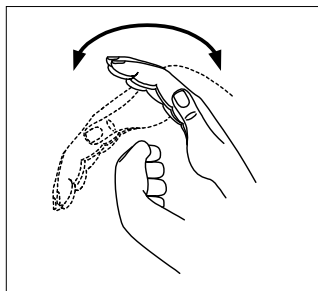


### 13.1.24 Infringement Seen but the Advantage Rule is in Effect

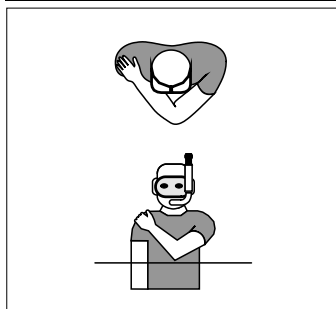


## FIGURE 13G SIGNALS

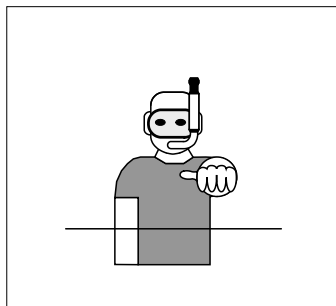
### 13.1.25 Side-Line-Out or Puck Out-of-Bounds



### 13.1.26 Delay of Game Infringement



### 13.1.27 Official Caution/Warning



## 14.0 THE MATCH

### 14.1 Rules of Play

A match is "in play" during the period between the starting and ending of play as indicated by the Chief Referee. A match is "out-of-play" during a time-out called by a team, an Official's time-out, the breaks between timed periods, including between the two timed over-time periods, and the break before the start of sudden death.

- 14.1.1 Only the "playing area of the stick" may be used to move the puck. The "playing area" is that area of the stick not covered by the player's hand when the stick is gripped in a natural manner excluding any part of the stick, which extends past the protected little finger.
- 14.1.2 A player is only said to be "in possession" whilst the playing area of the player's stick remains in physical contact with the puck, and the stick remains grasped in the player's playing hand.
- 14.1.3 The puck must not be lifted up or carried in any direction whilst balanced on the stick; and should a puck be lifted accidentally onto a stick, it must be dropped off the stick immediately.
- 14.1.4 The stick may be held in either the right or left hand; changing playing hands is allowed.
- 14.1.5 A player may have two hands on the stick when not in possession of the puck (e.g. trying to achieve a streamlined position when sprinting toward a puck at the Centre Point of the playing area or trying to retrieve a dropped stick).
- 14.1.6 The free hand may not be used to support the stick, stick hand, or arm whilst in possession of the puck.
- 14.1.7 Whilst a match is in play, the puck may be pushed or passed in any direction anywhere within the playing area by the player in possession. See *Rule 16.2* for exception: Delay of Game.
- 14.1.8 At no time may a player handle the puck with either the free or playing hand. Should the puck accidentally touch the back of the playing hand, this will not be considered handling the puck unless used deliberately to advance the puck.
- 14.1.9 The puck, while being propelled by the stick, may rest against the index finger when the hand is in its natural position of holding the stick.
- 14.1.10 When players are swimming on the surface, over-arm strokes are permitted only when other players are not in danger of being struck.
- 14.1.11 During the match, the four substitutes must be in their team substitution area.
- 14.1.12 Methods of substitution are defined in *Rule Section 15.2*.

### 14.2 Duration of Play

- 14.2.1 An International Match shall last thirty-three (33) minutes. The match is divided into two fifteen (15) minute periods with a three (3) minute break between.
  - 14.2.1.1 At the end of the second fifteen (15) minute period, the team having scored more goals during the two playing periods of the match shall be declared the winner of the match. If both teams have scored the same number of goals, the match ends in a draw. See *Rule 14.2.4* for additional information regarding matches that end in draw.
- 14.2.2 During the three (3) minute break the teams shall change ends.
- 14.2.3 Once started, timed play is continuous until the last two (2) minutes of a match and can only be stopped by the Chief Referee in the event of a serious injury, the need to confer with the other Referees, or other special circumstance. For Referee Time-Outs, timed play restarts at the signal to restart play from the Chief Referee. If a goal or penalty goal is awarded as a result of the Referees conferring, timed play restarts from when the Chief Referee announces this decision.
  - 14.2.3.1 During the last two (2) minutes of a match, or the last two (2) minutes of the second overtime period (*Rule 14.2.4*), or the sudden death period (*Rule 14.2.5*), the match clock will be stopped during all breaks in play excepting a goal.
  - 14.2.3.2 In case of a stoppage in play prior to the last two (2) minutes of timed play, should the clock count down to a point where two minutes remaining time is displayed during this stoppage, the clock must be stopped at this time. The clock will be restarted on the Chief Referees sound signal to recommence play.

- 14.2.4 Should it be necessary to have a winning team from a match which ends in a draw, an extra eleven (11) minutes will be played with a three (3) minute break between the match end and start of overtime.
- 14.2.4.1 An overtime period shall consist of two five (5) minute periods. Teams will start from the same end as they started the match.
- 14.2.4.2 When the first five (5) minute period ends, both teams shall immediately change ends. The break between these periods is one (1) minute.
- 14.2.4.3 An overtime period is part of the same match. Therefore, only the same declared players at the start of match are eligible to participate in the overtime period(s).
- 14.2.5 At the end of the ten (10) minutes of additional play, the team that has scored more goals during the two overtime periods (and therefore more cumulative goals in the entire match) shall be declared the winner of the match. If after the ten (10) minutes of additional play the match remains in a draw, there shall be a one (1) minute break with no change of ends, after which the match will continue until a goal is scored. The first team to score a goal shall be declared the winner of the match.
- 14.2.6 Time-out Period:  
At all competitions, one time-out period per team per half can be called when play has already been stopped by the Chief Referee, except where a penalty shot is awarded and has not been concluded. The time out commences once signalled by the Chief Referee. Either a Team Captain or Coach can call the time-out.
- 14.2.6.1 To request a time-out period, the Captain or Coach will verbally attract the attention of either the Water Referee or the Chief Referee and request a time-out visually by raising both arms above the head in the form of a large letter "O". The captain/coach may also call out "time out". The Chief Referee will acknowledge the request by repeating the signal and stopping the clock. The Water Referees will also mimic the Chief Referee's time-out signal.
- 14.2.6.2 Each time-out period will be of one (1) minute duration. At forty-five (45) seconds, the Chief Referee will give an audible fifteen (15) second warning. At the end of the one (1) minute period, the Chief Referee shall signal play to restart, unless a further time-out is requested.
- 14.2.6.3 Time-out is only allowed in the two normal fifteen (15) minute periods. No time-out may be called in either five (5) minute periods of overtime or sudden death time.
- 14.2.6.4 During a time-out period, substitutes, any penalized players (except player(s) dismissed from the match) and the coaches may join their teammates in the playing area. At the end of the time-out period the penalized players must have returned to the penalty box, and the coaches must have left the playing-area. Note: See rule 16.3.4 regarding more than 6 players in the water whilst the match is in play and 16.1.1.
- 14.2.6.5 A team can request their own time-out to directly follow the other team's time-out or a Referee time-out, without play resuming. This is provided it is clearly indicated by the team captain or Coach and acknowledged by the Chief Referee before the end of the initial time-out.

## 15.0 MATCH DETAILS

### 15.1 Starting Play

- 15.1.1 At the beginning of a match, after half-time, after a goal is scored, or after a Penalty Shot has been played, the starting positions of the players of each team are in the water alongside their respective end-lines, with each player having at least one hand in contact with the end-line. This hand must be visible to the Officials.
- 15.1.2 Substitutes from each team shall be in the team's designated substitution area; and any penalised players shall be in the designated penalty box (see rule 17.3.1.2).
- 15.1.3 From the moment the Chief Referee gives the signal for play to start until the moment the puck becomes "in possession", all players, including the substitutes, who enter the match must start play as per rule 15.1.1. After the puck becomes 'in possession,' players entering the match from their substitution area may enter directly into play and shall enter the water by the rule governing the substitution method in use: deck, in-water, or end-line.
- 15.1.4 Starting positions of the match Officials are:
- 15.1.4.1 The Chief Referee shall be on the poolside approximately in the centre of the sideline.
- 15.1.4.2 One Water Referee shall be in the water along the centre of the side-line on the same side of the playing area as the Chief Referee, and the other two water Referees will be near the 5 and 2 metre intersecting lines closest to the goal they are watching the start of play. These two Water Referees shall be on the opposite side of the playing area as the Chief Referee.
- 15.1.5 An audible warning signal will be given thirty (30) seconds before each timed period (first period, second period, first over-time period and second over-time period) and before the start of sudden-death over-time. Thirty (30) seconds after the audible warning the audible signal to commence play will be given.
- 15.1.6 The Chief Referee will re-start play when the scoring team is ready or thirty (30) seconds after a goal has been scored, whichever occurs sooner. No thirty (30) second warning shall be given.
- 15.1.6.1 Should play be re-started for any reason before all players have reached their starting end of the playing area, they must do so before re-entering play. The hand touching the end wall must be visible to the Chief Referee.
- 15.1.7 Should play be stopped because of a rule infringement, an accident, or an injury, it shall be re-started by the Chief Referee.
- 15.1.8 The signal to start play commences on the first emitted sound from the sound system used for the match.

### 15.2 Substitution

Three (3) methods of substituting players may be used during tournaments: deck side-substitution, in-water side-substitution, and end line substitution. Only one method can be chosen for any one tournament.

Substituting player(s) may not enter the match until the existing player(s) clear the playing area as determined in *Rules 15.2.1.7, 15.2.2.5 and 15.2.3.5 EXCEPTING* after a goal.

- In the time period after a goal, 'free subbing' is allowed wherein all players may enter and exit the playing area without concern for the number of players in the playing area.
- Once play has recommenced, no more than 6 players from each team may be in the playing area.

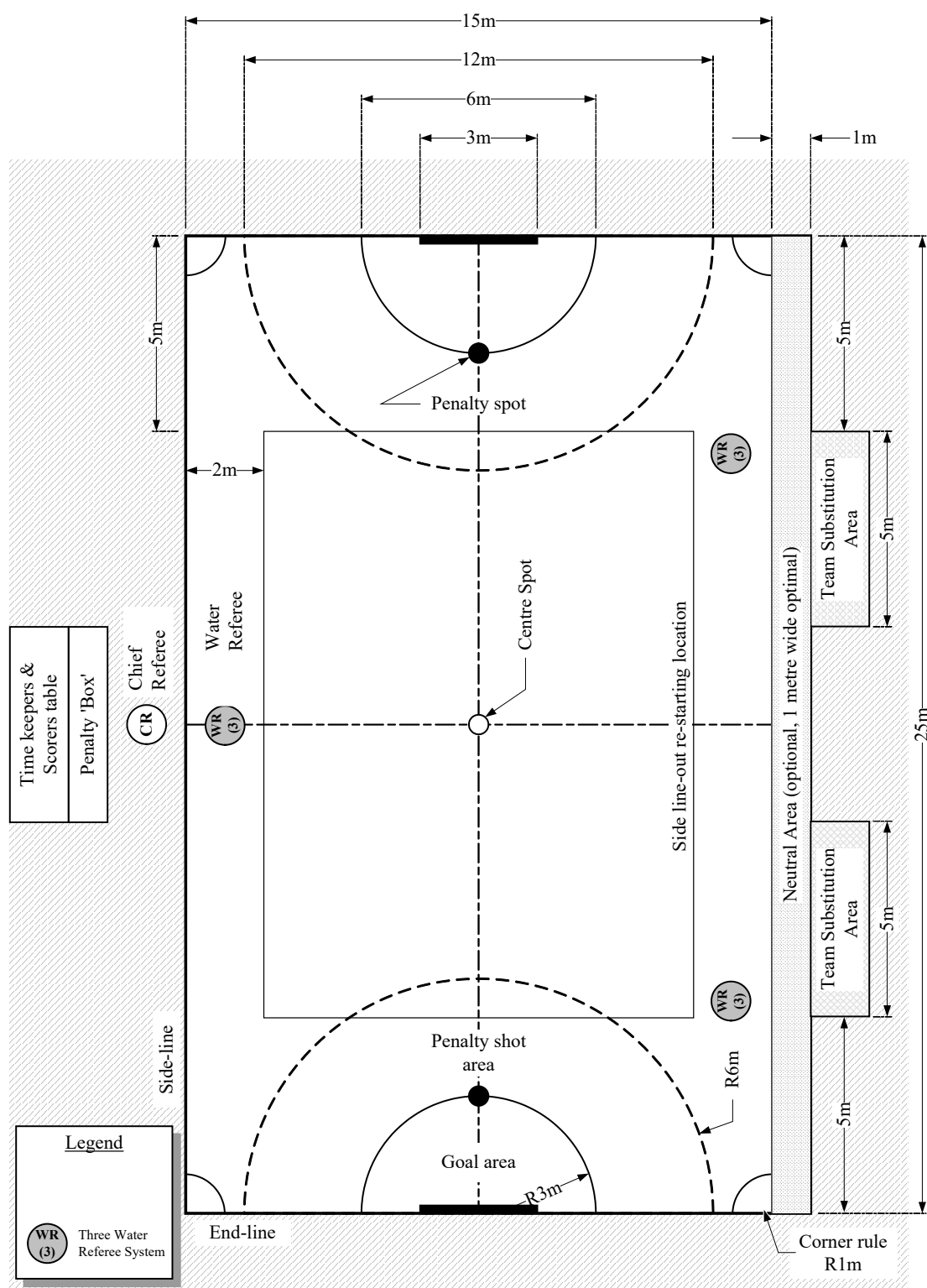
See rule 16.3.4 and 16.1

#### 15.2.1 Deck side-substitution (see Figure 15A)

- 15.2.1.1 Both team substitution areas must be on the same side of the playing area, marked on the pool deck, and visible from both above and below water surface. The preferred placement of the team substitution areas is along the sideline opposite that of the Chief Referee and Timekeeper(s)/Scorer(s) so substitution can be easily observed.
- 15.2.1.2 The team substitution areas must be visible from the playing area and from beneath the water surface.
- 15.2.1.3 The sideline of the playing area, be it a barrier or pool wall, must be immediately adjacent to the team substitution areas. There may be a neutral area between the playing area and the team substitution areas. A one metre-wide neutral area is optimal.

- 15.2.1.4 Variations in pool configurations require flexibility. Changes may be necessary to the rules for substitution. These changes are at the discretion of the Tournament Director.
- 15.2.1.5 Each team's substitution areas will be the 5-metre area between 5 metres and 10 metres away from the end-line containing the goal that the team is defending.
- 15.2.1.6 A player exiting the playing area is deemed to be fully within the team substitution area when he/she has fully cleared the water surface within the bounds of the substitution area.
- 15.2.1.7 The substituting player may not enter the playing area until the exiting player is fully clear of the water. The substituting player is deemed to have left the team substitution area when he/she has made contact with the water in the playing area.
- 15.2.1.8 Substitute players may not sit with his/her leg(s) or fin(s) in the water.
- 15.2.1.9 The substitutes entering play are allowed to jump or dive head-first into play. However, for safety reasons, jumping or diving is prohibited when players or Water Referees are within 3 metres of the point of fall. Within 3 metres, the substitute must slide into the water. Time penalties will be assessed for infringing this rule. No cautions shall be given. This rule applies at all moments between the beginning and the end of a match.
- 15.2.1.10 When substitutes enter the playing area after a goal is scored or following the playing of a penalty shot, they must touch their end-line before re-entering play, unless play has restarted, and the puck is 'in possession'.
- 15.2.1.11 The four substitutes may be used while a match is underway, i.e., substituting on-the-fly, or at any natural break in the play, e.g., puck out-of-bounds, penalty, goal, half-time, or time-out period.
- 15.2.1.12 One, two, three, or four players may be substituted at a time.
- 15.2.1.13 Infringing substitute(s) (i.e. the player entering the playing area) will incur a one (1) or two (2) minute penalty (*Table 17.7.1*). That team will play without players equal to the number of infringing substitutes.
- 15.2.1.14 When the Chief Referee cannot identify the infringing player, they will advise the captain of the infringing team to designate the infringing player. The captain or vice-captain has 5 seconds to do so. If the captain or vice-captain should fail to designate any team member within this period, the captain will be sent to the penalty box to serve the penalty.
- 15.2.1.15 Referees will not wait for substitutes to return to their playing positions, i.e. advantage puck.
- 15.2.1.16 Players who have left the water to allow a substitute to enter the water now become substitutes themselves and must wait in their team substitution area until required.



**FIGURE 15A PLAYING AREA LAYOUT: DECK SIDE-SUBSTITUTION**


**15.2.2 In-water side-substitution (see Figure 15B)**

- 15.2.2.1 Both team substitution areas must be marked on the same side of the playing area. The preferred placement of the team substitution areas is the sideline opposite that of the Chief Referee and Timekeeper(s)/Scorer(s) so substitution can be easily observed.
- 15.2.2.2 Preferably, the sideline should not be immediately adjacent to the substitution area. A one-metre wide transit zone is optimal between the team substitution area and the playing area.
- 15.2.2.3 Each team's substitution areas will be located along the sideline in the 5 metre long area between 5m and 10m away from the end line containing the goal that the team is defending.
  - 15.2.2.3.1 A taut floating rope will mark the edge of the team substitution area. There will be no floating rope above the side line.
  - 15.2.2.3.2 Players may not hang on the floating ropes delineating the team substitution areas.
  - 15.2.2.3.3 It is forbidden for players to move any floating lines to gain an advantage. Doing so will result in a 2 minute unsportsmanlike penalty. There is no caution given.
- 15.2.2.4 A player exiting the playing area is deemed to be fully within the team substitution area when his/her snorkel breaks the water surface within the substitution area.
- 15.2.2.5 The substituting player may not enter the playing area until the exiting player's snorkel breaks the surface of the water in the substitution area. The substituting player is deemed to have left the team substitution area when his/her snorkel submerges beneath the water surface in the team substitution area.
- 15.2.2.6 When substitutes enter the playing area after a goal is scored or following the playing of a penalty shot, they must touch their end line before re-entering play unless play has restarted and the puck is 'in possession'.
- 15.2.2.7 The four substitutes may be used while a match is underway, i.e., substituting on-the-fly, or at any natural break in the play, e.g., puck out-of-bounds, penalty, goal, half-time or time-out period.
- 15.2.2.8 One, two, three, or four players may be substituted at a time.
- 15.2.2.9 Infringing substitute(s) will incur a one (1) or two (2) minute penalty. That team will play without players equal to the number of infringing substitutes.
- 15.2.2.10 When the Chief Referee cannot identify the infringing player, they will advise the captain of the infringing team to designate the infringing player. The captain or vice-captain has 5 seconds to do so. If the captain or vice-captain should fail to designate any team member within this period, the captain will be sent to the penalty box to serve the penalty.
- 15.2.2.11 Referees will not wait for infringing team substitutes to find their playing positions during an advantage puck.
- 15.2.2.12 Players who have left the water to allow a substitute to enter the water become substitutes and must wait in their team substitution area until required.

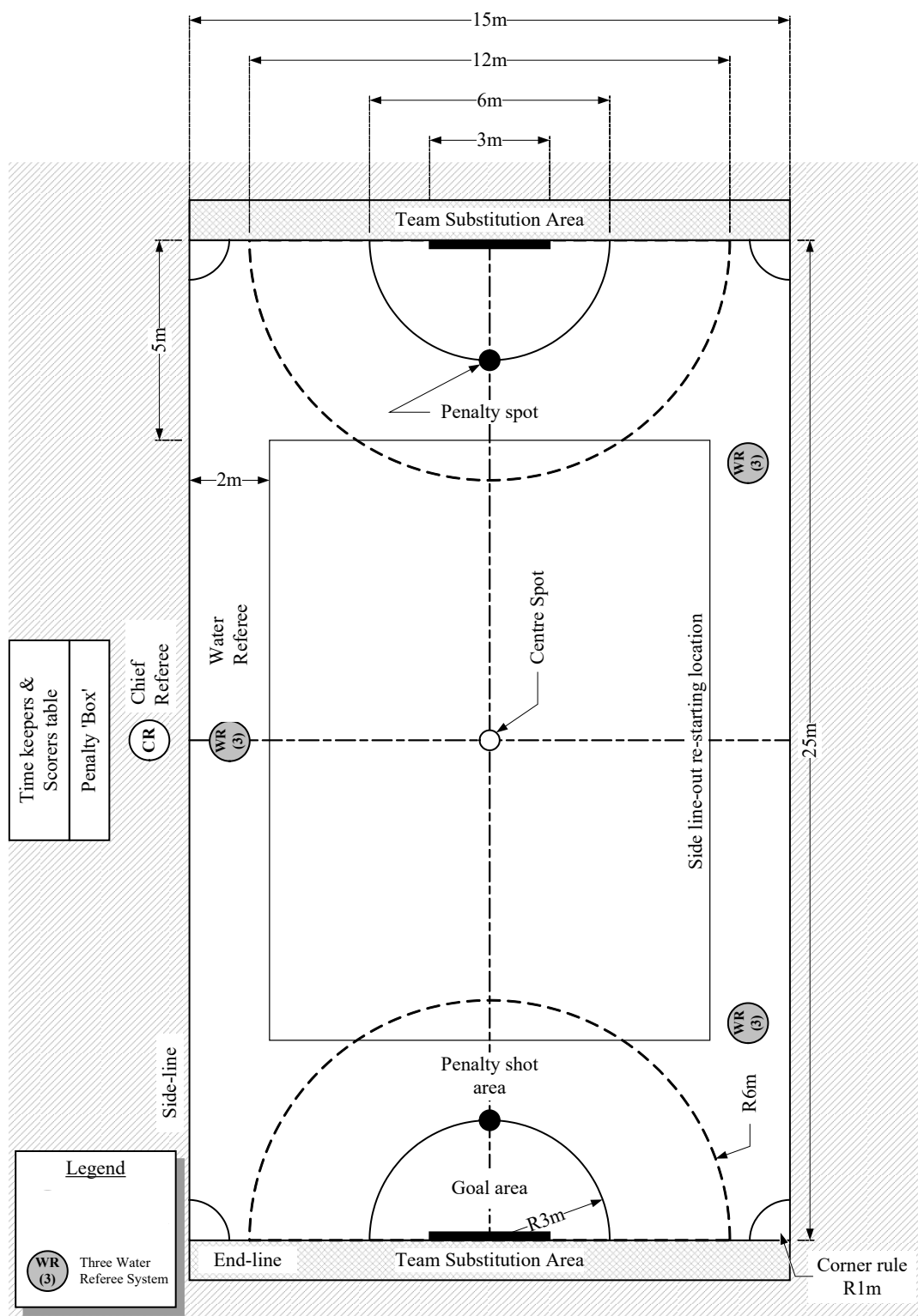
The diagram illustrates the layout of a pool for water polo, with dimensions in meters (m). The pool is 15m wide and 25m long. Key areas and dimensions include:

- Pool Deck Edge:** The top edge of the pool deck is 15m wide.
- End-line:** The bottom edge of the pool is 25m long.
- Goal area:** A semi-circular area at the bottom center with a radius of 3m (R3m).
- Penalty shot area:** A semi-circular area at the bottom center with a radius of 6m (R6m).
- Centre Spot:** A small circle in the center of the pool.
- Penalty spot:** A small circle at the top center of the pool.
- Water Referee:** A position marked with a circle labeled 'WR (3)' on the left side.
- Chief Referee:** A position marked with a circle labeled 'CR' on the left side.
- Side-line:** The left and right edges of the pool.
- Side line-out re-starting location:** A position marked with a circle labeled 'WR (3)' on the right side.
- Neutral Area (optional, 1 metre wide optimal):** A narrow strip along the right edge of the pool.
- Team Substitution Area:** Two rectangular areas, each 5m wide, located on the right side of the pool.
- Corner rule R1m:** A 1m wide area at the bottom right corner.

**15.2.3 End-line substitution (see Figure 15C)**

- 15.2.3.1 This is the least desirable form of substitution for a tournament and will ONLY be used when side-substitution cannot be used. This form may NEVER be used for a CMAS World Championship/CMAS Games.
- 15.2.3.2 The end line of the team substitution areas must be immediately adjacent to the playing area. There may not be a neutral area between the playing area and team substitution areas.
- 15.2.3.3 The team substitution area is located behind the end line containing the goal the team is defending
- 15.2.3.4 A player exiting the playing area is deemed to be fully within the team substitution area when he/she has fully cleared the water surface within the bounds of the substitution area.
- 15.2.3.5 The substituting player may not enter the playing area until the exiting player is fully clear of the water. The substituting player is deemed to have left the team substitution area when he/she has made contact with the water in the playing area.
- 15.2.3.6 Substitute players may not sit with his/her leg(s) or fin(s) in the water.
- 15.2.3.7 The four substitutes may be used while a match is underway, i.e., substituting on-the-fly, or at any natural break in the play, e.g., puck out-of-bounds, penalty, goal, half-time or time-out period.
- 15.2.3.8 One, two, three, or four players may be substituted at a time.
- 15.2.3.9 Infringing substitute(s) will incur a one (1) or two (2) minute penalty (*Table 17.6.6.1*). That team will play without players equal to the number of infringing substitutes.
- 15.2.3.10 When the Chief Referee cannot identify the infringing player, they will advise the captain of the infringing team to designate the infringing player. The captain or vice-captain has 5 seconds to do so. If the captain or vice-captain should fail to designate any team member within this period, the captain will be sent to the penalty box to serve the penalty.
- 15.2.3.11 Referees will not wait for infringing team substitutes to find their playing positions during an advantage puck.
- 15.2.3.12 Players who have left the water to allow a substitute to enter the water now become substitutes themselves and must wait on the poolside at their own team's end until required.

**FIGURE 15C** **PLAYING AREA LAYOUT,**  
**END-LINE SUBSTITUTION**



**15.3 Stopping Play**

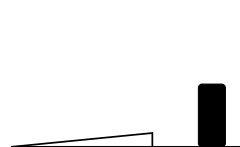
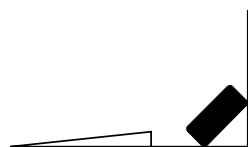
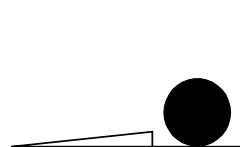
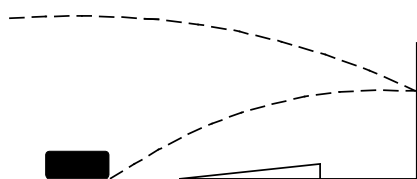
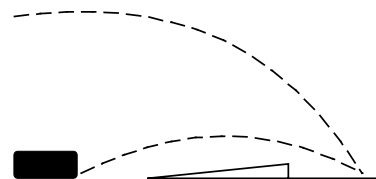
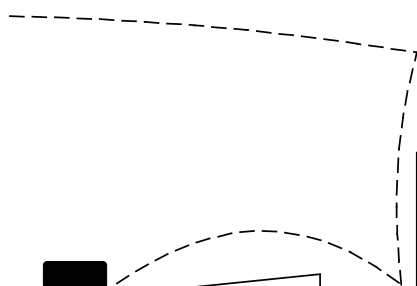
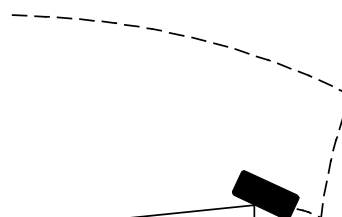
- 15.3.1 The signal to stop timed play is given by the Chief Referee upon an indication by the Timekeeper that the time period has been completed.
- 15.3.2 Play is also stopped by the Chief Referee:
- 15.3.2.1 When a goal is scored.
  - 15.3.2.2 When an infringement of the rules is committed.
  - 15.3.2.3 When an accident or injury occurs.
  - 15.3.2.4 When there is a need to confer with the Water Referees
  - 15.3.2.5 When there are special circumstances in which the Chief Referee deems stoppage of play is appropriate.
  - 15.3.2.6 When a Penalty Shot is awarded.
- 15.3.3 The clock is not stopped unless otherwise indicated by the Chief Referee.
- 15.3.4 The signal to stop play commences on the first emitted sound from the sound system used for the match

**15.4 Scoring Procedure (see Figures 15D and 15E)**

- 15.4.1 A goal is scored only when the entire puck has wholly entered the goal volume and makes contact with either the back and/or bottom of the frame, having been propelled by or off a stick. Should the puck enter the goal volume propelled by anything other than the stick, it shall be disallowed and the appropriate action for a rule infringement taken.
- 15.4.2 The goal volume is the volume whose width is; 120mm from the end-line of the playing area to the front edge of the trough, 180mm high by 3m long, along the length of the goal trough.
- 15.4.3 Illustrations of scoring situations in which the puck has wholly entered a goal volume and touched either the back of the goal or the bottom of the goal trough are contained in the eight (8) diagrams identified as “A” through “H” in Figure 15D. Illustrations of no-scoring situations are found in Figure 15E. Diagrams “I” through “L” are examples of a puck, which has not wholly entered a goal volume. In diagrams “M” and “N”, although the puck has fully entered the goal volume it has neither touched the back of the goal or bottom of the goal trough.

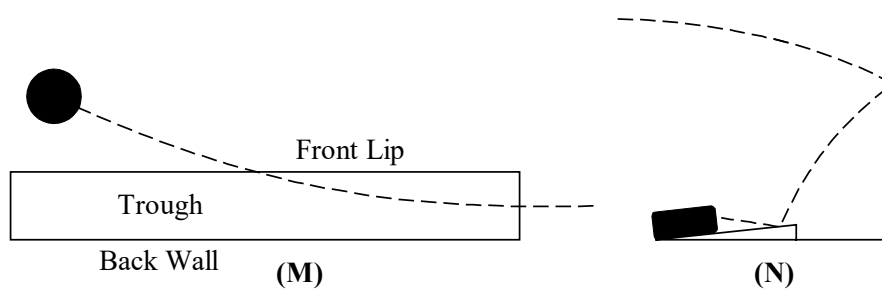
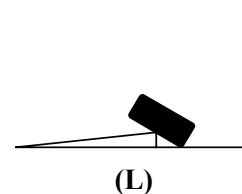
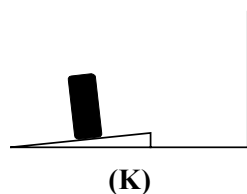
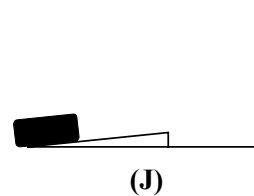
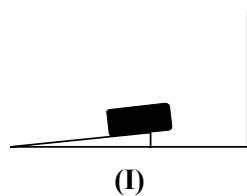
**FIGURE 15D** **SCORING ASSESSMENT: SUCCESSFUL**

## GOAL

**(A)****(B)****(C)****(D)****(E)****(F)****(G)****(H)**

**FIGURE 15E SCORING ASSESSMENT: UNSUCCESSFUL**

## NO-GOAL





## **16.0 FOUL PLAY**

### **16.1 Advantage Rule**

- 16.1.1 At any time during play, if a Referee observes an infringement but decides that stopping the game may be detrimental to the infringed team, play will be allowed to continue with an advantage. Advantage will be played until the referee considers that the infringed team has reached an equivalent playing situation to what they would have had, if the infringement had not occurred.
- 16.1.2 When the advantage rule is being played and the advantage is lost, the Referee may award a delayed penalty at the location of the observed infringement.
- 16.1.3 When a major infringement is observed and the advantage rule is played, the Referee may send the infringing player/s to the penalty box for an appropriate time penalty (see 17.3.1) at the next stop in play. Play should restart according to that stop in play, and not at the location of the delayed penalty.

### **16.2 Delay of Game**

- 16.2.1 Play that is meant to delay or stall or has the effect of delaying or stalling the game may be considered foul play.
- 16.2.1.1 The marked arc belongs to the corner, and once the puck makes contact with the arc the corner rule is invoked.
- 16.2.2 The "corner" is defined as that part of the playing area bounded by the side and end walls (or side and end lines) and a circular arc of 1-metre radius whose centre is at the intersection (or projected intersection in the case of a curved corner) of the side and end walls (or side and end lines). There are four such 'corners' in a single playing area, and a delay of game penalty (see Rule 16.2.2.1) may be incurred by either team in any of these four corners
- 16.2.2.1 If two members of the same team hold the puck in a corner in succession with neither player making an obvious attempt to manoeuvre the puck out of the corner **OR** a player from the opposing team taking possession of the puck, the Referee will stop play and award an advantage puck to the non-offending team. The offending team shall receive a caution (1st infringement) and for all subsequent infringements the second player to hold the puck in the corner shall have a 1-minute time penalty awarded against them.
- 16.2.3 If a player flicks the puck out of bounds, the Referee will stop play and award an advantage puck to the non-offending team. The offending team shall receive a caution (1st infringement) and the offending player shall have a 1-minute time penalty awarded against them (2nd and subsequent infringements).
- If the stick or body of an opponent deflects a puck after it has been flicked and then goes out of bounds, this will not be considered a delay of game infringement.
- If a puck is deflected by the stick or body of a teammate after it has been flicked, and then goes out of bounds, this will not be considered a delay of game infringement unless, in the opinion of the referee, the deflection was an intentional manoeuvre to stall or delay the game.
- In the case of such an intentional deflection, if the offending team has already received a team caution for the offense, the player who deflected the puck out of bounds shall have a 1-minute time penalty awarded against them, while the player who flicked the puck shall not receive a penalty.
- If one or more players from the offending team are serving penalty time at the time the puck is deflected out of bounds, the referee may be permitted to assume that the out of bounds deflection was an intentional delay-of-game manoeuvre.

### **16.3 Infringements**

Players may be penalised for the following rule infringements:

- 16.3.1 Starting play incorrectly according to these rules.
- 16.3.2 Standing on or pushing-off the playing area in a manner that interferes with match play.
- 16.3.3 Delay of Game infractions.
- 16.3.4 Having more than six (6) players in the water whilst the match is in play or allowing a substitute to enter the water to replace a player sent out of the water for a time penalty, or one who has been dismissed for the rest of the

match, **EXCEPTING** after a goal, when 'free subbing' is allowed as detailed at *Rule 15.2*.

- 16.3.5 Advancing or attempting to play the puck with anything other than the playing area of the stick.
- 16.3.6 Handling the puck with the free or playing hand, including guiding or trapping the puck with an outstretched finger, thumb, or part of the hand.
  - 16.3.6.1 If the puck accidentally touches the back of the playing hand, this will not be considered handling the puck unless used deliberately to propel the puck.
- 16.3.7 Lifting or carrying the puck balanced on a stick.
- 16.3.8 Obstructing an opponent in any way whilst not in possession of the puck.
- 16.3.9 Behaving in any way or displaying conduct that in the opinion of the Officials can be considered contrary to the sportsmanlike conduct of the match.
- 16.3.10 Stopping or attempting to stop a goal being scored with anything other than the playing area of the stick.
- 16.3.11 Covering or obstructing the puck with any part of the body or equipment, while not in possession of the puck, to prevent access to the puck by other players.
- 16.3.12 Attempting to gain possession of the puck by use of obstruction.
  - 16.3.12.1 Using any form of 'active' obstruction to prevent an opponent from gaining access to the puck, even when the infringing player is in possession of the puck; e.g. by using a 'locked' free-arm to keep another player away from the puck, or by pulling the puck back behind the body whilst advancing forward and using the body to 'push' another player out of the way when they are attempting to gain access to the puck. Note: Curling whilst in possession of the puck, or simply pulling the puck back under the body when an individual is stationary is not deemed to be obstruction so long as the puck remains on a player's stick.
- 16.3.13 Using hands, arms, or body in any way to grasp, pull, or push an opponent or his/her stick.
- 16.3.14 Removing or attempting to remove an opponent's equipment.
- 16.3.15 Insulting, by word or gesture, other players or the Officials.
- 16.3.16 Refusing to accept any decisions made by the Officials.
- 16.3.17 Physically attacking or deliberately hurting an opponent or striking or attempting to strike an opponent with any part of the body or equipment. This includes any action taken in retaliation.
- 16.3.18 Grabbing or holding the barrier or the goal to gain an advantage.
- 16.3.19 Free arm violation.
- 16.3.20 Removing the puck from the goal.
- 16.3.21 Dangerous play.
- 16.3.22 Leaving the penalty box incorrectly according to 17.3.1.2.2 (sliding into water from the Penalty Box).
- 16.3.23 Use of the stick, other than to play the puck legally.
- 16.3.24 Flicking the puck out of bounds

## **17.0 PENALTIES.**

### **17.1 Action by Officials**

- 17.1.1 Should any infringement of the Rules occur, play shall be stopped by the Chief Referee. Play is stopped when the Chief Referee sees the Water Referee's stop play signal or if the Chief Referee observes the infringement from his/her position.
- 17.1.1.1 Depending on the severity of the infringement, the Referees have the following courses of action open to them for penalizing infringing players. They may:
- 17.1.1.1.1 Caution the infringing player/s (*see Rule 17.2*).
- 17.1.1.1.2 Dismiss the infringing player/s from the water for time penalties of one, two or five minutes (*see Rule 17.3*).
- 17.1.1.1.3 Dismiss the infringing player/s from the water for the rest of the match (*see Rule 17.4*).
- 17.1.1.2 In addition to penalizing the infringing player/s, or as an alternative, the Referees also have the following courses of action for penalizing an infringing team. They may:
- 17.1.1.2.1 Award an EQUAL PUCK, with neither team being awarded the advantage (*see Rule 17.5*).
- 17.1.1.2.2 Award an ADVANTAGE PUCK to the infringed team (*see Rule 17.6*).
- 17.1.1.2.3 Award a PENALTY SHOT if the infringement is committed within the 3-metre goal area (*see Rule 17.8*).
- 17.1.1.2.4 Award a PENALTY GOAL to the infringed team (*see Rule 17.9*).
- 17.1.1.3 Should an infringement of the rules be committed by a team's poolside substitutes or coaches, appropriate penalties may be awarded against those individuals by the Referees, i.e., a substitute will be penalized in the same manner as a player. A substitute awarded a penalty must serve it in the penalty area. In addition, the team must remove a player from the water so that the team plays short-handed for the duration of the penalty.

### **17.2 Cautioning**

- 17.2.1 For minor or accidental infringements, or any other reason deemed necessary by the Referees, once play has stopped, the Referees may verbally caution the infringing player/s or team/s concerned.
- 17.2.2 Once the infringing player/s or team/s have been cautioned, the Referees will indicate whether play is to be re-started with an equal puck or an advantage puck.
- 17.2.3 In the event that a player or team is cautioned for having left the end-line before the signal to start play was given, the puck will remain at the centre and play will be re-started according to *Rule 17.6*.

### **17.3 Time Penalty**

- 17.3.1 For major infringements or collective minor infringements, after stopping play, the Referee will send the infringing player/s to the penalty box to serve either a one (1), two (2) minute or five (5) minute time penalty.
- 17.3.1.1 A time penalty is indicated by the Referee who stopped play, pointing to the infringing player/s and then towards the penalty box, holding up 1, 2, or 5 fingers on the non-pointing hand to indicate the actual length of the time penalty to be served.
- 17.3.1.1.1 The actual time penalty period does not start until the infringing player/s is (are) in the penalty box and the game is restarted by the Chief Referee as described in rules 15.1, or 15.2, or 15.3, or 17.5 or 17.6. The penalty box is situated adjacent to the Timekeeper's table.
- 17.3.1.1.2 Players serving time penalties may not be replaced by substitutes.
- 17.3.1.1.3 During a time-out or the time between periods of play (half-time and timed-intervals between over-time periods), any penalised players (except those dismissed from the match) may join their teams in the water.
- 17.3.1.2 The timing of time-penalized players is the responsibility of the Timekeeper.
- 17.3.1.2.1 Before re-entering the water at the centre-line, time-penalised player/s must await a signal that indicates expiry of the time penalty. The Chief Referee or his/her designate must give this signal to the player.

- 17.3.1.2.2 A time-penalised player shall re-enter the play by gently sliding feet first from a sitting position into the water at the centre line. Illegal entry will incur a 1-minute penalty.
- 17.3.1.2.3 If the time penalty is concluded whilst the play is stopped, the time-penalised player/s may not enter the water until either team touches the puck.
- 17.3.1.3 Once the infringing player/s has (have) been signaled to leave the water, the Referee who stopped play, will indicate whether play is to be re-started with an equal puck, an advantage puck, or a penalty shot.

#### **17.4 Total Dismissal**

- 17.4.1 Once play has been stopped for deliberate major infringement(s) or repeated un-sportsmanlike conduct, the Referee will dismiss the infringing player/s from the water for the remainder of the match including any overtime periods.
  - 17.4.1.1 A total dismissal is indicated by the Referee who stopped play pointing to the infringing player/s and then towards the penalty box, while moving the other arm in a 90° arc with the palm of the hand facing down and parallel to the water surface.
    - 17.4.1.1.1 Infringing player/s dismissed for the remainder of the match must go to the designated penalty box and remain there until the match is concluded.
    - 17.4.1.1.2 A player dismissed for the remainder of the match may not be replaced by a substitute.
- 17.4.2 Once any infringing player has been signalled to leave the water, the Referee who stopped play will indicate whether play is to be re-started with an equal puck, an advantage puck, or a penalty shot.
- 17.4.3 In the event of a deliberate major infringement or for repeated unsportsmanlike conduct by a team official (manager, assistant manager, coach, trainer, underwater coach, medical official, etc.) play will be stopped and the Referees will dismiss the infringing team official from the poolside for the remainder of the match. This dismissal includes any overtime periods required, so that the team official can no longer disrupt the match nor continue to manage, direct, or exercise influence over the team.
- 17.4.4 In case of a Total Dismissal, the Match Referees must provide a report to the Tournament Jury as soon as possible after the game, and the Tournament Jury shall decide on any further penalties that may be applied to any individual concerned, for the duration of the tournament.

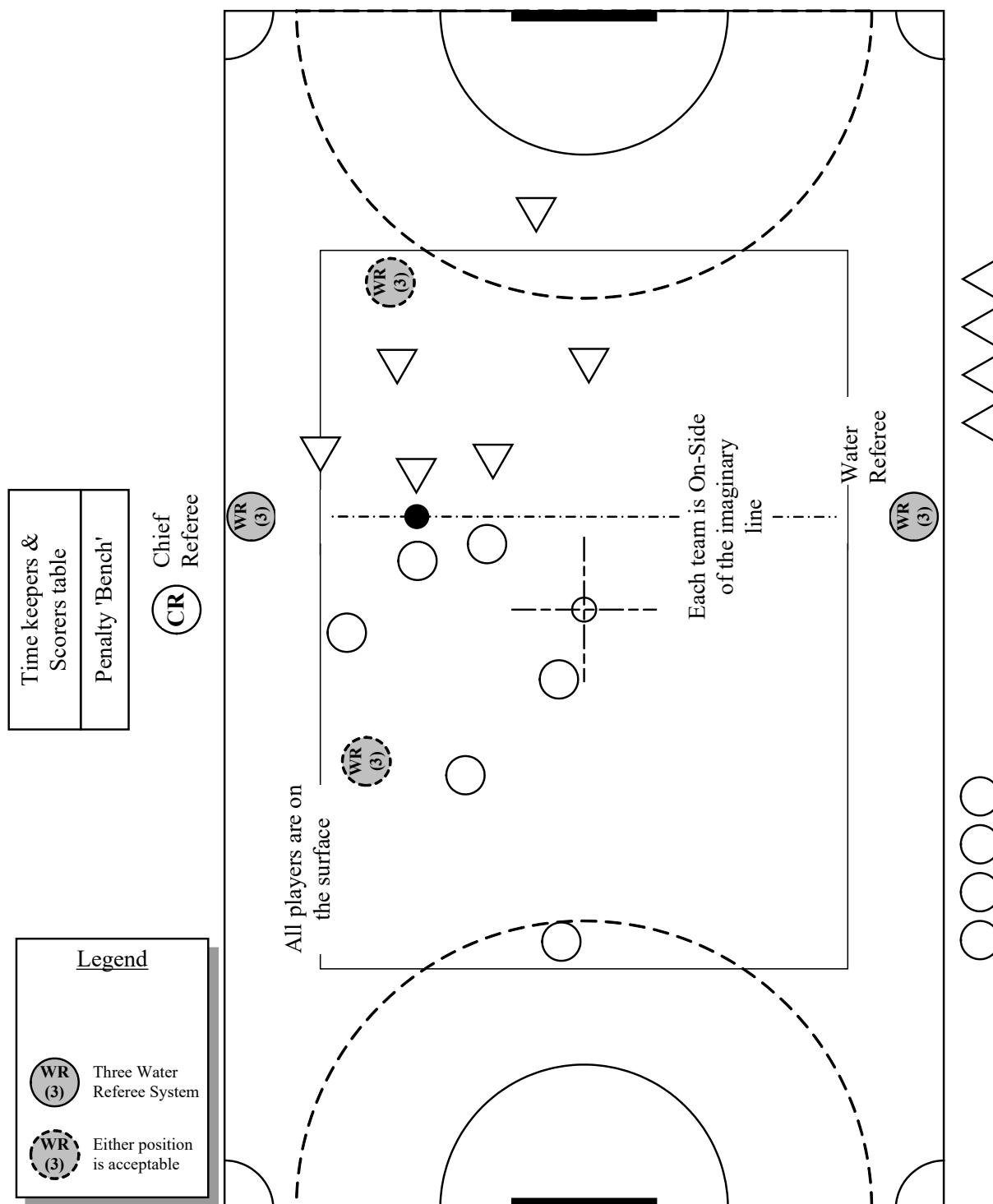
#### **17.5 Equal Puck (see Figure 17A)**

- 17.5.1 For any minor or accidental infringements, or any other reason thought necessary, once play has been stopped, the Referees may award an equal puck, with neither team being given the advantage, either by itself, or in conjunction with Rules 17.2, 17.3, or 17.4.
  - 17.5.1.1 The Referee shall indicate an Equal Puck by crossing both hands above the head with hands clenched into fists.
  - 17.5.1.2 When an equal puck has been awarded, play recommences from the surface as follows.
    - 17.5.1.2.1 The puck shall be placed on the spot where the infringement occurred provided it is never placed within 2m of a side line and/or within 5m of an end line.
    - 17.5.1.2.2 (The) two Water Referees will form an imaginary line across the width of the playing area aligned on the puck, and both teams must be on side of the line with all players on the surface (i.e. with snorkel tips above the water). The players can position themselves anywhere in the playing area between the goal they are defending and the imaginary line.
    - 17.5.1.2.3 When the line marking the puck is established, the Water Referees will indicate to the Chief Referee that play is to be re-commenced by raising one arm straight up in the air with the signal hand open.
    - 17.5.1.2.4 Once the signal to re-commence play is given by the Chief Referee, any or all players may submerge in an effort to take possession of the puck.

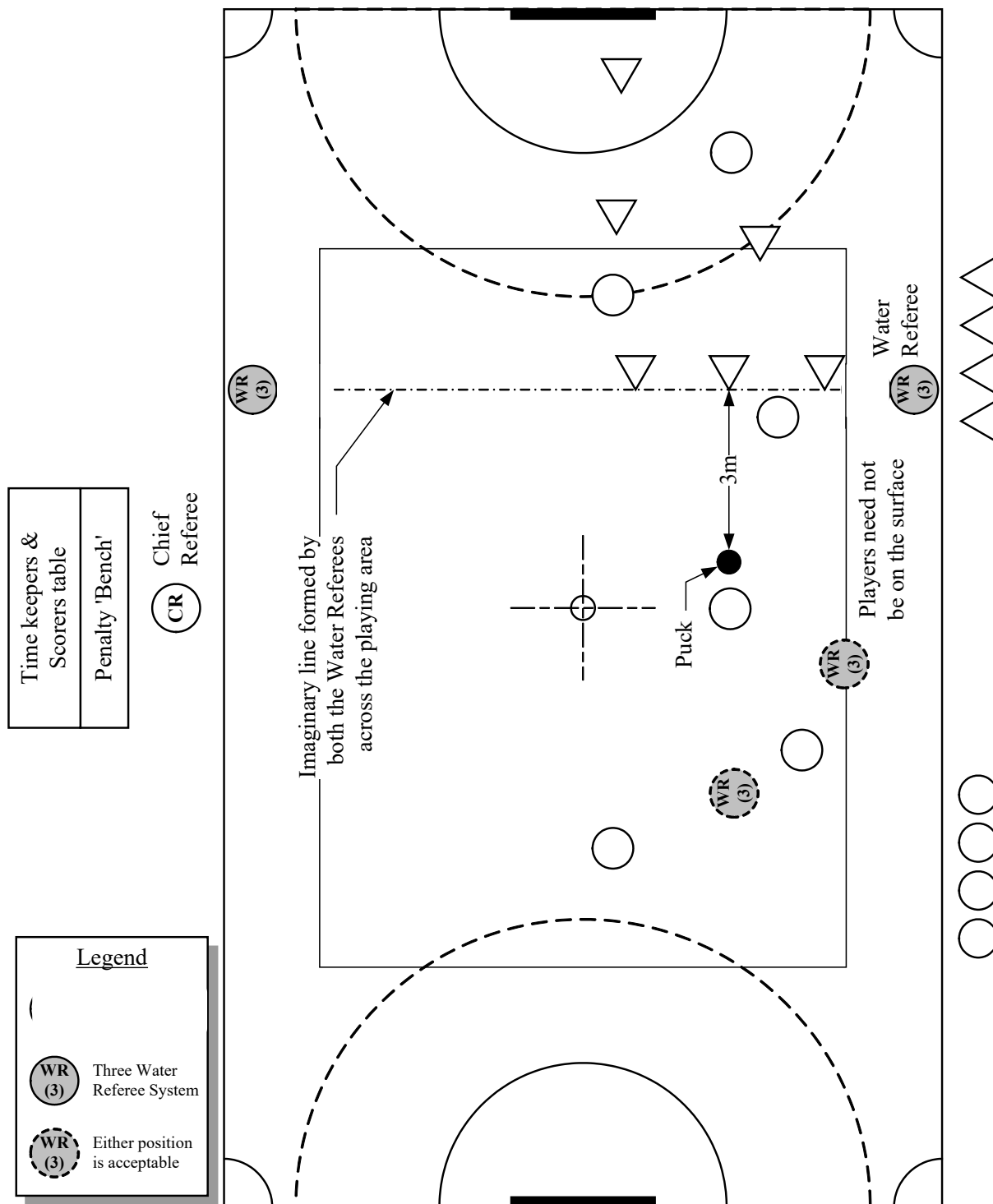
**17.6 Advantage Puck (see Figure 17B)**

- 17.6.1 For any rule infringement(s) in which play is stopped, depending on the severity of the offence(s), the Referees then may caution the offending player/s and/or team, award an advantage puck and/or time penalty against the offending team and player/s, or totally dismiss the offending player/s.
- 17.6.2 To re-start play:
- 17.6.2.1 The puck is placed at the point the infringement occurred, except when the infringement occurred away from the puck, in which case the puck is placed in the position it was when play was stopped. The puck is never placed within 2m of a sideline or within 5m of an end line.
- 17.6.2.2 (The) two Water Referees first align themselves on the puck, then hold up one hand in a “stop” signal with the palm facing the infringing team to indicate an advantage puck; they swim 3m away from the puck towards the infringing team and form an imaginary line across the width of the playing area behind which all players on the infringing team must retreat.
- 17.6.2.2.1 If the infringing team fails to retreat or stay behind the three metre (3 m) line prior to the re-start of play, then as a further penalty, the puck may be advanced an additional three (3) metres towards the infringing team’s goal.
- 17.6.2.3 Players from the infringed team prepare to take possession of the puck by positioning themselves anywhere in the playing area; and,
- 17.6.2.4 When both teams are in position, the Water Referees will indicate to the Chief Referee that play is to be re-commenced by raising one arm straight up in the air with the signal hand open and the other arm and hand indicating the 3 metre line.
- 17.6.3 Once the signal to re-commence play has been given by the Chief Referee, the offended team must take possession within five (5) seconds of the signal being given.
- 17.6.3.1 Should the infringed team fail to take possession of a puck within five (5) seconds of the Chief Referee’s signal to re-commence play, the advantage puck is forfeited. Play is then re-started with an equal puck.
- 17.6.3.2 The infringing team players may submerge but must not advance across the imaginary line until the offended team has taken possession of the puck.

**FIGURE 17A** **EQUAL PUCK**



**FIGURE 17B**



## 17.7 Time Penalty and Infringement Selection Tables

17.7.1 This table is intended as a **guide** for penalties resulting from the listed rule infringements.

Rule	Infraction/Foul	First Infringement		Second infringement		Third or More Infringement		Hand-signal Used
		Accidental	Deliberate	Accidental	Deliberate	Accidental or Deliberate		
16.3.116.3.2	Standing on Playing area	individual caution	1 minute	individual caution	2 minutes	2 minutes	Obstruction	
16.3.3	Delay of game		1 minute, team caution		1 minute	1 minutes	Delay of game/Unsportsmanlike	
16.3.4	More than 6 players in the playing area	1 minute	2 or 5 minutes (5 minutes if used to stop a break-a-way goal)*	1 minute	2 or 5 minutes (5 minutes if used to stop a break-a-way goal)*	2 or 5 minutes (5 minutes if used to stop a break-a-way goal)*	Illegal substitution	
16.3.5	Advancing the puck illegally	individual caution	individual caution	team caution	1 minute	2 minute	Illegally advancing the puck	
16.3.6	Handling the puck	individual caution	2 or 5 minutes*	individual caution	2 or 5 minutes*	2 or 5 minutes*	Illegally advancing the puck	
16.3.7	Lifting/carrying the puck	individual caution	2 minutes	individual caution	2 minutes	2 minutes	Illegally advancing the puck	
16.3.8	Obstruction by offence (Barging)	individual caution	1 minute	caution or 2 minutes*	2 minutes	2 minutes	Obstruction	
16.3.8	Obstruction by offence (Shepherding)	individual caution	1 minute	caution or 2 minutes*	2 minutes	2 minutes	Obstruction	
16.3.8	Obstruction by defence	individual caution	1 minute	caution or 2 minutes*	2 minutes	2 minutes	Obstruction	
16.3.9	Unsportsmanlike conduct		2 min or 5 min or dismissal*		2 min or 5 min or dismissal*	2 minutes or 5 minutes or dismissal*	Unsportsmanlike	
16.3.10	Illegal stopping of goal	individual caution and a) Penalty Shot or b) Penalty Goal	2 minutes and a) Penalty Shot or b) Penalty Goal	individual caution and a) Penalty Shot or b) Penalty Goal	2 minutes or 5 minutes* and a) Penalty Shot or b) Penalty Goal	2 minutes or 5 minutes* and a) Penalty Shot or b) Penalty Goal	Illegally stopping the puck	
16.3.11	Covering/obstructing puck	individual caution	caution or 1 minute*	caution or 1 minute*	2 minutes	2 minutes	Obstruction	
16.3.12	Getting puck by use of obstruction	individual caution	caution or 1 minute*	caution or 1 minute*	2 minutes	2 minutes	Obstruction	
16.3.13	Handling an opponent	individual caution	2 minutes	Caution or 2 minutes*	2 or 5 minutes*	2 or 5 minutes*	Unsportsmanlike	
16.3.14	Removing equipment	Individual caution	5 minutes	caution or 1 minute*	5 minutes	game dismissal	Unsportsmanlike	
16.3.15	Insults		2 or 5 minutes*		2 or 5 minutes*	5 minutes or dismissal*	Unsportsmanlike	
16.3.16	Refusing to accept Official's decision		2 or 5 minutes*		5 minutes	5 minutes or dismissal or game forfeit (if player won't leave)*	Unsportsmanlike	
16.3.17	Attacking hurting		game dismissal		game dismissal	game dismissal	Unsportsmanlike	
16.3.18	Grabbing barriers/goals	individual caution	1 minute	individual caution or 1 minute*	2 minutes	2 minutes	Grabbing barrier	
16.3.19	Illegal use of free arm	individual caution	1 minute	individual caution or 1 minute*	2 minutes	2 or 5 minutes*	Illegal use of free arm	
16.3.20	Deliberate removal of puck from goal		5 minutes		5 minutes	game dismissal	Unsportsmanlike	
16.3.21	Dangerous Play (headshots, etc.)**	Team caution and 2 minutes	Team Caution and 5 minutes	2 minutes or 5 minutes*	dismissal	game dismissal	Unsportsmanlike	
16.3.22	Leaving the penalty box incorrectly.		1 minute		1 minute	1 minute	Breaking/Unsportsmanlike	
16.3.23	Stick Infringements	individual caution	1 minute	caution or 1 minute*	2 minute	2 or 5 minutes*	Stick infringement	
16.3.24	Flicking puck out of bounds	team caution	1 minutes	team caution	1 minutes	1 minutes	Side-line out/Puck Out of Bounds	

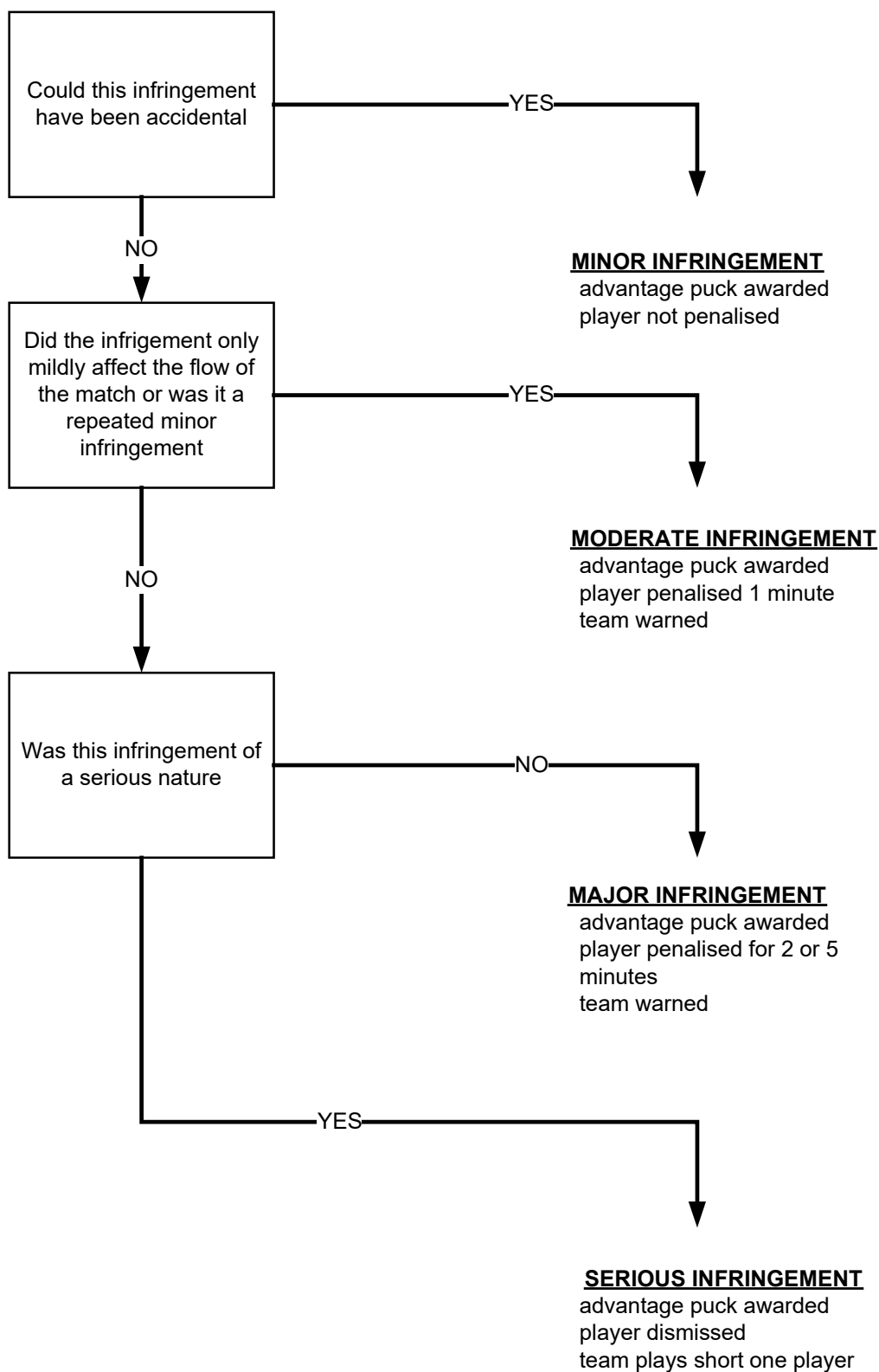


denotes the penalty cannot be accidental

\* denotes the referee has discretion to choose among indicated penalties

\*\* A deflected flicked puck resulting in a headshot is not "Dangerous Play"

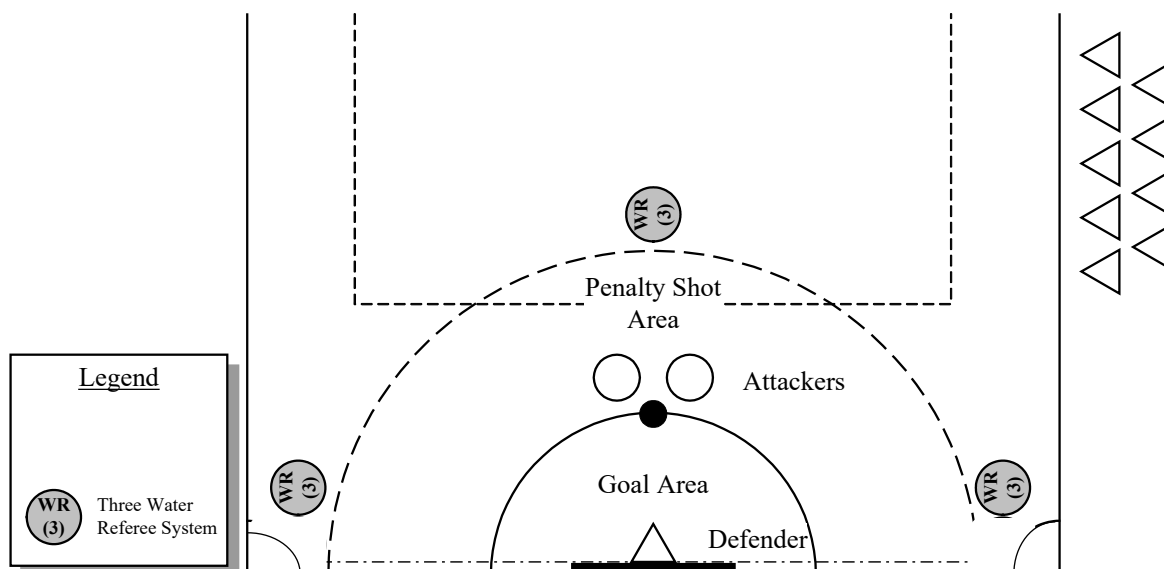




**17.8 Penalty Shot (see Figure 17C)**

- 17.8.1 Should any rule infringement occur within the 3m goal area which prevents a likely goal, the Water Referee will signal the Chief Referee to stop play, followed by raising and lowering one hand with clenched fist in a pumping action to indicate that a penalty shot is being awarded against the infringing team. The game clock shall be stopped. The Referee, at their discretion, may also penalise the infringing player/s with a caution, a time penalty, or a match dismissal.
- 17.8.2 To prepare for playing a penalty shot:
- 17.8.2.1 The puck is placed directly in front of the infringing team's goal on the penalty spot, which is situated in line with the mid-point of the end line and exactly 3m away from the end line.
- 17.8.2.1.1 The offended team's captain selects two (2) attackers from amongst eligible players and substitutes on the offended team, who are initially both on the surface and behind the puck.
- 17.8.2.2 The infringing team's captain selects one (1) defender from amongst eligible players and substitutes on the infringing team, who is initially on the surface near the mid-point of the end-line and has at least one hand in contact with the end-line wall.
- 17.8.2.3 No player/s in the Penalty box (including player/s just sent to the penalty box) or players dismissed for the remainder of the match are eligible to participate in the penalty shot.
- 17.8.2.4 All remaining players of both teams must return to their respective substitution areas.
- 17.8.2.5 (The) two Water Referees are positioned on the surface near the end line, one at each end of the 6m dotted lines bounding the penalty shot area. If a third Water Referee is used, the Referee is positioned behind the two players from the offended team.
- 17.8.3 The Chief Referee, on seeing that all players are in their proper place and the Water Referees have one arm raised straight up in the air with signal hand open to indicate they are ready for play to start, will give the signal for the penalty shot to be played.
- 17.8.4 Once the signal to commence play has been given, to play a penalty shot:
- 17.8.4.1 The attacking players may immediately submerge and move to any legal position (e.g. shall not obstruct the defender). One attacker must take possession of the puck within five (5) seconds. If the attacking player fails to take possession of the puck the penalty shot is deemed successfully defended.
- 17.8.4.2 Once an attacking player takes possession, play is continuous until the penalty shot is decided.
- 17.8.4.3 The other attacking player may submerge, and both attacking players try to retain possession of the puck and score a goal by maneuvering the puck anywhere within the penalty shot area preventing the defender from gaining possession of the puck and moving it out of the penalty shot area.
- 17.8.4.3.1 If the puck is moved fully out of the penalty shot area by either defender or attackers, play is stopped and the penalty shot is deemed successfully defended. The water Referees shall signal with the no goal series of signals.
- 17.8.4.4 If either attacking player commits an infringement after the penalty shot is underway, the Water Referee who sees the infraction will take immediate action by signaling the no goal series of signals. The infringing player will be advised of the infraction. The penalty shot will be deemed to have been successfully defended i.e. no goal will be credited, even if one was scored before the Referee could stop play.
- 17.8.4.5 If the defending player commits an infringement after the penalty shot is underway, the Water Referee who sees the infraction will take immediate action by signaling the goal series of signals. The infringing defender will be advised of the infraction. A goal is deemed scored (section continued on page 38).
- 17.8.4.6 A defending player, at their discretion, will submerge and must keep one hand in contact with the end-line wall until an attacker has taken possession of the puck; whereupon, the defender need no longer touch the wall with one hand. The defending player will attempt not only to prevent a goal being scored, but also to gain possession of the puck in order to thrust it wholly across the 6m dotted lines i.e. out of the penalty shot area.

- 17.8.4.7 The Water Referees, at their discretion, will submerge; will ensure that the attacker takes possession within 5 seconds; and will signal the Chief Referee to stop play when the penalty shot is decided, either by a goal being scored or by the puck being moved wholly out of the penalty shot area. The Water Referees will indicate the appropriate signal series for goal or no goal.
- 17.8.5 Once a penalty shot has been played, whether or not a goal was scored, the match will restart as per Rule 15.1.
- 17.8.6 Once a penalty shot has been awarded, it must be played, even if the match clock has expired.
- 17.8.7 Once a penalty shot is signalled, the Chief Referee causes all time clocks to stop – game time and penalty clock(s). Once the penalty shot is concluded (goal scored or defended) all clocks, game and penalty, are restarted at the start play signal by the Chief Referee as described in 15.1.1.

**FIGURE 17C** **PENALTY SHOT**

ALL PLAYERS OTHER THAN THE THREE INDIVIDUALS DIRECTLY INVOLVED IN TAKING OR DEFENDING THE PENALTY SHOT MUST RETURN TO THEIR RESPECTIVE SUBSTITUTION AREAS

**17.9 Penalty Goal**

- 17.9.1 For a severe rule infringement committed anywhere in the playing area (especially in the goal area) and where in a Referee's opinion an almost certain goal would have been scored, once play has been stopped the Referee may award a penalty goal to the infringed team and waive playing the penalty shot. Examples of such rule infringements are:
- 17.9.1.1 Infringements that prevent a puck from entering the goal volume or prevent an almost certain goal from being scored.
  - 17.9.1.2 Infringement by a defender during a penalty shot.
  - 17.9.1.3 Illegal substitution during a breakaway, performed to prevent scoring a goal.
  - 17.9.1.4 Serious infringement on a player in possession of the puck who has an open path to the goal (e.g. grabbing a player in possession of the puck to stop a goal from being scored).
- 17.9.2 A penalty goal is indicated by the Water Referee stopping play, raising and lowering one hand with clenched fist in a pumping action, followed by raising both hands above the head.
- 17.9.3 When a penalty goal has been awarded or disallowed normal play will recommence again with the puck placed at the Centre Spot as detailed in *Rule 15.1*. No thirty (30) second warning will be given.

**17.10 Sideline-Out, or, Puck Out-of-Bounds**

- 17.10.1 When the puck passes outside the playing area, the Referee will stop play and restart play with either an advantage puck or an equal puck. Restarting with an equal puck will be done if, in the opinion of the referee, both teams were instrumental in propelling the puck out of bounds.
- In all other cases, the last player to touch the puck with his/her stick before the puck passes outside the playing area will be considered the offending player, and the opposing team shall be awarded an advantage puck. A delay of game penalty may also be incurred in this situation (*see Rule 16.2.3*).
- 17.10.2 The puck will be placed 2m in from where it went out-of-play, except that; whenever it goes out-of-play within 5m of an end-line, then the puck will be placed 5m in from the end-line and 2 metres in from the demarcation line.

**17.11 Incorrect Starts**

- 17.11.1 Starting play early or "breaking". See rule 16.1.1  
Start: Advantage Puck at centre of playing area to other team.  
Equal Puck: Advantage puck to the other team.  
Advantage Puck (offending team):  
Back 3m further (if this occurs at 5m from the end-line, the puck is then moved sideways to the centre of the playing area).  
Advantage Puck (non-offending team) OR If puck not taken within 5 seconds within restart of play:  
Puck remains in the same location and equal puck.

**17.12 Obstruction**

- 17.12.1 A player is deemed to be obstructing if the player endeavours to block another player's direct line to the puck.  
17.12.2 Also occurs when the puck is flicked forward and the opposing player turns but doesn't go directly for the puck.

**17.13 Dangerous Play**

- 17.13.1 If the Water Referee deems that the puck has been deliberately played in a dangerous manner, the Water Referee will award a 2 or 5 minute penalty, or dismiss the player for the remainder of the game (*Table 17.7.1*).