

## **ANCHORAGE KAYAK POLO RULES**

### **Rules compiled by Chad Hults**

#### **THE PLAY**

Each team will start with all players lined up on their respective sides. The game starts with the ball thrown to the center of the pool. One player from each team goes for the ball. All other players wait until one of the two starting players contacts the ball then join in play. Ball may be played with the hands or the paddle, except it that cannot be struck (like hitting a baseball). The ball is not allowed to rest on the kayak (i.e. you can't paddle with it sitting on your spraydeck. A player must dispose of the ball within five (5) seconds of gaining possession, either by passing it to another player or by performing a throw causing the ball to travel by at least one meter measured horizontally from the point of release. Player substitution can only occur immediately after a goal.

**PLAYING TIME** Periods are 10 minutes long. During each period one player from one of the teams will referee. Teams will alternate refereeing. After each session teams will switch directions.

**SCORE** After a score the non-scoring team takes possession of the ball at the end where the ball was scored. The team that scored makes their way to half court. The scoring team is not allowed past half court until the ball is thrown into play by the non-scoring team. The player throwing the ball into play must have their boat touching (or nearly so) the goal-line wall, hold the ball above his/her head to indicate he/she is the designated player for the throw-in, then must throw the ball at least one meter. The player has five seconds to throw the ball once the opposing team passes half court and the ball is within control of the team throwing the ball into play.

**BALL OUT OF PLAY** The player making the throw must position their kayak at the point of exit of the ball with their kayak touching the pool wall (or nearly so). When the ball goes out over the teams own goal line and was last touched by their own team, the ball will be thrown in at the corner. The player throwing the ball into play must hold the ball above his/her head to indicate he/she is the designated player for the throw-in and the ball within five seconds of being in possession and in a position to take the throw. The five seconds for the restart applies from when any member of the team is in position to make the throw-in and gains possession of the ball.

**TACKLING** Tackling is not allowed to or from players that do not know their roll. When players are in possession of the ball they may be hand tackled; pushed with one hand on their upper arm, side, or back only. Possession of the ball is when a player is within reach of the ball with his/her hands. When an opponent is within 3 meters of the ball they may be kayak tackled (the attacking boat pushes their boat). Boat tackles cannot be initiated against the opposing player at a high angle at the mid-section of the boat (torso of the player). Players must not tackle a player into the side of the pool, into another players boat, or at any time that it may endanger the other player.

**SWIMMER** Players must be conscientious of other players' skill levels, especially of their ability or lack of ability to roll (please ask new players before the game begins). If a player who does not know their roll ends up upside down the game stops. The nearest players must immediately assist with

a T-rescue. If a kayaker who knows their roll goes upside down the play continues but other players must not impinge the kayaker with their roll. If the kayaker swims the play stops until the swimmer exits the pool and the player is ridiculed.

**FOULS** -No reaching over other players' boats for the ball with hand or paddle. (If player A has contact with the ball and player B's boat slides under the player's arm player A must maintain contact with the ball or quit reaching of the player B's boat.) -No grabbing the opponent's equipment or opponent's body. -Illegal screen: No intentional boat contact is allowed unless the opponent has possession. Still blocks are allowed but a player cannot be moving while obstructing the path of the opposition leading to boat to boat contact. An illegal screen is when a player moves to block the progress of an opposing player which results in boat to boat contact. Does not apply when players are competing for the ball or player is in possession of the ball. -It is not permitted to hit an opponent's body with your paddle or your boat at any time. Also, no ramming boats in the middle (near the opponent's body). Unintentional boat body contact may happen when the opposing player is moving in a direction that leads to boat-body contact. The opposing player must take action to prevent or immediately break the boat-body contact. -It is considered unsportsmanlike behavior to: deliberately prevent a player from regaining possession of his/her paddle; intentionally splashing. -It is illegal to tackle a player reaching vertically with paddle for defense of goal.

#### **ILLEGLE USE OF THE PADDLE**

-Contacting an opponent's person. -Playing, or attempting to play, the ball with a paddle when the ball is within arms reach of an opponent, and that opponent is attempting to play the ball with their hand. -Playing or attempting to play the ball with a paddle across the bow of an opponent's kayak. -Placing a paddle within arms reach of an opponent who has the ball in their hand.

**PENALTIES FOR FOULS** When a foul is committed on a player any player may call foul. If there is a referee then only the referee may call a foul. For non-hazardous fouls the ball is turned over to the opposing team at the point of the foul. For fouls that could potentially cause injury (contact with boat or paddle to body, hazardous tackles, or any action that may endanger another player) the responsible player must sit out for one goal.

Finally, when playing with a referee his/her word is final. Any player arguing with the referee must sit out for the next two goals.

Rules mostly cribbed from the following website rules links:

[www.bostonkayakpolo.com/resources.php](http://www.bostonkayakpolo.com/resources.php). Official International Canoe Federation rules are listed under the ICF link. Also check the ICF website at [www.canoeicf.com](http://www.canoeicf.com)