STAND UP PADDLING POLO

COMPETITION RULES

2025

SUP POLO 2025 RULE Version 3 – 21st May 2025

CHARTER 1 – GENERAL

1.1. These rules govern the organization, administration, and conduct of Stand Up Paddling (SUP) Polo competitions.
1.2. All players, officials, and participating teams must adhere to these regulations as issued by the official organizing committee.
1.3. The rules aim to ensure safety, sportsmanship, and fairness in gameplay and are to be interpreted by Referees in alignment with the intended spirit and written provisions of the rules.
1.4. In instances where specific guidance is not provided within these rules, the decision of the Chief Official shall be regarded as final.
1.5. These rules may be revised. Any amendments will override previous versions and shall be communicated to all relevant parties prior to implementation.

CHARTER 2 – INTRODUCTION

2.1 **OBJECTIVE**

The Stand Up Paddling (SUP) Polo is a competitive ball game between two (2) teams, each consisting of four (4) players. Players paddle SUP boards, within a defined water area, competing to score goals against the opposing team. The team with the highest number of goals at the conclusion of the game is declared the winner.

CHARTER 3 – EQUIPMENT

3.1 SUP BOARD

3.1.1 Only inflatable boards approved by Scrutineer are permitted for use.
3.1.2 Boards must be inflatable with rounded ends, no sharp edges and constructed from soft and shock-absorbing materials.
3.1.3 Boards must exhibit sufficient buoyancy to remain afloat under all conditions.
3.1.4 The maximum permitted dimensions: length 336 cm and width 80 cm. The minimum thickness is 10.2 cm.
3.1.5 If the Fin is used, it must be made from soft and shock-absorbing materials. The

maximum is 22.9 cm.

3.1.6 Boards must not be altered or enhanced beyond the manufacturer's original design. Except for the standard rope metal buckle, no metal buckles are allowed on the board sides.

3.2 PADDLE

3.2.1 Only single-bladed paddles approved by the Scrutineer are allowed.

3.2.2 The paddle must be specifically engineered for SUP Polo and must not contain sharp edges, protrusions, or any hazardous elements. The blade shall be basket-shaped for the purpose of ball handling and must conform to approved dimensions and contours.

3.2.3 The paddle must not exceed 1 kg in weight.

3.3 POLO BALL

3.3.1 The ball must be round and must have an air chamber with a self-closing valve. It must be waterproof.

3.3.2 The weight of the ball will not be less than four hundred (400) grams and not more than four hundred and fifty (450) grams.

3.3.3 The circumference of the ball will not be less than sixty-five (65) and not more than sixty-seven (67) centimeters.

3.3.4 The pressure of the ball will be according to the manufacturer's recommendations.

3.4 PERSONAL EQUIPMENT

3.4.1 Each team member must wear a shirt of the same colour, with sleeves, which at least cover the mid-upper arm.

3.4.2 Each player must wear a helmet, approved by the Scrutineer.

3.4.3 Each player must wear body protection in the form of a Personal Floatation Device (PFD) must meet or exceed the ISO 12402-5:2020 standards.

3.4.4 Each player must wear same color and design of PFD and have number on his PFD and helmet from 1 to 99. The number at least 20cm height on back and 10cm height on the front of PFD.

3.4.5 No player may wear any accessory, such as jewelry, that could pose a safety risk to themselves or others.

3.5 LEASH

3.5.1 The use of leashes during competition is strictly prohibited.

3.6 EXCHANGEING EQUIPMENT

3.6.1 Players are permitted to leave the playing area to exchange equipment at any time during the match, provided the equipment has been approved by the Scrutineer. All exchanges must take place within the designated substitutes' area.

CHAPTER 4 – COMPETITION OFFICIALS

4.1 GAME OFFICIALS

4.1.1 The Game Officials should consist of two (2) Referees, one (1) Scrutineer, one (1) Timekeepers and one (1) Scorekeeper.

4.2 Referees

4.2.1 Each game has two referees.

4.2.2 Referees are in absolute control of the game. Their authority over the players is effective during the whole time that they and the players are within the competition area.

4.2.3 All decisions of the Referees on questions of fact are final and their interpretation of the rules must be obeyed throughout the game. No protest or appeal can be made in relation to an interpretive decision of a Referee. Referees must make decisions based solely on what they observe at their best ability.

4.2.4 Referees start and restart play, declare goals, issue penalties, and call time-outs by whistle. They may change decisions if the ball has not yet been put back into play, ensuring no team is disadvantaged by the change.

4.2.5 Referees have authority to remove from the competition area any person whose behaviour prevents the Referees from carrying out their duties in a proper and impartial manner.

4.2.6 Referees may abandon a game at any time if, in their opinion, the behaviour of the players, team-officials, weather or other circumstances make continuation impossible. If the game is abandoned the Referees must report their actions to the

Chief Official and the team that causes the game to be abandoned will be disqualified from the competition.

4.2.7 Where the Referees cannot agree on a decision the first named Referee will take the final decision.

4.2.8 Should a Referee become unable to officiate due to injury, illness or other reasons, the Referee Manager(s) will replace that Referee with a suitably qualified replacement.

4.3 SCRUTINEER

4.3.1 The Scrutineer is responsible for inspecting and verifying players' equipment before and during their game.

4.3.2 The Scrutineer may inspect equipment at any other time during the competition.

4.4 TIMEKEEPERS

4.4.1 The Timekeeper must be positioned at the official's table.

4.4.2 Duties of the Timekeeper are:

4.4.2.1 Recording periods of play, timeouts and intervals.

4.4.2.2 Signaling timeouts by raising a red flag unless the Referee signals otherwise.

4.4.2.3 Recording the time of player penalties and re-entry.

4.4.2.4 Signaling the end of penalty periods visually or with a green flag.

4.4.2.5 Signaling the end of each period distinctly and audibly. This signal takes immediate effect unless a goal penalty shot has been awarded, in which case the shot must be taken first.

4.5 SCOREKEEPER

4.5.1 The Scorekeeper must be positioned at the official table.

4.5.2 Duties of the Scorekeeper are:

4.5.2.1 Recording awarded goals and updating the scoreboard.

4.5.2.2 Maintaining the official match record, including player numbers, goals, timeouts, and disciplinary actions.

CHAPER 5 – FIELD OF PLAY

5.1 LOCATION

5.1.1 The Game may be played in a pool, river, lake, harbour or any suitable open and still water.

5.2 PLAYING AREA

5.2.1 The playing area shall be rectangular and have a length of thirty-five (35) metres and a width of twenty (20) metres.

5.2.2 The immediate surround of the playing area should be an unobstructed area of water, with a minimum width of two fifty (2.5) metres outside all boundaries.

5.2.3 The water throughout the playing area must be still water at least one fifty (1.5) metres deep.

5.2.4 There must be a clear overhead height of at least three (3) metres above water and a minimum ceiling height of five (5) metres if indoor pools are used.

5.2.5 There should be a walkway on each side of the playing area kept clear for the Referees.

5.3 PLAYING AREA BOUNDARIES AND MARKERS

5.3.1 The longer boundaries are to be referred to as the sidelines, the shorter boundaries as the goal lines.

5.3.2 The sidelines and goal lines are to be indicated by a floating lane rope.

5.3.3 Markers indicating the goal lines, centre line, six (6) metres from goal line are to be placed along the sidelines and be clearly visible to both Referees and players.

5.3.4 Markers indicating the substitute areas are to be placed on the goal lines four (4) metres either side of the centre of the goal frame and be clearly visible to both Referees and players.

5.4 GOALS

5.4.1 Each goal is positioned at the center of each goal line.

5.4.2 The goal frame shall:

5.4.2.1 Each goal will consist of an open frame one (1) metre high by three (3) metres wide (measured internally) vertically.

5.4.2.2 The goal frames should not have any vertical or horizontal bars parallel to the

main goal frame which may cause the ball to rebound out of the goal frame.

5.4.2.3 The front face of the frame must be free from any loose netting, net fastening or sharp edges which may impede the flight of the ball or damage the ball or players equipment.

5.4.2.4 For venues involving multiple fields all goals must be identical.

5.4.2.5 Each goal is to have a net made from strong shock absorbing material, which allows the ball to pass freely through the goal frame but indicate clearly that a goal has been scored.

5.4.2.6 The net must be a minimum of fifty (50) centimeters deep and have no loose or hanging ends which may interfere with players or their equipment or blow in the wind or that may impede the ball entering the goal.

5.5 SUBSTITUTES AREA

5.5.1 The substitutes area is the area behind the goal line excluding the area four (4) metres either side of the centre of the goal frame.

5.5.2 These are reserved during a game for substitutes waiting to take part in a game.

5.6 REFEREE'S AREA

5.6.1 This is the area required by each Referee controlling a game to run up and down the side of the playing area. No person other than Game Officials are permitted to enter this area during a game.

5.6.2 The Referee's Area should ideally be two fifty (2.5) metres and no more than five (5) metres from the playing area.

5.6.3 The Referee's Area should be separated from the spectator area by a distance of at least two (2) metres and a physical barrier sufficient to prevent any spectator touching or directly approaching the Referee.

5.7 WARM-UP AREA

5.7.1 The Warm-up Area is an area which may be available outside the playing area and substitutes area for teams to warm-up prior to their game.

5.7.2 This must be separated from the playing area to prevent accidental entry of practice balls into the playing area.

5.7.3 The Warm-up Area will be reserved solely for the use of players preparing for the

next game.

5.8 OFFICIALS AREA

5.8.1 This is a designated area around the playing area including the behind the goals and the Referee's area.

5.8.2 Only people directly involved in the game in progress or the game about to commence (officials, players, listed team personnel such as coach, manager, doctor) or accredited media representatives, are permitted in the officials' area during a competition.

5.9 - **COACHES AREA**

5.9.1 This is a designated area starting one (1) metre behind the goal line and extending across the field behind the goal line (if a solid area exists) to the edge of the substitutes area on either side of the goal.

5.9.2 The area should be clearly marked.

5.9.3 Coaches and other team officials cannot pass through the area behind the goal when the ball is in their team's defensive end of the field.

5.9.4 A team is allowed a maximum of three (3) persons in the coaches area for games. These persons must be accredited and can comprise the Coach/es, Team Leader, any other Team Official and non-playing team athletes. The composition of these three (3) persons may change as a competition progresses but not during a particular game.

5.10 - COMPETITION AREA

5.10.1 This is a wider area around the playing area, including the coaching, warm-up and Referee's areas, and may include designated rooms such as changing rooms, equipment storage area etc.

5.10.2 Spectators and the general public should be restricted from this area.

5.10.3 Any official may request the removal from this area of people interfering with the smooth running of the competition.

CHARTER 6 – COMPETITION

I – GAME

6.1 - NUMBER OF PLAYERS

6.1.1 Each team may consist of a maximum of six (6) players for a game.

6.1.2 No more than four (4) players are permitted on the playing area at any one time; others are considered substitutes.

6.1.3 If a team is reduced to two (2) players at any time the Referee must end the game and refer the matter to the Competition Committee who will decide the appropriate action to be taken.

6.1.4 The list of players' names and numbers must be submitted to the designated official before the time indicated by the Competition Committee.

6.2 - PLAYING TIME

6.2.1 Playing time should be two (2) periods each of fifteen (15) minutes duration, unless overtime is needed to decide the result. The minimum playing time will be two (2) periods of ten (10) minutes.

6.2.2 The half time interval should be three (3) minutes. The minimum half time interval is one (1) minute.

6.2.3 The teams must change ends after each period of play.

6.2.4 The Referee may call time-out during the playing time. The Timekeeper will stop the clock when the Referee signals for time-out and restart the clock when the Referee restarts the game with a whistle.

6.3 - CHOICE OF END

6.3.1 The first named team on the game sheet will start on the goal line at the left hand side of the official table unless one (1) of the captains or the Chief Official request a toss of a coin to determine the choice of ends.

6.4 - COMMENCEMENT OF PLAY

6.4.1 At the beginning of each game (not each period), four (4) players from each team must line up stationary with any part of their boards on their own goal line. At the beginning of the second half and for any overtime periods, teams must line up but

due to sanctions or injury may have less than 4 players starting.

6.4.2 If a player sprints before the referee whistles, a start infringement will be called. Signals 1 and 15 apply.

6.4.3 If a team deliberately causes an unnecessary delay a start infringement will be called. Signals 1 and 15 apply.

6.4.4 If a team has less than four (4) players ready to start the game five (5) minutes after the scheduled start time the game will be declared a forfeit and referred to the Competition Committee. Signal 2 applies.

6.4.5 The Referee blows the whistle to start play and then releases or throws the ball into the centre of the playing area.

6.4.6 If the ball is released or thrown giving one (1) team definite advantage, the Referee shall call for the ball and restart the period of play.

6.4.7 Physical assistance from other players is not allowed on the player attempting for the ball. Infringement incurs a free shot. Signals 1 and 15 apply.

6.4.8 Only one (1) player from each team may make an attempt to gain possession of the ball. All other players must not be within a radius of three (3) metres from the body of the player attempting for the ball until one (1) player has touched the ball with their paddles. Infringement incurs a free shot. Signals 1 and 15 apply.

6.5 - BALL OUT OF PLAY

6.5.1 Sideline and overhead obstacle

6.5.1.1 When any part of the ball touches the physical sideline or the vertical plane of the physical sideline, or touches any overhead obstacle, the team that was not the last to touch it with their paddle, board or person is awarded a sideline-throw. Signals 5 and 14 apply.

6.5.1.2 If the ball is in paddle and extends outside the boundary, it will not be considered out of bounds.

6.5.1.3 If the physical sideline or goal line is moved out of position as a consequence of normal play, the boundary including the vertical plane above moves with it.

6.5.2 Sideline throw:

6.5.2.1 The player taking the throw must position their board at the point of exit of the ball, or the point on the sideline nearest to the point of contact with an overhead

obstacle.

6.5.3 Goal Line

6.5.3.1 The goal line is always measured by the vertical plane of the goal frame in all situations even if the goal frame or the physical goal line are moved out of position as a consequence of normal play. A goal line or corner throw will be awarded when any part of the ball touches the vertical plane of the front of the goal frame except where a ball rebounds off the goal frame (not the goal supports) into the playing area, or where the ball is prevented from completely entering the goal by a defender's paddle and rebounds back into the field of play, or where a goal is scored. Signals 6 and 14 apply.

6.5.3.2 If the ball is in paddle and extends outside the boundary, it will not be considered out of bounds.

6.5.4 Goal line throw:

6.5.4.1 When the ball goes out over the team's own goal line and was last touched by the opposition then a goal line throw will be awarded. Signals 6 and 14 apply. The player taking the throw must be positioned with their board on the goal line.

6.5.5 Corner-throw

6.5.5.1 When the ball goes out over the team's own goal line and was last touched by their own team then a corner throw will be awarded. Signals 5 and 14 apply.

6.5.5.2 The player taking the throw must be positioned with their board in the corner of the playing area.

6.6 TIME-OUT

6.6.1 The Referee signals a time-out with a triple whistle blast (Signal 7 applies), except when a goal is scored, in which case a long whistle is used.

6.6.2 A Time-out must be called if a capsized player or their equipment interferes with play.

6.6.3 Time-outs should be used for safety issues, equipment faults, or dangerous play (e.g., broken paddle).

6.6.4 Time-outs should be used if any injury has occurred, or a player is illegally on the

field, provided this does not disadvantage the other team.

6.6.5 If the Referee has stopped the game, not during a break in play and where neither team was at fault (e.g. Referee error, faulty goals, injury) the play will be restarted with a free throw to the team that last had possession. Where time-out was given for a capsized player the opposition is given a free throw to restart.

6.6.6 If the Referee cannot determine who had possession at the time of the whistle, the Referee will restart the game with a Referee's ball. Signal 8 applies.

6.7 SCORING A GOAL

6.7.1 A goal is scored when the entire ball crosses the plane of the opponent's goal frame. If the frame is not fixed, the ball must pass through it entirely. The Referee will indicate the scorer's number to the Scorekeeper. The Referee will indicate the number of the player scoring the goal to the Scorekeeper. Signal 3 applies and one (1) long whistle blast by the Referee.

6.7.2 If the ball is prevented from entering a goal by either a defender's or substitutes paddle that enters the goal from behind, then a goal is awarded.

6.8 RESTART AFTER GOAL

6.8.1 After a goal is scored, the team that scored the goal must return to their own half as quickly as possible. Any deliberate delay will be sanctioned with a sanction card to the offending player(s) for Unsporting Behaviour for Deliberate Delaying Tactics Signals 15, 17 & 18 apply.

6.8.2 The first (1st) Referee can restart play when both teams returned to their own halves.

6.8.3 The player taking the restart throw must position part of their body somewhere along the centre line of the playing area. The rest of the attacking team must not cross the centre line until the whistle is blown to restart play. The player taking the throw must be stationary and will indicate they are ready to take the throw by holding the ball on their paddle. The first (1st) Referee will blow their whistle to restart play.

6.9 DEFENCE OF GOAL

6.9.1 The one defending player most directly in front of the goal, in order to defend the goal with the paddle is considered to be the goalkeeper. The goalkeeper's body must be facing into the playing area and attempting to maintain a position in front of goal.

6.9.2 The goalkeeper can only guard the ball by paddle in a standing position only. Otherwise, illegal possession will be called. Signals 11 and 15 apply.

6.10 REFEREE'S BALL

6.10.1 A Referee's ball will be declared when two (2) or more players of opposing teams have one (1) or more paddles firmly on the ball, so that the players share possession of the ball for five (5) seconds.

6.10.2 If the Referee needs to stop the game, not during a break in play and where neither team is at fault (e.g. Referee error, faulty goals, injury) and the Referee cannot determine who had possession at the time of the whistle, the Referee will restart the game with a Referee' s ball.

6.10.3 A Referees ball will be taken at the nearest point on the sideline to the incident. Where a Referee's ball is awarded for an incident that occurs between the six (6) metre line and the goal line, the Referee's ball will be held at the nearest six (6) metre line. Signals 7 and 8 apply.

6.10.4 Two opposing players will line up at right angles to the sideline, on the side nearest their own goal line, near to the sideline where the situation occurred, one (1) metre apart facing the Referee.

6.10.5 All other players must be at least three (3) metres away from the point between the two (2) players participating in the Referees ball.

6.10.6 The Referee will throw the ball on the water between the players and blow the whistle to restart play. Both players must make an attempt for the ball with their paddles as soon as it touches the water. The players must not play the ball before it hits the water. Infringement incurs a sanction. Signals 11 and 15 apply.

6.11 CAPSIZED PLAYER

6.11.1 A capsized player must return to their board as soon as possible and may not participate in play while in the water.

6.12 COMPLETION OF PLAY

6.12.1 The Timekeeper ends the period with a loud signal. A goal counts if the ball leaves the paddle before the signal starts. The Referee must use signal 2 to confirm the

Timekeeper's signal.

6.12.2 If a goal penalty shot has been awarded prior to the signal for completion of play, the goal penalty shot must be taken before play is to be considered complete. In this situation, the Referee will signal the end of play if a goal is scored or the shot is blocked by the goalkeeper or the shot rebounds away from the goal frame or the ball travels out of play.

6.12.3 All members and officials of a team must leave the playing, substitute and officials area's immediately upon completion of their game. They must also ensure that all their equipment is removed from these areas.

6.13 - OVERTIME

6.13.1 Overtime will consist of consecutive periods of five (5) minutes each; with the team scoring the first goal deemed the winner.

6.13.2 There must be a three (3) minute break before overtime commences and a one (1) minute break between periods, with a change of ends.

II – Illegal Play

6.14 ILLEGAL SUBSTITUTION AND ENTRY TO THE PLAYING AREA

6.14.1 Where more than the legally allowed number of players from a team are in the playing area at any one time the player(s) coming illegally into the playing area must be given a sanction card(s). If it is not clear which player(s) must exit the playing area, then the team's captain must nominate a player(s). Infringement incurs a sanction. Signals 7 and 14 apply.

6.14.2 If a substitute uses their paddle to prevent a goal, a goal penalty shot is awarded, and the offending player receives an Ejection Red Card. Infringement incurs a sanction (Signals 7, 16 and 20).

6.15 ILLEGAL USE OF PADDLE

6.15.1 Signals 12 and 15 apply. The following are considered illegal use of paddle:

6.15.2 Contacting with an opponent's body.

6.15.3 Placing the paddle on an opponent's board.

6.15.4 Using paddle to fight for the ball already inside opponent's paddle.

6.15.5 "Paddle blade-to-paddle blade" contact is allowed. However, "paddle-to-shaft" or "shaft-to-shaft" contact is illegal.

6.15.6 Playing or attempting to play the ball with a paddle across the bow of an opponent's board, within arm's reach of the opponent in a normal paddling position.

6.15.7 Placing a paddle within arm's reach of an opponent who has the ball in their paddle. A goalkeeper is excluded from this rule and is allowed to directly defend against a shot at goal as long as the paddle is not moved towards the opponent at the time of the shot and it does not result in significant contact with the opponent.

6.15.8 When a player, with their paddle, attempts to restrict an opponent using their paddle.

6.15.9 Playing the opponent's paddle instead of the ball.

6.15.10 Throwing the paddle.

6.15.11 Any other paddle use that endangers another player.

6.16 ILLEGAL POSSESSION

6.16.1 Signals 11 and 15 apply.

6.16.2 A player is in possession of the ball when they have the ball in their paddle or are in position to reach the ball with their paddle, the ball being on the water and not in the air.

6.16.3 Player must play the ball in a stand-up position on the board. Otherwise, it is deemed as illegal possession.

6.16.4 Player is only permitted to use paddle to control the ball, including pick up, shoot, pass, block and guard. Use of hand is illegal.

6.16.5 It is not considered illegal if the ball touches a player's (goal-keeper) hand while gripping the paddle during a save or deflection.

6.16.6 A player must dispose of the ball within ten (10) seconds of gaining possession, either by passing it to another player or by performing one (1) throw causing the ball to travel by at least one (1) meter measured horizontally from the point of release.

6.16.7 A player must not manoeuvre their board while the ball is resting on their board. Ten (10) second rule applies.

6.17 ILLEGAL BOARD TACKLE

6.17.1 Signals 10 and 15 apply.

6.17.2 A board-tackle is a player manoeuvring their board against an opponent's board in

an attempt to gain possession of the ball.

6.17.3 The following board-tackles are illegal:

6.17.3.1 Any board-tackle that results in significant contact between the tackler's board and the foot, leg or body of an opposing player or endangering a player.

6.17.3.2 Ramming from the front or rear into an opponent’s board.

6.17.3.3 Side-to-side contact is permitted.

6.17.3.4 Riding over or under an opponent’s board.

6.18 ILLEGAL HOLDING

6.18.1 Signals 19 and 15 apply.

6.18.2 The following actions are illegal:

6.18.2.1 A player gaining support or propulsion by placing their paddle, hand, foot or body on an opponent’s board, or holding the opposing player or their equipment.

6.18.2.2 A player using for propulsion or support, or moving out of place, any playing area equipment e.g. boundary markers, goal, goal supports, or any surrounding object.

6.18.2.3 A player using their paddle to lift, pull or hold an opponent’s board.

6.19 ILLEGAL OBSTRUCTION

6.19.1 Signals 9 and 15 apply.

6.19.2 The following obstruction is illegal:

6.19.2.1 A player actively or deliberately impeding the progress of an opponent when neither player is within three (3) metres of the ball except where the players are jostling for position at the attacking end of the field. Note: A player is considered to be actively impeding the progress of an opponent when their kayak is moving, or they are attempting active paddle strokes.

6.19.2.2 A player who is not competing for the ball who actively impedes the progress of an opponent who is competing for the ball on the water and not in the air.

6.20 UNSPORTING BEHAVIOUR

6.20.1 Signal 17 and 18 with appropriate sanction card apply.

6.20.2 The following actions considered as unsporting behaviour:

6.20.2.1 Committing a foul during a break in play.

6.20.2.2 Hindering a player righting themselves or returning to the board.

6.20.2.3 Interfering with an opponent's equipment. Such as holding or moving another player's paddle out of their reach, or deliberately preventing the player from regaining possession of the paddle.

6.20.2.4 Use of deliberate delaying tactics, such as throwing the ball away, or deliberately obstructing the opposition, to delay a quick restart after an infringement or goal. When a team is penalised, any player on that team who has possession of the ball must immediately place the ball on the water and not impede or delay the opposition in any way from taking a quick restart.

6.20.2.5 Players showing dissent toward officials.

6.20.2.6 Retaliation.

6.20.2.7 Use of foul or abusive language.

6.20.2.8 Other disrespectful to a player, referee or other official or behaviour considered harmful to the spirit of to the game at the discretion of the Referee including pretending or feigning injury.

6.20.2.9 Bouncing the ball off an opponent's board to gain advantage.

III - Sanctions

6.21 SANCTIONS

6.21.1 The Referee may impose any combination of the following sanctions for illegal-play depending on the severity and/or frequency of offences being penalised.

6.21.2 The sanctions available to the Referees are free throws, free shots, goal penalty shots and sanction cards.

6.21.3 The following definitions should be used when determining which sanction to impose:

6.21.3.1 Deliberate foul: a foul where no effort was made to avoid the illegal play. A player's first (1st) deliberate foul will be indicated by the referee showing the player's number, directly after the signal for the foul.

6.21.3.2 Dangerous foul: is significant contact with the opponent's arm, leg, feet, body or head that may result in personal injury and is illegal.

6.21.3.3 Significant contact: any hard contact that may result in equipment damage or personal injury.

6.22 GOAL PENALTY SHOT

6.22.1 Signal 16 and time out applies.

6.22.2 A goal penalty shot will be awarded for any deliberate or dangerous foul on a player:

6.22.2.1 in the act of shooting, passing or positioning for a near-certain goal.

6.22.2.2 who is attempting to take a free shot.

6.22.2.3 in the act of shooting for a near-certain goal while the goal is not defended.

6.23 FREE SHOT

6.23.1 Signal 15 applies.

6.23.2 A free shot can be a direct shot at goal.

6.23.3 A free shot will be awarded for any foul on a player unless a goal penalty shot is awarded.

6.24 FREE THROW

6.24.1 Signal 14 applies.

6.24.2 A free throw cannot be a direct shot at goal.

6.24.3 A free throw will be awarded for any ball out of play, or when a goal penalty shot, or free shot has not been awarded.

6.24.4 A free throw cannot be a direct shot at goal. Infringement incurs a sanction, and the opposition is awarded a free throw. Signals 11 and 14 apply. Sideline throws, goal line throws, corner throws and centre restarts are free throws.

6.25 SANCTION CARD SYSTEM

6.25.1 Sanction cards are issued to individuals.

6.25.2 A player may receive a maximum of three (3) sanction cards in any one game.

6.25.3 As a game progresses the player receives 1st card (green) then 2nd card (yellow) and then the 3rd and final card (red) at which point that player is excluded for the rest of that game.

6.25.4 A Player receiving a sanction Red Card is excluded from the field of play for the remainder of the game and cannot be replaced for a period of two (2) minutes.

6.25.5 A referee may move straight to the 2nd (yellow) or 3rd card (red) for any deliberate foul that in the Referee's opinion is of major influence to the game.

6.26 - YELLOW AND RED SANCTION CARDS

6.26.1 Signal 17 with appropriate card applies.

6.26.2 A sanction card will be awarded to a player who commits a repeated deliberate foul OR a deliberate foul which has a significant influence on the game.

6.26.3 A sanction card will be awarded to a player who commits a dangerous foul that results in significant contact by their own board, paddle or body with the opponent's arm, head or body that may result in personal injury to the opponent or damage to their equipment.

6.26.4 A sanction card will be awarded to the offending player who commits a deliberate OR dangerous foul for which the Referee awards a goal penalty shot.

6.26.5 A sanction card will be awarded for any deliberate contact with the board of an opponent who is trying to take a free shot, corner, side-line or goal line throw.

6.26.6 A sanction card will be awarded for repeated and continuous disputing of Referee's decisions.

6.26.7 A sanction card will be awarded for foul or abusive language directed at an opponent or official.

6.26.8 A sanction card will be awarded to a player, for unnecessary verbal communication directed at a Referee, official or opponent, or any other unsporting behaviour.

6.27 TAKING THROWS

6.27.1 The player taking any goal line throw, corner throw, sideline throw, free throw or free shot must be in the correct position and stationary before taking the throw. The player must clearly hold the ball by paddle stationary for a moment above knee level to indicate they are taking the throw. The players initial throw must travel one (1) metre measured horizontally from point of release by the player or change possession to another player of the same team. Infringement incurs a sanction with the opposing team being awarded possession of the ball. Signals 11 and 14 apply.

6.27.2 When taking any free throw, or free shot, the player taking the free throw or free shot must be allowed to take up their position to take the throw. No opponent may prevent the player taking up their position or contact the player or their equipment, or deliberately prevent or restrict the movement of the player taking the throw until the ball is back in play. Infringement occurs a sanction Signals 1 and 15 or 16 apply.

6.27.3 The ball is not in play until it has travelled one (1) metre measured horizontally from point of release by the player or changed possession to another player of the same

team. The opposition must not attempt to prevent the ball from travelling one (1) metre measured horizontally or changing possession. Infringement incurs a sanction. Signals 1 and 15 or 16 apply.

6.27.4 The only exception will be for Free Shots awarded within two (2) metres of the goal: Defenders (including the goalkeeper) will be allowed to block the free shot after release, but before it has travelled 1 metre from the point of release, with a stationary paddle. All defender's paddles must be kept out of paddle reach and any movement towards the player taking the free shot by paddle, or blocking the ball before it has been released will be deemed a deliberate action and result in a goal penalty shot being awarded.

6.27.5 The player must throw the ball within ten (10) seconds of being in possession and in a position to take the throw. The ten (10) seconds for the restart applies from when any member of the team is in a position to pick up the ball and take the throw. Signals 11 and 14 applies.

6.27.6 Following an infringement that led to the awarding of a free shot or free throw, the Referee will indicate where the free shot or free throw will be taken. The free shot or free throw will be taken: either where the infringement occurred, where the ball was at the time of the infringement, or where the ball landed if it was in flight at the time of the infringement, whichever most advantages the team.

6.28 TAKING A GOAL PENALTY SHOT

6.28.1 Signal 16 and sanction card apply.

6.28.2 A Goal Penalty Shot (GPS) is a shot at goal between one (1) attacking player and one (1) goalkeeper.

6.28.3 No other player can take any part in the play until the shot at goal is attempted.

6.28.4 General play will resume after the shot at goal has been attempted.

6.28.5 The player taking the goal penalty shot will be stationary with their body on the six (6) metre line. The goalkeeper of the defending team will be in position in front of the goal frame with the board positions perpendicular to the goal line. The goalkeeper must remain stationary in this position until after the shot is taken. Infringement will result in the penalty being retaken.

6.28.6 The goalkeeper must remain standing and only use the paddle to defend. Use of limb or body is not accepted. Infringement will result in the penalty being retaken.

Unintentional ball contact with the body and limbs will not be penalized.

6.28.7 All other players and their equipment must be positioned behind the centre line. Only the defending team's substitutes or players sent off may be behind the goal line. Entry into the centre line area before the Goal Penalty Shot is taken will result in the penalty being retaken if not scored and a sanction card to the offending player(s).

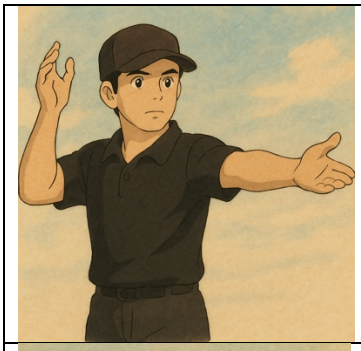
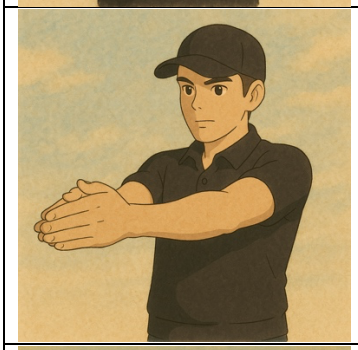
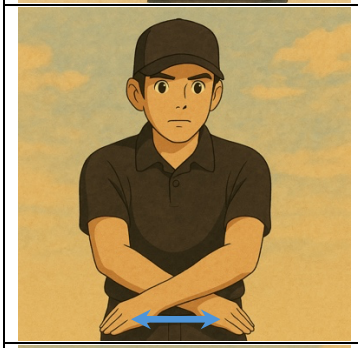
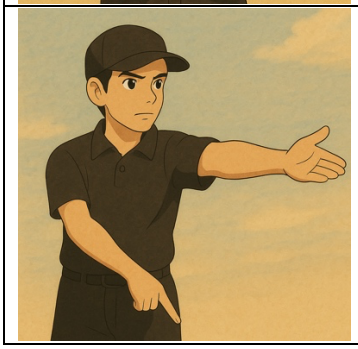
6.28.8 The shot will be taken when Referee blows the whistle. The ten (10) second rule applies. When the Referee blows the whistle, the player taking the goal penalty must shoot from a stationary position. No presentation of the ball is required.

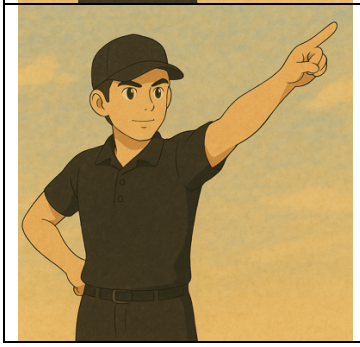
6.28.9 General Play will resume for all players on the field once the ball has left the paddle of the player taking the penalty.

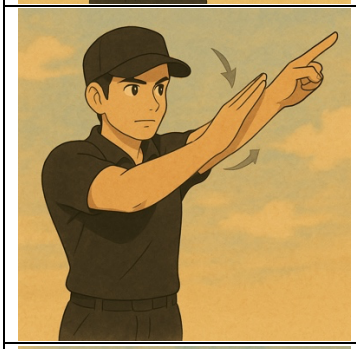
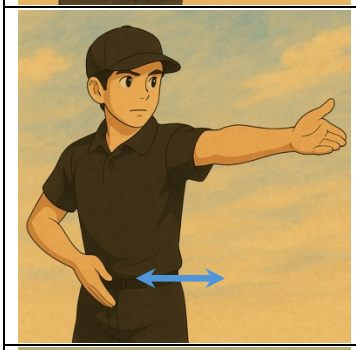
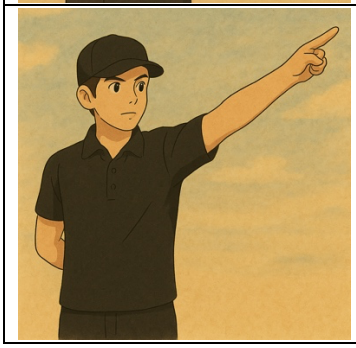
6.28.10 The player taking the shot can play the ball again if the shot is rebounds off the goal frame back into the field of play or blocked by the goal keeper.

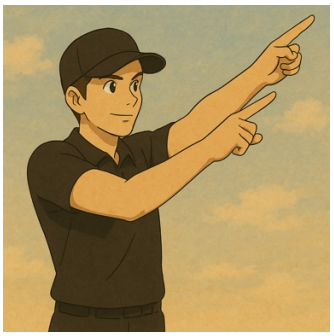
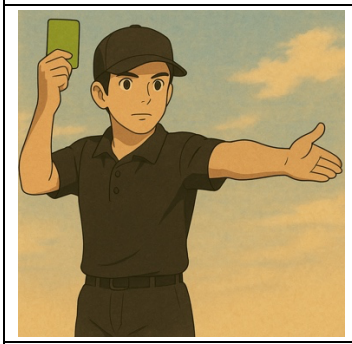
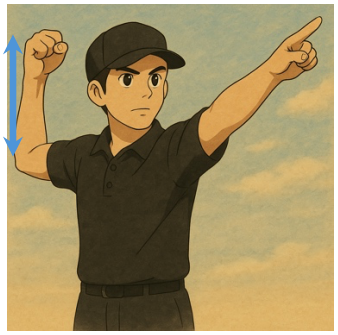
6.28.11 The person committing the foul that caused the penalty must be given a sanction card.

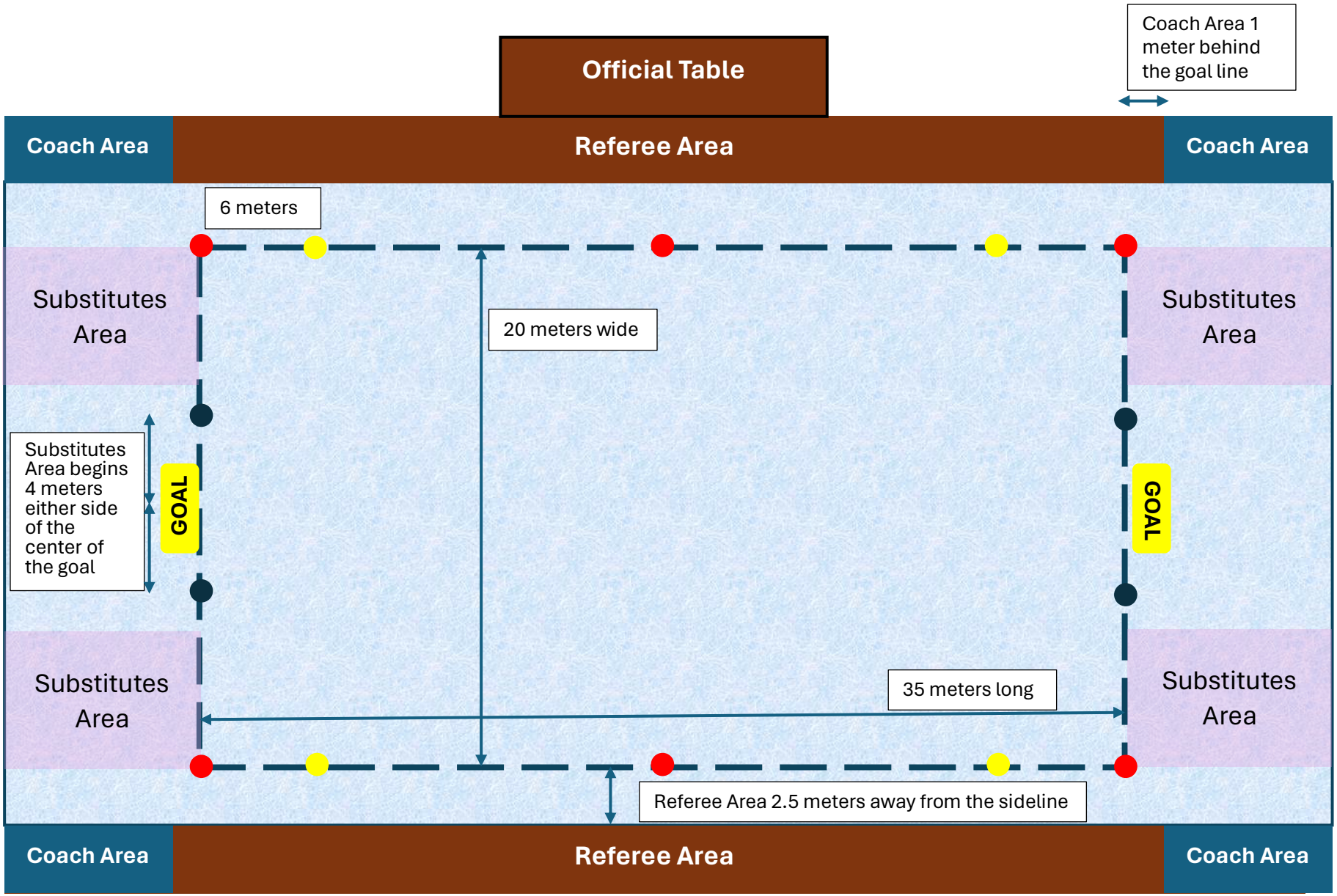
CHAPTER 7 - REFEREE HAND SIGNALS

	**1. START / INFRINGEMENT**
	2. COMPLETION OF HALF / FULL TIME
	**3. GOAL**
	**4. DISALLWED GOAL** Repeated crossing of arms at thigh level. Palms open.
	**5. SIDELINE THROW / CORNER**

	6. GOAL LINE THROW
	7. TIME OUT
	8. REFEREE'S BALL
	9. OBSTRUCTION
	**10. ILLEGAL BOARD TACKLE**

	11. 5 SECONDS / POSSESSION
	**12. ILLEGAL USE OF PADDLE** The side of the other hand repeatedly chops the upper arm showing in direction of play
	**13. PLAY ON / ADVANTAGE** One arm elbow bent, rotating in a circular motion across the body at hip level continuously to a maximum of five (5) seconds. Other arm showing direction of play.
	14. FREE THROW Arm extended, palm open, pointing in direction of play parallel to sideline.
	**15. FREE SHOT**

	**16. GOAL PENALTY SHOT**
	**17. SHOWING CARDS** • GREEN CARD • YELLOW CARD • RED CARD
	18. UNSPORTING BEHAVIOUR
	**19. ILLEGAL HOLDING**

Hong Kong China Canoe Union—Canoe Polo Committee

PLAYING AREA