The team captain is expected to read and familiarize themselves with the SF State Intramural Sports Handbook and is responsible to inform their team of all rules listed here and within the handbook.

The SF State Campus Recreation Department/Intramural Sports Program reserves the right to implement and/or revise any rules without prior notice to protect the integrity of the leagues, ensure fairness of competition, and for the safety of participants.

GAME AND PLAYER EQUIPMENT
1. The IM Program will supply the game ball and inner-tubes.
2. All players must wear appropriate swim attire.
3. The goal area (about 2 yards) and penalty area (about 4 yards) will be marked by cones and flags, starting from the front of the goal.
4. Players may not wear items or accessories that could be potentially dangerous to other players (e.g. jewelry, sunglasses, watches, hats). Only stud earrings are allowed.
5. No casts of any kind are allowed.

TEAM COMPOSITION
1. Teams may have a maximum of 10 players on their roster.
2. 5 players are allowed in the water at a time (including goalie).
3. Teams can be made up of any number of both men and women.
4. Unlimited substitutions are allowed when play is stopped.

THE GAME
1. The games will be 15 minutes of running time.
2. The first team listed on the schedule will be considered the HOME team and have colored tubes. Teams listed second will be considered the VISITORS and have opposing colored tubes. Goalies will have different colored tubes as well.
3. A five minute grace period will be given for late arriving teams. After 5 min. the game will be considered a forfeit, 0.0 sportsmanship points will be given to that team.
4. SF State ID cards for all players must be collected and turned into the game official on duty before the start of the game.
5. ALL TEAMS MUST HAVE TWO WOMEN IN THE WATER AT ALL TIMES.
6. If games result in a tie after 15 minutes of regular time, the game will be recorded as a tie.
7. Goalies are allowed to leave the goal crease to assist in play, but are the only player allowed to block shots inside the 2 yard goal area.

START OF PLAY
1. At the start of the game and after a point is scored, each team will line up along the wall of their own goal, holding the wall with one hand.
2. When the referee blows the whistle, the clock will start and players may push off the wall. THIS IS THE ONLY TIME PLAYERS MAY PUSH OFF/TOUCH THE WALL.
3. The referee will toss the ball into the middle of the pool.

SCORING
1. A goal is scored when the entire ball crosses the crossbar of the goal/ goal line.
2. Goals are only counted if the ball is shot from the line of the goal area (about 2 yards from goal).
3. If a ball is shot from inside the goal area, the result is a no goal and a goalie throw in is awarded.
4. If a player falls out of their tube due to the motion of the shot, the goal will be disallowed. However, if a defensive player knocks the shooter out of his/her tube upon shooting, the goal will be allowed. No foul will be called.
5. Goals are worth one (1) point.
6. After a goal is scored, the ball will be returned to the referee and each team will line up along the wall of their own goal. (Same as start of game)

GAME PLAY
1. PLAYERS MUST REMAIN SITTING INSIDE THEIR TUBES AT ALL TIMES.
2. Offensive players are not allowed in the 2 yard goal area. (See Foul and Penalties)
3. Defensive players are allowed in their 2 yard defensive goal area, but cannot block shots. (See Penalty Shots)
4. The goalie, while in the 2 yard goal area, may not throw the ball past half the distance of the pool.
5. If a ball is thrown out of the pool, a throw in will be rewarded to the opposite team at the spot that the ball exited the pool. Players have five seconds to throw the ball back into play and opponents must give a yard of space to throw the ball in. If the ball isn’t thrown in after five seconds, possession is switched at the spot of the ball. No goal can be scored from a throw in.
6. Goalie throw-ins are rewarded when an offensive player throws the ball out of the pool along their offensive goal line. Goalie has five seconds to put the ball in play. If a defensive player throws/ hits the ball out of the pool along their defensive goal line, a throw in is awarded to the opposite team at the 2 yard goal area line.
7. NO TIPPING OF OTHER PLAYERS IS ALLOWED.
FOULS AND PENALTIES
1. Handling the ball while out of one’s tube will result in a free throw to the opposing team at the spot of the ball.
2. Holding, pushing, hitting, jumping, tackling, dumping or kicking an opponent without possession of the ball will result in a free throw at the spot of the foul.
3. Holding the ball underwater will result in a free throw to the opposing team at the spot of the ball.
4. Players have a total of five seconds to pass the ball to a teammate. If the opposing team counts five seconds before the player with the ball passes, the ball is turned over to the opposing team at the spot of the ball.
5. If an offensive player is inside the 2 yard goal area, or reaches over into the 2 yard goal area the result is a goalie throw in.
6. Pushing off the wall to gain an advantage results in a free throw at the spot of the ball to the opposing team.
7. No kicking or striking the ball with a closed fist is allowed. If the ball is kicked or hit with a closed fist, the result is a free throw for the opposing team at the spot of the foul.
8. Tipping another player will result in a 1 minute penalty. Players that tip opposing players will sit out for 1 minute, resulting in their team being down a player. No substitutions are allowed in that one minute.
9. Goalies or players grabbing the wall or the goal post in attempt to block a shot will result in a penalty shot (behind the 4 yard penalty area line).

MAJOR FOULS: Players will be ejected from the game and team will remain a player down
1. Conduct that endangers any other players in the pool.
2. Disobedience to referees.
3. Unsportsmanlike conduct.

PENALTY SHOTS
1. Penalty shots are taken at the 4 yard penalty area line. Any player may shoot the penalty shot and all other players must be 2 yards behind the player taking the shot.
2. Penalty shots are awarded when:
   - If a shot is blocked by a defensive player inside the 2 yard goal area besides the goalie.
   - A team commits 6 fouls/ penalties
   - There is a foul committed inside the 4 yard penalty area that the referee deems as a definite scoring chance.
3. After the referee blows the whistle, the shooting player has 3 seconds to shoot the ball. No hesitation or faking is permitted (Shots must be in one motion).

SUBSTITUTIONS
1. Unlimited substitutions are allowed during a stoppage of play.
2. A substitute cannot go into the pool until a player comes completely out.
3. Goalie changes must go through the referee.

ZERO TOLERANCE POLICY
There is ZERO TOLERANCE towards all violent and/or threatening behavior in all SF State Intramural Leagues. Players and/or spectators involved in any behavior which could potentially cause harm or injury to another player, ie: body checking, throwing punches, tripping, excessive taunting, verbal or physical abuse, and other malicious acts will be severely dealt with. In addition, talking to a game official is strictly prohibited and trash talking, arguing, or harassing a Campus Recreation employee will not be tolerated. Individuals choosing to engage in such behavior will be banned from future participation within the SF State Intramural Program forever, and a report will be filed with the University Police Department, possibly resulting in assault charges being filed against the individual.