



SUP POLO RULES

Teams:

- Consist of 3 players each team with 1 alternate substitute.
- Each team may make 1 substitute per half.

Equipment:

- 6 SUP Polo board
- 6 SUP Polo paddle
- 1 SUP Polo Ball
- 2 Goals (3m long x .09m high)
- 1 regulation 20 x 25m field

Duration of Contest:

- (2) 10 min halves (Teams to change sides at halftime)
- 5 min halftime
- (1) 5 min overtime
- If game tied after end of overtime, each player will shoot 1 shot at goal from midfield - the most goals wins.
- If still tied, each team will take a shot in sudden death shoot-out - team who scores first wins.

Rules:

- Ball to be played with paddle only
- No use of hands, feet or head to advance ball
- Ball can only be played while standing up, no kneeling or in the water passes or shots.
- No goalie in front of the goal allowed, all players must be paddling.
- No intentional contact with another player by striking paddles, or boards.

Minor fouls:

- Use of hand or feet to block or advance ball - opposing team gets ball at point of foul.
- Running into another team players board or stepping on another players board- opposing team receives ball at point of contact.
- A player is positioned in front of goal without paddling and acting as a goalie - opposing team receives the ball.
- Kneeling while passing the ball or retrieving ball from the water while player is in the water - opposing team receives ball at point of foul.

Major Fouls:

- Intentionally charging another players board with your board - 1 min penalty assessed.
- Using hands or feet or head to block goal from being scored - penalty shot from midfield
- Player is standing in front of goal (blocking), without paddling, shot is taken and blocked - penalty shot from midfield
- When penalty shots are taken, all players must be behind player taking shot at midfield.
- Any player receiving 3 (1 min) penalties is disqualified. Team will play remainder of the game with only 2 players.