



CANOE POLO

ABOUT THE GAME

INTRODUCTION

Five players per team play a game similar to water polo, with a few minor alterations. Each of the 5-aside team, (plus subs) are in kayaks, and the goals are suspended in the air. Canoe polo is similar to basketball in that it is based on possession, passing, blocking, and scoring, though with the addition of tackling under tightly prescribed rules. A team game for all ages where skills will dominate strength, that is extremely safe due to protective equipment, the indoor pool environment, and close adult supervision.



GEAR

One kayak, one double-bladed paddle, one helmet with facemask, a spray deck and a buoyancy vest.

(All provided by WCPA)

SOME OF THE RULES

NUMBER OF PLAYERS

Each team may consist of a maximum of eight (8) players for any one game. No more than five (5) players are permitted on the playing area at any one time. Any other players at that moment are to be considered as substitutes. A team must begin each game with five (5) players, ready to start on *or behind* their own goal line. If a team is reduced to two (2) players at any time the referee shall end the game.

PLAYING TIME

Playing time shall be two (2) periods each of eight (8) - ten (10) minutes. The half time interval will be two (2) minutes. The teams shall change ends at half time.

START OF GAME

At the beginning of each game, five (5) players will line up ready to start, stationary and with some part of their kayaks on *or behind* their own goal line.



The referee will blow the whistle to start play and then release or throw the ball into the centre of the playing area.

Only **one** player from each team may make an attempt to gain possession of the ball. Any other player that accompanies the player attempting for the ball must not be within a radius of three (3) metres from the body of the player attempting for the ball.

BALL OUT OF PLAY

Sideline and overhead obstacle: 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, kayak or person is awarded a sideline-throw.

Goal line throw: When the ball goes out over the teams own goal line and has been last touched by the other team then a goal line throw will be awarded

Corner-throw: When the ball goes out over the teams own goal line and was last touched by their own team then a corner throw will be awarded. The player taking the throw must be positioned with their kayak in the corner of the playing area.

RESTART AFTER GOAL

After a goal has been scored the team who have conceded the goal will take the restart throw. The player taking the throw must be positioned with their kayak *near* the **centre of the playing area**. The referee will blow the whistle to restart play. There is no requirement for the player to hold the ball above their head.

All players of both teams must start with their bodies in their own half.

TAKING THROWS

The player taking any goal line-throw, corner-throw, sideline-throw, free-throw or free-shot must hold the ball above their head, at arms length with their kayak *relatively* stationary, before taking the throw. The players initial throw must travel one metre.



CAPSIZED PLAYER

If a player capsizes and leaves their kayak, the player may not take any further part in the play and must leave the playing area immediately, with **all** of their equipment.

SUBSTITUTION

Exit and entry of players for substitution may be anywhere along the teams own goal line. The whole of the player's kayak must leave the playing area before the substitute may enter the playing area. Substitution is not allowed if any equipment for example a paddle or helmet remains on the playing area. Substitution is allowed at any time.

DEFENCE OF GOAL

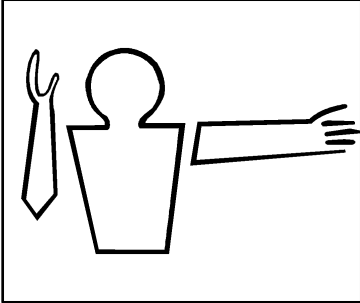
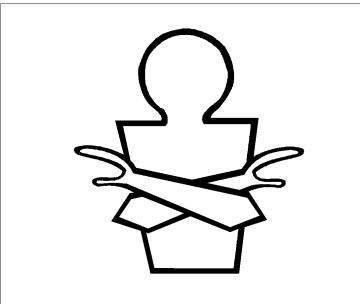
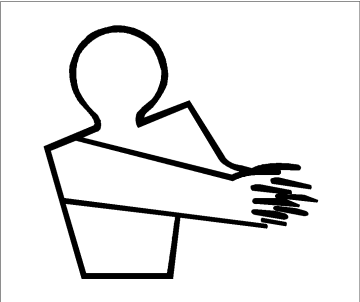
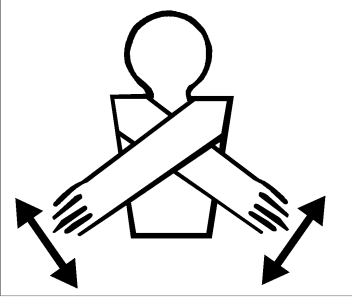
The one defending player most directly under the goal, in order to defend the goal with the paddle is considered to be the goalkeeper at that time. The goalkeeper's body must be facing into the playing area and attempting to maintain a position within one metre of the centre of the goal line. If two or more players are directly under the goal, the player most directly under the goal is considered the goalkeeper at that time.

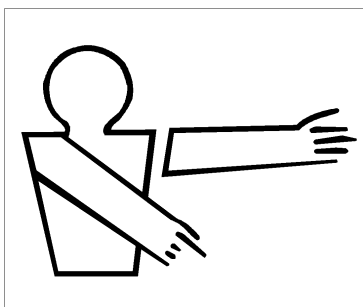
If the goalkeeper is not in possession of the ball and is moved or unbalanced by contact from an opposing player, then that player has committed an illegal tackle.

If an attacker moves the goalkeeper by pushing a defender into the goalkeeper, where none of the defenders have possession of the ball, the attacker shall be penalised.



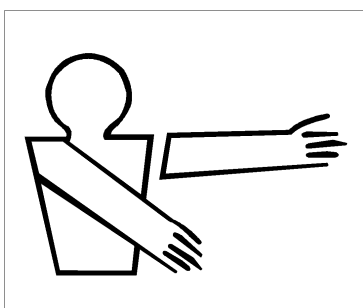
RULES AND REFEREES HAND SIGNALS

REFEREE HAND SIGNAL	WHAT IT MEANS
 1. START / INFRINGEMENT	<p>When starting a game, only one player from each team may make an attempt to gain possession of the ball.</p> <p>Any other player that accompanies the player attempting for the ball must not be within a radius of three (3) metres from the body of the player attempting for the ball.</p>
 2. HALF / FULL TIME	Half or full time
 3. GOAL	A goal scored
 4. DISALLOWED GOAL	A goal disallowed



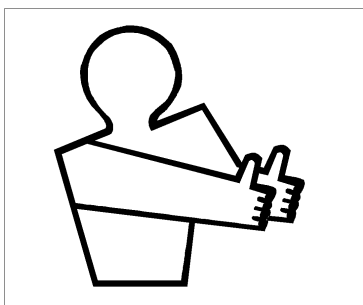
5. SIDELINE THROW / CORNER

If the ball is out of play, the horizontal arm will indicate which team will take the throw by pointing in the direction the team to take the throw is attacking.



6. GOAL LINE THROW

If the ball goes behind the goal line and was last touched by the attacking team, then the referee will signal a throw in to the defending team by their horizontal arm pointing in the direction the defending team is attacking.

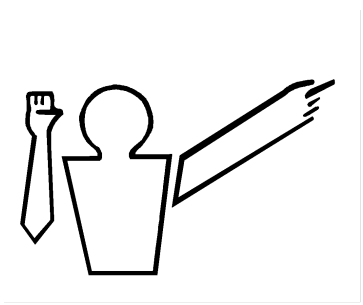


7. REFEREE'S BALL

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

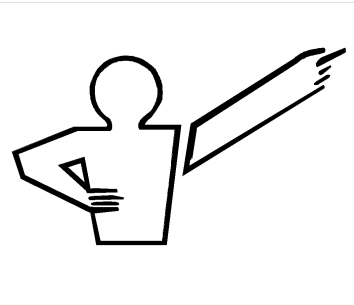
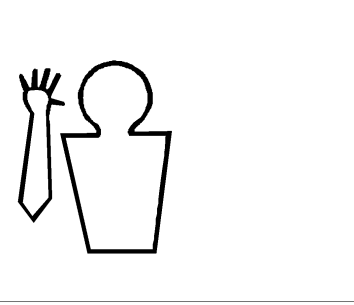
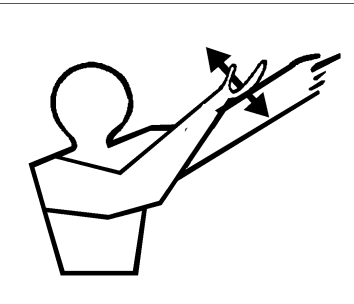
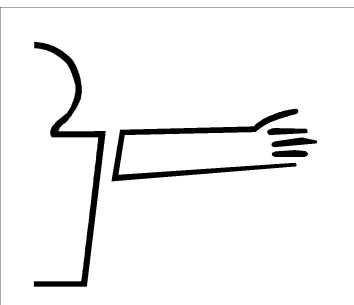
Two opposing players will line up at right angles to the sideline, on the side nearest their own goal line, near to the sideline where the situation occurred, one metre apart facing the referee. They will place their paddles on the water, but not between their kayaks and their hands on the deck of the kayak or on their paddle.

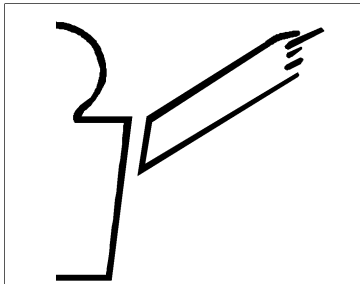
The referee will throw the ball on the water between the players and blow the whistle to restart play. Both players must make an attempt for the ball with their hands as soon as it touches the water. The players must not play the ball before it hits the water.



8. OBSTRUCTION / HOLDING

A player restricting the movement of an opposing player or gaining support or propulsion by placing their hand, *ball in hand*, arm, body or paddle on the kayak, or holding the opposing player or equipment.

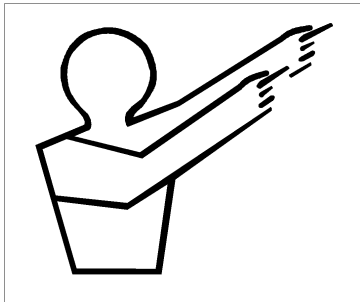
 <p>9. ILLEGAL TACKLE</p>	<p>Any kayak-tackle that results in the tacklers kayak contacting the body of a player and/or endangering a player</p> <p>Any hard tackle to the side of the kayak <i>with the potential to break it on impact</i></p> <p>A jostle is a player manoeuvring their kayak against an opponent's kayak between the six (6)-metre line and the goal line <i>at the offensive end of the playing area</i>, to gain a position where neither player is attempting for the ball.</p>
 <p>10. FIVE SECONDS / POSSESSION</p>	<p>A player must dispose of the ball within five (5) seconds of gaining possession, either by passing it to another player or by causing the ball to <i>rest on the water beyond arms reach measured horizontally</i>.</p> <p>A player may not manoeuvre their kayak with their hands or paddle whilst the ball is resting on their spray deck.</p>
 <p>11. ILLEGAL USE OF PADDLE</p>	<ul style="list-style-type: none"> a. Contacting an opponent's person b. 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. c. Placing <i>or holding</i> a paddle within arms reach of an opponent who has the ball in their hand. d. Throwing a paddle e. Any other use of a paddle that endangers a player
 <p>12. FREE THROW</p>	<p>A Free throw may not be direct at goal.</p> <p>Will be awarded for situations 1, 5, 6, or 10</p>



13. FREE SHOT

A Free Shot may be direct at goal.

Will be awarded for offences 8, 9, or 11.

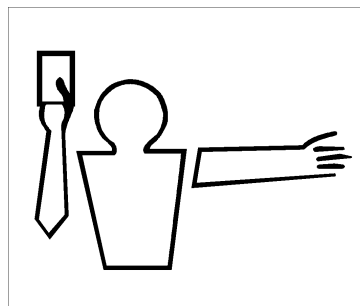


14. GOAL PENALTY SHOT

The player taking the goal penalty-shot will be stationary with their body on the six (6) metre line.

All other players must be in the other half of the playing area until play restarts.

The shot will be taken when referee blows the whistle.



15. SHOWING CARDS

Green card - warning

Yellow card - 2 minutes send off

Red card - send off for the rest of game



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