

# SUPolo World Series Rules



## SUPolo rules in brief

### Two teams of 4 Players

A maximum of 4 registered players on each team. Each team can have up to 4 registered substitute players which can be swapped at a time during play. 4 substitute players must be registered as part of the team prior to the match. Each team is limited to a maximum of 4 registered substitute players.

### Conduct and Ethics of SUPolo

Ethics in SUPolo requires four key virtues: fairness, integrity, responsibility, and respect. All athletes and coaches must follow the high standards of sportsmanship and ethical behaviour.

### Only 4 Team boards in the pool

Each team can only use 4 nominated i-SUP boards for any given game. Boards cannot be swapped once a game has started unless the player on the board is also being substituted.

### Only 4 Team boards in play

Swapped players must either use the same board that the original player started the game on or if also changing boards, the original board must come out of the pitch before the new board is put on to the pitch.

### Swapping Players

Subject to the Referees consent, players can be swapped with "pre-registered substitute players" by the Team Coach. See details below in paragraph.

### SUPolo area

Approximately 25m x 20m

- Pools: There must be a 2m wide roped off margin around the pool side to avoid player contact with pool edge

### Ball

18.5cm Diameter minimum weight 300g - water polo size 3

### Two goals

Inflatable goals only

Maximum size 2.5m x 1.5m - Minimum size 2.0m x 1.0m

### SUPolo Paddles

Only NSPL approved SUPolo paddles can be used.

[See "paragraph 23" on page 4 for acceptable paddle specifications.](#)

### SUPolo Boards

Any iSUP board, the more manoeuvrable the better

### Time

- 5 minutes each way - (10 minutes total).
- The clock will stop after a goal has been scored or the ref calls a halt in play and will restart on the Ref's restart whistle.
- There will be no extra time.
- **At full time a bell will sound.** The match will end the next time the ball goes out of play.
- Players may not put the ball out of play over their own goal line end as this would result in a penalty.

## Leashes and Buoyancy Aids:

- **LEASHES MUST BE WORN** when playing on a river, lake or any open water
- No leashes to be worn when playing in a swimming pool or lido
- **Buoyancy Aids** are recommended in all matches

## Rules in detail:

1. All players must wear an approved NSLP coloured team bib when playing
2. Approved NSLP coloured team bibs will be issued at the registration desk
3. There will be 1 referee with whistle
4. The referee's decision will be final
5. Ball to be played with paddle or head only
6. Ball to be played only when standing on your SUP board or all body in the air
7. No Hand or Paddle contact with opponent or opponents paddle shaft
8. No Person-to-Person contact
9. The match stops / finishes only at the sound of a long blast from the referee's whistle

## 10. Ball possession

- a. Opponents can only challenge the "player with possession" within the rules, i.e.
  - i. Board to board contact but no ramming from the side or rear
  - ii. No standing on an opponent's board
  - iii. Paddle blade to paddle blade contact
  - iv. Challenging players cannot make direct contact with paddle shaft of the "player with possession".
- b. Board to board and paddle to paddle contact is allowed only when directly playing the ball or challenging for possession of the ball but no ramming from the side or rear.
- c. Players must be "on their feet" on their own board or in the air to play the ball
- d. A goal is scored only if the ball crosses the goal line.
- e. Teams are permitted a Goalkeeper
- f. It will not be deemed "Hand Ball" if a goalkeeper saves a goal with their paddle and the ball contacts their hand so long as the hand is gripping the paddle at the time of contact.
- g. Teams to change ends at half time

## 11. Rule infringements: -

- a. No interference with any players leash or safety equipment
- b. No Paddle contact with opponent, opponents paddle shaft or opponent's boards
- c. No Person-to-Person contact
- d. Players must not deliberately position themselves or any part of their board within their goal line.
- e. Players may not use the goals to support themselves or help maintain their position in front of a goal
- f. If a player deliberately puts the ball out of play and or deliberately fall on or step onto an opponent's board to gain advantage.
- g. If a player deliberately impedes an opponent with their body, board or paddle while in the water
- h. Paddles must not be raised above shoulder height unless playing the ball
- i. No handling of the ball
- j. No traveling the ball on the board

## 12. Yellow and Red Card infringements: -

- a) Examples of “yellow card infringements” if a player: -
  - a. Acts dangerously in the opinion of the referee
  - b. Deliberately falls on or steps onto an opponent’s board
  - c. Deliberately impedes an opponent with their body or paddle.
  - d. If a player in the water or not standing on their own board blocks or interferes with an opponent.
  - e. If a player deliberately makes contact with a player or another player’s paddle shaft with their paddle
  - f. If a player commits Hand-Ball
- b) If a player receives a second yellow card in the same match it will result in a Red Card. The ref will send that player into the sin bin for 60 seconds or send the player off for the rest of the match and award an open goal penalty shot.
- c) If a player infringes one of the game rules, the Ref may “at their discretion” award a yellow card or an instant Red Card with an open goal penalty shot and direct that player into the Sin-Bin for 60 second period or at the referee’s discretion send the player off for the rest of the match.
- d) If a player uses their hand to save a goal, the ref can award an instant Red Card and an open goal penalty shot.
- e) Unacceptable behaviour contrary to the “Conduct” or “Ethics” of SUPolo can result in an instant Red Card and send the player off for the rest of the match

## 13. Taking a Penalty: -

- a) The team taking the penalty shot must appoint a single penalty shooter.
- b) The penalty shot must be taken from within the penalty takers half.
- c) The target goal will not have a goalkeeper.
- d) All players must be behind the penalty taker.
- e) The penalty shot must be taken within 5 seconds of the referee sounding their whistle and the game will re-start immediately from the moment the penalty shot is taken whether a goal is scored or not.

## 14. To Start The game:

- a) Each player must have the tail of their board touching their own goal / base line to start the game or as directed by the referee
- b) The ball will be thrown to the centre of the pool by the ref to start the game or play on
- c) After a goal is scored, the ref will ask the teams to go back to their respective ends of the pitch and the ref can restart the game when there is a clear space of approximately 5 meters between the opposing teams or at the Ref’s discretion.
- d) If the ball goes out of play, a replacement ball will be thrown back into the centre of the pool without delay by the Ref or a line ref to re-start the play.

## 15. Substituting Players: -

- a) A player can only be substituted during a “stoppage in play” and with the permission of the referee.
- b) The player to be substituted (outgoing player) must have left the field of play before the substitute (incoming player) may enter the field of play; at that point the substitute becomes a player and the person substituted ceases to be a player for the remainder of that match.
- c) The incoming player may only enter the field within their own half.
- d) A player who has been substituted can take no further part in a match. According to the rules of the Game, "up to a maximum of four "pre-registered players " may be used in any match played in an official competition organised under the auspices of Sup Polo World Series or the National SUP Polo League or the member associations.

## 16. Paddle design: -

The Paddle advised by the NSPL currently is the original paddle developed by Pierre-Yves Mottier i.e., SUPolo “**Wholy Paddle**” which was introduced to the SUP world in 2014.

**a) NSPL advises SUPolo paddles** supplied from but not limited to “**Wholy Paddle**” “**Starboard**”, “**Hatha**”, “**McConks**” or similar.

### **b) Recommendations for Paddle Shafts: -**

#### **1. Shaft Construction :-**

- i. aluminium,
- ii. composite,
- iii. carbon
- iv. hybrid

#### **2. Shaft Design :-**

- i. One piece
- ii. Adjustable
- iii. Breakdown

### **c) Recommendations for Paddle Blades :-**

#### **1. Blade Construction :-**

- i. Composite
- ii. Carbon
- iii. Hybrid

#### **2. Blade Design :-**

- i. No sharp protrusions
- ii. No sharp edges