

# VAN LINT STUDENT SPORTS WEEK

## Canoe polo

**Team size:** 4 + 1 reserve

**Duration of a game:** 10 minutes

### Rules

Canoe polo is played by 2 teams, each consisting of 4 people and 1 player at the sideline. Every player wears a helmet and a life vest.

The main goal of the game is to score as many goals as possible in the goal of the opponent. It is allowed to play the ball with your hands or your paddle. Hitting the ball with the paddle is not allowed. When a player is close to the ball with their hand, no paddles are allowed to be around the ball. A team loses the match automatically if they are not present at the starting time of the match.

A match starts with all the boats against the side of the swimming pool, close to its own goals. When the referee throws the ball into the pool, the match starts. A match takes 10 minutes.

Colliding with other boats is allowed, but colliding with a person is not. When a player has the ball, their opponents are allowed to push the shoulders of the player until their boat is upside down.

It is not allowed to paddle while holding the ball.

A player at the side line is allowed to join the game once a player of their team is out of the pool.

If the ball gets out of the pool, the team that did not touch the ball last gets the ball and the game continues.

After a goal, both teams go back to their own half of the pool. The team who did not score gets the ball and the game continues.

The game is won by the team with the most goals scored.