

*Confédération Mondiale des Activités Subaquatiques
World Underwater Federation*

UNDERWATER RUGBY



INTERNATIONAL RULES

Description

Underwater rugby is a sport played below the surface of the water in a swimming pool by two teams of 6 players, each wearing basic sub aqua equipment, i.e. fins, mask and snorkel. The object of the game is to put a negatively buoyant ball into the opposing team's goal. One goal is located at each end on the bottom of the pool.

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Rules

1. AREA AND EQUIPMENT OF PLAY

1.1. *Playing Area*

Guidance notes (G.N.)

NG : The surface referee must check the following before the start of the game:

- a) The playing area, its dimensions and the markings of the exchange areas.
- b) The goals, their dimensions and material.
- c) The underwater ball, its dimensions and negative buoyancy.

If discrepancies are found, the surface referee decides whether the game can be carried out. If a game is carried out with discrepancies, the surface referee must ensure that these are entered on the Match Report. The surface referee may demand approval for these discrepancies from the team captains before the start of the game.

- 1.1.1. The depth of water shall be 3.5 m - 5 m.
GN : For matches other than Zone or World Championships, the depth of the water may be reduced to 3.4 m provided this is stated on the invitation.
- 1.1.2. The playing area shall be 12 m - 18 m long and 8 m - 12 m in width.
GN : For International Championships, the maximum measurements are preferred. It is also preferred that these be the dimensions of the bottom of the pool and that the pool sides be perpendicular to the bottom.
- 1.1.3. The open length of the playing area shall be marked by a rope along the surface of the water.
- 1.1.4. An additional line, parallel to this, at 3 m distance shall indicate the exchange lane.
- 1.1.5. The exchange areas shall be on the pool side at either end of the exchange lane and shall be indicated by lines on the pool side. The short side of the playing area is the exchange area in its full length.
- 1.1.6. The exchange bench shall be on the pool side at either end of the exchange lane, within the exchange area.
- 1.1.7. The penalty bench shall be situated close to the exchange area but clearly separated.
- 1.1.8. The referees shall notify the team captains of the exact position of the exchange areas before the start of the game.

1.2. *Goal*

- 1.2.1. The goals consist of two rigid baskets, one of which stands at the middle of each end of the playing area on the bottom of the swimming pool against the wall.
- 1.2.2. Its dimensions shall be 450 mm high and 390 - 400 mm top diameter.
- 1.2.3. The edge of the basket shall be covered with a soft pad.

1.3. *Underwater Ball*

- 1.3.1. A ball filled with water so that it is negatively buoyant is used for playing. It shall have a descent rate of 1000 - 1250 mm per second.
- 1.3.2. It shall have a circumference of 520 - 540 mm for male, and 490 - 510 mm for female.
- 1.3.3. It shall be coloured television black and white or plain red.

2. TEAM FORMATION AND EQUIPMENT

2.1. Team Composition

- 2.1.1. A team consists of a maximum of 15 players, 6 in the water, 5 exchange players and 4 reserves. A team consists of minimum of six (6) players.
GN : The surface referee must check that the names and cap numbers of the players of the two teams to play in a particular match are entered on the Match Report before the start of the game.
A team may consist of less than 15 players, but must have a minimum of 6 players.
- 2.1.2. The exchange players of each team sit on the exchange benches during play.
2.1.2.1. An exchange player may be changed at will with any player in the water by flying change.
2.1.2.2. An exchange player may not enter the water until the player to be replaced has completely left the water and is in the exchange area of his team.
GN : Any player to be exchanged may leave the water only in the exchange area of his team.
2.1.2.3. An exchange player may enter the game only via the exchange lane.
- 2.1.3. Each team have the right to change twice during a match.
GN : It is allowed to make two changes during a match, a player who has been taken out may join the game again, but this counts as the second change. The exchange may not be the cause of the interruption. The surface referee must be informed of the exchange before it is done, and the players numbers.
- 2.1.4. The 4 reserves must be without their caps, and wearing a T-shirt if they are in the exchange area. They are allowed to warm up in the pool outside the playing-area and the exchange-lane.

2.2. Personal Equipment

- 2.2.1. Each player shall be equipped with a mask, fins and a snorkel
GN : The surface referee must check the personal equipment of the players before the start of the game and ensure that it is not dangerous and that it conforms to the rules.
All projecting edges, i.e., on masks, and buckles of fins, must be covered; this may be done with tape or a similar material.
2.2.1.1. Any projecting metal edges on any piece of equipment must be covered.
2.2.1.2. The fins may be secured by fin retainers.
2.2.1.3. The fins may be as long as wanted.
2.2.1.4. Fins with metal inserts may not be used.
2.2.1.5. Mono fins may not be used.
GN : Each player should be equipped with mask, fins and snorkel which are of a proprietary make. Fins may be cut so as to conform to the maximum permitted length. All the equipment should be such that injury to another player from projecting edges or buckles is impossible.
- 2.2.2. Players may not wear anything which could in anyway cause injury to another player. Nails must be cut short and the body must not be rubbed with any cream or grease.
GN : The binding of fingers together with smooth tape is allowed, providing the fingers remain flexible.
- 2.2.3. If part of player's equipment becomes defective during play the player may leave the water in order to repair it.
GN : A player may repair his equipment without leaving the water if it can be done without interfering with the progress of the game
If a player does leave the water in order to repair the equipment, this must be done by means of a normal exchange (cf. Rule 2.1.2).
2.2.3.1. The player is not allowed to re-enter the water until the surface referee is satisfied that the equipment is in good order.

2.3. Team Identification

- 2.3.1. All members in the team shall wear swimming trunks / bathing-suits and numbered caps of the same colour.
GN : The caps must have ear protectors fitted, and this protectors may not be removed, or altered in any way. This to prevent ear damage.
- 2.3.2. Each team must be in possession of a dark blue and white set of trunks / bathing-suits and caps.
GN : The home team or the team mentioned first in the playing schedule wears dark blue trunks / bathing-suits and caps.
- 2.3.3. The team captains shall let the referees know which number caps they will be wearing before the start of the game, and they shall wear a band on the upper part of one arm.
- 2.3.4. The team wearing dark blue caps and trunks / bathing-suits must wear black wrist bands.
- 2.3.5. It is allowed to play with elbow- and knee-protectors, made of soft material, if they are of the same colour as the cap or of a neutral colour.

3. OFFICIALS

3.1. Number, Titles and Duties

- 3.1.1. At least three referees shall be responsible for each game and their decisions are binding.
GN : In cases where several games are to be played in rapid succession or in game of particular importance, it is recommended that the surface referee has one or more assistants to undertake the following duties on behalf of the surface referee:
- 3.1.1.1. time keeping.
 - 3.1.1.2. checking the personal equipment of the players before the start of the game.
 - 3.1.1.3. checking exchanges.
 - 3.1.1.4. checking expelled players.
 - 3.1.1.5. checking players who leave the water in order to repair their equipment.
 - 3.1.1.6. keeping score.
 - 3.1.1.7. keeping the Match Report.
- 3.1.2. Two referees are in the water, one at each side of the playing area, and are called water referees. The water referees control:
- 3.1.2.1. The start of the game after a game interruption.
GN : A "game interruption" means an interruption when a free throw is awarded. The penalising referee (who might also be the surface referee) restarts the game.
 - 3.1.2.2. Signal when a goal is scored by two long continuous sounds.
- 3.1.3. The third referee observes the game from the pool side and is called the surface referee. The surface referee controls:
- 3.1.3.1. The playing time.
 - 3.1.3.2. The penalty minutes.
GN : Penalty minutes must come out of effective playing time; i.e., the penalty clock is stopped and restarted whenever the match clock is stopped and restarted
 - 3.1.3.3. The exchange players.
 - 3.1.3.4. The start of the game, after half time and after a referee ball and after a goal is scored.
 - 3.1.3.5. Penalises offences occurring on the surface of the water.
- 3.1.4. The referees shall interrupt the game immediately if, in their opinion, a player is seriously injured.
GN : Assistance is given to any injured player. A new player from the exchange bench may enter the water (cf. Rule 2.1.2). The game is restarted by an referee ball.
- 3.1.5. The referees have the authority to withdraw a player from the water:
- 3.1.5.1. If he becomes obviously overstrained and exhausted
 - 3.1.5.2. With defective equipment
GN : The player is sent to the exchange bench. A new player may enter the water (cf. Rule 2.1.2).
 - 3.1.5.3. If the game is stopped it is restarted by a referee ball
- 3.1.6. The referees have the authority to expel a player from further participation in the game:
GN : As this rule means a team must play with one player less the remainder of the game, the rule should only be used in extreme cases.
If the referee is not sure whether to expel the player or award a 2 minute penalty, then he should always award a 2 minute penalty
In less extreme cases the referee may give a warning or a 2 minute penalty
- 3.1.6.1. In case of unsporty behaviour, he/she may not be replaced by an exchange player at any time during the remaining game.
 - 3.1.6.2. In the case of a player repeatedly breaking the rules, he/she may be replaced by an exchange player, after that the team has served a two minutes penalty. Rule 6.2.6 is not valid under 3.1.6.1 and 3.1.6..2.
GN : A referee must give clear warnings to a player that he/she will be expelled if he/she continues to commit offences.
The player who is causing the penalty is expelled from the game. After the penalty time is served the team may continue to play with 6 players in the water, and only 4 exchange players. No reserves are allowed. If the player is expelled from the whole tournament, a reserve may enter the game in the next match.
 - 3.1.6.3. In both cases the player may not participate in the next match.
- 3.1.7. During the game the ball is not allowed to be exchanged only with the approval of the referees
GN : The surface referee shall check that both team captains are informed about the exchange of the ball. The reason for the exchange shall be entered into the match report
- 3.1.8. The referees shall make themselves distinctive by audible and visual signals.
GN : Whenever possible referees are encouraged to announce briefly the reasons for stoppages of play.
It is recommended that the underwater referees repeat each others' signals.

3.2. Officials' Equipment

- 3.2.1. The two water referees may use compressed air equipment if considered necessary.
GN : In world and zone championship games, at least one water referee shall use compressed air equipment.

- 3.2.2. The surface referee shall wear a white track suit.
- 3.2.3. The water referees shall wear a dark T-shirt or a diving suit.
GN : At least the upper part, or the vest, of a diving suit must be worn.

4. THE GAME

4.1. Starting Play

- 4.1.1. At the beginning of the game and after half time the ball is placed on the bottom of the pool in the middle of the playing area whilst each team is in the water at their respective goal lines with at least one hand touching the wall:
GN :In order to position the ball at the start of the play, a ring or low bowl may be used, provided it will not endanger the players.
 - 4.1.1.1. The exchange players sit on the exchange bench.
 - 4.1.1.2. The surface referee starts the game by a long continuous sound.
 - 4.1.1.3. In the case of a false start at the beginning of a game and after half time the play shall be stopped and restarted and the clock reset to zero.
GN : When play is restarted after a false start, the clock shall also be restarted. This only applies to the start of play at the beginning of the two time periods.
- 4.1.2. After a goal is scored the teams return to their ends. Then after the referee's signal the team against which the goal was scored attacks with the ball:
 - 4.1.2.1. If (after a completed goal or a penalty throw) the game is started before all the players have reached their end of the pool, they must do so before joining the game.
GN : The players must touch the pool edge with one hand before they continue to play.
- 4.1.3. When attacking immediately after a goal has been scored the ball shall be led visibly until closing with one of the opposing team. The ball shall not be held behind the back, between the legs, etc.
GN : "Closing" means from the moment a player from the opposing team attacks the player who is in possession of the ball.
- 4.1.4. On completion of a penalty throw the game is started again as rule 4.1.2.
 - 4.1.4.1. If a goal was scored, the ball shall be given to the team against which the penalty throw was carried out.
 - 4.1.4.2. If a goal was not scored the game is started as per rule 4.1.1.
GN : The water referee takes the ball and places it in the middle of the playing area.
- 4.1.5. If the game is stopped and neither a penalty throw nor a free throw was awarded by a referee, the ball is thrown into the water by the surface referee (referee ball).
GN : A "referee ball" shall be thrown by the surface referee into the water so as to give no advantage to either team. It is forbidden to touch the ball before it has hit the surface of the water. If this happens a free throw shall be awarded for the infringement of Rule 5.12.
Referee ball must be given (thrown) to the centre of the playing area (close to the middle line).

4.2. Duration of Play

- 4.2.1. The duration of the game shall be two periods of 15 minutes.
GN : The duration of the game shall be 2 x 15 minutes effective playing time (cf. Rule 4.2.3).
During international tournaments, other than World or Zone Championships, when games have to be played within a limited time, the duration of play may be shortened; e.g., 1 x 10 minutes effective playing time. Any change in the duration of play must be indicated on the invitation.
- 4.2.2. At half time
 - 4.2.2.1. The interval shall be five minutes.
 - 4.2.2.2. The team shall change ends.
 - 4.2.2.3. The water referees shall not change sides.
- 4.2.3. On all game interruptions the clock is stopped.
- 4.2.4. If necessary the playing time must be extended in order to carry out a penalty throw.
GN : A penalty throw shall always be carried out regardless of the expiration of playing time.
This rule also applies to a free throw and a referee ball. The game is stopped immediately the throw has been made.

- 4.2.5. When a game in which a decision must be reached finishes in a draw, it shall be extended after an interval of five minutes by:
 - 4.2.5.1. One period of fifteen minutes so called "sudden death".
 - GN** :The team who makes the first goal is the winner of the game. The game is stopped immediately after the goal is scored.
 - 4.2.5.2. if the game cannot be decided thereby, each team carries out three penalty throws which have to be carried out by three different players from each team in alternative succession.
 - GN** : The three penalty throws shall be carried out by three different players from each team. The penalty throws shall be carried out in turns. Lots are drawn to decide which team should start with the first penalty throw. The goal defender may be changed at will.
 - 4.2.5.3. If the game cannot be decided thereby, each team carries out one penalty throw, by a different player each time, until a deciding goal is scored
- 4.2.6. Each team has the right to ask for one "time-out" in each game. The duration of the time-out is one minute.
 - GN** : "Time-out" can only be claimed during an interruption. "Time-out" may not be the cause of the interruption. During a time-out both teams must move to the end of their playing area

4.3. Scoring Procedure

- 4.3.1. A goal is scored when the ball is completely below the goal edge.
 - 4.3.1.1. It is indicated by one of the water referees by two long continuous sounds.
 - GN** : The game is considered as "interrupted" at the first sound.
- 4.3.2. The team which achieves the most goals in a game is the winner.
 - 4.3.2.1. If both teams have the same number of goals the game is a draw.
- 4.3.3. In a tournament the winning team of each game shall receive two points, whilst in a draw each team receives one point.
 - 4.3.3.1. The team with the most points is the winner of the tournament.
 - 4.3.3.2. If there are teams with the same number of points the classification is carried out as follows:
 - 4.3.3.2.1. The games in which these teams played against each other shall be the deciding factor (points and goal difference).
 - 4.3.3.2.2. If there is no decision, the goal difference of all games is decisive.
 - 4.3.3.2.3. If the goal difference of all games is equal, the team with the most "plus" goals gets the advantage.
 - 4.3.3.2.4. If the number of "plus" goals is also equal, a new game shall be played observing rule 4.2.5 if needed.
- 4.3.4. The invitation to an International tournament must specify in detail the scoring procedure to be used for that tournament.

4.4. Stopping Play

- 4.4.1. A game interruption is when:
 - 4.4.1.1. A game is stopped for a penalty.
 - 4.4.1.2. A referee ball is played.
 - 4.4.1.3. A goal is scored.
- 4.4.2. The clock is stopped during game interruptions.
- 4.4.3. A game is stopped by:
 - 4.4.3.1. Repeated short signals for a penalty, a referee ball and at the end of a time period.
 - 4.4.3.2. Two long continuous sounds when a goal is scored.

5. FOUL PLAY

GN : The referee should be particularly aware of the following points under foul play which are considered to interfere with rhythm and quality of the game, and he should therefore consistently interrupt for the infringement of Rules:

5.1 / 5.5 / 5.7 / 5.9 / 5.11

It is forbidden:

- 5.1. To attack the opponent's mask.
GN : To "attack" is to tear off the mask on purpose or by unnecessarily violent play. The mask must not be deliberately touched by an opposing player. A grasp around the head of, or when swimming over, an opponent must not cause the neck strap of the mask to be pushed off.
It is also forbidden to push or throw the ball against the mask of an opponent (e.g., the goal keeper) on purpose.
- 5.2. To attack the opponent's snorkel.
GN : To "attack" is to tear off the snorkel on purpose or by unnecessarily violent play.
- 5.3. To attack the opponent's fins.
GN : To "attack" is to tear off fins on purpose or by unnecessarily violent play. To hold onto, or deliberately to touch, the fins of an opponent is forbidden.
- 5.4. To pull or hold onto the opponent's swimming trunks/ bathing-suit.
- 5.5. To push down or pull up an opponent in order to reach the surface of the water quickly.
GN :It is forbidden to push off from, or to pull on, an opponent in order either to increase one's own speed, or to slow down the opponent. However, if one of the players is in possession of the ball, this note is no longer valid.
- 5.6. To kick or to hit the opponent on purpose, or to play unnecessarily violently. To press onto the opponents head, or to twist the head on the surface. Or to use too much violence on the head, during the play.
GN :The referee should be particularly aware of the goal keeper trying to repel an attacker by kicking him with his fins.
- 5.7. To use a strangle hold on the neck.
- 5.8. To continue to playing after a goal or penalty throw without having first returned to the start position.
GN :Refer to Rule 4.1.2.1.
- 5.9. When a player is not in possession of the ball to pull or to push any player away from the goal.
GN : The referee shall be aware that infringements of this Rule often happen in places other than where the ball is.
- 5.10. For one team to have more than 6 players in the water at any one time.
GN : It is up to the surface referee or his assistant (see note for Rule 3.1.1) to check that the number of exchange players on the exchange bench is registered at any one time. If an exchange player is missing from the bench and he has not given official notice of departure to the surface referee, this will indicate that there are too many players in the water and should be punished as per Rule 5.10.
If the other team is attacking, the play shall not be stopped but the referee shall raise a flag / his hand to indicate an awaiting time penalty. If a goal is scored the time penalty is cancelled. If the defending team gets the ball, the game is stopped and the time penalty is given.
- 5.11. To hold onto the opponent when he is not in the possession of the ball.
GN : This ban is most important in order to maintain a fluid and high quality game. The referees shall, therefore, consistently interfere and be particularly aware of "before" and "after" tackles.
A "before" tackle is to hold onto an opponent just before he/she reaches the ball.
An "after" tackle is to hold onto an opponent after he has lost possession of the ball (e.g., after he was tackled) or after he has thrown the ball to another player. This tackle prevents the player from swimming into a new position in order to participate in team tactics.
(A player who is throwing the ball in front of himself and to himself is considered to be in possession of the ball and an tackle on him is not an "after" tackle.)
- 5.12. To lead or throw the ball above water.
GN : The ball is considered "above water" when the whole of the ball is above the surface.
- 5.13. To knock over or to pull away the goal.
- 5.14. To hold onto or to shift the goal with hands or feet.
- 5.15. To swim with the ball beyond the perimeter of the playing area.
GN :The whole of the ball shall be beyond the perimeter before it is considered to be "beyond the perimeter".
- 5.16. For the player of the defending team to knock over or to pull away the goal.
- 5.17. For the player of the defending team to hold onto or to shift the goal with hands or feet.

- 5.18. For the goal keeper to hold onto or to wedge his head, arms, legs, backside or any part of his body in the goal. He may not wedge his body to the top of the goal with the aid of neither the pool side nor the bottom. (The goal may only be covered by the body.)

GN : A penalty throw shall only be awarded by the referees if by holding onto the goal the goal keeper prevents the opponent from utilising an obvious chance of scoring. However, the goal keeper may orientate himself about the goal by touching it.

The goal keeper is not allowed to wedge his arms, head, legs, backside or any part of his body, in the goal. However, it is not foul play if a goal keeper, who is defending his goal with his body, has part of his body involuntarily pressed down into the goal; e.g., shoulder, elbow, knee, etc.

The expression "the goal may only be covered with the body" means that the goal must not be covered with the fins. This would be unjust to the attackers, who must not attack the fins (cf. Rule 5.3).

- 5.19. To foul an attacking player in front of the goal thereby stopping an almost certain goal being scored.

GN : As an infringement of this rule will cause a penalty throw, it is important that the referees note particularly if the infringement has prevented an almost certain goal from being scored. If that is not the case, a free throw shall be awarded for infringement of rules 5.1 - 15 as applicable.

6. PENALTIES

6.1. Free Throw

- 6.1.1. A free throw may be awarded by a referee for the infringements of rules 5.1 - 15.

- 6.1.2. A free throw is given against the team causing the foul.

- 6.1.3. A player of the opposing team receives the ball on the surface of the water at the place where the incident occurred.

GN : The team committing the offence must either give the ball to the other team or drop it to the bottom. The referee must give the signal to play as soon as he sees the ball is ready to be played without hindrance from the other side.

- 6.1.3.1. A free throw awarded for an infringement on rule 5.15 is given level with the rope.

GN : The throw shall be carried out at the place where the players passed the perimeter of the playing area.

- 6.1.3.2. When a team is awarded a free throw on its own half the free throw is to be taken from the centre of the playing area.

- 6.1.4. The player carrying out the free throw must not change his position in the water before the ball is handed over.

The player carrying out the free throw must not dive before the ball is handed over.

- 6.1.5. The attacker must keep a distance of at least 2 m until the ball is played.

GN : It is only the attackers who must keep a distance of least 2 m. The referee may start the play if the attacker(s) do not disturb the player who is going to carry out the free throw even if the attacker(s) is (are) nearer than 2 m. If he is disturbing then rule 6.1.5 should be taken literally.

- 6.1.6. The free throw is given clearance by the referee who previously interrupted the game.

GN : The ball should be restarted by the referee who has interrupted the game, if it is ready to be played. In other cases, take rule 6.1.6 literally.

- 6.1.7. The free throw must be carried out within 3 seconds of the referee giving clearance.

GN : The ball must not be played directly towards the opponent's goal, it must be touched by another player before a goal may be scored.

- 6.1.8. The player carrying out the free throw must not touch the ball again before another player, from either team, has touched the ball.

- 6.1.9. If the free throw is not carried out correctly the offending team then receives a free throw.

6.2. Penalty Time

- 6.2.1. A penalty time may be awarded by a referee for infringements of rules 5.1 - 10. The opposing team is given a free throw.

GN : It should be noted that infringements of Rules 5.1 - 10 are also punished with a free throw. This means that penalty times should only be given if it is a question of repeated or gross infringements, with the exception of Rule 5.1.10 which must always be punished with a penalty time.

- 6.2.2. When the foul occurs the referees may send the players causing the foul to the penalty bench for two minutes. During a penalty throw, the time is running for the penalty time.

GN : The penalty time (2 minutes) is effective playing time.

The expelled player must be sitting on the penalty bench before the referee may restart the game.

- 6.2.3. The penalty bench shall be in the immediate vicinity of the exchange area. During the last 10 seconds of the penalty time, the player given the penalty time is allowed to enter the exchange area, but he or any other player replacing him cannot enter the water until the full penalty time is served. The last 10 seconds and the finish of the penalty time must be indicated by the referee.

- 6.2.4. No exchange player is allowed to go into the water to replace the player being sent to the penalty bench.
GN : If a penalty time is awarded for an infringement of Rule 5.10 (more than 6 players in the water), the referee must ensure that two players are removed from the water so that the team has only 5 players in the water during the period of that penalty time.
- 6.2.5. If a team deliberately delays the play of a game then the referee may award a 2 minute penalty after giving 2 official warnings to the team (the player committing the last delay is the player to be given the penalty). If necessary, effective playing time may be extended.
- 6.2.6. If one team is outnumbered due to time penalty(ies) and the opposing team scores, the oldest penalty will be considered served.
GN : If both teams have even numbers of players on the penalty bench, neither of them is considered outnumbered. This rule must be observed also during penalty throws.

6.3. Penalty Throw

- 6.3.1. A penalty throw may be awarded by a referee for infringements of rules 5.16 - 19.
- 6.3.2. The penalty throw is carried out by one player of each team in front of the offending team's goal.
GN : The teams choose their own players to carry out the penalty throw. All the other players shall be outside the playing area during the penalty throw. They may lie in the exchange lane.
- 6.3.3. A player of the team which received the penalty throw is given the ball (the attacker).
GN : The attacker shall start from the centre of the playing area.
- 6.3.4. The other player (the goal defender) may not be more than 2 m away from the pool edge at kick-off from the water surface.
GN : The goal defender may not be an expelled player.
 The goal defender may not attack the attacker before he has dived.
- 6.3.5. The attacker has 45 seconds to make a goal. When the goal-keeper has dived he/she must be within reach of the goal the whole time.
GN : The goalkeeper may not go away from the goal voluntarily, if he is pulled away from the goal by the attacker he/she must swim back to the goal when he/she is no longer held. The goalkeeper is not allowed to bring the attacker to the surface, it must be stressed that it is the ball which should be brought to the surface. The referees must not inform the teams about the expiration of the 45 seconds. The team captains and fellow players may inform their players from their own half of the playing area.
- 6.3.6. Clearance is given by the surface referee.
GN : Signal as for starting play, a long continuous sound [cf. Rule 4.1.1.2.].
 A penalty throw is carried out within effective playing time and playing time must be extended in order to complete it.
- 6.3.7. Both the attacker and defender may repeatedly emerge/submerge during the penalty.
- 6.3.8. The penalty throw is finished:
- 6.3.8.1. When the attacker succeeds in scoring a goal.
GN : Signal is given by the referee as for scoring [cf. Rule 4.4.3.2].
 - 6.3.8.2. When the goal defender succeeds in obtaining the ball and is holding it above the surface of the water.
GN : Signal is given by the referee as for stopping the play [cf. Rule 4.4.3.1.].
 - 6.3.8.3. When 45 seconds have elapsed without a goal.
GN : Signal is given by the referee as for stopping the play [cf. Rule 4.4.3.1.].
- 6.3.9. If the penalty throw is interrupted by incorrect behaviour of the defending team another penalty throw must be given.
- 6.3.9.1. The player causing this has to leave water immediately and carry out a 2 minutes penalty after the completion of the penalty throw.
GN : The period for the time penalty (2 minutes) starts when the normal play is started again. The attacking team may change the attacker.
 - 6.3.9.2. If this happens during the execution of penalty throws [cf. Rule 4.2.5.3], the goal defender has to leave the water immediately. He is not allowed to be neither his teams next attacker nor his teams next defender.
- 6.3.10. If the penalty throw is interrupted by incorrect behaviour by the attacking team, the ball is given to the defending team and the play is started as after scoring a goal.

6.4. Advantage Rule

- 6.4.1. If at any time during the play the referees decide that a rule infringement does not affect the advantage held by the team in possession, play may be allowed to continue as if the offence has not occurred. This is termed as playing the advantage rule.
- 6.4.2. This rule must be observed by the referees at all times.

7. GENERAL

7.1. Organisation

- 7.1.1. The organising club or association is responsible for ensuring that the playing area, goal and ball all conform to the rules.
- 7.1.2. The organising club is responsible for supplying all the compressed air units for the underwater referees.
- 7.1.3. The players play at their own risk.

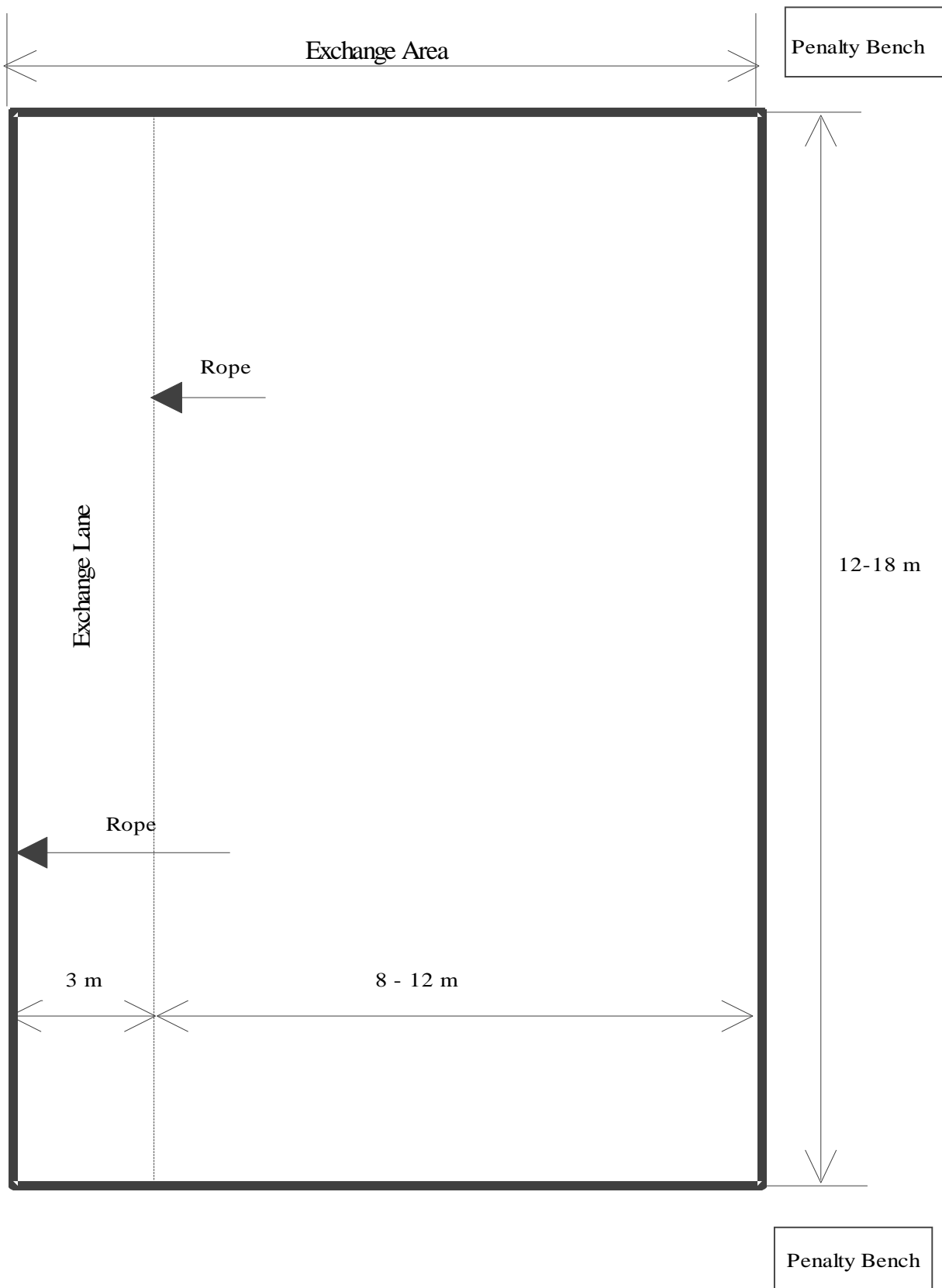
7.2. The definitive text of these rules is the French version.

For further technical details and technical drawings concerning the

- playing area, its dimensions and the exchange areas
- the goals, dimensions and its materials they are made of
- the UWR ball, its dimensions and its negative buoyancy and filling instruction
- hand signals of the referees

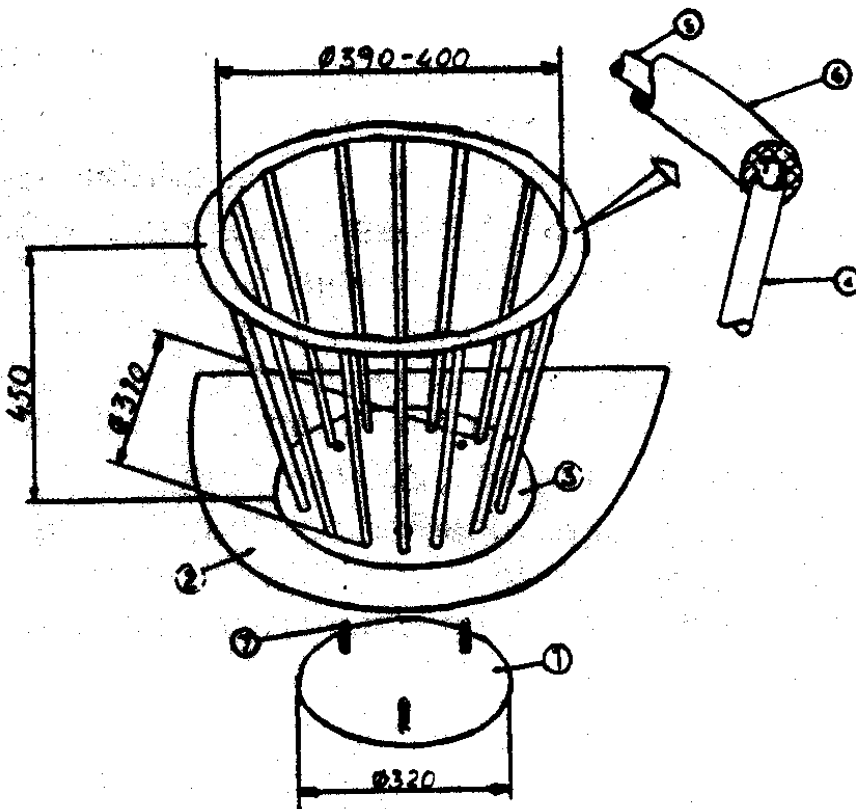
please contact the C.M.A.S. Underwater Rugby Commission.

APPENDIX 1 : Playing area



APPENDIX 2 : GOAL

POSITION	AMOUNT	DESCRIPTION	MATERIAL
1	1	DISC, 320 X 1,5 MM.	STAINLESS ST.
2	1	DISC, R=700, T=5	RUBBER
3	1	DISC, 320 X 5 MM.	STAINLESS ST.
4	16	STEEL BAR 10X455	STAINLESS ST.
5	1	ROUND STEEL BAR 10X1350 MM.	STAINLESS ST.
6	1	SOFT PAD	NEOPRENE
7	3	STUD BOLT M10X25	STAINLESS ST.
8	3	NUT M10X25	STAINLESS ST.



ALTERNATIVE FIXING METHOD FOR BASKET IS TO HAVE A HOLE IN THE BOTTOM OF THE BASKET. THE BASKET IS THEN FIXED TO A PERMANENT THREAD IN THE POOL BOTTOM. THIS FIXING METHOD GUARANTEES THAT THE BASKET STAYS IN POSITION.

APPENDIX 3 : Filling instructions

Filling and Handling Instructions for Underwater Rugby Balls

Circumference: 520 -540 mm (for men), 500-520 for women
Negative buoyancy: 1000 - 1250 mm/s

Status: 1995

Equipment necessary to fill balls :

- 1 football pump - plastic if available -
- 1 basketball filler needle (2mm dia x app. 30 mm long)
 alternative : Spraying pump e.g. garden spray -qualified to operate at 3 bar -. A brass tube 2mm dia x 30 mm long must be soldered into the spray-jet opening *. Such tubes can be bought in any supermarket for building materials. Or ask at any butcher shop to get their usual liquid-injection pump loaned and connect a hose adapter with the filling needle.
- 1 brass tube 2mm dia x 200mm long *
 (* tubes to be rounded on one edge before use)
- 1800 gr kitchen salt.
- 1 container with app. 5 l water heated up to app. 50°C

Filling Procedure :

- o Completely dissolve the salt before filling it into the spraying pump. During filling operation ball must be put into cold water to maintain plastic shell elasticity.

- o Insert (soaped) filling needle carefully into ball valve. Press out all remaining air. Fill football pump with salt water and press into ball. Repeat process until circumference has reached 570 mm. This fatiguing procedure is not necessary when applying the „alternatives“. After 24 hrs insert one end luted 200mm tube -ball valve down-.Push through and allow remainder of air to escape. Also drain saltwater until circumference of 520-540 mm is reached.
"Gurgling" must not be heard any more!
A filled ball weighs app. 3000gr +/- 20gr.

Surface Treatment - to improve grip-

- o Rub the dry surface with emery paper 600 until no shine is visible when held against sun.
 Carefully cut away all fringes.

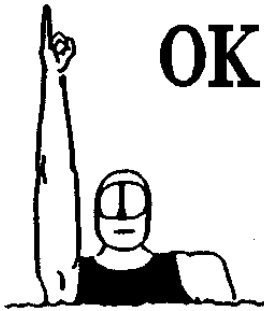
Attention : Use of more coarse grained emery paper renders the ball unserviceable !

- o The pentagons faded due to rubbing can be restored by using EDDING 800 waterproof crayon. Ball will be ready for use after a drying time of 12 hrs. Repainting is not applicable to red balls.

Handling and Care:

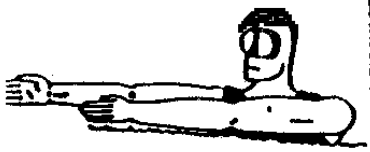
To maintain its roundness the ball must be hanged up in a net! From time to time or before start of the seasonal competitions ball must be thoroughly cleaned -with soap or similar-. Repainting of pentagons also could be advisable after a longer period of use.

APPENDIX 4 : HAND SIGNALS OF THE REFEREES



OK

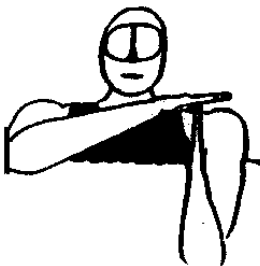
REFEREE BALL



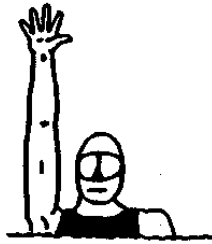
ADVANTAGE RULE



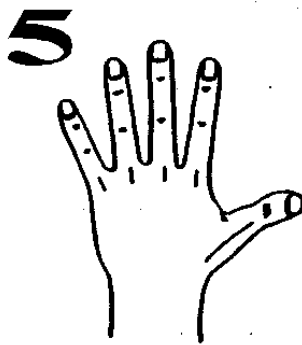
TIME OUT



GAME STOP

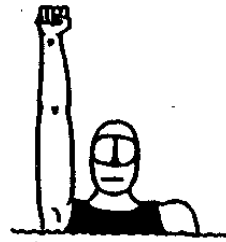


PLAYER NUMBER DISPLAYED



5

BASKET SCORED

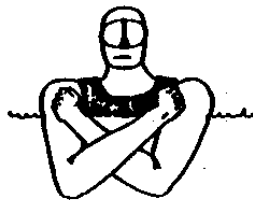


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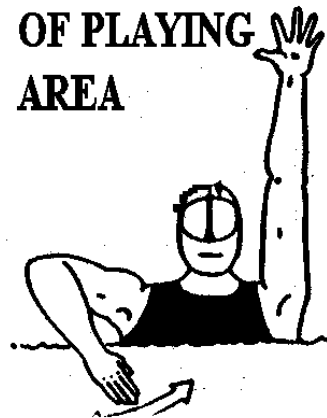


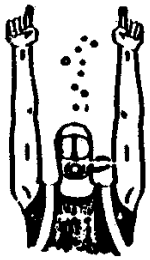
FINGERS SHOW THE NUMBER

**PERIOD OR
GAME OVER**



**BALL OUT
OF PLAYING
AREA**



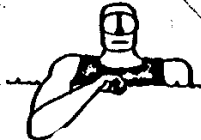


**SURFACE REFEREE
STOPPED GAME**

**WATER REFEREE
STOPPED GAME**



FREE THROW



**PLAYER
GRABBING
BASKET**

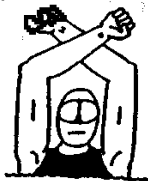


**TWO MINUTE
PENALTY**

**STRANGLING
HOLD**



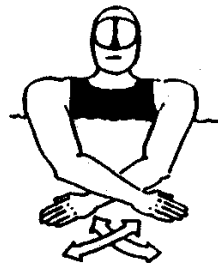
**PENALTY
THROW**



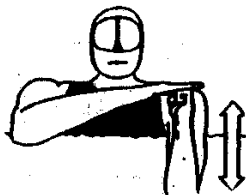
**GRABBING
PLAYERS
EQUIPMENT**



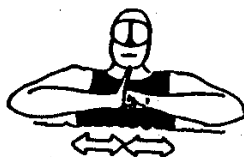
**BASKET NOT
ACCEPTED**



**PUSHING OR
PULLING
PLAYER**



**VIOLENT
PLAYING**



**HOLDING
PLAYER
WITHOUT
BALL**



APPENDIX 5 : Signals

Situation		A long, continuous sound	Repeated, short signals	Two long, continuous sounds	Visual
Audible					
Starting play		X			
Stopping play			X		
Goal scoring				X	A closed fist is raised.
Infringements of rules	Free Throw		X		A flat hand is raised and the Referee points towards the team which infringed the rule.
	Time Penalty		X		Points to the player receiving the penalty then to the penalty bench.
	Penalty Throw		X		The referee points towards the end of the playing area where the penalty throw shall be carried out.
Free Throw start		X			
Penalty Throw start		X			
Referee Ball start		X			
Continue playing					Repeated pointing of the arm in the direction of play to continue
Advantage rule					
End of Penalty	Ten seconds				One arm is raised
	Zero seconds				The arm is lowered (full time)
Incorrect exchange					A blue or white flag is raised

APPENDIX 6 : Procedure for Rules Changes

- A. Rule suggestions will be discussed at the general meeting of the commission every 2 years, during the Zone or world Championships (WC) . The rule suggestions will be written down at the meeting.

- B. Further rule suggestions can be sent to the rules director up to 7 month after the meeting. They must be in English.

- C. 11 month after the meeting all suggestions will be put together by the rules director and sent out to all federations who participated in the previous meeting. It is intended that each federation discusses all new rule suggestions, and possibly try them out in their national system.

- D. Not later than 19 month after the meeting, a written response from each federation shall be sent to the rules director so that suggestions for alteration in wording and/or meaning and/or comments concerning the proposed rule changes are recorded on paper. Only those changes sent out per paragraph C can be commented upon. No new rules can be suggested at this stage.

- E. Not later than 20 month after the meeting the final rule suggestions will be sent to the participating federations. A copy of each nations response will be attached. These rule suggestions will then be voted on at the coming Zone/WC, 24 months after the previous meeting. Only minor changes in wording can be accepted for discussion before voting on the rule changes. The original meaning must not be altered.
A simple majority is required for acceptance of new proposals. New rule suggestions will also be discussed at the meeting. They can be voted on at the next meeting 24 months later.

- F. The rules can be applied immediately after acceptance. The national federations must comply with the rules by July 1st the following year.

APPENDIX 7 : Rules change flow chart

