

Gameplay:

- The ball can only be played with a paddle - hands, feet, or head cannot be used to move the ball.
- Players must remain standing - kneeling or being in the water while passing or shooting is not allowed.
- No player can act as a goalie in front of the goal; all players must actively paddle.
- Intentional contact with another player, including striking paddles or boards, is prohibited.

Equipment:

- 6-8 inflatable paddleboards.
- 6 SUP polo paddles.
- 1 SUP polo ball.

Game Duration:

- 2 halves of 10 minutes each (teams switch sides at halftime).
- A 5-minute halftime break.
- If the score is tied 1 five-minute overtime period will be played.
- If still tied after overtime, each player will take one shot at goal from midfield. The team with the most goals win, if still tied sudden-death shootout will determine the winner.

Minor Fouls:

- Opposing team gains possession at the point of the foul if:
 - Using hands, feet, or head to advance or block the ball.
 - Ramming or intentionally contacting an opposing player's board.
 - A player positioned in front of the goal without paddling.
 - Kneeling or entering the water to retrieve or pass the ball.

Major Fouls:

- Deliberately charging another player's board - 1-minute penalty is assessed.
- Using hands, feet, or head to block a goal - penalty shot from midfield awarded.
- Player blocking the goal without paddling when a shot is taken - penalty shot from midfield.

*All players must be behind the player taking a penalty shot at midfield.

*Any player receiving 3 one-minute penalties will be disqualified. The team will continue the game with only 2 players.