

Pillow Polo

Equipment Used

- polo sticks
- gator skin ball
- nets

Playing:

1. Play is continuous unless a goal is scored or penalty occurs.
3. Start the game with a **center bully** (tap the stick three times then hit the ball)
2. A goal cannot be scored if there is a penalty during the play.
3. The ball can deflect off a player or equipment, but **cannot be kicked into the goal**.
4. A score counts when the ball **crosses the goal** line and/or goes into the net.

Goal Keeping:

1. Ball cannot be thrown across the center line.
2. At no time is the goalie exempt from penalties when he/she goes out of the goal box to play the ball.
3. It is a misconduct penalty if the goalie holds the ball for more than 5 seconds in his/her effort to clear the ball from in front of his goal.

Fouls:

A. Roughing Penalty:

- Slashing or hacking whether or not contact is made with an opposing player
- High sticking (when the stick is raised above the waist)
- Contact with the goalie inside the goal box (CREASE)
- Pushing, holding, and tripping
- Throwing the stick
- A foul may be called for – kicking, pushing, and also high sticking

B. Misconduct Penalty:

- Players deliberately leaves their feet (slide or dive)
- Players in the goal box (unless accidental: referee's discretion)
- Player, other than goalie, catching or holding the ball
- Deliberately hooking, grabbing, or kicking the stick out of an opponent's hand.

C. Penalties Explanation:

One of the following will occur when a player is charged with a roughing penalty or misconduct penalty depending on the severity of the penalty:

- 1) Indirect ball placement from where the infraction occurred.
- 2) Player sits out for a time to be determined by referee (power play)

If a **POWER PLAY** is awarded to the other team and the team that was given the penalty will play shorthanded during this time.

- **If a goal is scored by the opposition before, the penalty time has elapsed, the player or players out on penalties may return to the floor, providing the penalty is not the third one on any player.**

- If it is the third penalty, a substitute must be sent in.
- If the goalie receives a roughing or misconduct penalty, the goalie will be sent to the penalty box and another player must take his place, but the team must play shorthanded. The position that replaces the goalie is optional.
- Any player charged with three penalties will be removed for the duration of the game.
- Fighting or deliberately fouling another player calls for automatic ejection from the game.

OTHER RULES

- 1) Students **may not** bring the pillow polo stick above the waist, prior to or after an attempted shot (High Sticking).
- 2) There may only be **one person** from each team at the ball during play.
- 3) The **goalie is the only person that may use his or her feet** to stop the ball. They may also use their stick. The goalie cannot score.
- 4) The defense makes the call if there is no referee.
- 5) The defense must be 10 feet away when a team is bringing the ball into play.
- 6) There is no offsides. Participants may go anywhere at anytime.
- 7) A player may not use his or her foot to intentionally stop the ball.
- 8) If players are on the **sideline they must stay BEHIND** the line. They are allowed to kick the ball into the playing area but cannot score.
- 9) **NO BODY CONTACT**

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