**Useful Rules for Beginners**

**Subbing**

17.3 The Substitutes Area is the area behind the Goal Line excluding the area four (4) metres either side of the centre of the goal frame. These are reserved during a game for substitutes waiting to take part in a game.

61.3 Substitution is allowed at any time including during time outs. Exit and entry of players for substitution may be anywhere along the teams own goal line provided all of the player’s kayak and equipment has left the playing area before the substitute may enter the playing area. A player leaving the playing area solely as part of the action of the game is not subject to the conditions for re-entry.

61.4 A capsized player who has not left the playing area at their goal line may be substituted not earlier than the next break in play. All of the capsized players equipment (for example kayak and paddle) must be removed from the playing area before a substitution is allowed.

**Paddle** The following are defined as illegal use of the paddle.

63.1 Contacting an opponent’s person.

63.2 Playing, or attempting to play, the ball with a paddle when the ball is within arm’s reach of an opponent, and that opponent is attempting to play the ball with their hand.

63.3 Playing or attempting to play the ball with a paddle across the bow of an opponent’s kayak, within arm’s reach of the opponent in a normal paddling position.

63.4 Placing a paddle within arm’s reach of an opponent who has the ball in their hand. A goalkeeper is excluded from this rule and is allowed to directly defend against a shot at goal as long as the paddle is not moved towards the opponent at the time of the shot and it does not result in significant contact with the opponent.

63.5 When a player, with their paddle, attempts to restrict an opponent using their paddle.

63.6 Playing an opponent’s paddle instead of the ball.

63.7 Throwing a paddle.

**Possession**

64.2 A player must dispose of the ball within five (5) seconds of gaining possession, either by passing it to another player or by performing one throw causing the ball to travel by at least one metre measured horizontally from the point of release.

64.5 A player may not manoeuvre their kayak with their hands or paddle while the ball is resting on their spray deck.

**Hand Tackle (Pushing)**A Hand-Tackle is a player pushing an opponent with one (1) hand. The following hand-tackles are illegal:

65.1 Any hand-tackle where the tackled player does not have possession of the ball or is sharing possession of the ball with another player.

65.2 Any body contact other than one open hand to the opponents’ back, upper arm or side.

**Kayak Tackle** A kayak-tackle is a player manoeuvring their kayak against an opponent’s kayak in an attempt to gain possession of the ball. The following kayak-tackles are illegal.

66.2 Any deliberate kayak-tackle that results in significant or continuous contact with the opponent's spray deck or where the tackler continues to tackle into or over the spray deck. After a kayak tackle, when the ball is no longer in possession of either player, they may move off each other’s kayaks by using their hands in a controlled action.

66.5 Tackling an opponent who is not within three (3) metres of the ball.

66.6 Tackling an opponent when the tackler is not competing for the ball.

**Goalie**

71.1 If two or more players are directly under the goal, the player most directly under the goal is considered the goalkeeper at that time.

71.2 If the goalkeeper is not in possession of the ball and is moved or unbalanced by contact from an opposing player, then that player has committed an illegal tackle.

**Out of Bounds**

57.2 Goal line throw: The goal line is always measured by the vertical plane of the goal frame in all situations even if the goal frame or the physical goal line are moved out of position as a consequence of normal play. A goal line or corner throw will be awarded when any part of the ball touches the vertical plane of the front of the goal frame except where a ball rebounds off the goal frame (not the goal supports) into the playing area, or where the ball is prevented from completely entering the goal by a defenders paddle and rebounds back into the field of play, or where a goal is scored.

57.2.1 Goal line throw: When the ball goes out over the teams own goal line and has been last touched by the other team then a goal line throw will be awarded. Signals 6 and 14 apply. The player taking the throw must be positioned with their kayak on the goal line.

57.3 Corner-throw: When the ball goes out over the teams own goal line and was last touched by their own team then a corner throw will be awarded. Signals 5 and 14 apply. The player taking the throw must be positioned with their kayak in the corner of the playing area.