



Polo SUP Explore lesson

(HK\$450 per persons, min 10)

***more than 16 pax \$380pp**

SUP Polo, is a new sport: Combines water polo with stand up paddling. This may just be the funniest / wackiest / craziest thing to happen to the world of stand up paddling.

- Each session 2 hours, minimum 10 persons
- Half hour theory and land-based instruction
- Half hour instructor guided instruction in the water
- Self race explore (1 hr)

Please kindly noted:

1. Requirement: can swim 50m without swimming aid
2. Participants aged 12 or above are requested
3. Life jacket shall requested wearing for safety reason.
4. Please arrive at least 15 minutes prior the activity, the start time may change subject to weather conditions.
5. The fee already includes the instruction, the gear, LCS storage & shower facilities. Additional time each hour will be charged at HK\$80 per person.
6. Prepayment shall be requested in order to confirm the lesson
7. Trainee need to bring along your protection wear, and something you might consider to bring along: sun protection wear, sun cream, mosquito repellents, and shower amenities.
8. In case of dispute, Long Coast Seasports (LCS) reserves the rights for its final decision.



SUP POLO RULES

Teams:

- Consist of 3 players each team with 1 alternate substitute.
- Each team may make 1 substitute per half.

Equipment:

- 6 SUP Polo board; 6 SUP Polo paddle
- 1 SUP Polo Ball; 2 Goals (3m long x .09m high)
- 1 regulation 20 x 25m field

Duration of Contest:

- 10 min halves (Teams to change sides at halftime)
- 5 min halftime; 5 min overtime
- If game tied after end of overtime, each player will shoot 1 shot at goal from midfield - the most goals wins.
- If still tied, each team will take a shot in sudden death shoot-out – team who scores first wins.

Rules:

- Ball to be played with paddle only
- No use of hands, feet or head to advance ball
- Ball can only be played while standing up, no kneeling or in the water passes or shots.
- No goalie in front of the goal allowed, all players must be paddling.
- No intentional contact with another player by striking paddles, or boards. No jumping on other players' board.

Minor fouls:

- Use of hand or feet to block or advance ball – opposing team gets ball at point of foul.
- Running into another team players board or stepping on another players board– opposing team receives ball at point of contact.
- A player is positioned in front of goal without paddling and acting as a goalie – opposing team receives the ball.
- Kneeling while passing the ball or retrieving ball from the water while player is in the water – opposing team receives ball at point of foul.

Major Fouls:

- Intentionally charging another players board with your board – 1 min penalty assessed.
- Using hands or feet or head to block goal from being scored – penalty shot from midfield
- Player is standing in front of goal (blocking), without paddling, shot is taken and blocked – penalty shot from midfield
- When penalty shots are taken, all players must be behind player taking shot at midfield.
- Any player receiving 3 (1 min) penalties is disqualified. Team will play remainder of the game with only 2 players.