



The 10 Commandments for Upper Hamble Canoe Polo

1. An elected or designated instructor/paddler will act as Referee
2. The front of your boat is your responsibility (take extra care with pointed boats)
3. The end of your paddle is your responsibility (mind fingers and heads)
4. You must paddle up to the ball in play. Do not use the paddle to draw the ball to you
5. The paddle can only be used to block the ball in a vertical plane. Do not hold the paddle over the opposing player at an angle
6. Only two players on the ball at the same time
7. When the goal keeper has their paddle in the air to defend their goal, your boat must not touch their boat
8. No pushing over
9. You can only hold on to the ball for three seconds
10. Pass the ball to all players for them to gain experience (especially the young, and over 50s)

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