

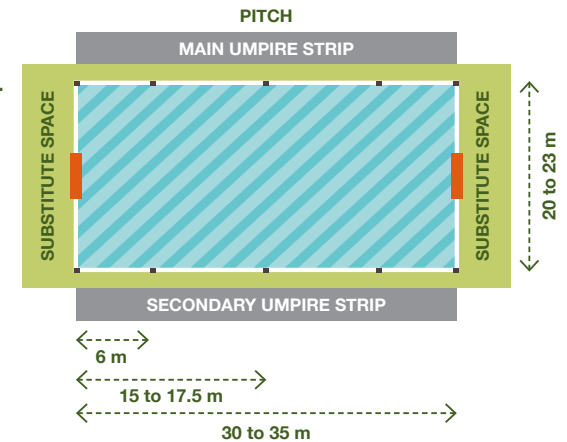
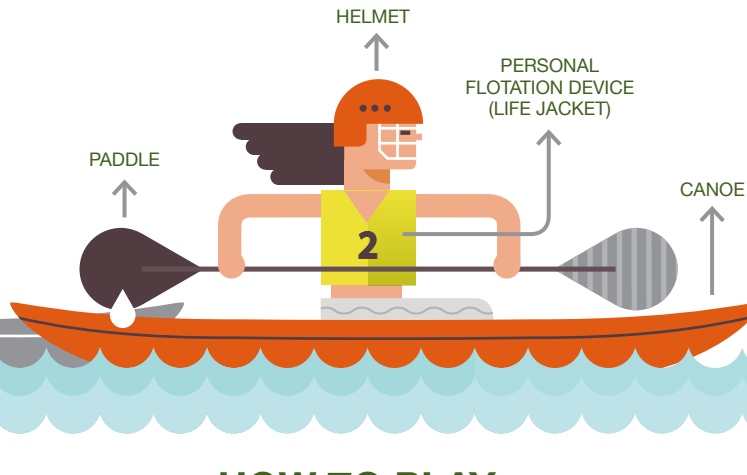
DISCOVER KAYAK POLO

This competitive sport is played in the water. Two teams with five players participate, each in a kayak approximately three metres long. What's the goal? Score goals against the other team during the regulation time.

BEFORE BEGINNING THE NECESSARY EQUIPMENT:

1

To do this sport, in addition to a kayak or canoe, you will need a paddle and the basic safety systems: helmet and life jacket.



2

GAME AREA

This is a rectangular area with a maximum length of 35 m and a maximum width of 23 m. The ideal place is an area of water without obstacles, calm water and a minimum depth of 90 centimetres.

HOW TO PLAY

In two halves of 10 minutes each, the aim is to score a goal by passing the ball between the posts. **The rules are very simple:** you can move the ball using your hand or the paddle and if you overturn the kayak you have to leave the game. Hitting or pushing someone from the other team with your hand or paddle, pushing off from another player and touching the ball with the paddle when a rival tries to catch it with their hand are fouls.



3

HEALTH BENEFITS OF KAYAK POLO

- Increased **muscular strength** in arms, back, shoulders, chest and legs.
- **Reducing the risk of erosion** in joints and tissue.
- **Stress reduction.**
- Increased **physical resistance.**

