

Key elements to play kayak polo

Kayak polo is one of the most strategic and competitive water sports. It is a very complete activity that combines ball sports and rowing. Discover it!



There are two teams, each consisting of five players competing for the ball by using their hand or the paddle. The aim of the game is to get the ball into the opponent's goal. If the kayak overturns, the player must leave the playing area.

1

Timing

The game lasts 20 minutes split into two halves of 10 minutes each.

2

Fouls

Hitting or pushing an opponent with your hand or paddle, pushing off from another player and touching the ball with the paddle when an opponent tries to catch it with their hand are fouls.

3

Equipment

In addition to the kayak and the paddle, the player must carry a basic safety system: a helmet with a face guard and a numbered lifejacket. The neoprene cockpit cover is used to keep water from entering the kayak.

4

The paddle

The paddle may not exceed 2.10 m in length and its edges must be rounded. The longest ones are used by goalkeepers to intercept the ball at the goal.

5

The kayak

It is around 3 m long, weighs approximately 10 kg and is usually made of fibreglass, carbon fibre, Kevlar fibre or both. Its edges are rounded and have rubber protection to prevent damage when colliding with other boats.

6

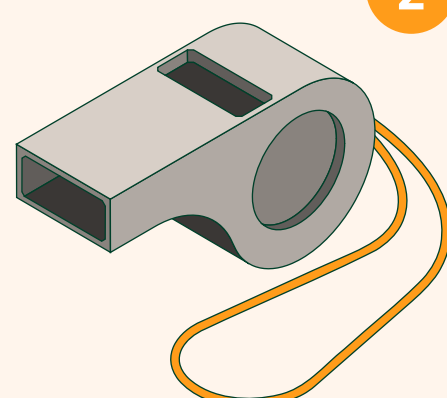
The ball

It is similar to water polo and there are two different sizes, depending on whether it is for men's or women's game. The ball can be controlled by hand or by paddle, but cannot be carried inside the canoe; only for passing it to a teammate.

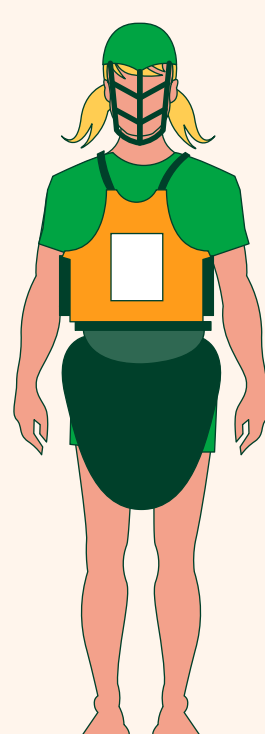
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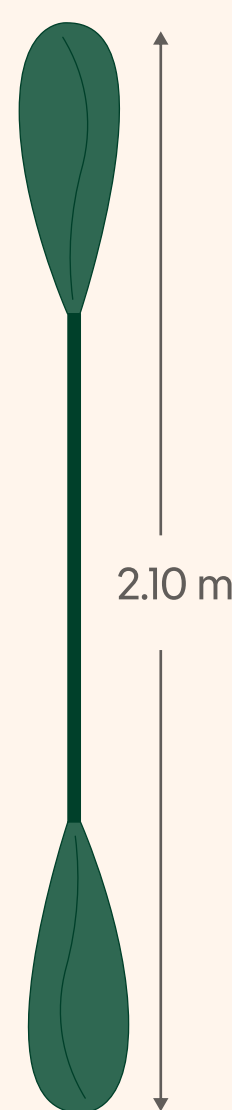
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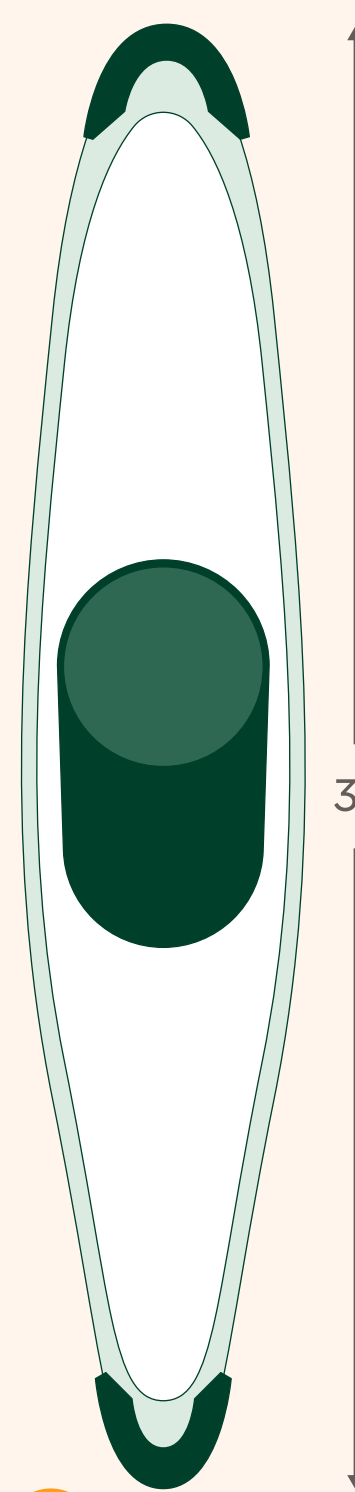


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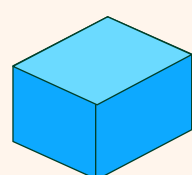


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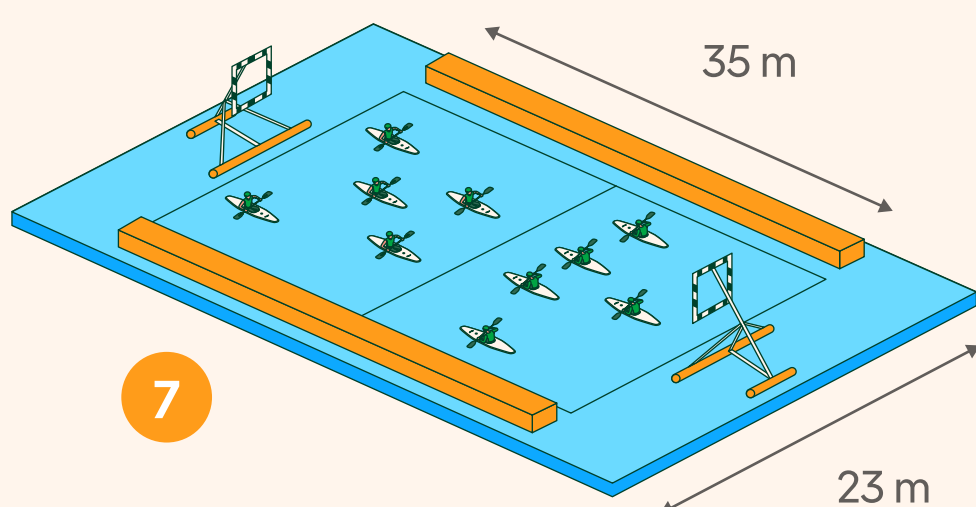
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7



7

The pitch

This sport is played on a rectangular pitch that requires a maximum length of 35m and a maximum width of 23m. The ideal place is an area with calm water and a minimum depth of 90 cm.