THE CARTOON BOOK OF

UNDERWATER RUGBY



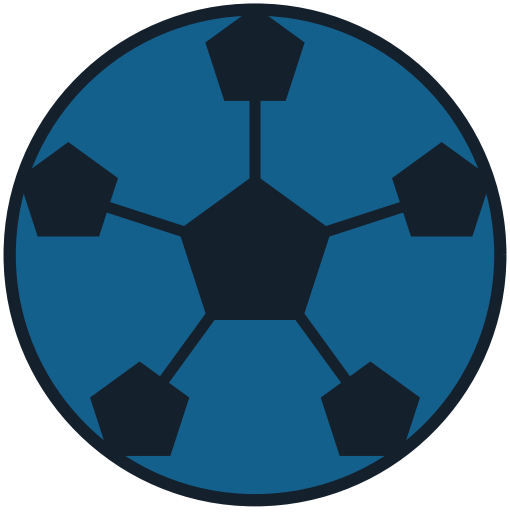
SPORT ON EARTH

Sport on Earth Books · The Water & winter Family

Original illustrations · No characters were copied in the making of this book

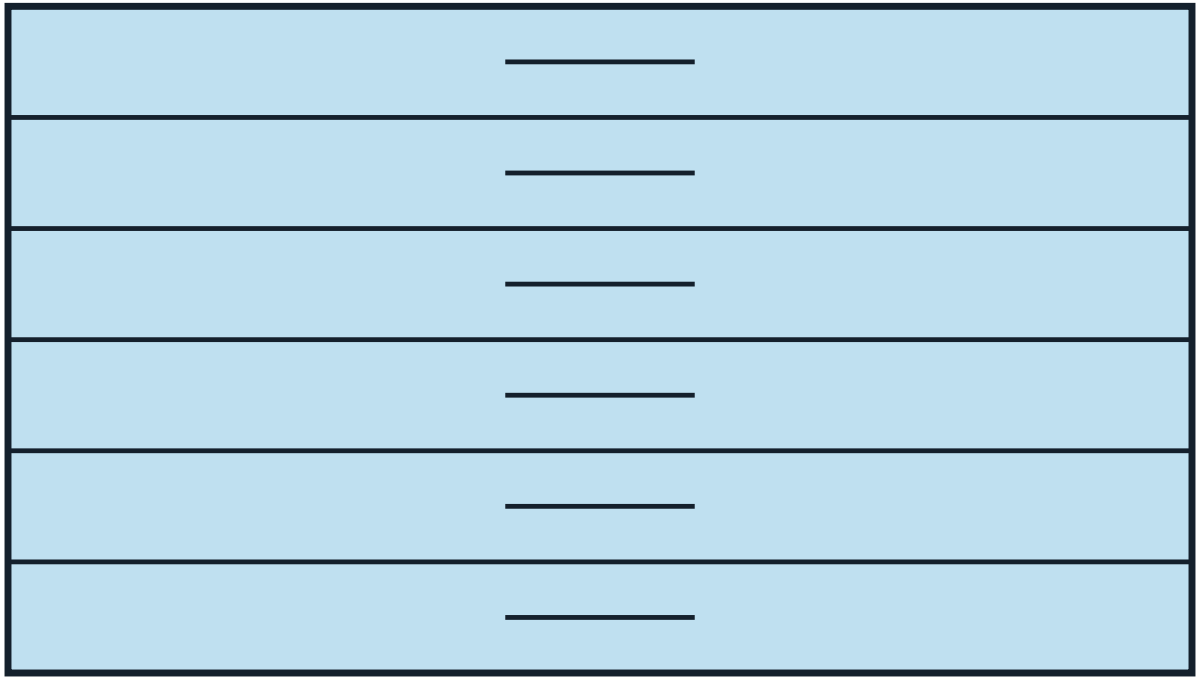
Meet Underwater Rugby!

Full-contact pool game for a ball and basket.



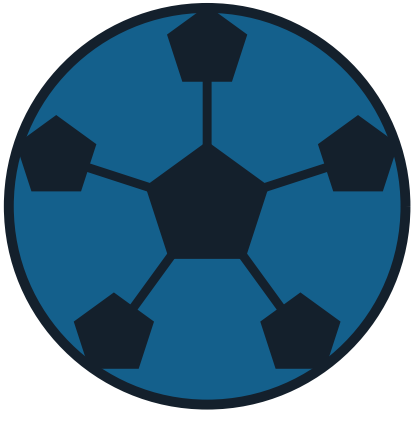
Where It Is Played

Deep pool area, 3.5-5 m deep (typically 12-18 m long and 8-12 m wide), with basket goals on the bottom at each end.



The Gear

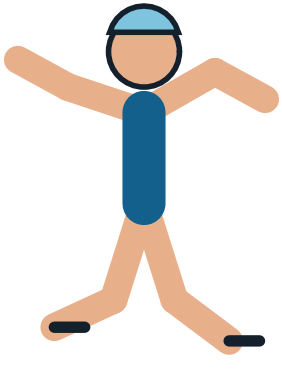
Cap, mask, snorkel and fins; a salt-water-filled negatively buoyant ball and two steel basket goals.





How It Starts

Join an underwater rugby club, build snorkelling and breath-hold fitness, and learn ball handling and safe contact in coached pool sessions.



How to Play

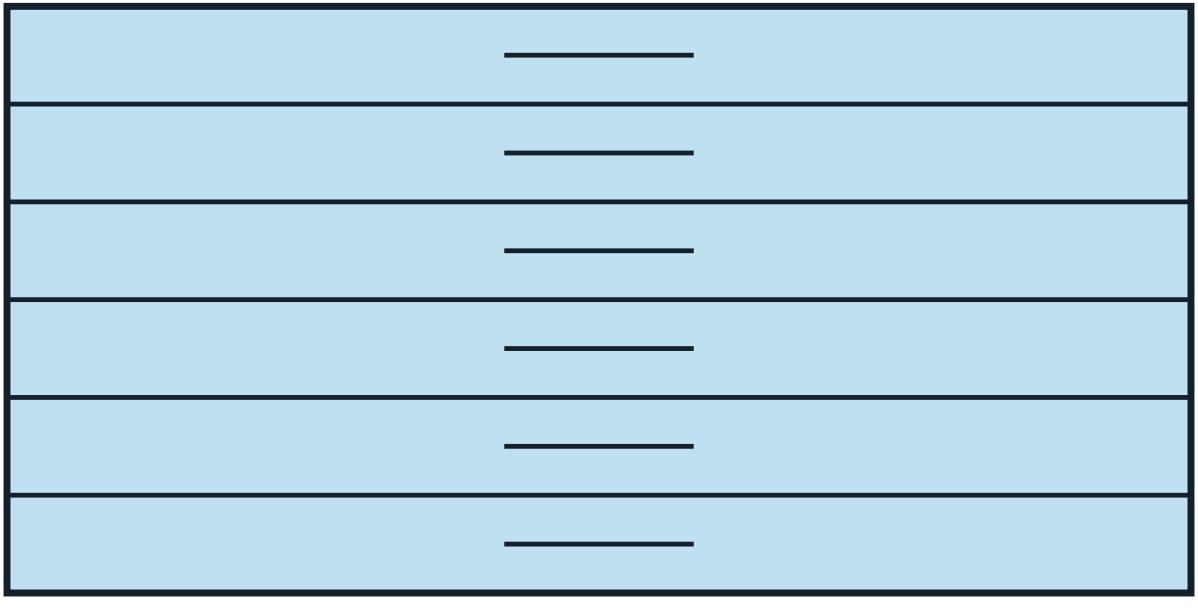
- Format: two teams play a three-dimensional contact game at and below the surface of a deep pool, scoring by putting the ball into the opposing team's basket goal.
- The team with the most goals at the end of the match wins; matches are played in two halves under the CMAS tournament format.
- The playing area depth must be at least 3.5 m and no more than 5 m.
- Each team squad is 15, with 12 playing in a game: six in the pool and six exchange players who can be substituted at any time.
- The ball is filled with salt water so it is negatively buoyant, with a descent rate of 1000-1250 mm per second; circumference 520-540 mm for men's matches and 490-510 mm for women's.

More of the Game

- Goals are heavy steel baskets placed on the pool bottom at each end of the playing area.
- Play starts with both teams at their own end, one hand on the wall, the ball on the pool bottom in the middle; on the buzzer both teams race for possession.
- It is a contact sport, but a player may only be attacked in connection with the ball — when they have the ball or the opponent has it.
- Infringements are judged by two referees in the water and one deck referee; kicks, hits, strangulation and playing above the surface can be punished by warnings, free throws or 2-minute penalties, and a penalty can be awarded if an almost-certain goal is illegally stopped.

The Shape of a Match

Six-a-side underwater: carry, pass and wrestle a sinking ball through the water column and force it into a steel basket on the pool floor.

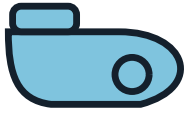


More of the Water & winter Family

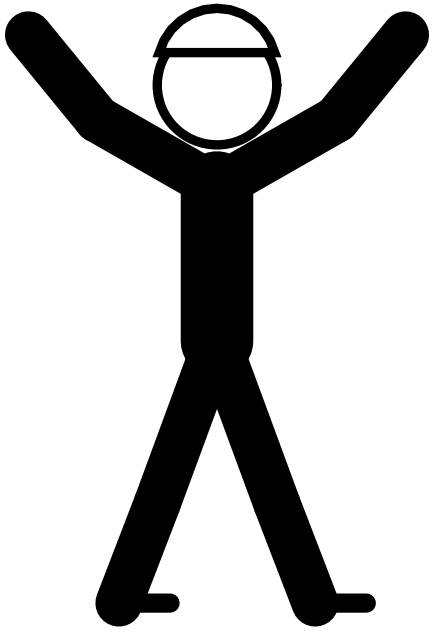
- Surfing — Ride ocean waves on a board; judges score maneuvers, speed, and flow on the best waves.
- Ice Hockey — Skate and pass a puck to score in the opposing net. Six per side, three periods of 20 minutes.
- Water Polo — Seven-a-side ball game in deep water.
- Sailing — Racing under wind power, from dinghies to the America's Cup.
- Alpine Skiing and Snowboarding — Downhill racing on FIS World Cup circuits.
- Figure and Speed Skating — Judged artistic skating and timed racing on ice.

A Note on the Rules

Underwater rugby is governed by the CMAS under its own pool code (a saltwater-filled ball that sinks, goals as weighted baskets on the pool floor, tackling permitted around the ball carrier) — a German invention of the 1960s whose laws have been stable through its world-championship era. No major documented rule change is carried for underwater rugby.

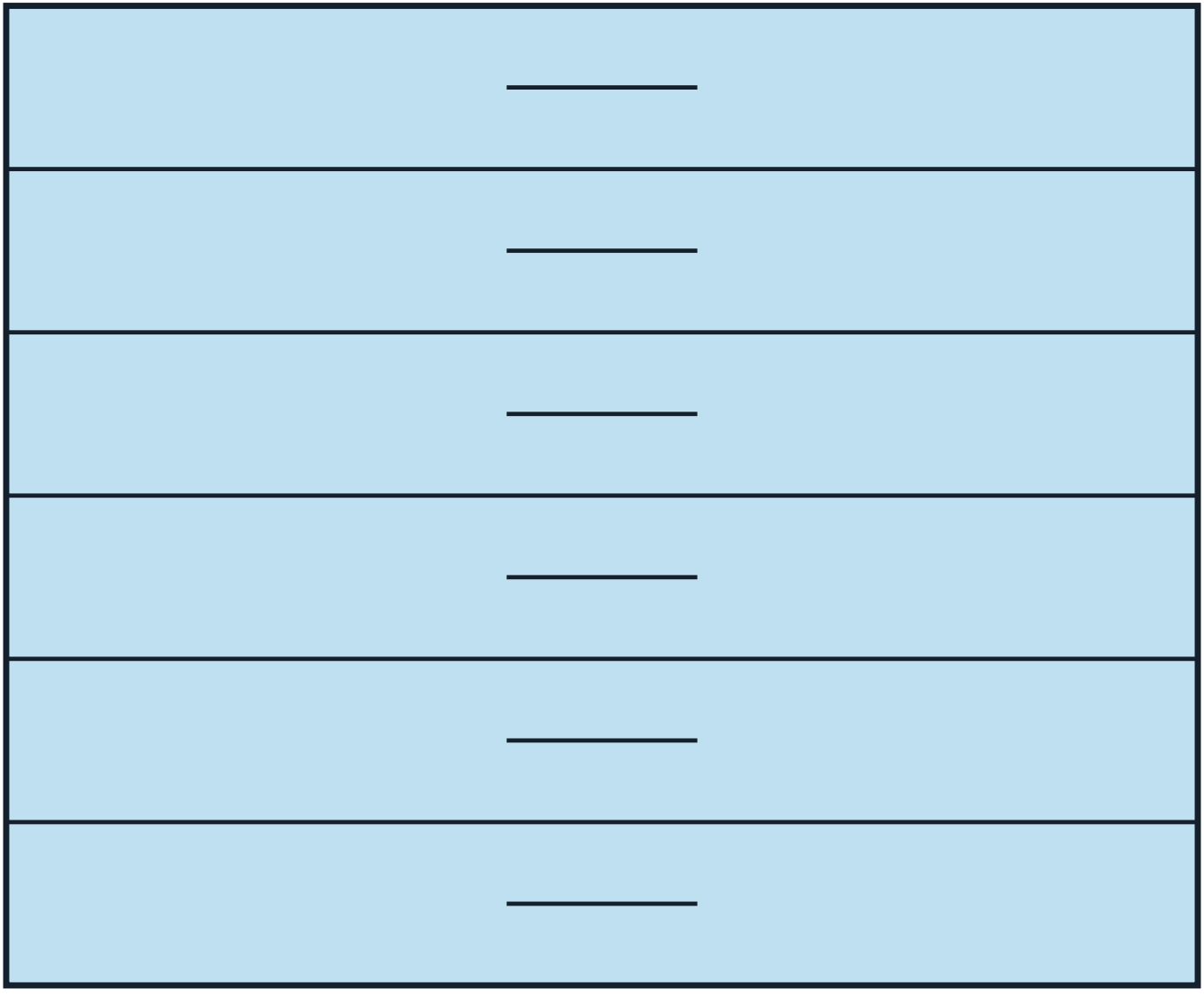


Colour the Action

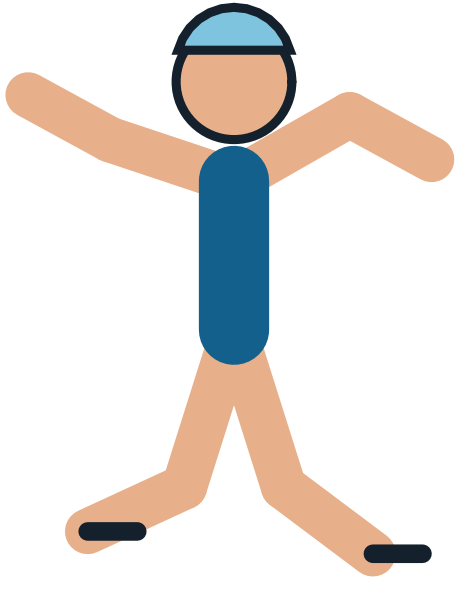


Psst — this page is a colouring page!

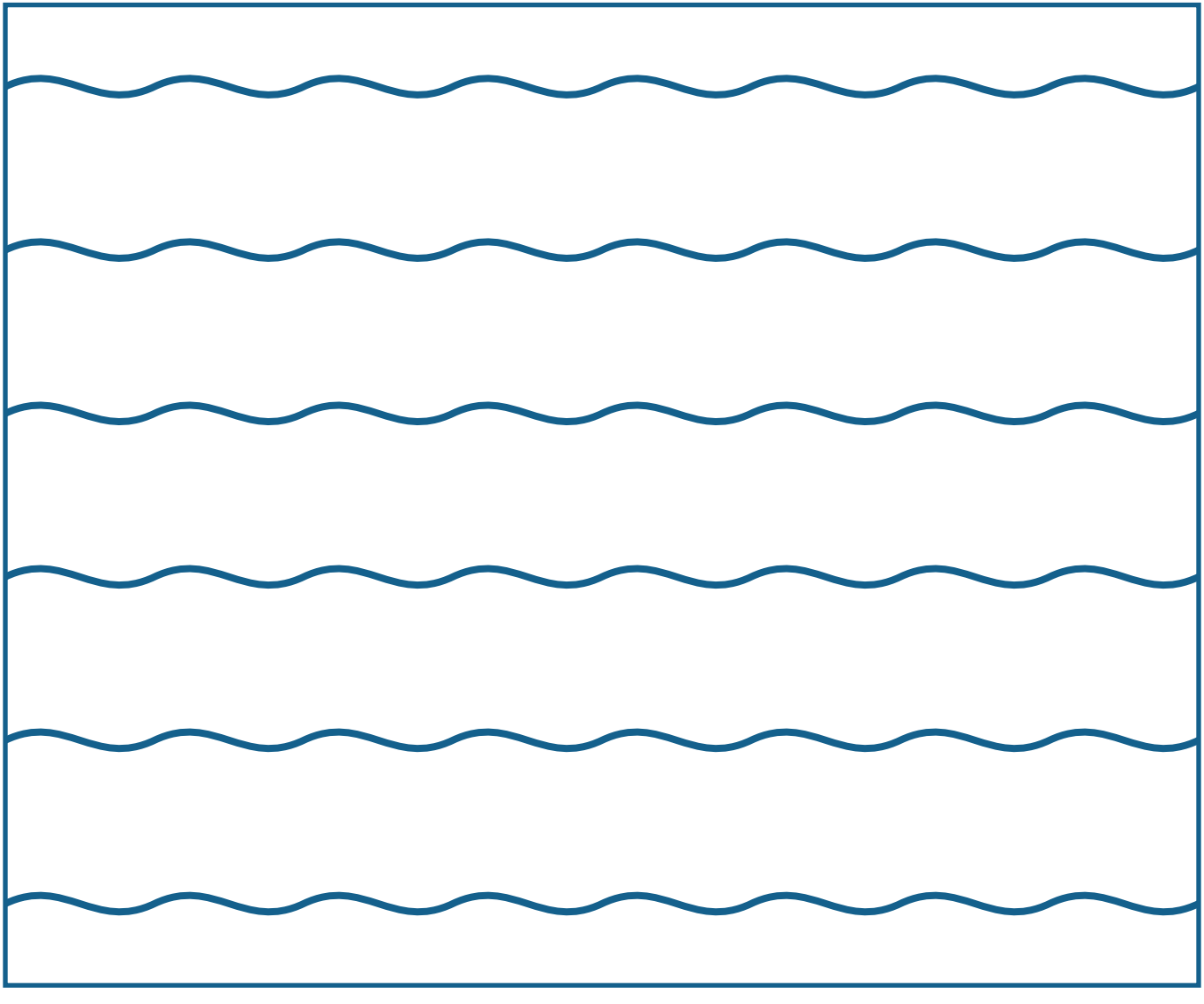
The Sport Today



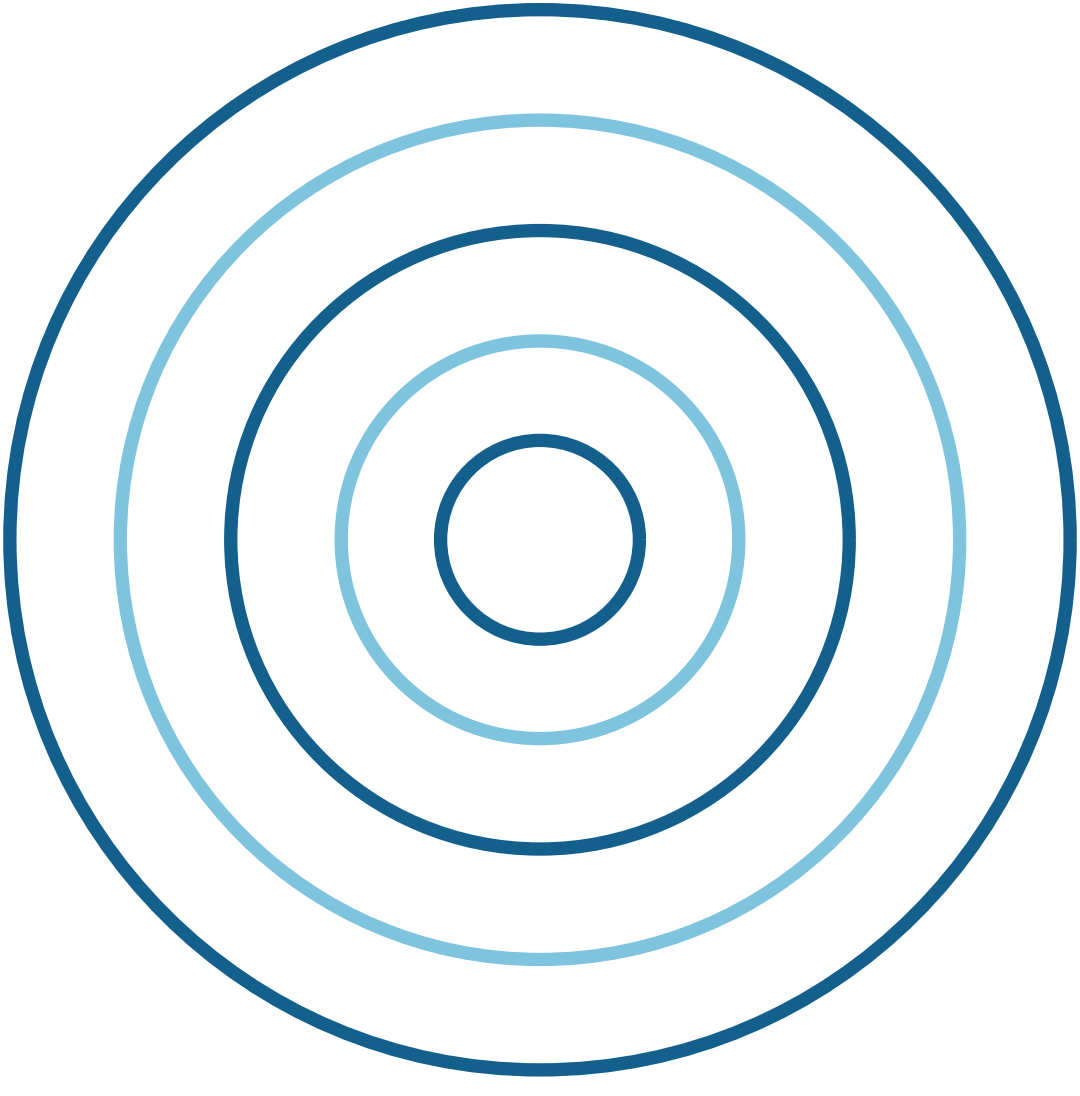
At School and College



Play It Near You



Through the Year

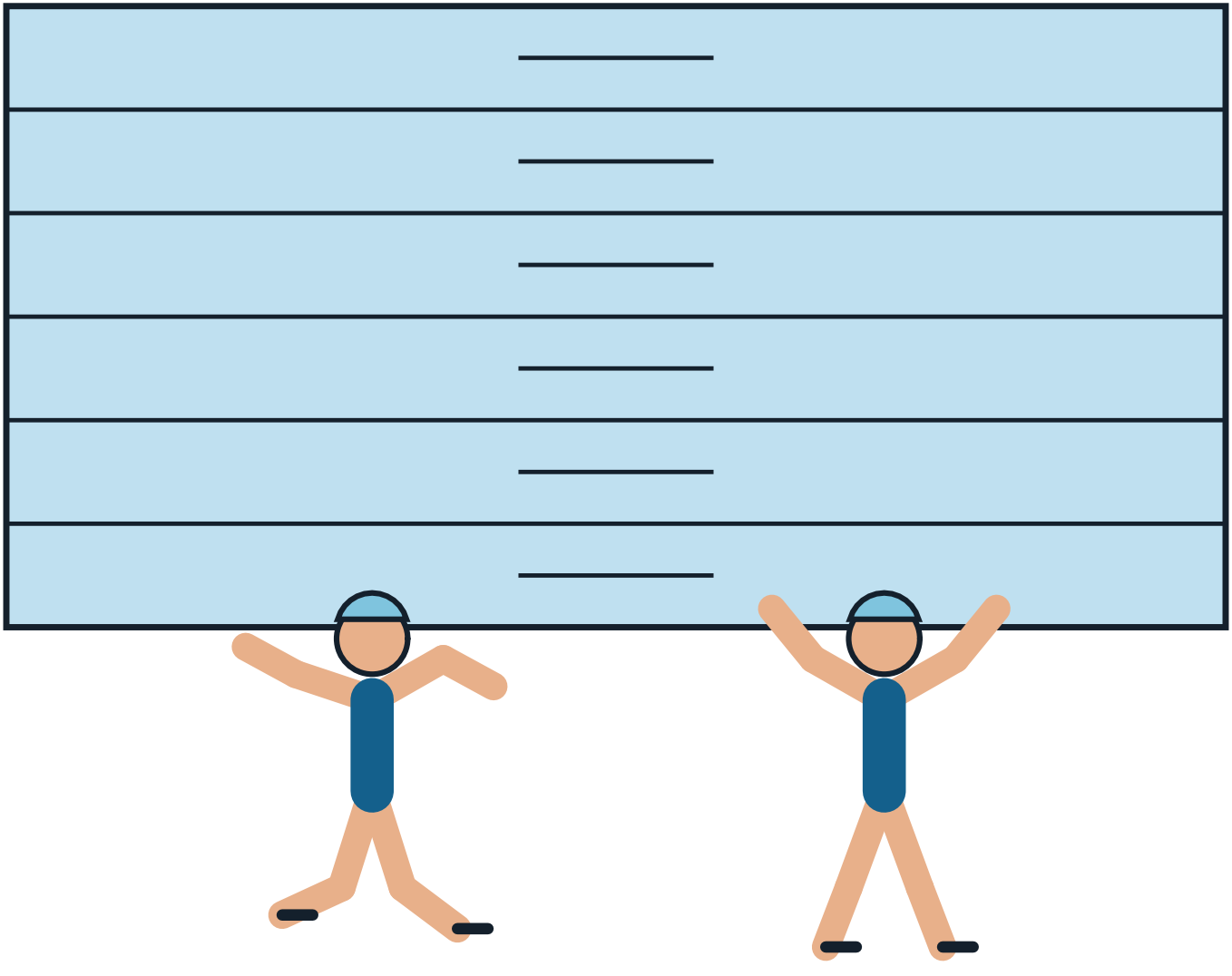


The Water & winter Family

Every sport belongs to a family of games that share its shapes and skills. Here are some of this book's closest relatives — each with a cartoon book and a colouring book of its own.

- Surfing — Ride ocean waves on a board; judges score maneuvers, speed, and flow on the best waves.
- Ice Hockey — Skate and pass a puck to score in the opposing net. Six per side, three periods of 20 minutes.
- Water Polo — Seven-a-side ball game in deep water.
- Sailing — Racing under wind power, from dinghies to the America's Cup.
- Alpine Skiing and Snowboarding — Downhill racing on FIS World Cup circuits.

Game Day!

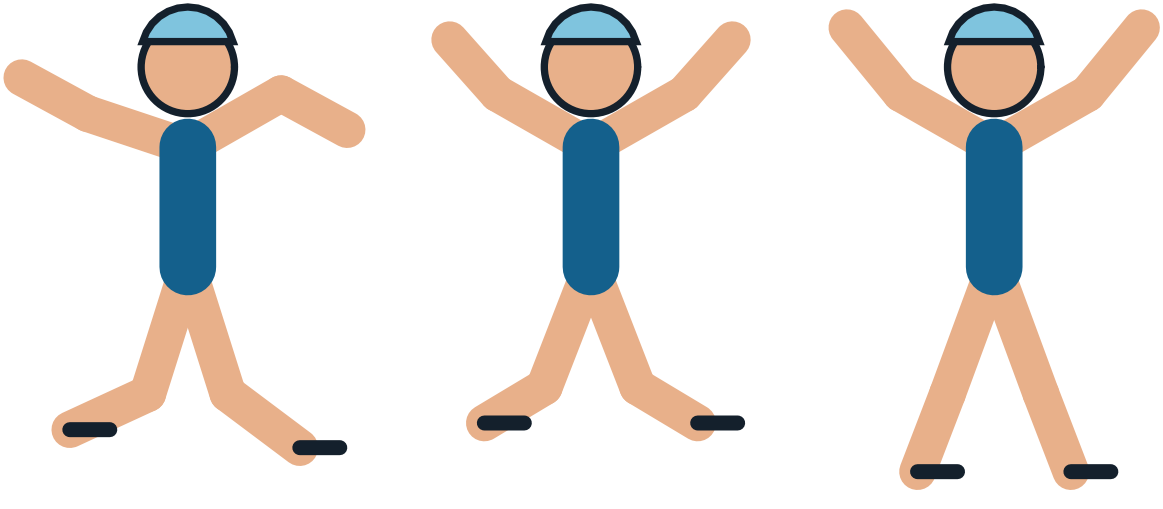


The Sport on Earth Mark

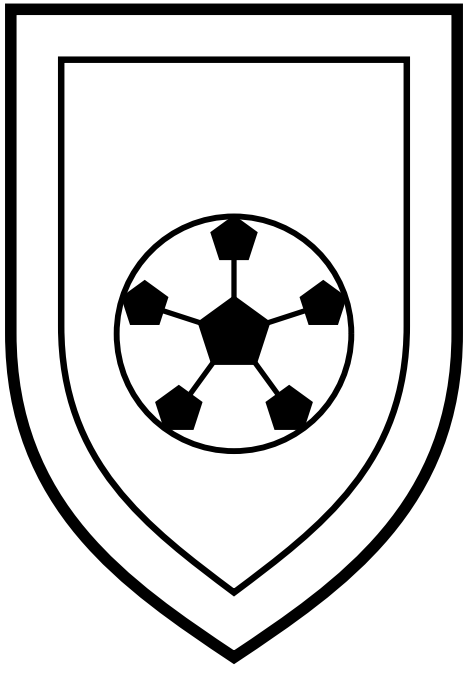
Every sport on Sport on Earth carries its own original mark, drawn for the site. Here is this sport's.



Moves of the Game

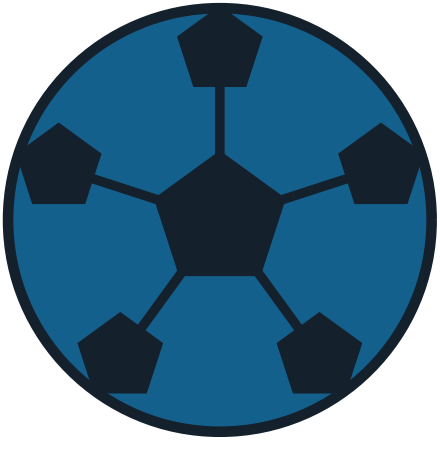


Design a Badge



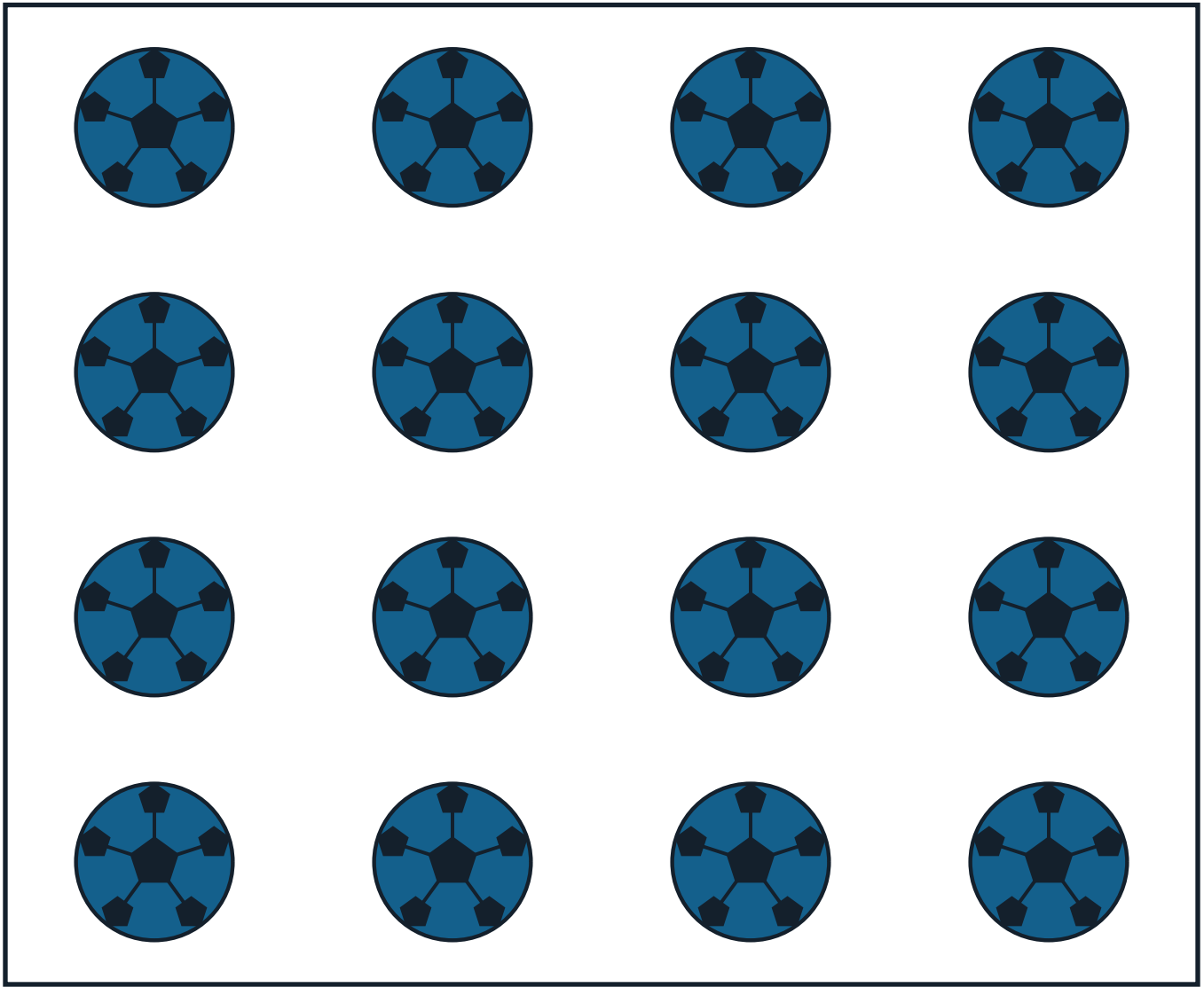
Draw and colour a badge for your own team.

The Gear Parade

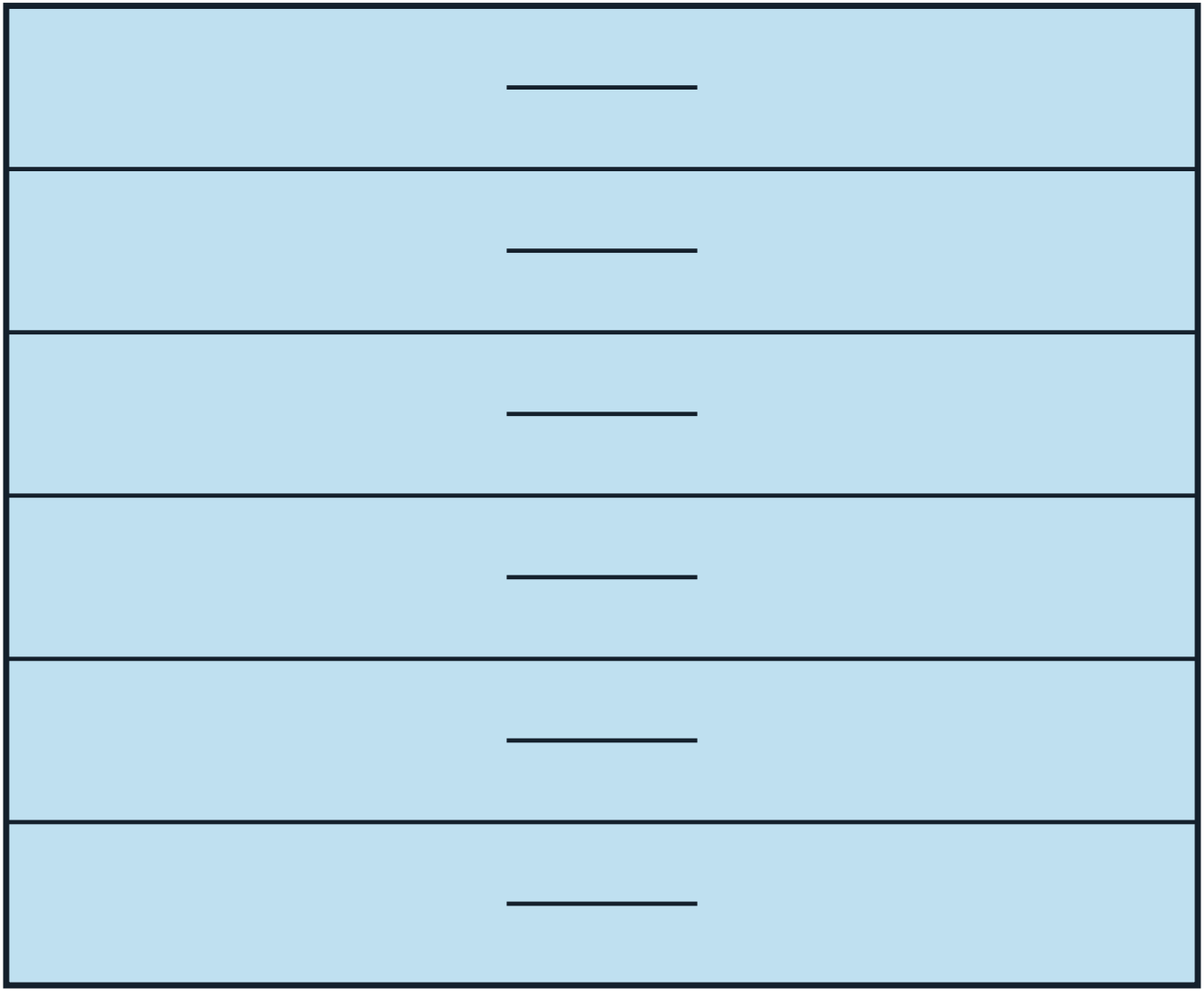




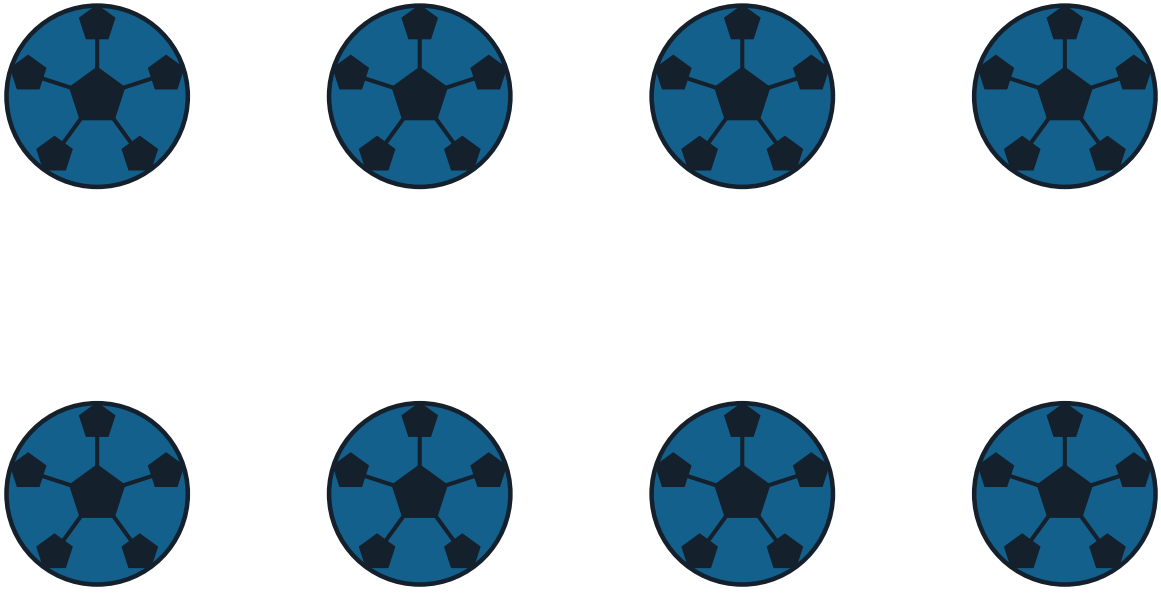
Pattern Play



The Arena From Above



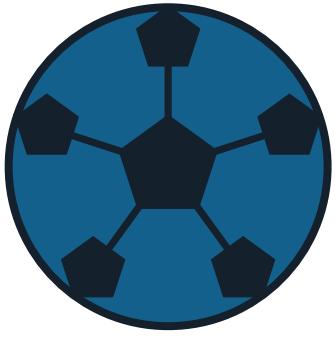
Count the Balls!



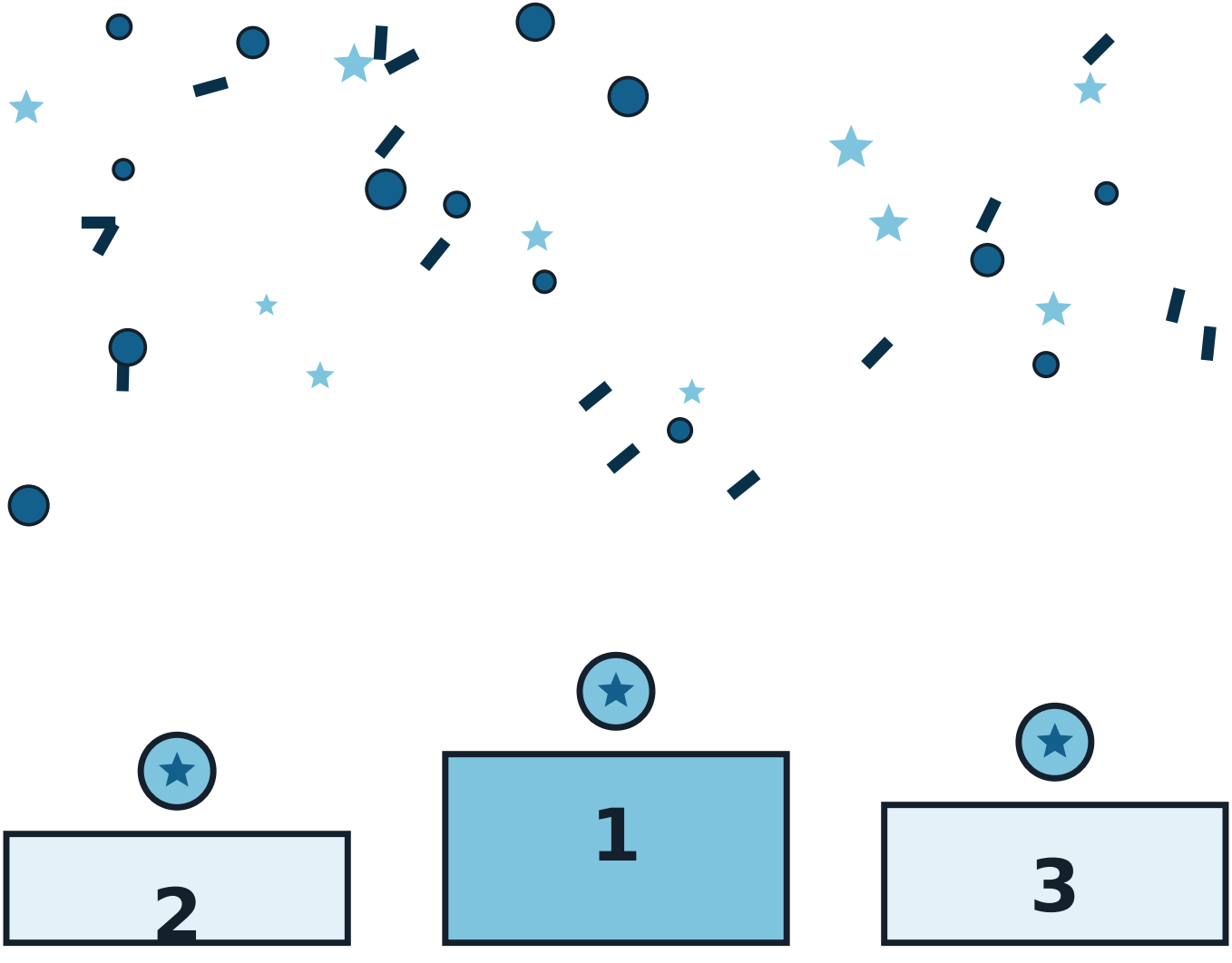
How many can you count? Write the number here: _____

My Favourite Part of Underwater Rugby

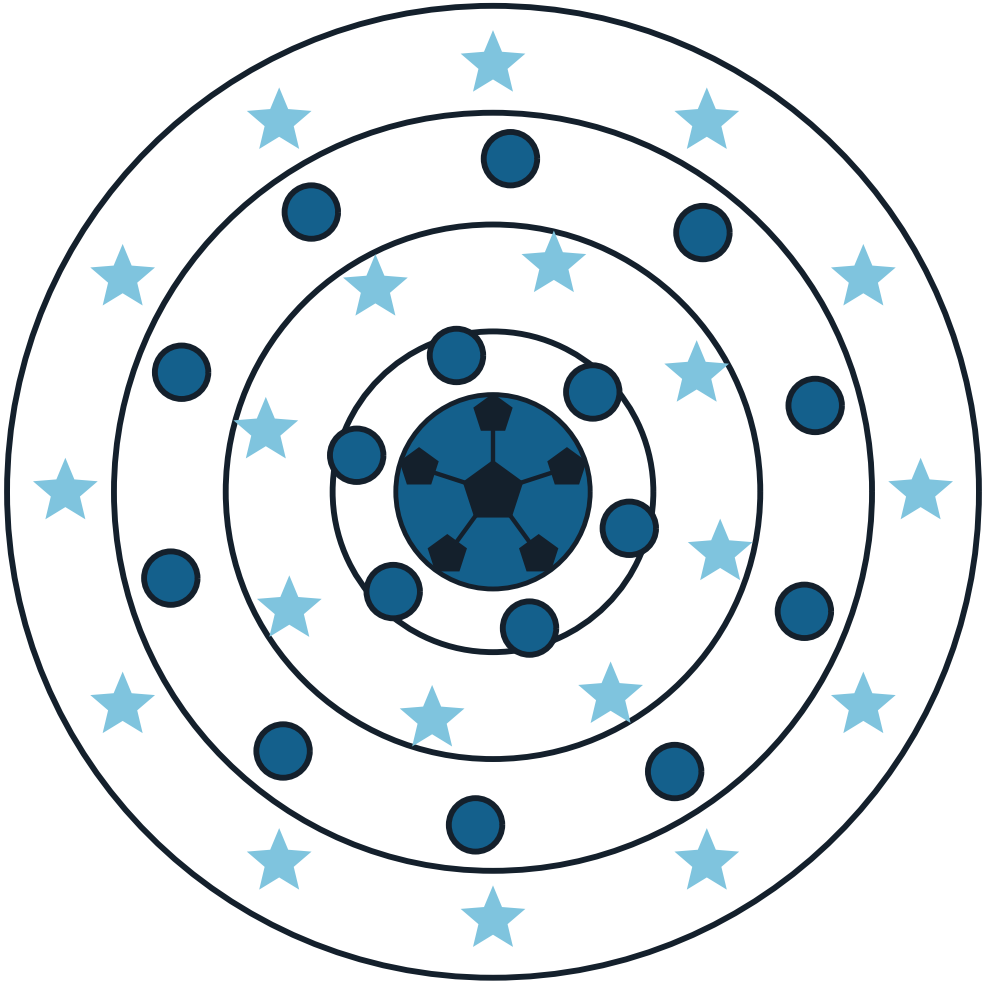
Gear Close-Up



Champions!



The Mandala of the Game



About This Book

Governing body: CMAS (Confédération Mondiale des Activités Subaquatiques) — CMAS UW-Rugby Commission. Laws edition the site's rules file follows: CMAS International Rules for Underwater Rugby, Version 2024/01, in force 1 January 2024. Everything in this book comes from Sport on Earth's own verified sport files — the same words you can read on the sport's page at Sport on Earth. The illustrations are original artwork drawn by computer for this book series. They are not pictures of real players, real teams or anybody else's characters.

More Books in the Family

- The Cartoon Book of Surfing
- The Cartoon Book of Ice Hockey
- The Cartoon Book of Water Polo
- The Cartoon Book of Sailing
- The Cartoon Book of Alpine Skiing and Snowboarding
- The Cartoon Book of Figure and Speed Skating
- The Surfing Colouring Book
- The Ice Hockey Colouring Book

My Notes

Underwater Rugby

The Cartoon Book of Underwater Rugby — a Sport on Earth Book.

Text from Sport on Earth's verified sport files. Illustrations: original programmatic artwork created for this series, including the site's own sport mark. No copyrighted characters, team logos or player likenesses appear in this book.

Collect the whole shelf: a cartoon book and a colouring book for every one of the 442 sports and games on Sport on Earth.

