



2024  
UNDERWATER  
HOCKEY  
HANDBOOK



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## 1. Important Contact Information

College Sport Wellington		
Liam Good Email: <a href="mailto:liam@collegesport.org.nz">liam@collegesport.org.nz</a> Tel: (04) 939 1104 Mobile: 027 757 4642 <a href="http://www.collegesport.org.nz">www.collegesport.org.nz</a>		

### WUHA Schools League Contact

The WUHA Schools League coordinator is a representative from WUHA who is there to support the duty team, to ensure the competition night runs smoothly. If you have any questions on the night, then the WUHA School Coordinator (Annette Jarvis) should be approached.

Wellington Underwater Hockey Association Committee (School Contacts)		
Position	Name	Email
Chair	Doug Davies	<a href="mailto:chair@wuha.org.nz">chair@wuha.org.nz</a>
Vice-Chair	Tristan Reynard	<a href="mailto:vicechair@wuha.org.nz">vicechair@wuha.org.nz</a>
Treasurer	Paul Moss	<a href="mailto:treasurer@wuha.org.nz">treasurer@wuha.org.nz</a>
Schools League	Annette Jarvis	<a href="mailto:schools@wuha.org.nz">schools@wuha.org.nz</a>
Coaches	Angela Whiteman	<a href="mailto:coach@wuha.org.nz">coach@wuha.org.nz</a>
Referees	Tristan Reynard	<a href="mailto:ref@wuha.org.nz">ref@wuha.org.nz</a>

Club Contacts		
Crox	Nick Healy	<a href="mailto:healynick2@gmail.com">healynick2@gmail.com</a>
Phoenix	Finn Hollingworth	<a href="mailto:phoenixuwclub@gmail.com">phoenixuwclub@gmail.com</a>
Knights of McGinley	Leah Chamberlin-Gunn	<a href="mailto:kouwh@gmail.com">kouwh@gmail.com</a>

Keep up to date with all things WUHA via:

Website [Wellington Underwater Hockey Association Inc \(wuha.org.nz\)](http://Wellington Underwater Hockey Association Inc (wuha.org.nz))

Facebook [Wellington Underwater Hockey Association \(WUHA\) | Facebook](#)

## 2. Grades

The Schools' League is broken into 4 grades:

- Junior Girls (under 15 at 1 Jan 2023 – girls only)
- Junior Open (under 15 at 1 Jan 2023 – boys or mixed)
- Senior Girls (any age, girls only)



- Senior Open (any age, boys or mixed)

Teams with all girls must be entered into either Junior Girls or Senior Girls.

Novice senior players (first year players who are over the age of 15) may play in the junior grades at WUHA's discretion. This must be organised before commencement of the league. Each team can should have up to 12 students.

Players from a lower grade/seeded team may play up to three games in a season for a higher grade/seeded team. For example, a Junior team member may play up for a Senior team 3 times in a season, or a B team player may play up for an A team 3 times in a season.

### 3. Wellington Secondary Schools League Information

The Competition Draw, Results and League Tables are available on the College Sport Wellington website.

#### Information

#### Draws and Results

The Wellington Underwater Hockey Association works with College Sport to deliver the Underwater Hockey League. The league information and links to secondary schools offering Underwater Hockey are available on the [schools website](#).

#### Introductory Information Session

There will be information sessions for parents, managers, coaches and school contacts run on the first week of the Competition league. Find out about the year ahead, meet the organisers and get all your questions answered! All players, coaches and managers must attend.

### 4. Competition Structure and Points

The schools' underwater hockey season has been divided into 2 segments, with the aim of providing opportunity for development, then a competition round. This will ensure teams get to play everyone in their grade then conclude the season playing regular hard games leading up to Regional and National competitions.

Teams will play a maximum of 2 games per night at

- Preseason 'Have a go' League (End of Term 1)
- Competition League Terms 2 and six weeks of Term 3



### *Preseason League*

**Date:** 28 March till 9 April 2023

Preseason League: This 'have a go' preseason league comes at no cost (only pool entry). This a great chance to give new players an opportunity and for teams to run trials to establish teams moving forward. There will be some gear available to borrow on the night.

### *Preseason Blitz Competition*

**Date:** 5th April to 9pm 6 April 2023

**Cost:** \$120 per team payable to WUHA

Tournament designed to allow Coaches to sort teams and referees and officials to develop experience in an event format. The event provides additional pool time for teams to organise themselves. This event is an allowance for the disruption due to the hosting of events at the Wellington Regional Aquatic Centre.

### *Competition League*

**Date:** Term 2 and Term 3

*Competition starts 1st Week Term 2 30 April 2024.*

**Grades:** Junior Girls (under 15 at 1 Jan 2024)

Junior Open (under 15 at 1 Jan 2024 - boys or mixed)

Senior Girls (under 19 as at 1 Jan 2024)

Senior Open (under 19 as at 1 Jan 2024 - boys or mixed)

Teams with all girls must be entered into either Junior or Senior Girls

**Cost:** Entry fee is \$515 per team payable to WUHA (schools will be invoiced for this plus CSW costs). Players need to cover pool entry costs.

The teams will be rostered on either [Tuesday or Friday Nights](#). The aim is that each team plays 18-20 Matches for the competition league plus playoffs.

### *Points*

Points will be awarded and tabulated to decide the seeds for the playoffs. The points will be awarded as follows:

	Points	
Win	4	
Draw	2	
Loss	0	
Late to Refereeing	-2	<i>Late to Refereeing means the allocated referees are not ready to referee when the game is due to start and as a result the game starts late using the allocated referees.</i>
Failure to Referee	-4	<i>Failure to Referee means the allocated referees are not ready to referee when the game is due to start and the game has commenced or about to commence using alternate referees in the absence of the allocated referees.</i>



Abuse of referee, another player, manager, coach or WUHA volunteer	-8	<i>Abuse constitutes any unsportsmanlike conduct exhibited by a player, manager or coach towards a Referee, another player, manager, coach or WUHA volunteer.</i>
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## 5. Defaults

Defaults must be emailed or phoned to College Sport and opposition team by 12 noon on the day of play or earlier. Defaults after this time will incur a default fee from CSW. If a team defaults, it is still their responsibility to cover any referee duty assigned and any referee duty assigned to their opposition team.

## 6. Trophies, Awards and Placings

Medals will be given to the winners of each division.

### Knockout Shields

There are four Shields – Alexander Shield for Senior Girls, WUHA Shield for Junior Girls, Solomon Shield for Senior Open, Arnold Shield for Junior Open.

These Shields will be contested each week and the winner of the contested match will retain the Shield until the next contested match after that night (which shall be when the Shield holders next play). The Shields must be brought to the pool each week by the team, failing to do so will result in automatic forfeiture of the Shield to the challenging team. These trophies are only available for contest during the regular season. Semi-finals and finals are excluded.

## 7. Equipment

Barriers, UWH gear, UWH goals and WUHA Pucks are not available for use outside of scheduled league nights.

Barriers- Please watch the [install video](#) on the [WUHA Schools League webpage](#).

## 8. Athletes Gear

All gear used during the league will need to comply with the CMAS rules.

Gear required for every game, by all players:

- Mask either tempered glass or plastic
- Snorkel –flexible no sharp edges
- Mouth guard – either internal or external
- Glove – strongly contrasting to the puck and the stick (Not orange, pink or yellow)
- Stick –no sharp edges
- Fins – no buckles, no sharp edges.

All senior grade athletes must wear the correct coloured cap for every game.



Players who do not have the correct gear will not be permitted to play until they are wearing all the correct gear. Referees are expected to check all player's gear before starting the game. Both parents and players are reminded that it is their responsibility to ensure that any gear that they purchase meets the legal requirements to play the game.

There will be limited loan gear available for use during the pre-season games. Players who borrow the gear must return it at the end of the night in the same condition they got it in. Failure to do so will result in the team being charged to replace the items. Please contact [schools@wuha.org.nz](mailto:schools@wuha.org.nz)

You can order gear through <http://hydrouwh.com/>.

## 9. Team Officials

### Coaches

Coaches will need to be arranged for each team. If you are an established team, please approach the coach of your 2023 team to ask for their availability or suggestions for the 2023 season. If you are a new team, contact Angela Whiteman [coach@wuha.org.nz](mailto:coach@wuha.org.nz). The WUHA policy is to aim for one coach per school, and then for one coach per team.

All coaches for the 2023 Schools league must be registered with WUHA. Coaches need to fill out the online registration form.

Please be aware that coaches are all volunteers and need support from within the school system. Without our volunteer coaches, the sport would not run. Please respect them and be sure to thank them for their time.

Many of our coaches have years of experience playing and coaching. The coaches have the lead role in determining approaches to training, team membership and positions, game strategy, and tournament arrangements.

Coach Mentoring and development of coaches – WUHA is looking at establishing a mentoring system for coaches as well as needing to develop a larger pool of coaches, so if senior players wish to start coaching a junior team and would like some resources to support them, please email [coach@wuha.org.nz](mailto:coach@wuha.org.nz).

### Managers

The best performing teams are the best supported teams; every team needs a manager as well as a coach to deal with administrative and transport requirements. The managerial role is a great way to get parents involved – you don't need to know anything about the sport to be extremely useful! Please do not leave all the work up to one person.

Managers can support their team and WUHA by getting to know the WUHA School lead person and helping out around the pool – and by ensuring their team members meet all the expectations of WUHA and CSW. Managers also play a key role in keeping parents informed, supporting and reminding players to complete their refereeing qualifications, and supporting potential U18 players to complete their Mini-Sticks League duties.

### Referees

Refereeing is an important part of participating in the league.



Each team must supply four qualified Referees for each match that they are allocated to Referee. There must be 3 in-water Referees and 1 Chief Referee.

A pool of “Senior Refs Group” will be provided for the junior league – these are senior players who will be paid to referee each night and provide support for developing referees. If a school is new to UWH or still developing their UWH squad members, then WUHA will provide support until they have enough qualified referees. Junior Athletes training to become referee will need to approach the WUHA Schools Coordinator to be allocated to referee a match.

Players must have passed the theory component of the Level 1 Referee Course before they may referee any game. Please check the wuha website or with the WUHA Referee Coordinator if you have any concerns, by e-mailing [ref@wuha.org.nz](mailto:ref@wuha.org.nz).

### **Level 1 Referees Courses**

This course is the Level 1 Referee’s course that all school students with ONE or more years of playing experience should attend. The course \$85 per student and is run over a Saturday with a written exam at the end. Schools must provide four (4) level 1 qualified referees during the Schools’ League and four (4) at Central Zones and Schools Nationals per team.

Course dates and times are listed on the [WUHA website](#).

## **10. The Strike (Penalty) System**

The strike system will work for both individuals (players and coaches) and teams and is applied in the first instance to any behaviour that brings the game or its member into disrepute. These are additional to penalties that may be imposed in a game (such as sin binning/total dismissal). This system relies on the honesty of players, referees, coaches, managers and parents. If you have seen behaviour you think is inappropriate, please contact the WUHA School lead or CSW as soon as possible after the incident.

### **White Card Offences**

- Verbally abusing another player
- Any action which makes the game late to start (such as failing to put in barriers or failing to provide the puck) - White card will be issued to each team involved
- Failing to help with duties - White card will be issued to each team involved
- Late default
- Using 5m pool
- Using bulkheads unless you are a coach or manager, or you are getting the barriers/goals in or out of the pool
- Using enclosed stairwell by 5m pool for team talks / warm up
- Wearing fins while walking around the pool

### **Yellow Card Offences**

- Failing to Referee (See Section 4. Competition Structure and Points)
- Players/Teams who gain 2 whites will be automatically given a yellow card, with the associated penalties

### **Red Card Offences**

- Striking another Player/Referee



- Deliberate Unsportsmanlike Conduct
- Verbally abusing a Referee/Official

### Procedure Associated with the Strike System

- Players/Teams who gain a white card will be put on notice via the “strike list”
- Players/Teams who gain two whites will be moved to a yellow and deducted 4 points – The school will be notified of the indiscretion
- Players/Teams who gain a red card will automatically be stood down for one game – which may be extended by WUHA committee if deemed appropriate (The school will be notified of any such card and sanctions).

### Appeals

- If a team or player receives a white, yellow or red card an appeal must be lodged within 24 hours of receiving written notice.
- Appeals must be sent to the WUHA Chair and CSW.
- A fee of \$100 will be required with the appeal. This can be paid at the next school night unless your appeal is successful. You will be advised of whether you will be required to pay the fee.
- The cash deposit will be refunded if the protest is upheld or it is believed to have merit. If the protest is dismissed the payment will be retained by the Association.
- WUHA will allow the captain, coach or manager of the team lodging the appeal and any other person or team which may be affected by its decision, an opportunity to be heard before it makes a decision.
- Appeal form can be found at the end of the handbook on page 12.

## 11. Complaints

Refer to the College Sport Wellington By-laws 27 and 28.

## 12. Central Zone U18 Interzone Teams

Each year the Central Zone selects A and B teams to represent the zone in the Boys and Girls Grades of the NZ U18 Inter-zone Championships. This tournament brings together the best 80 Players in each grade and will be held in September. The New Zealand Under-19 squads will be selected at this tournament.

The Central Zone Trial Squads will be selected and announced at the Central Schools Underwater Hockey Tournament. At the prizegiving players will be given training programmes to prepare them for the trials.

### Central U18 Coaching at the Mini Underwater Hockey League Nights

To cover the cost of the U18 Team entry fees and to be selected into one of the teams, squad players are required to coach at least two (2) Mini UWH League nights during the year.

WUHA keeps a record of all the players who attend and provide support at each mini UWH league nights. This is a fantastic opportunity to give back to the sport and create a fun environment for young players to learn skills and start playing UWH.



Please email [mini@wuha.org.nz](mailto:mini@wuha.org.nz) to register for these. Coaching Places will be limited to up to 24 players per Mini UWH League night.

2024 Mini UWH league nights will be held at the Huia pool:

#### Term 1

Date	Event Description	Venue	Time
Sat 17th February 2024	Have a go	Huia Pool, Lower Hutt	4:30PM till 9:30PM
Sat 2nd March 2024	Mini UWH League Night	Huia Pool, Lower Hutt	4:30PM till 9:30PM
Sat 9th March 2024	Mini UWH League Night	Huia Pool, Lower Hutt	4:30PM till 9:30PM
Sat 16th March 2024	Mini UWH League Night	Huia Pool, Lower Hutt	4:30PM till 9:30PM

#### Term 2

Date	Event Description	Venue	Time
Sat 11th May 2024	Mini UWH League Night	Huia Pool, Lower Hutt	4:30PM till 9:30PM
Sat 18th May 2024	Mini UWH League Night	Huia Pool, Lower Hutt	4:30PM till 9:30PM
Sat 8th June 2024	Mini UWH League Night	Huia Pool, Lower Hutt	4:30PM till 9:30PM
Sat 22 June 2024	Mini UWH League Night	Huia Pool, Lower Hutt	4:30PM till 9:30PM

#### Term 3

Date	Event Description	Venue	Time
Sat 10th August 2024	Mini UWH League Night	Huia Pool, Lower Hutt	4:30PM till 9:30PM
Sat 24th August 2024	Mini UWH League Night	Huia Pool, Lower Hutt	4:30PM till 9:30PM
Sat 14th September 2024	Mini UWH League Night	Huia Pool, Lower Hutt	4:30PM till 9:30PM
Sat 21st September 2024	Mini UWH League Night	Huia Pool, Lower Hutt	4:30PM till 9:30PM

#### Term 4

Date	Event Description	Venue	Time
Sat 2nd November 2024	Mini UWH League Night	Huia Pool, Lower Hutt	4:30PM till 9:30PM
Sat 9th November 2024	Mini UWH League Night	Huia Pool, Lower Hutt	4:30PM till 9:30PM
Sat 16th November 2024	Mini UWH League Night	Huia Pool, Lower Hutt	4:30PM till 9:30PM
Sat 23rd November 2024	Mini UWH League Night	Huia Pool, Lower Hutt	4:30PM till 9:30PM

## 13. WUHA Clubs, Social and Novice Leagues

WUHA runs a Club League on Thursday nights throughout the year (and other nights when pool space is available). In most cases, players must be Year 11 to join a Club, although Clubs may make an exception in some cases – for example, for players who have been selected for an U18 representative team.

When pool space is available, WUHA may offer Social or Novice Leagues:

- Social Leagues are targeted for experienced players who are seeking a more relaxed game experience than Clubs League
- Novice Leagues are for new or less experienced players (including Junior schools players). Parents are also welcome to come along and try the sport!
- Both Leagues provide an opportunity for Clubs to see whether players have the level of play suitable to join the Clubs League

## 14. Previous Results

Past results are available at the [WUHA website](#).