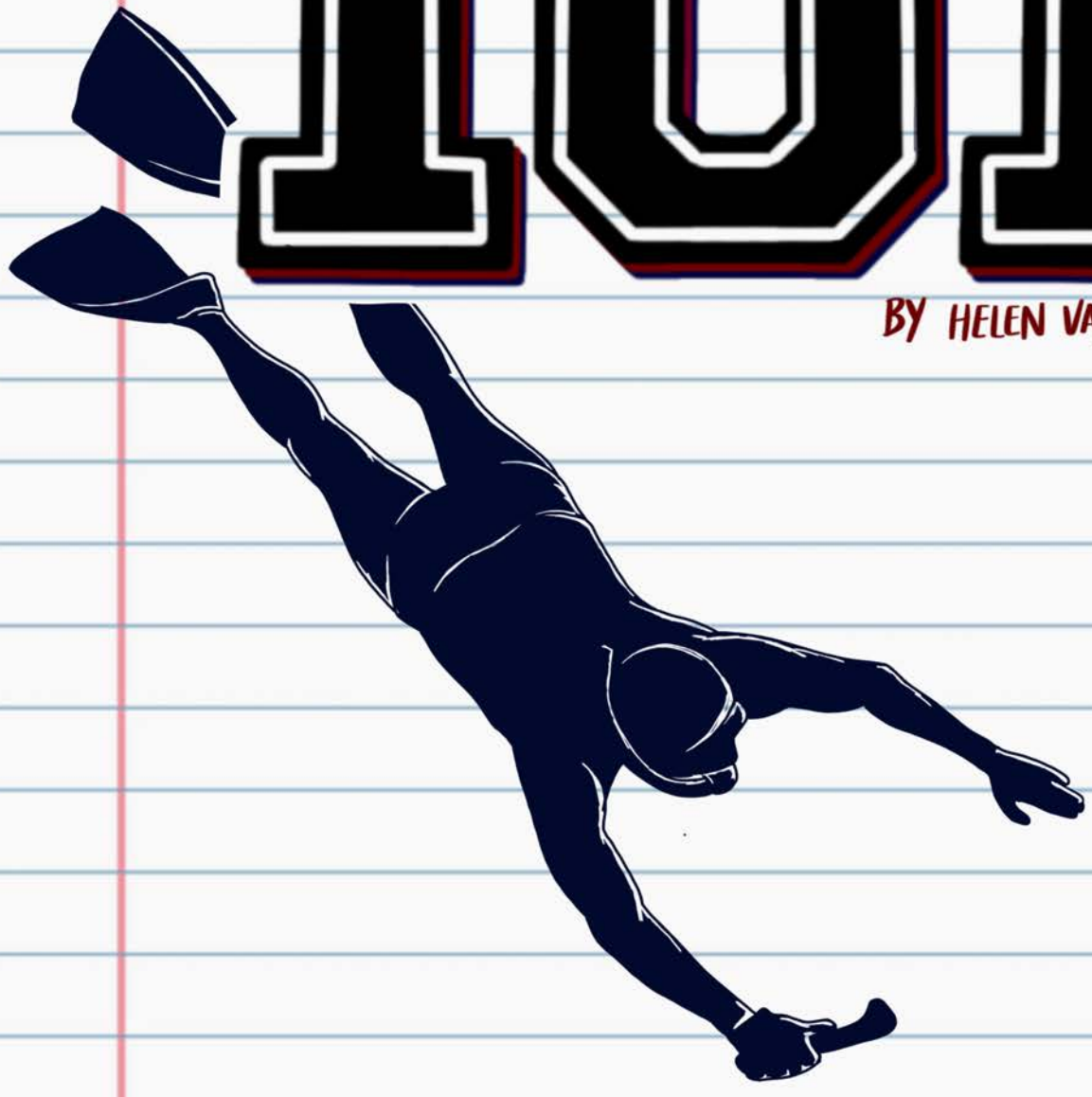
UNDERWATER HOCKEY 101

BY HELEN VAN RHYN



THE BASICS

- MOST IMPORTANT PART OF THE SPORT?
  IT IS A **TEAM** SPORT, AND YOUR TEAM IS ONLY AS STRONG AS ITS WEAKEST MEMBER

- HOW MANY PLAYERS IN A TEAM?
  10 IN TOTAL → 6 PLAYING + 4 ROLLING SUBS

- HOW LONG IS A GAME?
  15 MINUTES A SIDE WITH 3 MINUTES BETWEEN HALVES

- WHY WOULD YOU WANT TO PLAY THIS WEIRD SPORT?
  - IT WILL CHANGE YOUR LIFE!
  - YOU WILL BECOME PART OF A VERY SPECIAL, CLOSE KNIT COMMUNITY OF WEIRDLY WONDERFUL PEOPLE.
  - YOU WILL MAKE FRIENDS THAT BECOME FAMILY
  - YOU WILL HAVE SO MUCH FUN!

THE GEAR

MASK
[DUAL LENSES]

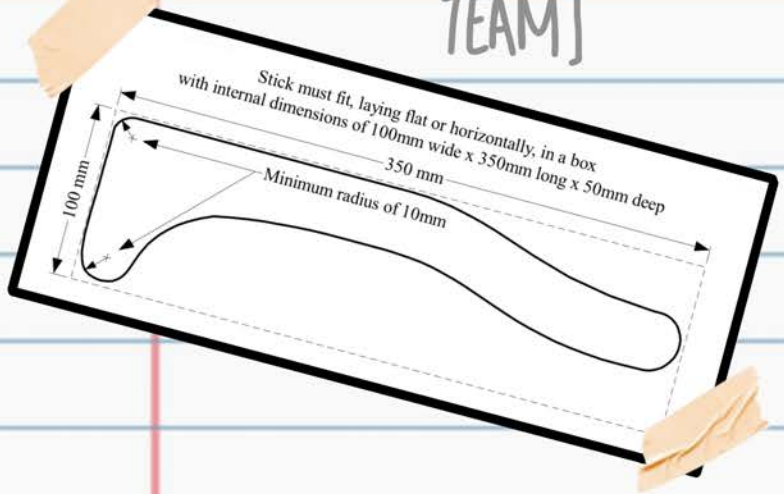
FINS

GLOVE

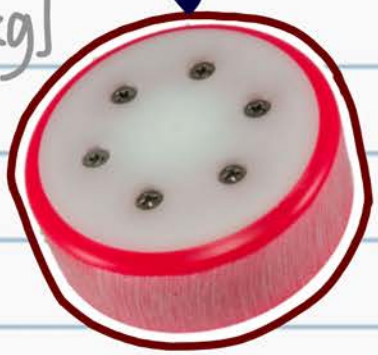
PLIABLE SNORKEL WITH MOUTHGUARD

STICKS
[USED TO IDENTIFY YOUR TEAM]

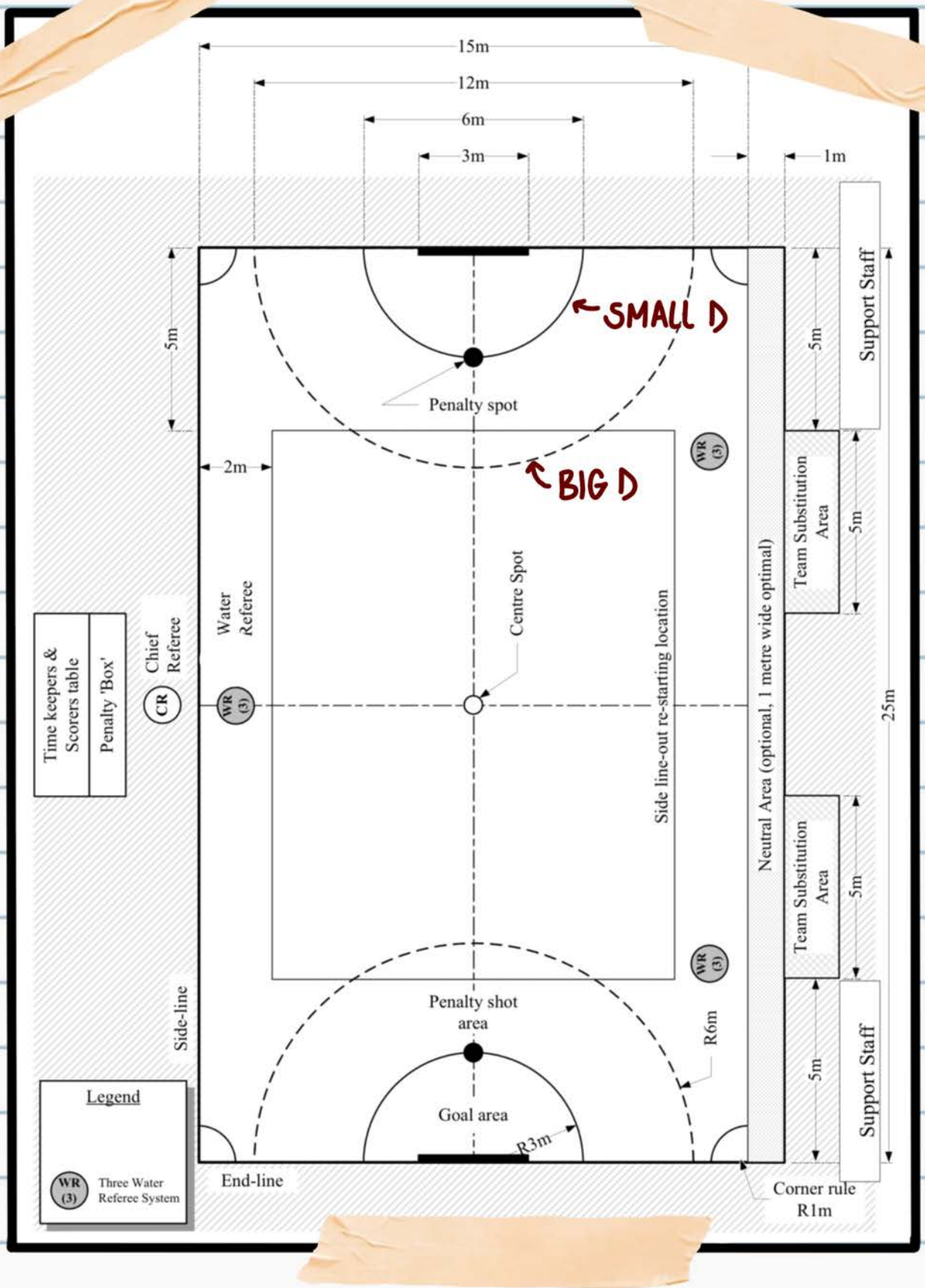
PROTECTIVE CAP
[ALSO USED TO IDENTIFY YOUR TEAM]



PUCK
[1.3kg ± 0.2kg]



THE PLAYING AREA



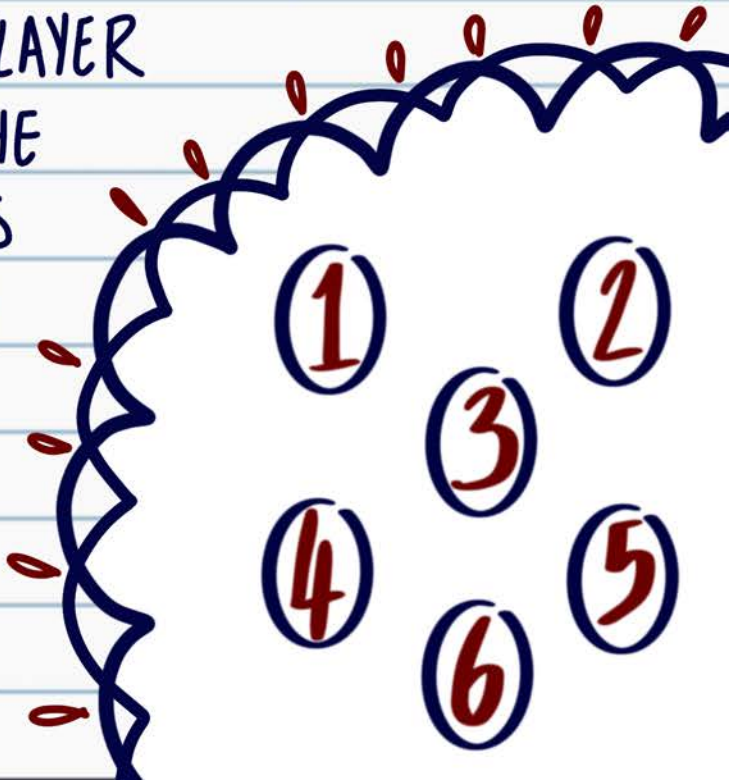
POSITIONS

#1 & #2 - FORWARD YOU ARE OUR FIRST LINE OF ATTACK, YOU NEED TO PICK UP THE PUCKS FROM THE HALF BACKS & YOU NEED TO INTERCEPT THE OTHER TEAM'S PLAYS & PASSES

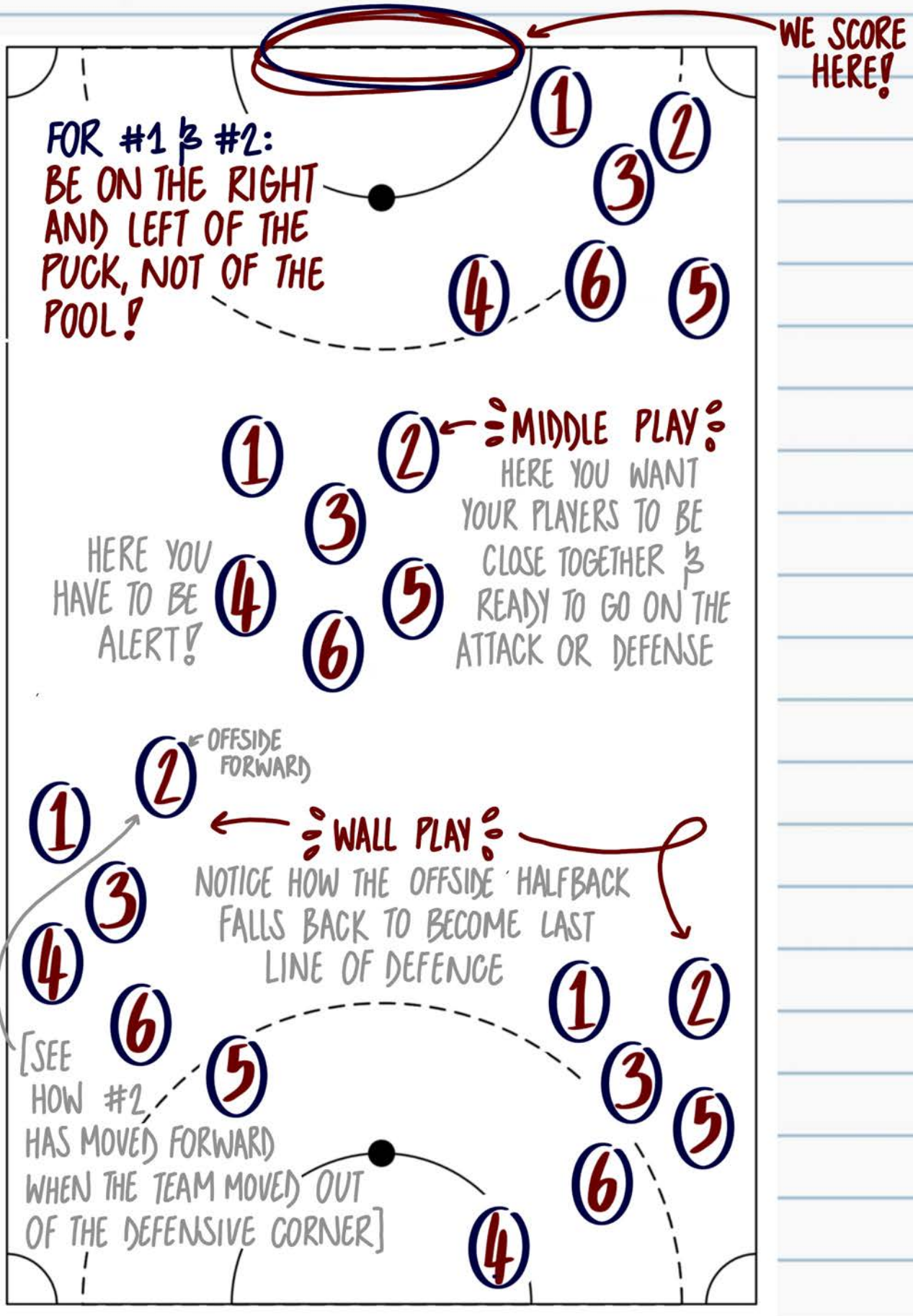
#3 - PIVOT THIS PLAYER IS THE LINK BETWEEN EVERY PLAYER & THEY CONTROL THE GAME'S PACE

#4 & #5 - HALFBACK YOU DEFEND A LOT, BUT WHEN THE DRIVE IS ON YOU HAVE TO APPLY PRESSURE FROM THE BACK TO ENSURE THE GOAL GETS SCORED

#6 - FULLBACK THIS PLAYER APPLIES CONTROL OVER THE GAME FROM THE BACK AS THEY HAVE THE BEST VIEW OF THE GAME. STRATEGIC DEFENCE IS A BIG PART OF THEIR GAME!



WHERE TO BE?

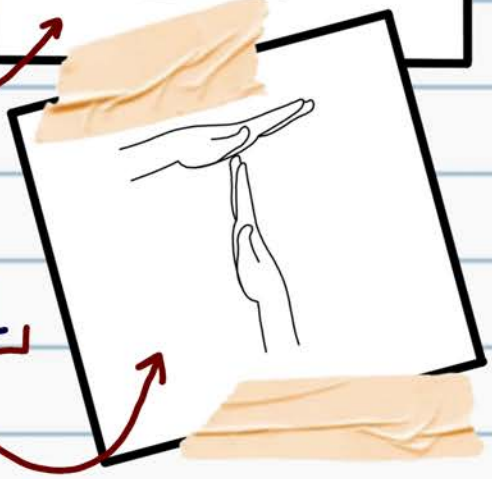

WE SCORE HERE!
FOR #1 & #2:
BE ON THE RIGHT AND LEFT OF THE PUCK, NOT OF THE POOL!
1
2
3
4
6
5
MIDDLE PLAY
HERE YOU WANT YOUR PLAYERS TO BE CLOSE TOGETHER & READY TO GO ON THE ATTACK OR DEFENSE
HERE YOU HAVE TO BE ALERT!
OFFSIDE FORWARD
WALL PLAY
NOTICE HOW THE OFFSIDE HALFBACK FALLS BACK TO BECOME LAST LINE OF DEFENCE
[SEE HOW #2 HAS MOVED FORWARD WHEN THE TEAM MOVED OUT OF THE DEFENSIVE CORNER]

REFEREES

IN A PROPER GAME YOU WILL HAVE THREE WATER REFS & ONE CHIEF REF.

THE WATER REFS ARE RESPONSIBLE FOR ENFORCING THE RULES. WHEN A REF SEES AN INFRINGEMENT THEY WILL SIGNAL THE CHIEF REF BY WAVING THEIR ARM. THE CHIEF REF WILL THEN STOP THE GAME BY SOUNDING A BUZZER OR HITTING A GONG

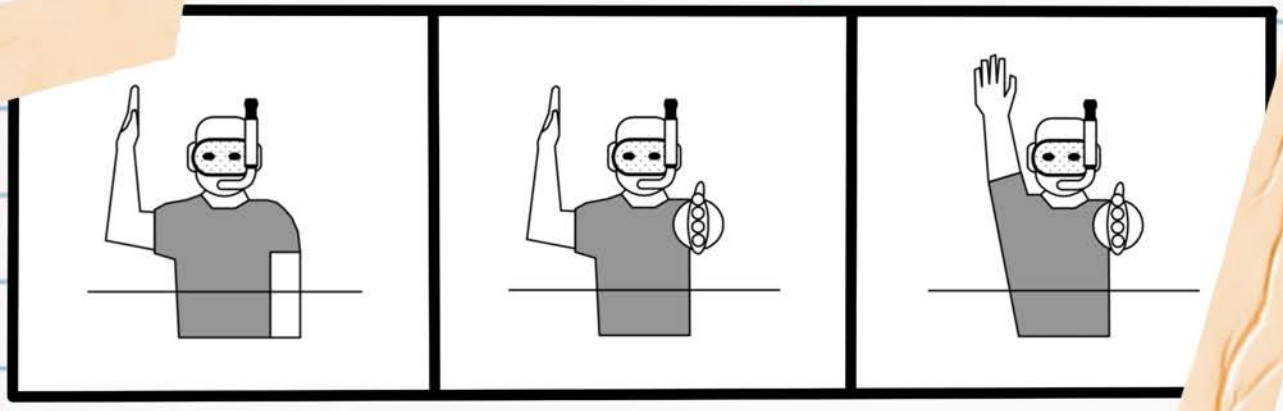
AFTER A STOPPAGE IN PLAY AND AT THE START OF A GAME THE REFS WILL INDICATE THEY ARE READY BY HOLDING THEIR ARM UP



THE END OF THE GAME IS INDICATED WITH A T-SIGNAL

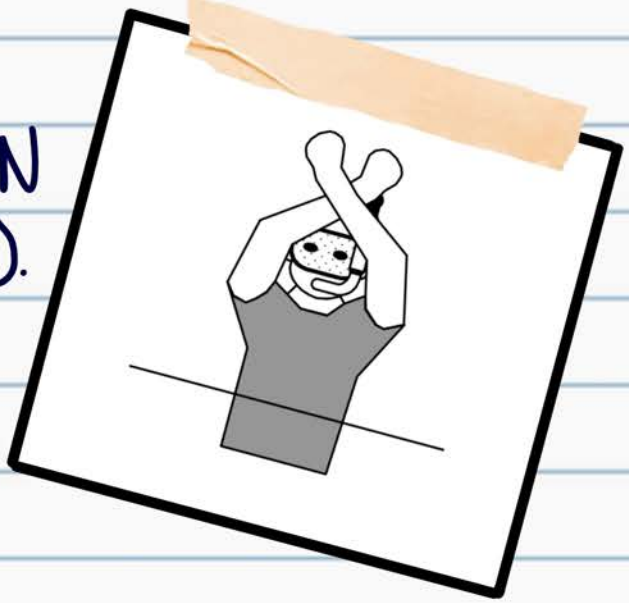
FOULS & SIGNALS

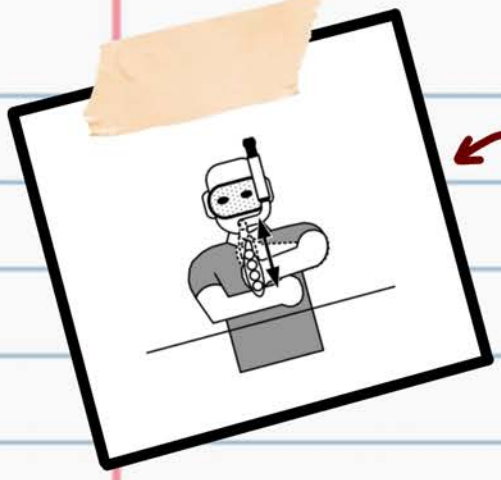
WHEN AN INFRINGEMENT OCCURS THE REF WILL AWARD AN ADVANTAGE PUCK OR AN EQUAL PUCK



THE PUCK GETS PLACED WHERE THE FOUL OCCURED AND TWO OF THE REFS SWIM 3m TOWARDS THE INFRINGING TEAM AND FORM A LINE THAT THE INFRINGING TEAM MAY NOT CROSS UNTIL THE OTHER TEAM TOUCHED THE PUCK

WHEN BOTH TEAMS FOUL, AN ADVANTAGE PUCK IS PLAYED. BOTH TEAMS START ON THE SURFACE AND GO FOR THE PUCK





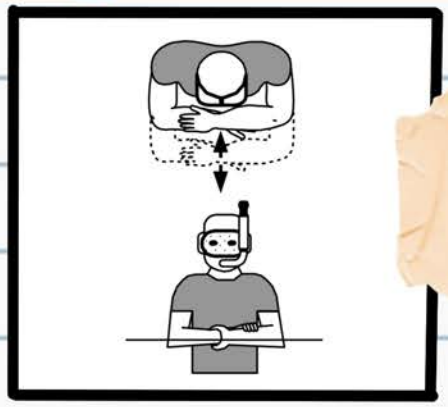
STICK INFRINGEMENT

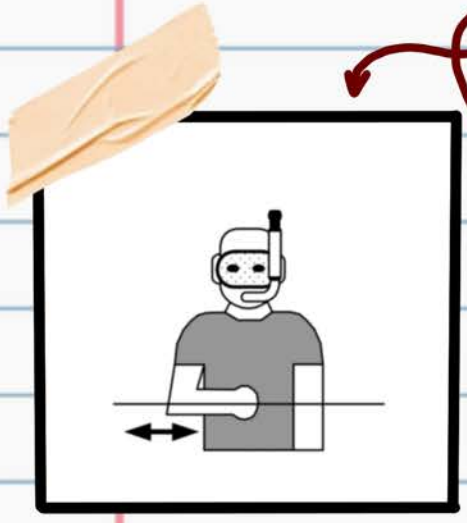
WHEN USING YOUR STICK TO PLAY ANYTHING BUT THE PUCK

[ESPECIALLY STICK ON STICK TACKLES...]

OBSTRUCTION, BARGING, BLOCKING OR SHEPHERDING

WHEN YOU USE YOUR BODY TO PREVENT OTHERS FROM GETTING TO THE PUCK





ILLEGAL USE OF FREE ARM

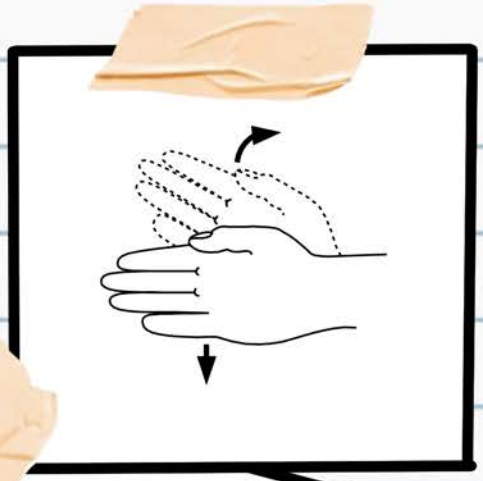
TYPICALLY WHEN A PLAYER WITH THE PUCK USES THEIR FREE ARM TO PUSH SOMEONE AWAY

UNSPORTSMANSLIKE CONDUCT

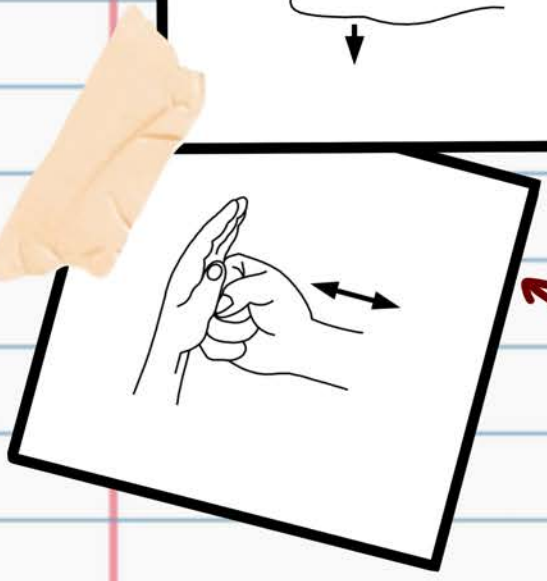
WHEN YOU ARE NOT BEING A TEAM PLAYER AND YOU ACT IN A DISRESPECTFUL WAY

ILLEGAL SUBSTITUTION

WHEN A PLAYER DID NOT WAIT FOR THEIR SUB TO BE 100% INTO THE SUBBOX BEFORE ENTERING THE PLAYING AREA



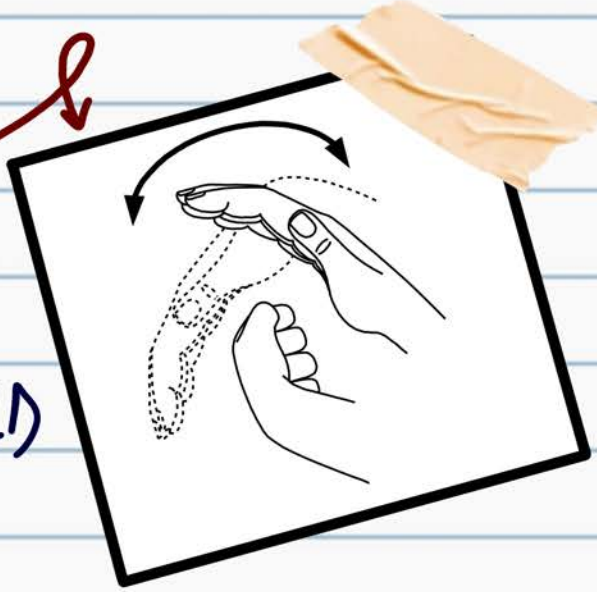
ILEGALLY STOPPING THE PUCK

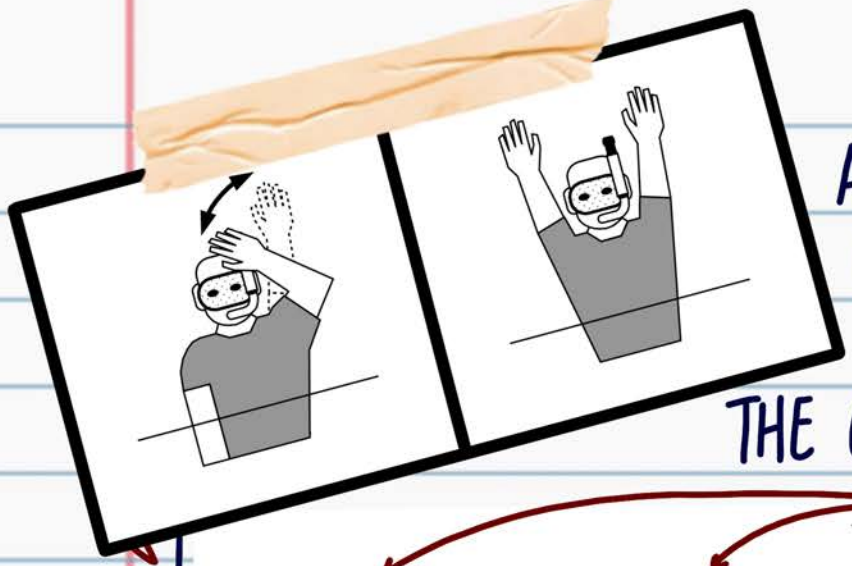


ILEGALLY ADVANCING THE PUCK

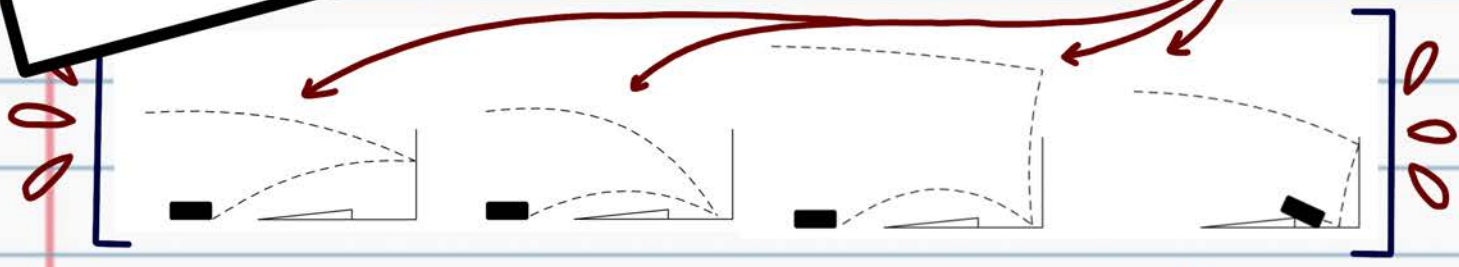
PUCK OUT OF BOUNDS

WHEN THE PUCK IS FLICKED OVER THE BARRIERS THAT BORDER THE PLAYING FIELD





A GOAL IS AWARDED WHEN THE ENTIRE PUCK PASSES THROUGH THE GOAL VOLUME

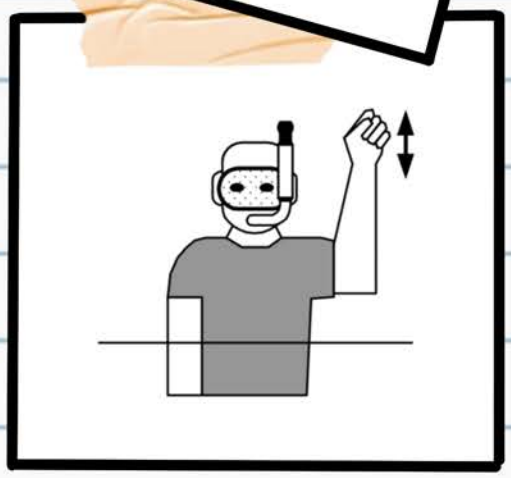


IF IT IS NOT A GOAL?

→ OPTION #1: NO GOAL

→ OPTION #2: PENALTY

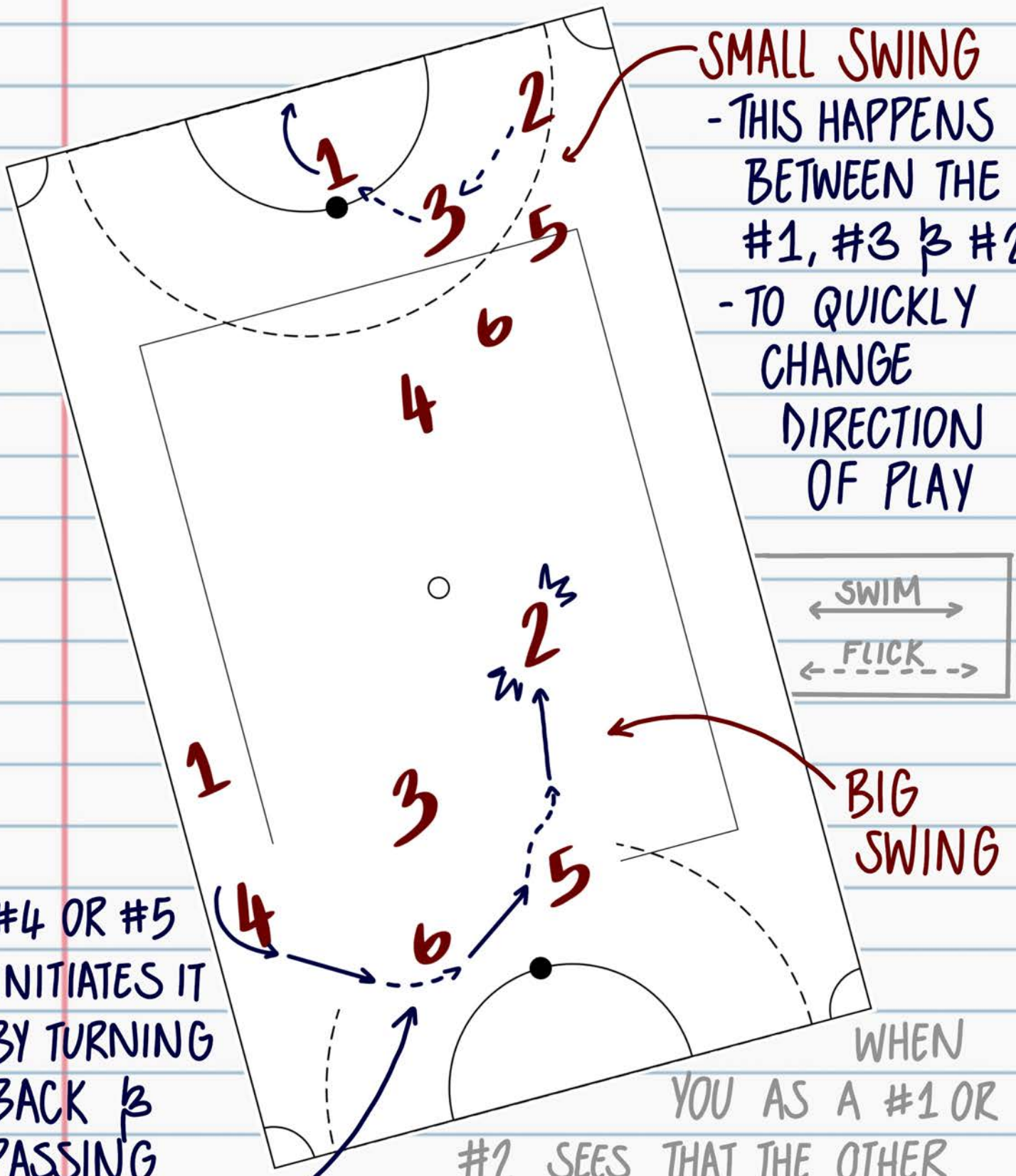
A PENALTY IS AWARDED WHEN AN INFRINGEMENT OCCURS WITHIN "THE D" THAT COULD HAVE POTENTIALLY BLOCKED A GOAL



WHAT HAPPENS DURING A PENALTY? A PENALTY IS PLAYED BY 1 DEFENDER & 2 PLAYERS FROM THE ATTACKING TEAM. PENALTY IS PLAYED UNTIL GOAL IS SCORED OR IF IT IS TAKEN OUT OF "THE D"

[IF YOU AREN'T PART OF THE PENALTY, GO TO THE SUBBOX!]

SWING



SMALL SWING
- THIS HAPPENS BETWEEN THE #1, #3 & #2
- TO QUICKLY CHANGE DIRECTION OF PLAY

SWIM
FLICK

BIG SWING

#4 OR #5 INITIATES IT BY TURNING BACK & PASSING DEEP TO #6

WHEN YOU AS A #1 OR #2 SEES THAT THE OTHER TEAM SWINGS, TRY AND GET IN BETWEEN THEIR SWING **ASAP**

EXTRA

- YOU CANNOT GET THE PUCK WHEN YOU ARE AT THE SURFACE!
  - IF YOU CAN'T GET DOWN BECAUSE YOU ARE TIRED, GET FIT

- SUPPORT YOUR TEAM MATES LIKE THEIR LIVES DEPEND ON IT

- IF YOU HAVE A SUB, USE THEM! YOU REST IN THE SUBBOX, NOT IN THE POOL.

- DON'T FORGET TO ENJOY IT!

FOR MORE INFO, CONSULT THE OFFICIAL RULES ON THE CMAS WEBSITE