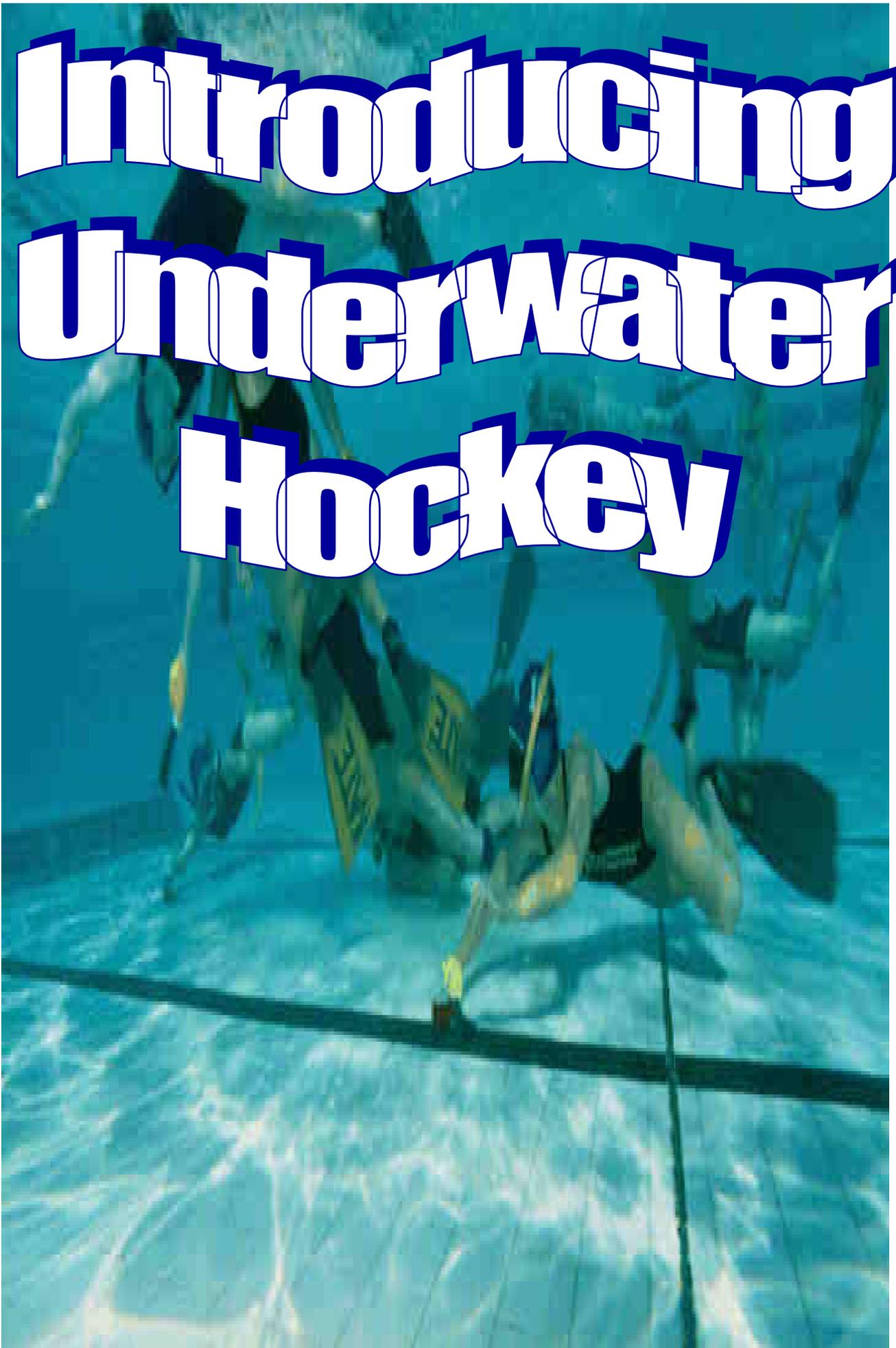


Introducing Underwater Hockey



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This booklet has been written to provide an information resource for new comers to underwater hockey. Although I have collated the information from various formal and informal sources, it is not an AUF official training manual and the skills and opinions expressed in this booklet are those of the author alone. All feedback is nevertheless welcome so that I can further improve the contents for the purpose of providing new players with a good starting point.

Last Updated 10 January 2005

Lena Plambeck

Introduction

The British Navy invented underwater hockey in the 1950's to keep their divers fit and to improve their ability to move and work efficiently under water. The game came to Australia shortly after and has evolved into a fast dynamic sport played in more than 20 countries.

The rules of Underwater Hockey are fairly simple. Basically it is a non-contact sport; a player cannot interfere with another player with their free hand. There is no off-side rule however shepherding and obstruction is not allowed.

Underwater Hockey is a great sport for all ages, shapes and sizes. It is a sport that does not cause the injuries from running, stopping suddenly or being run into! Lets face it, you can't fall down. It is a sport that continues to grow and which keeps it players interested. Each game is different; each player must overcome their opponent, moving in water, controlling the puck and the innate need to breathe. Teamwork and anticipation is essential and a lot of communication goes on before and after the games.

The game is 3D, how you play is only limited by your imagination.

- All you need to play this game is a mask, snorkel, flippers, protective glove, a small stick and a puck.
- The stick is used to push or flick the puck along the bottom of the pool. At each end of the pool is a goal. The object of the game is to flick the puck into the opposition team's goal. Sounds easy, doesn't it?
- The pool is 1.5 - 2.5 metres deep, and the court area itself is 20-25 by 10-15 metres, so there's lots of room to swim about in.
- There are twelve players in the pool at any one time (six players per team) with four subs each waiting at the side.
- A game is 2x15 minutes long with 3 minutes at half time for a breather.

The game is governed in Australia by The Underwater Federation (the AUF) and the Australian Underwater Hockey Commission.

Equipment

Below is a description of the equipment used in underwater hockey. You might prefer to borrow equipment for your first games, but the sooner you get your own equipment that better suits you, the sooner you will be able to enjoy the game.

Ask your Club where you can buy equipment. True Blue Underwater Hockey Equipment in Perth are the best suppliers of gloves and bats, but also other gear. They can be reached via their web page:

[http:// www.true-blue.com.au](http://www.true-blue.com.au)

Mask

A mask allows you to see underwater and protects your face. Ordinary swimming goggles are not used because they provide only limited visibility and could result in eye damage if hit during a game. In addition they are not good to use under pressure and are not so easy to empty out as masks. A mask should have a good seal, be comfortable, have a wide field of vision, be low volume, non-bulky and have separate tempered glass lenses.



If you need glasses...

If you have bad eyesight it is possible to purchase corrective lenses. These are available for certain types of mask in most dive shops or lenses can be fitted by your optician, at a slightly higher, but not always too much, cost. Interestingly, even if you buy a top quality mask and have lenses fitted it usually costs less than a new pair of glasses. Contact lenses can be worn under a mask but there is always the risk of getting them washed out. Some people have problems with contact lenses when they get wet, they tend to get stuck under the eyelid and wander out of place. Not everyone has this problem however.

Snorkel

A snorkel allows you to breathe, while at the surface, without lifting your head up, so you do not have to take your eyes off the game. In addition it acts as a mouthguard, protecting your mouth. The snorkel must be flexible and not made of hard or thin scratchy plastic.



Mouthguard

It is now a requirement in NSW that all players use mouthguards to prevent damage to teeth. It is not often that a player has damaged their teeth, but it has happened when a puck has accidentally ricocheted.



You can either use a mouldable mouthguard that is worn inside your mouth or fit a plastic guard to your snorkel on the outside.

Glove

Protects your fingers from being cut by the tiles in addition to protecting your fingers from impacts with the puck and other players' sticks. You cannot play properly without any finger protection. New players always seem to think that they can play fine without a glove. Without a glove on, you cannot properly flick the puck, swim with the puck or perform any skills without losing chunks of flesh off your hand or breaking little bones.



Initially new players may have to borrow a glove from someone. Gloves can be obtained, either ready made to a "standard" mould or "tailor made" by purchasing a "glove making kit" from True Blue Underwater Hockey Equipment.

Fins

Fins are to provide you with the speed and power to push the puck around the pool. If you have your own fins, use them to start with but it is worth investing in a pair of hockey-type fins as soon as possible. These are different to scuba fins and spear-fishing fins in that they do not have any buckles or stiff blades, which could be dangerous.



Fin Keepers

These are essential when wearing fins, especially with long, stiff blades as the leverage during swimming can cause your heels to pop out. Fin keepers hold the heels in and make it almost impossible for someone to pull your fins off.



Cap

The caps are the same as used in water-polo. At tournaments all players must wear caps of the colour corresponding to their team stick colour (dark or light, i.e. blue or white cap) with an identifying number on. While not a guaranteed protection against burst eardrums, ear guards do help prevent them, as well as protecting your ears from getting ripped up.



Bat

The bat (or stick) is the most important piece of equipment. It is about 25 cm long and approx 2 cm thick. There are rules that dictate the size and shape of the bat. If you buy your bat from True Blue Underwater Hockey Equipment, you will be able to choose from a few different shapes. Talk to your club mates and trial a few of theirs' first before you choose.



Puck

Shown is a lead puck used in all games. It is made of lead with a plastic coating to prevent the pool from getting lead marks. It weighs about 1.3 - 1.5 kg and is 80 cm in diameter. It is also 32 cm high.

There are different levels of hardness in pucks (to suit the different types of pool surfaces). Soft pucks are used in pools with "delicate tiles", medium pucks are standard and hard pucks are used on more abrasive surfaces like small, uneven tiles or concrete.



Basic Skills

Snorkelling Skills

Almost every beginner knows how to swim. Some have had snorkelling experience or diving experience, but underwater hockey has a unique set of water skills which are vital to the game and which need to be taught. In brief summary these are:

Clearing a Snorkel

A player must be able to clear their snorkel without taking the mouthpiece out of their mouths. The correct way is to blast the water from the snorkel by making "Thu" sound. If there is still some water in the bend of the snorkel, repeat the clearing technique. It is easier to clear the snorkel if it is tilted slightly, and the more experienced players even start clearing whilst still underwater so that by the time the snorkel is above the water, there is very little left to clear.

Duck-Diving

This is the term used to get to the bottom, in a head first motion (like a duck!). The classic duck-dive consists of a jack-knife movement of the top half of the body and the legs are lifted up into the air with the feet pointed and the body goes down at 90° to the surface. The feet do not kick until under the surface; it is the momentum of the upper body that gives propulsion at the start of the duck-dive.

Frog-Diving

Frog-diving or "drop down" is the term used to get down to the bottom with the fins first. The benefit of dropping down instead of duck-diving is that you can see everything better as your head is up the whole time. Also, you naturally end up into a strong position with your legs lower than your head. When you duck-dive it will take longer for you to get your legs to the bottom and your head up. The technique of the frog-dive is hard to explain in words, but generally speaking, the frog-dive requires that you use your fins (by arching your back and pushing the fin upward) and your left hand to "pull" your self downward.

Underwater Hockey Skills

Practice ... Practice ...and more Practice

There are many skills to learn and you can never spend too much time practicing skills. Here are some fundamentals, but don't hesitate to ask experienced players to show you some other skills and/or drills.

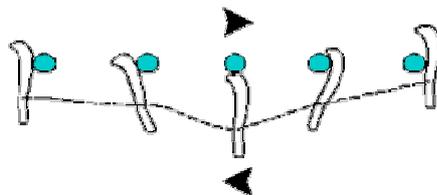
Pushing the Puck

The first skill that needs to be taught is pushing the puck, which is the basis for puck control.

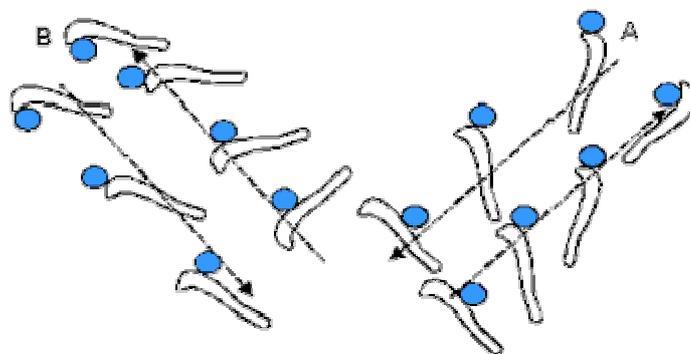
- Start with the body flat on the bottom. The playing arm should be slightly bent.
- The puck should rest on the bat against the fore-finger.
- Swim forward pushing the puck along the bottom.
- Puck should remain in contact with the pusher at all times.
- Once the basic skill is acquired, a range of drills can be used to further develop puck control.
 - Weaving or dribbling between markers.



- "Sticky Bat" - Roll the puck around the bat without the puck leaving the bat's surface.



- "Stick Bat in a Vee formation" - Do the Sticky Bat, but this time in a vee formation.



Curling

The curl is an effective form of defence, either to change direction or to simply guard the puck until you can pass it to a team mate.

- Start with holding the puck on the inside of the bat and move the puck in an arch clockwise (for right-handers). The bat & puck should be kept close to the body, ie arm bent.
- The fins are kicked in a cycling motion and the body turns 90° or a quarter circle. The body should be kept as close to the bottom as possible to prevent the opposition from being able to reach under you.
- The puck should not lose contact with the bat.
- When you have completed your turn, move the bat to the other side of the puck and pass the puck to your team mate.



The following drills for curling should be used:

- Simply turn 360° with the puck to the RIGHT and 360° with the puck to the LEFT.
- Stop in the middle of the movement and go back the other way.
- (Two Players) Swim forward with the puck, do a half curl and pass back to your partner, who then swims forward with the puck. You surface (get some air), drop down and receive the puck off the other player who has curled and passed it back to you.
- (Two Players) Mirror curls (copy another person's movements). If they curl to the right, you curl to the left and, if done well, you should end up facing the other person again.



The Flick

The flick is used when passing to a team mate, when scoring a goal and when clearing in a “flick and run”.

The action is mainly a wrist action and, if done correctly, the puck will lift off the bottom and spin in a vertical position. With practice you will be able to flick anywhere between 2-3.5 m and be able to lift the puck up to 0.5 m off the bottom!

Preparation:

- Your body should be steady and balanced and your arm should be slightly bent.
- Position the puck on the bat close to the finger.
- The puck should be in line with your shoulder.
- Look for your target.



Action:

- Bend the bat slightly backward to make the puck roll along the flicking edge of the bat.
- Flick the puck using a wrist action whilst at the same time straightening your arm.
- Your body should recoil after the flicking action.

Follow Through:

- If the action has been correct the puck should lift off the bottom and take a vertical position.
- You should follow through the flick with your bat such that you are pointing in the direction of the puck with your thumb in the upper position.



The following drills are useful for practicing the flick.

- Swim and flick with one, two or three pucks. When using two or more pucks aim to lift the puck over the other/s.
- Sitting opposite another player and practice flicking to each other.
- Swim with another player on either side of a black line and pass to each other – aim to flick “over” the black line.
- Start with the puck on a black line and flick perpendicular to it. Measure the distance by counting the number of tiles - try and beat your personal best. Experiment with the position of the puck relative to your body.

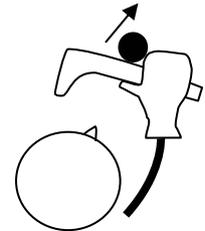
The Swerve

The swerve is a feinting tactic where you try and get the opposition player to commit in going one direction when you go the other. You would use the swerve in a one-on-one situation, for example on the strike.

For the swerve to work, it does require that you be close to the opposition player – close enough for him/her to also touch the puck. If you are too far away, the opposition player will clearly see what you are doing and have enough time to change direction.

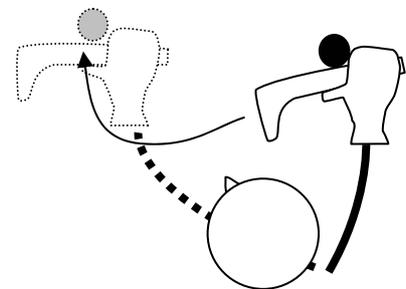
Preparation:

- Angle the bat slightly to the right (with the puck against your fore-finger), as if you were heading in that direction.
- Look in that same direction.



Action:

- Move the bat in that direction for a short distance, then quickly change the angle of the bat and move the bat to the right in a curved action as per the diagram.
- Whilst moving the bat to the right, do a strong kick with your fins so that you accelerate around your opposition.



Follow Through:

- As your arm becomes fully extended during the swerve action, it is important to “catch-up” quickly to the puck so that your arm is slightly bent again.

The following drills can be used to practice the swerve:

- Visualise an opponent and do the swerve. It is important to complete the action where you arm is bent again after the swerve.
- Swim the puck towards a marker (another puck or other object), and do the swerve around this object.
- (Two players) Swim up towards the other player and do the swerve. Take turns.

Change Direction

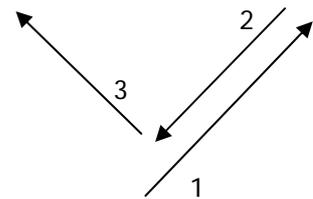
Changing direction is essential during a game when you have come up against an opposition player. Changing direction can be done by curling, as previously described, but also by pulling the puck back to you and then pushing out in a different direction. Once mastered, this can be done without looking at the puck.

Preparation:

- Swim and push the puck in one direction.
- The puck should be resting against your fore-finger.

Action:

- Move your bat to the other side of the puck and pull the puck back under your chest.
- Stop your kick and lift your head and chest up and move the bat back to behind the puck.
- "Pivot" your body towards the new direction that you want to swim.
- Push out with the bat and swim in the new direction.

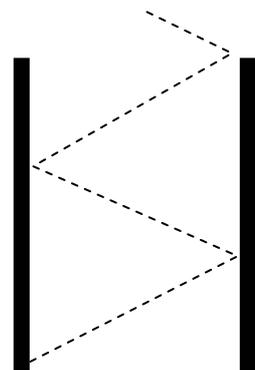


Follow Through:

- Kick and accelerate in the new direction.
- Make sure your arm is slightly bent.

The following drills can be used to practice the Change of Direction:

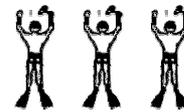
- Swim diagonally from black line to black line and change direction at the black line.
- Use a marker (or practice against a partner) and do the change of direction.



Basic Game Strategies

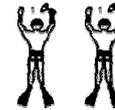
Team tactics and positional play are important in underwater hockey as it is very hard to communicate to each other and thus you need to know where to expect to find your team mate. Also, since underwater hockey requires that you hold your breath, you cannot all be under water at the same time, as that will mean that you will all surface at the same time!

There are six players in the water at any time. Australia plays a 3-2-1 formation with three forwards (a Left Wing, a Striker and a Right Wing), two Half Backs (Left and Right) and one Full Back.



The Role of the Forwards

- To go forward!
- To pass to team mates to keep possession
- To score goals
- The Striker is the player that takes the puck on strike (start of play)



They generally stay in front of the Backs the whole time. When the opposition have the puck, they will try to steal the puck off the opposition.

Note: The most important role for the Forwards is to make as much ground as possible and to keep possession.

The Role of the Backs

- To defend
- To set up play
- To pass forward to the Forwards
- To score goals
- To take the "free pucks"

The Backs' role is also to support the Forwards by backing them up and being an option for a backward pass if they cannot advance any further. The Back would then pass forward to another Forward (or score a goal).

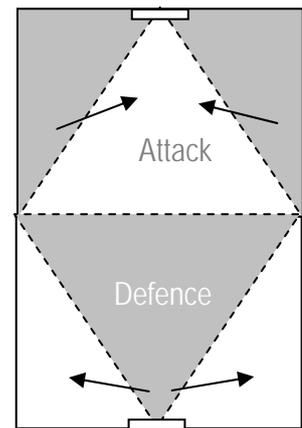
The Full Back supports the Half Backs and they enter into what's called a two-way rotation – first the Half Back goes in, then the Full Back, then the Half Back comes back and supports the Full Back.

Note: The most important role for the Backs is to support the Forwards in attack and to rotate with the other Backs in both attack and defence.

The Diamond

A general strategy is to take the puck wide out of defence and to bring the puck back into the centre in attack. See the diagram – stay in the white areas!

It is important to avoid the corners in attack as it is very difficult to score from the corner and the opposition will aim to push the puck out that way. If you do end up in the corner, it is sometimes smarter to pass back to a Back, who then will take the puck into the middle of the goal.

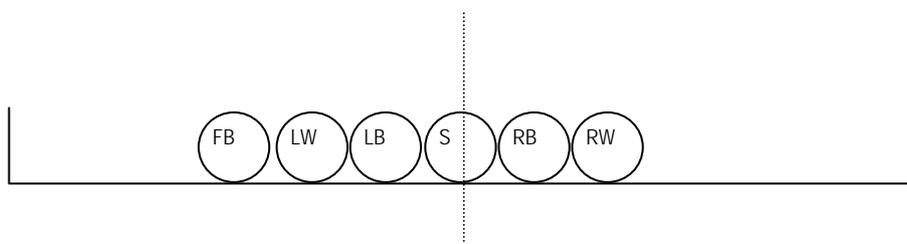


The Strike

At the start of play both teams are lined up against opposite walls to do the strike. All players must have one hand on the wall. The puck is placed in the middle of the court and on the umpire's start signal, both teams will sprint for the puck.

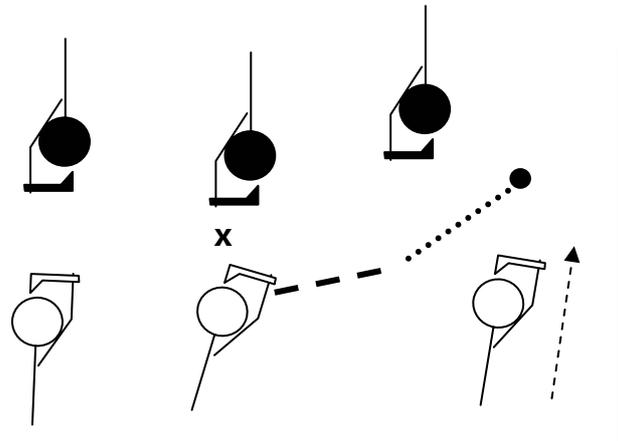


The line-up on the wall is typically as pictured below with the Striker in line with the puck, the Half Backs on either side of him/her and the Wings outside of them with the Full Back either to the furthest right or left. By starting this way, all players will be able to get into their correct positions without having to swim over or under each other.

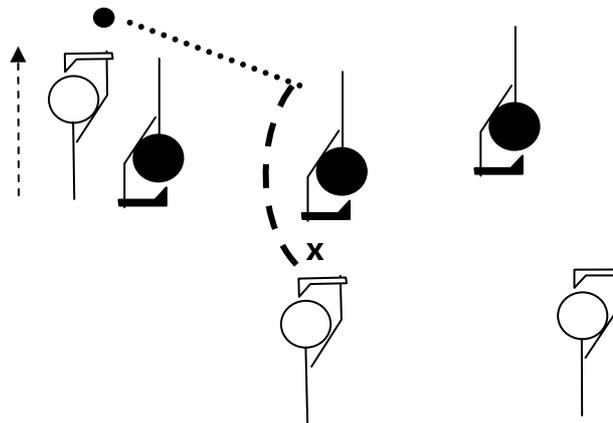


There are many options on what to do on the strike (if you get there first!):

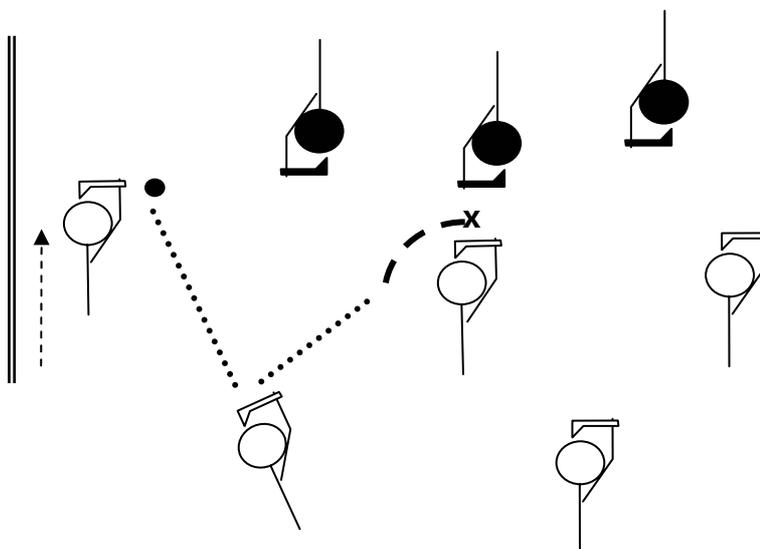
- The Striker will pass to either Winger.
- The Striker will swerve around the opposite Striker and then pass to the Winger.
- The Striker will curl and pass back to either Half Back, who then swims wide and passes to the Winger.



Option 1 on Strike: Striker swims a short distance and then passes to Right Wing.



Option 2 on Strike: Striker swerves around opposition and passes to Left Wing.



Option 3 on Strike: Striker curls and passes to the Left Half who then passes to Left Wing.

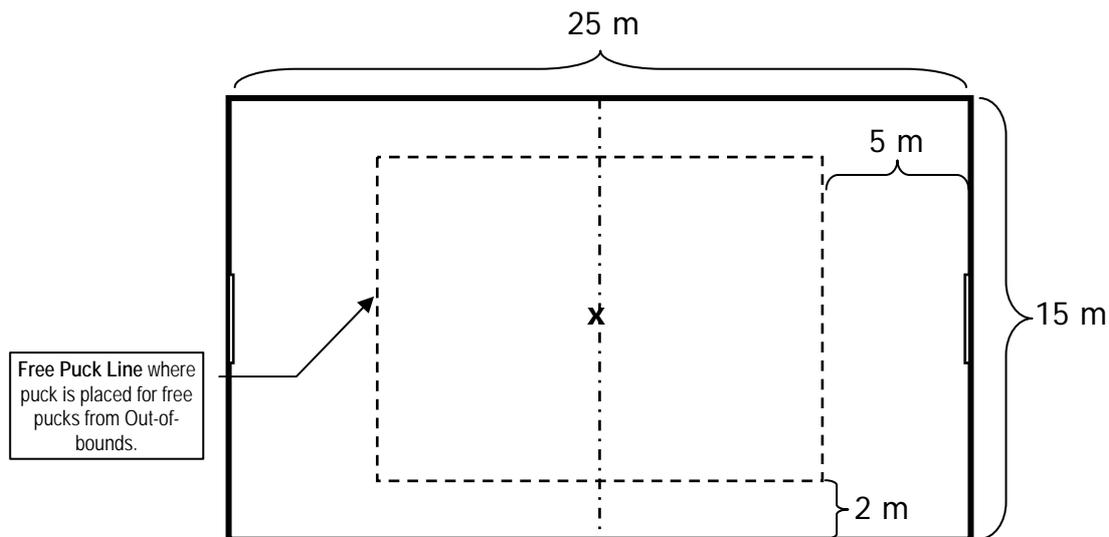
Basic Rules

The game is governed by the Australian Underwater Federation (the AUF) which in turn subscribes to the international body called CMAS. CMAS is the body that defines the rules of the game. A rules book can be obtained via the AUF website:

<http://www.underwater-hockey.com/> Look for links to the CMAS UWH Rules.

Below are some basic rules that you need to be aware of when you play your club games.

The Playing Area



Your club may not play in a "full size" court due to the limitations of your club pool, but the free-puck line is always 5 m from the ends and 2 m from the sides.

Start of Play

Both teams must have one hand on the wall until the signal is given, either from a referee or from somebody calling "Both Teams Ready – Go!"

Goal

A goal is deemed when the puck enters fully within the goal space in the goal tray. It is NOT a goal when the puck goes over the goal.

When a goal has been scored, both teams return to their ends and await the start signal.

Infringements

Or fouls. Underwater hockey is a non-contact sport so it is not allowed to interfere with the other players. Examples of infringements are:

- Using your non-playing hand to fend off, pull or otherwise interfere with the opposition player.
- Hitting, slashing or pushing of the other player using your playing hand. You are only allowed to touch the puck.
- Hitting the puck out-of-bounds.

When an infringement has been called, a free puck is awarded the other team.

Free puck

The puck is placed where the infringement occurred, or if it was an out-of-bounds, the puck is placed on the free puck line (see diagram above) closest to the point of infringement.

The team that caused the infringement moves back 3 m from the puck and may not move forward until the other team touches the puck.

Out-of-Bounds

When a puck has gone out of the playing area (court). The playing area in your club game might be defined by a line, a vent line or other recognisable feature on the pool bottom. In the more formal competitions, a barrier will be used to keep the puck in the playing area.

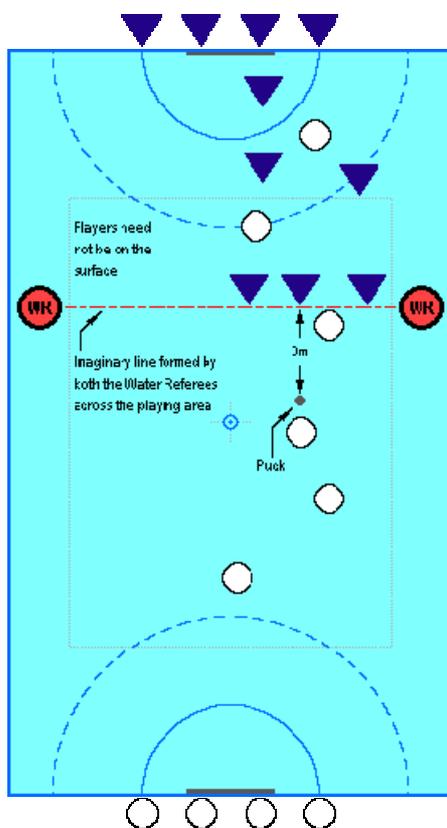
- If the puck is put out along the side line, the puck is placed on the Free Puck Line in line with where the puck went out.
- If the puck is put out along the end line by the attacking team, the puck is placed on the Free Puck Line in line with where the puck went out.
- If the puck is put out along the end line by the defending team, the puck is placed on the Free Puck Line in the centre of the pool (ie right in front of the goal).

Dangerous Flick

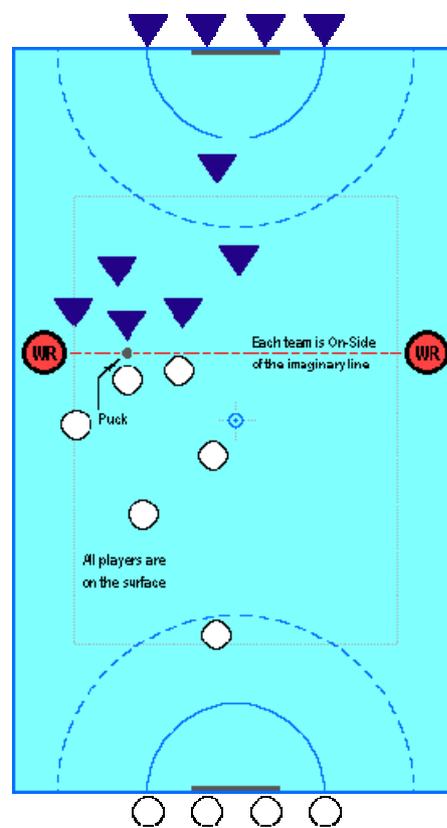
A flick where the puck hits the head of another player. This is an infringement and a free puck is given to the other team.

Equal Puck

Is awarded when the referee cannot decide who was responsible for the infringement. Both teams start on their side of the puck, on the surface, until the signal to start play is given.



Free Puck



Equal Puck

Training For Underwater Hockey

Like any sport, the only way to improve your game is to train. To perform well in underwater hockey it helps to have a basic fitness level. The fitter you are the easier and quicker you will learn new skills. When you have mastered the basic skills, you will be able to start focusing on the tactics that your team should adopt. Once your team has achieved that level, all that is remaining is a winning attitude to be successful.

When you start playing underwater hockey, however, your focus should be on your fitness and your skills. The following section will give you a few ideas about how underwater hockey players train and what activities that they do.



Fitness Training

The best and most sport specific training that you can do is to do laps with fins and mask and snorkel. The swim sessions are similar in structure to normal swim sessions (like swimmers do), but you can add a lot more variety by including various underwater sets. You can also do your laps with or without a puck. It is a good idea to try and incorporate specific skills into the swim programs like duck dives and frog dives, turning underwater and flicking. Here are a few examples of training programs:

Swim Session 1 (2.2km)	Swim Session 2 (1.95km)
500m warm-up freestyle	500m warm-up freestyle
10x50m "bouncing" (dive down at 45° angle, touch bottom swim up at 45° angle, take one breath and dive down again)	20x50m 4 sets of: 1x50m bouncing 1x50m freestyle 1x50m flutter kick (legs only) 1x50m ¼ top, ¼ bottom, ¼ top, ¼ bottom 1x50m freestyle
5x50m freestyle	10x12.5m drop down, swim 6kicks turn underwater swim back. Can use puck.
5x50m flutter kick (legs only)	5x25m underwater (take a breath at 12.5m if needed). Can use puck.
5x50m ¼ top, ¼ bottom, ¼ top, ¼ bottom (ie12.5m freestyle, 12.5m underwater, 12.5m freestyle, 12.5m underwater)	200m cool down
5x25m drop down (frog dive) swim 6kicks, up for one breath and drop down again, swim for 6 kicks etc. Can use puck.	
5x25m underwater (take a breath at 12.5m if needed). Can use puck.	
200m cool down	

Skills Training

You can incorporate skills into your swim sessions, but there are some skill exercises that require you to be stationary and if you are in the swimmers' lanes, you might get in the way of the other swimmers. Find a quiet corner of the pool and practice the following:

Basic puck skills, see page 8-12.

Team Tactics Training

Although you might not get an opportunity to practice team tactics during your regular club nights, here are a few examples of some drills for team tactics:

3 on 2's (3 attackers vs 2 defenders)

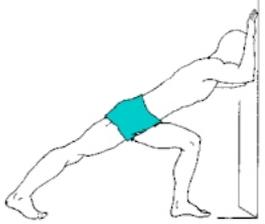
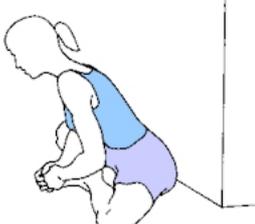
2 on 1's

Stretching for Underwater Hockey

Stretching is important in all sports for increasing flexibility and injury prevention. Below are some basic stretches for you. In time, you will learn which stretches are important to you.

The general recommendation is to stretch to the point of tension, not pain. Perform two to three repetitions of each stretch for a duration of 10 seconds; or one repetition of each stretch for 30 seconds.

Within a workout session, gently stretch after a light warm-up, keeping your main stretching session for after the main part of your workout. At this stage your tissue temperatures are highest, making stretching both safer and more productive.

<p>Anterior ankle and instep</p> <p>Kneel with your shins and instep elevated by a folded towel and your toes pointing backwards.</p> <p>Exhale and sit on the top of your heels (if you can).</p> <p>Be sure your buttocks sit on top of your heels and not between your feet. The later position is called 'W sitting' and is bad for the knees. Do not do this stretch if you have knee problems.</p>	
<p>Achilles tendon and posterior lower leg</p> <p>Lean forward against a wall with one leg bent and the other leg straight with the heel raised.</p> <p>Exhale, bend your arms, lean towards the wall, and slowly shift your weight forward while attempting to press your rear heel to the floor.</p> <p>This stretch also effectively stretches the tissues behind the knee.</p>	
<p>Hamstrings</p> <p>Sit on the floor with one leg straight and the other bent at the knee with the heel touching the inside of the opposite thigh.</p> <p>Exhale, keep the extended leg straight, and lower your upper torso onto your thigh.</p>	
<p>Adductors</p> <p>Sit on the floor, your legs flexed and spread, and your heels touching each other.</p> <p>Grasp your feet or ankles and pull them as close to your groin as possible.</p> <p>Exhale and lean forward from the hips. Keep your back straight and attempt to lower your chest to the floor.</p>	
<p>Quadriceps</p> <p>Kneel with your knees together, buttocks on the floor, heels by the sides of your thighs, and toes pointing backwards.</p> <p>Exhale and lean backward without letting your feet flare out to the sides.</p> <p>Do not arch your back. Instead, contract your gluteals and rotate your pelvis backward. Do not allow your knees to rise off the floor or spread apart.</p>	

<p>Hips and gluteals</p> <p>Sit on the floor and flex your left knee so that your left foot points to your right. Cross your right leg over your left leg and place your right foot flat on the floor. Exhale, bend your upper torso forward, and place your head on your bottom knee.</p>	
<p>Posterior neck</p> <p>Stand or sit and interlock your hands behind your head near the crown. Exhale, pull your head forward and allow your chin to rest on your chest. Keep your shoulders depressed during this stretch.</p>	
<p>Shoulder external rotators</p> <p>Sit or stand, flex your right arm, and raise your elbow to chest height. Flex and raise your left arm so its elbow can support your right elbow and intertwine your forearms so your left hand grasps your right wrist. Exhale and pull your wrist outward and downward.</p>	
<p>Triceps</p> <p>Sit or stand with one arm behind your lower back and as far up on your back as possible. Lift your other arm overhead, while holding a towel, and flex your elbow. Grasp the towel with your lower hand and inhale as you pull your hands toward each other. As your flexibility improves, forget the towel, and instead try to interlock your fingers.</p>	
<p>Wrists</p> <p>Rotate your wrist in a circular motion, but also in a flicking motion. With your left hand, grab your right palm and straighten your right arm, thus stretch the inside tendons of your arm and wrist. Do the stretch the other way so that the outside tendons and muscles are stretched. Change hands.</p>	<p>No picture, sorry.</p>

Common Terms used in Underwater Hockey

Back	Term used for the three positions of Left Half Back, Full Back and Right Half Back. The Backs' most important task is to support the forwards in attack.
Back rotation	Term used to describe the way a Half Back and a Full Back (or sometimes all three) will support each other by rotating back behind the other after they have been beaten.
Black puck	Called when the white team has caused an infringement (either fouled or put the puck out-of-bounds). The black team then has a Free puck.
Curl	A movement involving turning with the puck. Is used to change direction or to pass back to a Back.
Dangerous flick	A flick where the puck hits the head of another player. This is an infringement and a free puck is given to the other team.
Dolphin kick	A style of kicking where both legs are kept together as in butterfly swimming.
Equal puck	Is awarded when the referee cannot decide who was responsible for the infringement. Both teams start on their side of the puck, on the surface, until the signal to start play is given.
Flick	Term used for advancing the puck forward by using a snapping action of the wrist. The puck will lift off the bottom and spin in a vertical position.
Flutter kick	The style of kicking as used in freestyle swimming.
Forward	Term used for the three positions of Left Wing, Striker and Right Wing. The forwards' main aim is to make as much ground as possible and then to pass to a team mate (keep possession).
Free puck	When a team infringes or puts the puck out of the court, a free puck is called. The team that caused the infringement must move back 3 m from the puck.
Full Back	See <i>Back</i> .
Goal	A goal is deemed when the puck enters fully within the goal space in the goal tray. It is NOT a goal when the puck goes over the tray.
Half Back	See <i>Back</i> .
Out-of-Bounds	Term used to call when a puck has gone out of the playing area (court). The playing area in your club game might be defined by a line, a vent line or other recognisable feature on the pool bottom. In the more formal competitions, a barrier will be used to keep the puck in the playing area.
Stick	Bat or pusher
Strike	The start of play, where both teams must have one hand on the wall until the signal is given.
Striker	The forward that "takes the strike" at the start of play. See also <i>Forward</i> .
Subs	Abbreviation for substitutes. A team will have six players in the water and allowed a maximum of 4 substitutes, who must be fully out of the water.
White puck	Called when the black team has caused an infringement (either fouled or put the puck out-of-bounds). The white team then has a Free puck.
Winger	See <i>Forward</i> .

Resource Material

- 1) Alter, M.J. (1998) Sport Stretches (2ed). *Human Kinetics*. Illinois.
- 2) Stacey, Mary-Anne (Australia)
- 3) Stoke, Steve (NZ)
- 4) Kemp, Roger (USA)
- 5) CMAS
- 6) AUF Web Page: <http://www.underwater-hockey.com/>
- 7) *An Introduction to Coaching Snorkelling and Underwater Hockey*, AUF 1992
- 8) True Blue Underwater Hockey Equipment:
[http:// www.true-blue.com.au](http://www.true-blue.com.au)
- 9) Various Web Pages from around the world:
 - Victoria photo gallery from various Nationals
 - New Zealand web pages
 - US web pages

Contacts – NSW

See the NSW Underwater Hockey website for details and further links to NSW Clubs. The club pages should give you contact numbers, pool times and venues.

http://au.geocities.com/nsw_uwh/