

# UNDERWATER HOCKEY RULES

## **MANDATORY EQUIPMENT:**

Mask / Fins / Snorkel / Head Cap / Glove / Mouth Guard / Stick.

## **DID YOU KNOW?!.....**

1. An official game consists of 2 x 30 minutes halves with a 3-minute break in-between. Teams switch ends at half time.
2. Each team can have a maximum of 6 players in the water, and 4 substitutes on deck.
3. The goal is 3 meters in length!
4. The puck must not be touched by a player's hand, or lifted / carried on a player's stick.
5. Sticks must be held only by their handle.

## **NEED A BREAK?! ...USE A "SUB"**

1. Substitutes must be entirely out of the water (including fins), and must wait behind the starting line of their team.
2. Before a sub can enter the water, the player being replaced must be entirely out the water (including their fins).
3. Teams can sub while the game is underway (referred to as "subbing on-the-fly"), or at any natural break in the game (a goal / half time / etc.).
4. Failure to sub correctly results in a 1-minute penalty for the sub, and for 1 player in the water.

## **WHAT NOT TO DO:**

Official Underwater Hockey

Infringements:

- ❑ Standing on the bottom;
- ❑ More than 6 players in the water;
- ❑ Handling or advancing the puck with anything other than the stick;
- ❑ Lifting or carrying the puck balanced on the stick;
- ❑ Stopping a goal being scored with anything other than the stick (ie: body);
- ❑ Obstructing an opponent in anyway while not in possession of the puck;
- ❑ Covering or obstructing the puck with a player's body or equipment while not in possession of the puck;
- ❑ Using hands / arms / body in any way to grasp, pull or push an opponent or their stick;
- ❑ Removing any of opponent's equipment;
- ❑ Deliberately hurting an opponent;
- ❑ **FINALLY # 1 RULE = Behaving in an unsportsman like manner.**

**If you DO any of the above it will result in one of the following:**

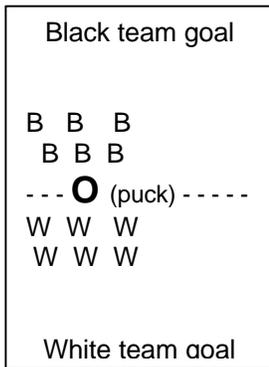
1. A warning (for Minor offenses);
2. Time out (Major offense);
3. Equal Puck (Accidental offenses);
4. Advantage Puck (Minor & Major);
5. Penalty Shot (Offense close to goal);
6. Player dismissed (serious offense).

## EQUAL PUCK

For minor or accidental infringements

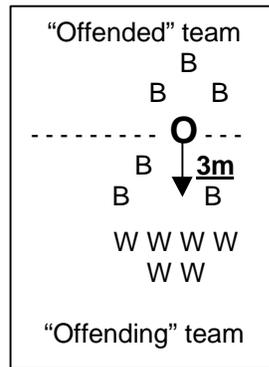
Puck placed on or close to spot where infringement occurred (must be 2m away from walls, and 5m away from nets)

Players arrange themselves between the puck and their net remaining on the surface until "GO" is signaled



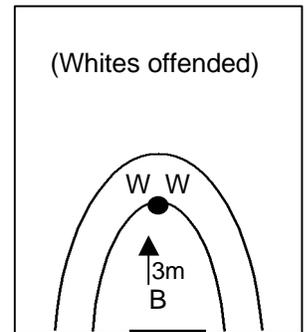
## ADVANTAGE PUCK

- For offenses committed against the team in possession with the puck
- Puck placed the same as in EQUAL PUCK
- Offending team must be 3m back from the puck
- Offended team can be anywhere in the playing area
- On "GO" offended team must contact puck before offending team can cross the 3m line



## PENALTY SHOT

- For infringements made with-in 3m of net, and which prevented the goal.
- Puck is placed 3m out from the centre of the net.
- Offended team selects 2 "attackers". They start behind the puck.
- Offending team selects 1 "defender". They start at the wall. On "GO" they can submerge, but must have hand touching the wall until an "attacker" touches the puck.



- The penalty shot ends when either the attackers score, or when the defender gets the puck outside the 6m penalty box

## **COULD THE FOUL HAVE BEEN ACCIDENTAL??**

