

**Edmonton and Area**  
**UNDERWATER HOCKEY HANDBOOK**

**Compiled by  
Gilles Benoiton**

<b>Local Information</b>
--------------------------

---

### *Membership Information*

For information on the **Amphibians Junior Club**, contact Julia at [blazes11@shaw.ca](mailto:blazes11@shaw.ca) or phone 476-2992.

For information on the **Octopushers Club**, contact Mike Bartlett at [blenderbob@yahoo.com](mailto:blenderbob@yahoo.com) or 465-3050

For information on the **Parkland Puck Pushers Club**, contact Bob Alcorn [dalcorn@telusplanet.net](mailto:dalcorn@telusplanet.net) at 962-2939.

For general information on all Edmonton and area clubs, contact the Edmonton Underwater Hockey Association at [gbenoiton@aol.com](mailto:gbenoiton@aol.com) or phone 465-2007.

Visit our website at [www.edmontonunderwaterhockey.com](http://www.edmontonunderwaterhockey.com)

---

### *General Tournament Dates (subject to change)*

November: Double Tournament: Amphibians/Octopushers

February: Calgary Adult/Youth Invitational

March: Amphibians Tournament at Coronation Pool

April: Calgary Youth Invitational

May: Nationals in Quebec City

Octopusher in-house tournaments to be announced.

---

### *Criteria for Players Under 18 Years of Age*

The following are the criteria, as of July 1, 2002, for minors wishing to participate in the Octopushers adult programs:

1. Must be 15 years of age (intermediate)
2. Must maintain a Bronze skill level from the Junior program\*
3. Must be of a minimum physical stature\*
4. Initial play will be limited to “new” games. Player will join on probationary basis for five (5) games (nights). After this time, the Executive maintains the right to decide whether the minor should continue playing.

The player is also encouraged to evaluate his/her ability to continue. If allowed to carry on, the minor can participate on any night with the adult programs. They would also become a voting member. If not allowed to continue, the minor can try again at the start of the next session (three months).

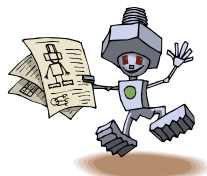
*\*Must be approved by two of the Executives.*

This booklet was made for **Under Water Hockey** in Edmonton.

It is my opinion. It is a good resource for anyone playing or wanting to try UWH.

If you are just starting to play, focus on Step 1 and be sure you are connected to your club. Find a buddy that is a member of your club.

Get excited about this unique sport!!



Gilles Benoiton  
Underwater Hockey **NUT!!!!!!!!!!**

---

## *Table of Contents*

Player Level: 1. Beginner 2. Average 3. Top-Notch

### **I. Equipment**

1. The basics
2. Own your own
3. Tournament

### **II. Local Games**

1. Starting out
2. Getting into it
3. Hardcore

### **III. Tournaments**

1. Potluck
2. Nationals
3. World try-outs

### **IV. Training**

- a) Level system
- b) Seven moves
- c) Conditioning and speed

### **V. Positioning and Strategy**

### **VI. Rules for Local Clubs (CMAS)**

*Once again, this is my opinion. Almost anyone can become a very strong UWH player. It takes three games for most people to get a basic idea. It takes three months to improve in basic skill and timing, etc.*

*The different between a competitive swimmer and a couch potato is three years of playing. It takes three years to learn and experience what you need to know to be conditioned in speed and stamina. (Quote by Tristan from New Zealand men's team from World's 2002 and the organizer for New Zealand's youth program.)*

## EQUIPMENT

---

### Beginner - The Basics

All I would suggest for a new player to have apart from a swimsuit is your own mask. We have many spare snorkels, but if you choose to buy your own, don't get a purge valve. Also, bring a pair of extra socks to avoid blisters, which may occur when wearing fins.

A few pre-game hints are:

- ◇ have both sticks nearby (the new guy is often asked to change teams)
- ◇ elastic band to secure glove and to use as a snorkel keeper
- ◇ attach your snorkel to your hat - not your mask
- ◇ have a water bottle as dehydration is a problem when working hard
- ◇ keep your mask dry after playing (cheap silicone will warp)
- ◇ no buckles on fins (cold-water scuba fins are not recommended)

### Average - Own Your Own

Now you know you're hooked and you want your own gear, but money is still a factor. Talk to whomever you paid your membership to, and they can get you:

- ◇ 1 water polo cap                 \$25
- ◇ 1 external mouth guard         \$10
- ◇ 1 glove\*                             ±\$30
- ◇ 2 sticks (1 black; 1 white)   ±\$20; many players make & sell sticks; go with what works for you.
- ◇ fins (buy used or borrow from a current member)

*\*If money is a consideration, you could borrow a glove and two sticks from our equipment, or you could make your own glove from an old glove in our equipment box.*

### Tournaments

As you start to get excited about tournaments and training, etc., you will find there are a few opinions about gear. Here are mine:

- ◇ 2 masks                 (Cresi Ocho brand and an old mask - the one you started with)
- ◇ 2 snorkels             simple with no purge, with boar cut 2 inches plus backup
- ◇ 4 fins                 Quatros brand (Mares brand, long fin - usually 2 feet or more; old & new are fine)
- ◇ 4 sticks               2 new tournament sticks, freshly painted; 2 sticks for training.
- ◇ 2 gloves               Aussie-ordered
- ◇ mask strap           wrestling style
- ◇ fin keepers, duct tape, extra snorkel keepers and elastics, etc.

Not only is extra gear good for you, it provides a back-up if you forget or break something. It also helps everyone on your team to be covered. There is nothing worse than using gear you are not used to, so always bring two of everything. Be prepared; ask your teammates.

## LOCAL GAMES

---

Many things may change with club growth and general skill improvement of membership, but this should be what to expect.

Call the club contact ahead of time if you are left-handed (your writing hand; not your “shooting” hand) so we can be sure you have the right equipment.

### Beginner - Starting Out

There are often beginner days, open houses, etc. for people who have never played.

Step 1: Touch the puck

Step 2: Score a goal.

A course or involvement with a junior program is a good way to develop basic skills at your own pace. Here are a few pre-game hints:

- ◇ have both coloured sticks nearby (the new player is often asked to change teams)
- ◇ have elastics for glove and snorkel keeper.
- ◇ attach your snorkel to your hat, not your mask
- ◇ have a water bottle as dehydration is a problem when working hard
- ◇ keep your mask dry after playing (cheap silicone will warp)
- ◇ no buckles on fins (cold-water scuba fins are not recommended)

### Average - Getting Into It

Enjoy playing, but want to bring up your game? Regular pool times are open to members; ask around. Many times are available and tailored to suit you!

### Top-Notch - Hardcore

Want to figuratively and literally keep up with the Joneses? Training may be a good option. This will enable you to compete on the fastest game night and help you to be prepared for tournaments.

## TOURNAMENTS

---

### Beginner - Potluck

If you are enjoying yourself at regular UWH pool times, you should try a tournament. You learn a lot quickly at tournaments. A local “potluck” or in-house type of tournament would be a great place to start. Potluck does not mean you should bring a salad; it means all the players are mixed into even-strength teams on the spot. This usually means things are less competitive and you will learn to adapt, etc.

### Average - Nationals

Representing your club at a tournament is very exciting! The Calgary Invitational and Canadian Nationals are two examples of tournaments that are competitive. It is lots of fun to work hard and see things pay off. Teams usually train and get together before the tournament. There may be some level requirements as well as time commitment issues.

### Top-Notch - World's

Representing your country is the ultimate thrill!! Worldwide, there are many divisions you can train and try out for:

- ◇ Youth (under 19)
- ◇ Open (Men)
- ◇ Open (Women)
- ◇ Masters (over 35)
- ◇ Women Master (over 32)

It takes a lot of time and money to train and try out for the National Teams. See our website for more information. It is a significant commitment, with attendance required at many tournaments and clinics across Canada.

## TRAINING

See how you measure up in speed and basic skills. Have a buddy to train with. It is more fun and safer. New player (member) hints:

- ◇ Challenge yourself! Some skills may be easier for you
- ◇ Work on what motivates you.
- ◇ Get hints from an experienced player.
- ◇ Evaluate yourself: What is my weakest area (conditioning? positioning? individual game skills?) and why?

Remember, when you are training, you represent your club and UWH in general - at every pool; even those that UWH clubs are not renting. Take a little extra time to talk to lifeguards. Share the pool with others. If there is only group space available, try a legs only or arms only, and you won't pass, kick, or splash others as much. If you're unsure, ask veteran members how they train. You can book a lane for three or four people and it will be cheaper and safer.

Having a good attitude at pools may get UWH and you further. Talk to us about buying or borrowing a puck, but BE CAREFUL!! Many people will be curious as to what you are doing. I often tell them, "Underwater hockey is not a spectator sport, so it is not well known." and, "Check out our website." There should be contact information (posters, pamphlets) at your pool; if not, you should get some there!

### Level System

This is a breakdown of the JUC level system created in the fall of 2001 for the Edmonton Amphibians Junior Underwater Hockey Club. It can be used by anyone interested in UWH wanting to measure his or her skills. Although these skills are a good introduction to what a player needs to know, there is no substitute for the game itself. In general, the older you are, the faster you progress through the levels.

All skills are set for a pool with a depth of 6 to 7 feet. If the pool is shallower, increase the skill difficulty by approximately ½ a metre per foot deep. (Pool is 4 feet deep; so, 1 metre farther in length, underwater, for the skill.) If the pool is deeper, textured, or sloped, decrease skill difficulty at your discretion. These adjustments should be made for puck pushing and curling skills.

*NOTE: The distance of 1 line is ±2.5 metres (1 lane marker to another)*

*NOTE: Line Touches: Swimming the width of the pool, dive down and touch a lane line with your stick. Surface. Moving forward, breathe, dive again, and touch the next line. For the Blue Level and higher, touch every second line and concentrate on keeping your snorkel in your mouth. If not swimming across lines, touch the bottom five times every 25 m. I often describe these as "bumps".*

*NOTE: Curling: At the bottom of the pool, turn very sharply in a circle on your side while doing a bicycle kick, thus blocking your opponent from the puck. Turning left, keep your right side on the bottom. Use the puck when you are learning.*

*NOTE: All equipment will be worn from the Yellow Level and higher. The Edmonton Underwater Hockey Association strongly recommends the use of ear protection (water polo hat) and external mouth guards for any game settings. Tests for Black Level and higher require that all skills be tested in one session.*

---

**Yellow**

---

- ◇ Wear all equipment, basic line touch (slow), push puck one line (2.5 m)
- ◇ Some drills: push puck to coach or another player, keeping stick flat; dive and surface at an angle.
- ◇ Game setting: Yellow Tape Rule - no one can take the puck from you. Remember that, and stay focused and calm.
- ◇ At this level, it is a case of man against himself and the environment.
- ◇ Once comfortable, you can take the yellow tape off your stick and battle for the puck with the others!

---

**Green**

---

- ◇ For Green Level requirements, ask a coach.

---

**Blue**

---

- ◇ Leave equipment on during entire class, push puck 4 times, swim 1 width underwater, execute 1 curl, flick puck, line touches for 4 widths (40 m) keeping snorkel in mouth), basic frog dive.
- ◇ Some drills: flick/chase/flick with another player or coach; wrist shooting and aiming (the puck should roll along the length of the blade during the shot such that it is near the end of the stick when you snap your wrist); using the inside of your stick; warm-up line touches (fast); dolphin kick; equal/advantage pucks.
- ◇ Game setting: captain; defence; mostly passing (play back if needed; balance team strength; be fair).

---

**Black**

---

- ◇ Three curls (left, right, left < > <), shoot the puck 1 line, raise shot 1 inch or more onto fin, push puck 1 width (20 m), line touches for 2 widths in 50 seconds (40 m).
- ◇ Some drills: wrist shooting length; reverse curl; stick handling on deck; warm-up line touches (fast) for 2 widths; dolphin lung buster; 3-man/2-line; sprints; leg-only laps.
- ◇ Game setting: understand simple swing position; be very sportsmanlike.
- ◇ Recommend: own all equipment (no purge valves, 2 hats, etc.); captain on 2 occasions; have played in Blue/Black Level game; equipment helper (rope, net assistant); coach assistant.

---

**Bronze**

---

- ◇ 25 m underwater in 16.5 seconds or less, 25 m sprint in 15.5 seconds or less, 40 m underwater at your own pace, 4 curls followed by accurate shot (< > < > shoot), line touches 50 m in 50 seconds, raise shot over fin boot (3 inches), push puck 25 m and shoot at end, describe 1 swing position scenario, demonstrate good positioning and stick handling skills.
- ◇ Game setting: be very sportsmanlike, one on one.
- ◇ Mandatory equipment after three months.

---

**Silver**

---

- ◇ 25 m underwater in 15 seconds or less, 25 m sprint in 14 seconds or less, 50 m underwater at your own pace, over-under-over-under 100 m (at your own pace), 4 curls followed by a raised shot (><><shoot), raise shot into crate, push puck 25 m and shoot at end, describe 4 swing position scenarios, demonstrate good positioning and stick handling skills, 25 m "swim of death" (with puck).
- ◇ Game setting: be very sportsmanlike.
- ◇ Mandatory equipment after three months.

<b>Seven Moves</b>
--------------------

Here are seven elusive moves (seven deadly deeks)

*for a right-hander; lefties reverse instructions.*

Destination	Name	Move
1. Either	Dump & Chase	Shoot the puck ahead of your stick and swim to it. Good for small breakaways.
2. Right	Curl	Turn counter-clockwise on your side, putting your back to your opponent (see Level System)
3. Left	Reverse Curl	Turn clockwise, tight/fast/wide side of stick. Very good move for passing back.
4. Either	½ Curl & Back	If your opponent is not chasing you through your curl, they are waiting on the other side. By changing direction, you may have open area to swim through.
5. Left	Deek	Fake right with stick and head, make an “S” motion with stick and swim left. Good to practice this on the pool deck.
6. Either*	The “V”	Swim right, stop, change direction 45°, swim left.
7. Right*	Back-Hand Fake	With the puck on the inside of your stick, swim counter-clockwise and backhand the puck under your armpit (stick hand), then swim right.

*\*Special moves that need a lot of practice and are rare.*

---

### *Hints*

- ◇ Many of these moves are easier to learn when shown in the pool.
- ◇ Ask your buddy to an experienced player to show you each move separately; it really helps.
- ◇ You may find one move more difficult to perfect; keep practicing!
- ◇ You may find one move becomes your habit (favourite) - this is good, at first.
- ◇ If you have 30 minutes or more to practice moves after you know a few, try combinations. (This is easier to do in a shallower pool.)
- ◇ When training in one lane with a buddy and there is room, and you have permission, try one-on-ones in one breath.
- ◇ Trying different moves breaks your “habitual” ones.
- ◇ Don’t try to learn all seven in one day!
- ◇ For detailed diagrams on some moves, go to <http://www.pucku.org/uwht/skills.html>

## Conditioning and Speed

### *Yori's Speed Improver*

- ◇ Warm-up 100 m arms and legs
- ◇ 50 m in 50 seconds x 10 (3-minute rest)
- ◇ 75 m in 1 minute, 15 seconds x 10 (3-minute rest)
- ◇ 100 m in 1 minute, 40 seconds x 10 (3-minute rest)
- ◇ 75 m in 1 minute, 15 seconds x 10 (3-minute rest)
- ◇ 50 m in 50 seconds x 10
- ◇ Cool down.

### *Bronze Version*

- ◇ Warm-up 100 m arms and legs
- ◇ 50 m in 1 minute x 10 (4-minute rest)
- ◇ 100 m in 2 minutes x 10 (4-minute rest)
- ◇ 50 m in 1 minute x 10
- ◇ Cool down.

### *After a Game*

- ◇ No warm-up
- ◇ 50 m as above, 6 to 8 times
- ◇ 100 m as above, 3 to 4 times
- ◇ 50 m as above, 6 to 8 times
- ◇ Cool down.

## *30-Minute Endurance Workout Timetable*

### WEEK ONE

- |  |             |
|--|-------------|
| ◇ 1 x 200 m warm-up - crawl (arms & legs); 60%   | rest 1 min. |
| ◇ 4 x 60 m surface sprints - crawl (arms & legs; rest 1 min between lengths); 100%               | rest 2 min. |
| ◇ 8 x 25 m counting lines (1 line under, 1 line surface, no rest between lengths); 80%           | rest 1 min. |
| ◇ 4 x 25 m surface sprints - crawl (arms & legs; rest 30 sec between lengths); 100%              | rest 1 min. |
| ◇ 8 x 25 m up & under (12.5 m under, legs+12.5m surface, crawl,<br>no rest between lengths); 80% | rest 1 min. |
| ◇ 4 x 25 m surface sprints (legs only; 30 sec rest between lengths); 100%                        | rest 1 min. |
| ◇ 6 x 25 m unders (rest 30 sec between lengths); 80%   | rest 1 min. |
| ◇ 4 x 25 m surface kicking (no arms; no rest between lengths); 60%                               |             |

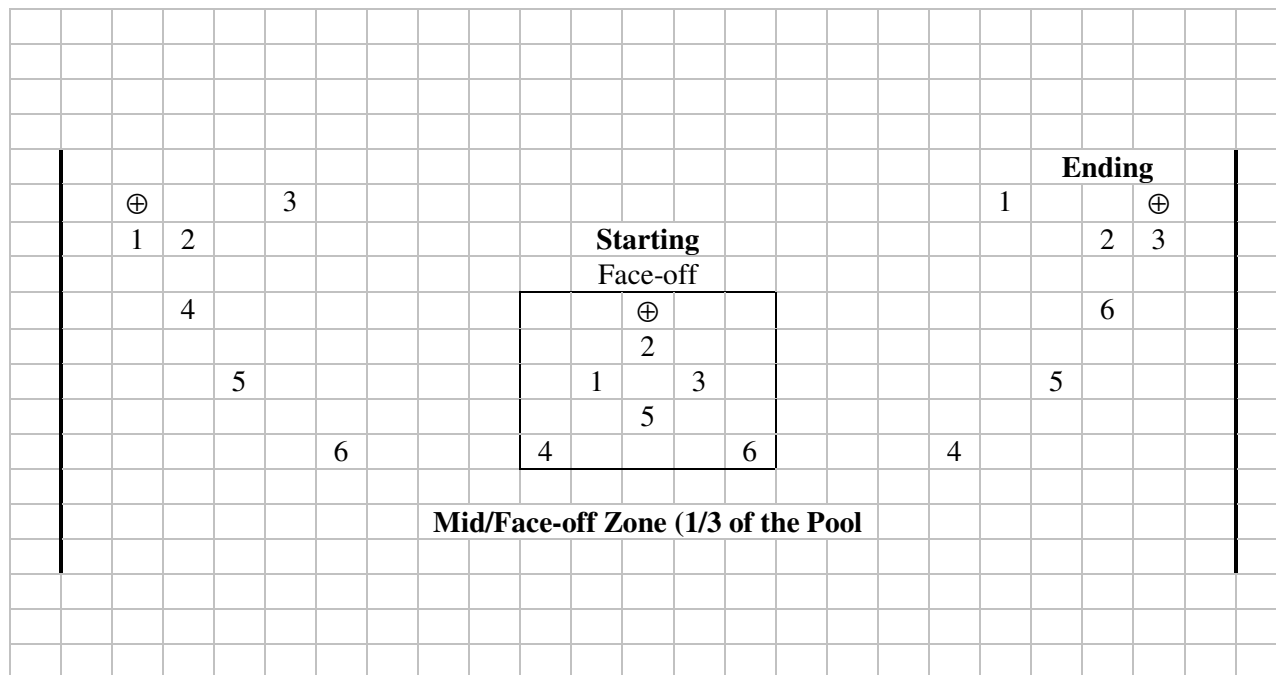
### WEEK TWO

- |  |             |
|--|-------------|
| ◇ 1 x 200 m warm-up - crawl (arms & legs); 60%   | rest 1 min. |
| ◇ 4 x 50 m surface sprints - crawl (arms & legs; rest 1 min between lengths); 100%               | rest 2 min. |
| ◇ 8 x 25 m counting lines (2 lines under, 1 line surface, no rest between lengths); 80%          | rest 1 min. |
| ◇ 4 x 25 m surface sprints - crawl (arms & legs; rest 30 sec between lengths); 100%              | rest 1 min. |
| ◇ 8 x 25 m up & under (12.5 m under, legs+12.5m surface, crawl,<br>no rest between lengths); 80% | rest 1 min. |
| ◇ 4 x 25 m surface sprints (legs only; 30 sec rest between lengths); 100%                        | rest 1 min. |
| ◇ 6 x 25 m unders (rest 30 sec between lengths); 80%   | rest 1 min. |
| ◇ 4 x 25 m surface kicking (no arms; no rest between lengths); 60%                               |             |

For more weeks in this workout, go to: <http://www.pucku.org/uwht/skills.html>



**Mid / Face-off Zone Coverage**  
*Swing Formation*

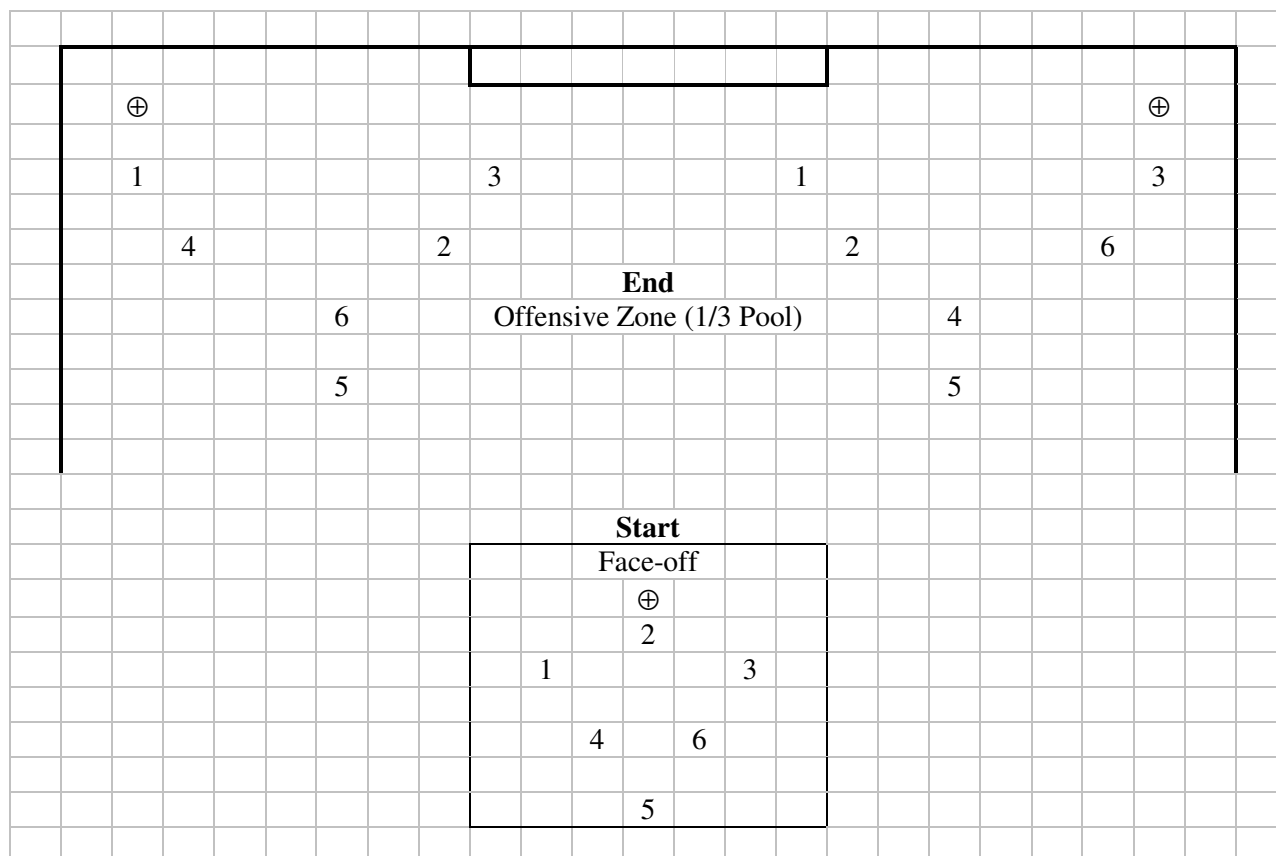


“Ice hockey is a game of feet. UWH is a game of inches. Play in relation to the puck, 2 feet away at all times.”

*Dave Hockett, 2002/2003 Coach*

Edmonton’s game has often been the wall game.

**Offensive Zone Coverage**  
***3 - 2 - 1 Formation***



Above are two plays to keep the puck off the wall and in the middle.  
This is a good idea if your team has speed and puck control on the face-off.  
And the horseshoe (corner drill) is good when passing is done well.

## RULES FOR LOCAL CLUBS

---

### 5.3 Infringements

Players may be penalized for the following rule infringements:

- 5.3.1 Starting play incorrectly according to these rules.
- 5.3.2 Standing on the pool bottom in a manner that interferes with game play.
- 5.3.4 Having more than six players in the water whilst the game is in play, or allowing a substitute to enter the water to replace a player sent out of the water for a time penalty, or one who has been dismissed for the rest of the game.
- 5.3.5 Advancing, or attempting to play the puck with anything other than the stick.
- 5.3.6 Handling the puck with the free or playing hand; this includes guiding the puck with an outstretched finger (should the puck accidentally touch the back of the playing hand, this will not be considered handling unless used deliberately to advance the puck.)
- 5.3.7 Lifting or carrying the puck balanced on a stick.
- 5.3.8 Obstructing an opponent in any way whilst not in possession of the puck.
- 5.3.9 Behaving in any way or using conduct which in the opinion of the officials can be considered contrary to the sportsmanlike conduct of the game.
- 5.3.10 Stopping or attempting to stop a goal being scored with anything other than the stick.
- 5.3.11 Covering or obstructing the puck with any part of the body or equipment, whilst not in possession, to prevent access to the puck by other players.
- 5.3.12 Attempting to gain possession of the puck by use of obstruction.
- 5.3.13 Using hands, arms, or body in any way to grasp, pull, or push an opponent or his/her stick.
- 5.3.14 Removing or attempting to remove an opponent's equipment.
- 5.3.15 Insulting, by word or gesture, other players or the officials.

### Penalties

#### 6.1 Action by Officials

- 6.1.1 Should any infringement of the rules occur, play is stopped by the Chief Referee; either, on seeing the Water Referee's stop play signal, or if an offence is observed from the surface.
- 6.1.1.1 Depending on the severity of the infringement, the Referees have at their discretion the following courses of action open to them for penalizing offending players.
  - 6.1.1.1.1 They may caution the offending player(s) (see 6.2).
  - 6.1.1.1.2 They may dismiss the offending player(s) from the water for time penalties of one minute or two minutes (see 6.3)
  - 6.1.1.1.3 They may dismiss the offending player(s) from the water for the rest of the game (see 6.4)
- 6.1.1.2 In addition to penalizing the offending player(s), or as an alternative, the Referees also have the following courses of action open to them for penalizing an offending team.
  - 6.1.1.2.1 They may award an EQUAL PUCK, with neither team being awarded the advantage (see 6.5).
  - 6.1.1.2.2 They may award an ADVANTAGE PUCK to the non-offending team (see 6.6).
- 6.1.1.3 Should an infringement of the rules be committed by the poolside substitutes, or the team's officials, they may also have appropriate penalties awarded against them by the Referee's, i.e., a substitute will be penalized in the same manner as a player. A substitute awarded a penalty must serve it in the penalty area. In addition, the team must remove a player from the water so that the team plays short-handed for the duration of the penalty.

#### 6.2 Cautioning

- 6.2.1 For minor or accidental infringements, or any other reason though necessary by the Referees, once play has stopped, the Referees may verbally caution the offending player(s) or team(s) concerned.
- 6.2.2 Once the offending player(s) or team(s) have been cautioned, the Referees will indicate whether play is to be re-started with an equal puck or an advantage puck.
- 6.2.3 In the event that a player or team is cautioned for having left the end-line before the signal to start play was given, the puck will remain at the centre and play will be re-started according to Rule 6.6.

**6.5 Equal Puck**

- 6.5.1 For any minor or accidental infringements, or any other reason though necessary, once play has been stopped, the Referees may award an equal puck, with neither team being given the advantage, either by itself, or in conjunction with rules 6.2, 6.3.
- 6.5.1.1 An equal puck is indicated, by the Referee who stopped play, by both arms being crossed above the head with hands clenched into fists.
- 6.5.1.2 When an Equal Puck has been awarded, play recommences from the surface as follows.
- 6.5.1.2.1 The puck will be placed on the spot where the infringement occurred, provided it is never placed within 2m of a sideline and/or 5m of an end line.
- 6.5.1.2.2 The Water Referees will form an imaginary line across the width of the playing area aligned on the puck, and both teams must be on side of the line with all players on the surface (i.e. with snorkel tips above the water.) The players can position themselves anywhere in the playing area between the goal they are defending and the imaginary line.
- 6.5.1.2.3 One player from each team prepares to take possession of the puck, once the signal to re-commence play is given by the Chief Referee.
- 6.5.1.2.4 When both team are in position, the Water Referees will indicate to the Chief Referee that play is to be re-commenced by raising one arm straight up in the air with the signal hand open.
- 6.5.1.2.5 Play is re-commenced on the Chief Referee's signal, and both teams immediately attempt to take possession of the puck.

**6.6 Advantage Puck**

- 6.6.2.1 The puck is placed at the point the offence occurred, except when the offence occurred away from the puck, in which case the puck is placed in the position it was when play was stopped. The puck is never placed within 2m of a sideline or within 5m of an end line.
- 6.6.2.2 The Water Referees first align themselves on the puck, then hold up one hand in a "stop" signal with the palm facing the offending team to indicate an advantage puck; they swim 3m away from the puck towards the offending team and form an imaginary line across the width of the playing area behind which all players on the offending team must retreat.
- 6.6.2.2.1. If the offending team fails to retreat or stay behind the three meter-line, then as a further penalty, the puck may be advanced an additional three meters towards the offending team's goal.
- 6.6.2.3 The offended team players prepare to take possession of the puck by positioning themselves anywhere in the playing area.
- 6.6.2.4 When both teams are in position, the Water Referees will indicate to the Chief Referee that play is to be recommenced by raising one are straight up in the air with the signal hand open.
- 6.6.3. The offended team must take possession within five seconds of the signal being given.
- 6.6.3.1. Should a player fail to take possession of a puck within five seconds of the Referee's signal to re-commence play, then this team forfeits the advantage puck. Play is then restarted with an equal puck.
- 6.6.4. The offending team players may submerge but must not advance across the imaginary line until the offended team has taken possession of the puck.

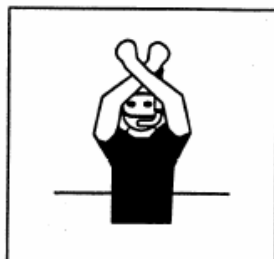
**9.6 Penalties**

- 9.6.1. Dangerous play
- 9.6.1.1. If the Water Referee believes that the puck has been deliberately played in a dangerous manner, he will caution the offending player and award an advantage puck, dismiss the player for a time penalty, or send the player out of the water for the remainder of the game.
- 9.6.2. Deliberate Flick-Out
- 9.6.2.1. Where a player deliberately flicks a puck over a sideline boundary, the team is warned, and the offending player is penalized. Play starts with an advantage puck.
- 9.6.3. Time Penalties
- 9.6.3.1. The following table is the list of time penalties to be awarded against offenders of the listed rule infringements.

<b>Rule 5.3</b>	<b>INFRINGEMENTS</b>	<b>1<sup>st</sup> Offence</b>	<b>2<sup>nd</sup> Offence or more</b>
5.3.1	Incorrect Start	Caution	1 minute
5.3.2	Standing on bottom	Caution	1 minute
5.3.6	Handling the puck with free hand	Caution	2 minutes
5.3.7	Lifting/carrying puck	1 minute	2 minutes
5.3.9	Unsportsmanlike conduct	2 minutes	2 minutes
5.3.10	Illegal stopping of Goal	2 minutes	2 minutes
5.3.15	Insults	2 minutes	2 minutes

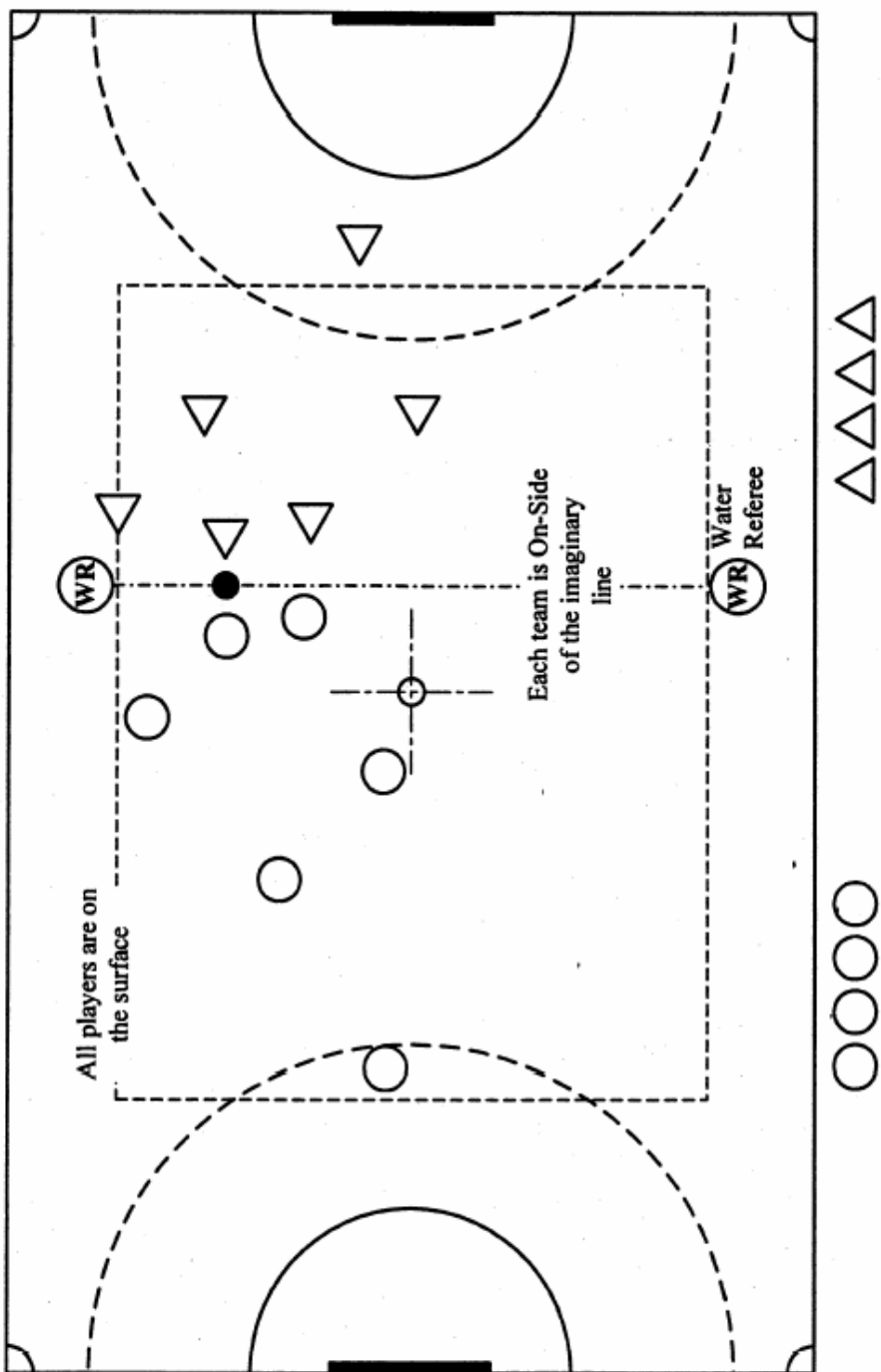
**APPENDIX "K" EQUAL PUCK**

**3.6.4 Equal Puck**

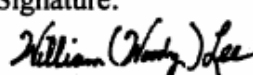


Time keepers & Scorers table
Penalty 'Bench'

Chief Referee 



Version: 8.20 January 2004  
 Approved by Woody Lee, Rules Director

Signature:  


Page 44 of 53

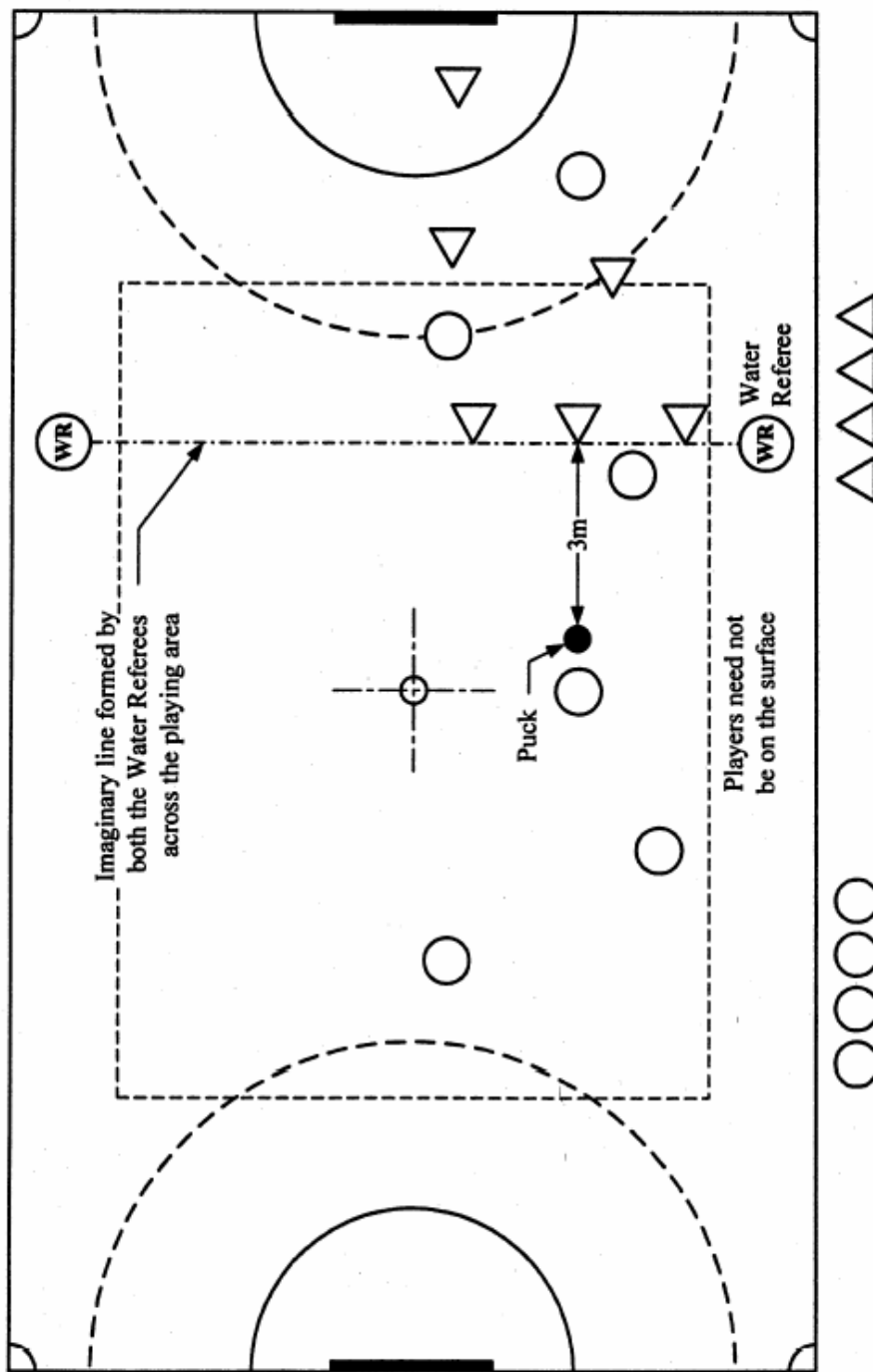
**APPENDIX "L" ADVANTAGE PUCK**

**3.6.5 Advantage Puck**



Time keepers & Scorers table	Chief Referee
Penalty 'Bench'	

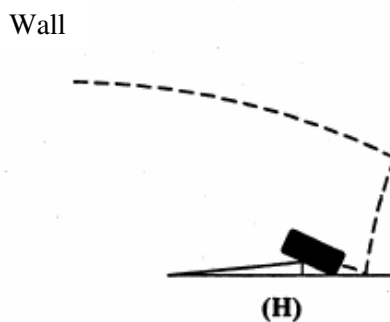
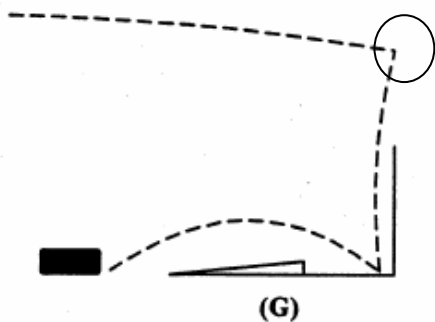
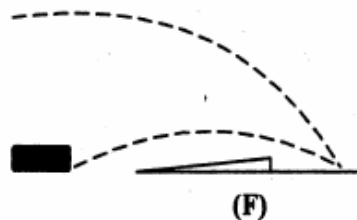
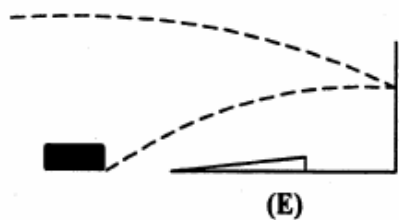
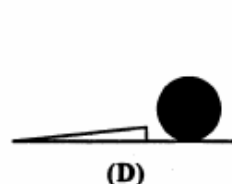
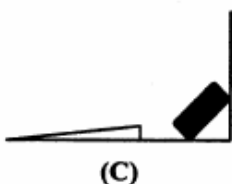
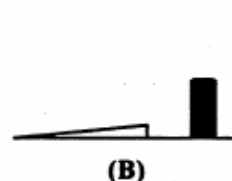
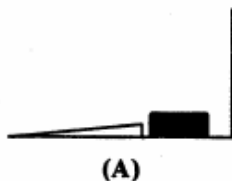
CR Chief Referee



**APPENDIX "I" SCORING ASSESSMENT: SUCCESSFUL**

**GOAL**

**3.6.8 Goal**



**APPENDIX "J" SCORING ASSESSMENT: NOT SUCCESSFUL**

**3.6.9 No Goal, or Goal Successfully Defended (Penalty Shot)**

**NO-GOAL**



(I)



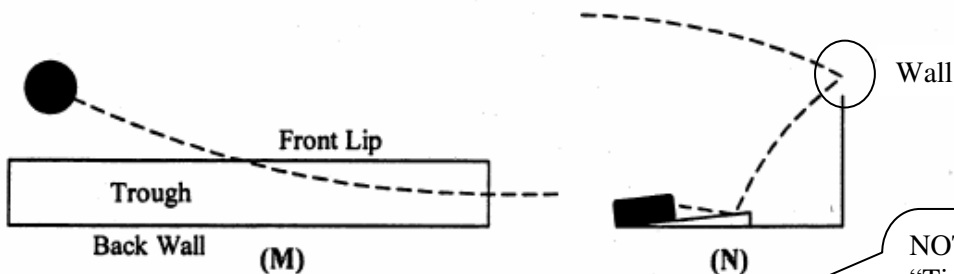
(J)



(K)



(L)



(M)

(N)

NOTE: Not "Time out"; signal means "Game Over" or "Half Time".

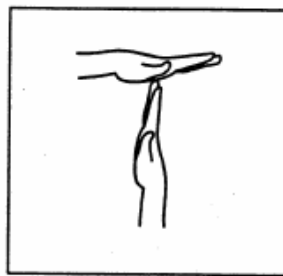
**3.6.1 Ready to Start Play**



**3.6.2 Stop Play**



**3.6.3 Time**



## LAST WORDS

---

But, really, the beginning.

Among other things, this booklet equips you to be a help to your local UWH club: refereeing, volunteering, fundraising, and even coaching. Please let your club contact know you are interest in helping.

**Thank you for your interest in Underwater Hockey.**

Also, please note that the pool diagrams and signal pictures are from  
**“International Rules for Underwater Hockey”, 8th Edition, Version 8.20, January 2004.**

---

### Edmonton Extras

---

#### *Sportsmanship*

It is very important to have a good attitude toward all players. Remember that accidents do happen. Whatever level or age you are, you can still support your team or be a burden!

---

#### *Our Adaptations*

- ◇ The face-off call is, “Ready...GO!” Knowing this will prevent false starts.
- ◇ All locations will have a “no play behind the goal” policy unless the captain and referee agree against said rule prior to a game or tournament.
  - If the puck goes behind the goal, it is treated as an “out of bounds”, usually an advantage puck is awarded to the defending team.
  - If the puck hits the top/back and goes over the goal, the same “out of bounds” rule applies. See also Examples E and N on the Goal Score page.
- ◇ Switching ends can be in any game; be aware of the signal or you may delay the game.

---

#### *Games for Beginners*

City	Day	Pool	Time
Edmonton	Monday	Coronation Fitness Centre	7:15 pm
Edmonton	Tuesday	Kinsmen Aquatic Centre	7:45 pm
Victoria	Friday	University of Victoria	7:15 pm