

TOURNAMENT RULES

UNDERWATER HOCKEY RULES

- The tournament will be played in accordance to the latest official C.M.A.S. rules, with the following exceptions

- The tournament will comprise of a set of double round robin games to determine the seeding followed by playoff and finals. All round robin games will be 14 minutes long with no half time or change of sides, followed by a 3-minute time period change of teams. The following round robin leagues will compete:

1 x Under 19 men's league (8 teams)

1 x Under 19 and 15 Ladies league combined (8 teams)

1 x Under 15 men's league (6 teams)

1 x Under 13 men's and ladies league combined (7 teams)

1 x Mixed under-10 league (2 teams) - Games 22, 38, 64 and 80 will not form part of the round robin scoring.

- The tournament will run off a central clocking system which will have the following inclusions during the Round Robin. Each round robin game will consist of 1 half, 14 minutes long with a change over to the start of a new game of 3 minutes.

1. No time stoppage of the clock in the last 2 minutes.

2. No time outs.

3. Penalty shots will be awarded as penalty goals.

- Each team is to leave one qualified level 1 or higher ref in after their game to referee the following game. Additional refs will be allocated by the Tournament Ref. Referee gear will be made available during the tournament. Each team is to provide a timekeeper and scorer for the game been played after each of their games played. Provinces have been allocated Chief duties on a rotational basis for both playing fields. Provinces must ensure that a qualified level one or higher referee is available to fulfil all the above duties. Provinces failure to fulfil duties will be penalised. Warning first offence, R250.00 fine second offence, R500.00 fine for each offence thereafter. Chief and water referees must ensure that score cards are signed by themselves as well as the team captains.

The referee system will be explained in full at the tournament refs meeting prior to the official start of the games.

- The winner of each game is awarded 2 points while the loser of each game gets 0 points. A draw in a game will result in both teams gaining 1 point.

Should a team not field players in their respective time slots, that team will incur a minus 2 score and the fielding team a win score of 2.

- The substitutes will be out-pool subbing. Penalised players will be sitting at the penalty box appointed by the Chief Referee. (next to the scoring table)
- Players will not be allowed to play for more than one team for the duration of the tournament. In the event of this occurring both teams may be disqualified.
- All players are to have the correct kit, no exceptions will be allowed.
- Each captain and vice-captain must have clear markings on shoulders for the duration of the tournament.
- The coach may only be allowed in the water during his or her own team's game if he or she is wearing a clearly identifiable coloured cap in contrast to their teams' caps.
- No player will be allowed to compete without a signed indemnity form from a parent or guardian.

Play off and Finals (except for the under-19 men and ladies final) - only the top 4 ranked teams in all age group Round Robin leagues will be competing in these play-off games. (1 v 4, 2 v 3)

- Referees for all playoffs and finals will be nominated by the tournament referee.
- All games will be 10 minutes a side with a 2 minute half time. No time outs, no penalties and no stoppages will be allowed during these games. Should there be no result after the allocated time period a further 5 minutes will be played directly after the clock has stopped and Golden Goal rule will be applied.

Should there still be no result in the game the team that finished highest in the round robin games will be deemed the winner.

It's only the under-19 finals that will move to the full cmas rules of 15/3/15/ 3/ 5 /1/5/golden goal game.

Disputes, Objection and disciplinary action.

A disciplinary committee will be convened to hear any disputes or incidents that may arise during the tournament. This will comprise of the Tournament officer, the Chief Referee, the SAUWHF officer and a representative of the organizers.

Disciplinary action will be based on whether the incident has affected the image of Underwater Hockey or whether the incident has a direct influence on the outcome of results during the tournament.

Any complaint must be announced to the tournament Chief Referee in writing within an hour of the game. Fees to institute objections, and or disciplinary hearings will be charged as per the CMAS rules. During such hearings the normal sequence of games will follow the schedule and the hearing outcome will be announced prior to the full Tournament results announcement.



FIN SWIMMING RULES

Age groups, Boys and Girls events.

- under 14, must be 13 or younger on the 1 st January 2020
- under 16, must be 15 or younger on the 1 st January 2020
- under 18, must be 17 or younger on the 1 st January 2020

Surface Swimming.

- Hands in front of your head, legs kicking.
- In water start, no diving allowed.
- Immersion is only permitted over 15m from the start.
- Snorkel and head to be clearly out of the water by the end of the 15m mark.
- Snorkels compulsory to wear for this event.
- No restart will be allowed for false start, immediate disqualification.
- Tumble turn will be allowed at the 25m mark.

Apnea

- Wearing of goggles and or snorkel is optional.
- In water start, no diving allowed.
- Your entire body always must be submerged.
- Breaking the surface with your body and or snorkel will result in immediate disqualification.
- Swimmers may not surface at the 25m mark when participating in the 50m event.

Events:

- **50m Surface Swim Mono Fin. One event open to all ages.**
- **50m Surface Swim Bi-fin. Only 2 swimmers from each province allowed to participate per age group.**
- **50m Apnea Bi fin. Only 2 swimmers from each province allowed to participate per age group.**
- **25m Apnea, only for the under 14 age group. Only 2 swimmers from each province allowed to enter.**
- **50m Surface relay. Only 1 team from each province allowed to participate per age group.**

Age/gender rules

- A swimmer can compete in any age group above his own age, but can only compete in the same event **once**
 - If he/she participates in U16 50m Apnea event, they cannot also compete in U18 50m Apnea event
 - Relay races: A swimmer can only participate in ONE relay event (cannot swim in U16 and U18)
 - No mixed gender relays allowed (all girls or all boys)