



## Acknowledgement of Rules and Guidelines for Underwater Hockey

1. Please be on time as we have a limited amount of time from the facility to play, shower and take care of things.
2. When you are in play, whatever your dominant stick hand is, your opposite free hand is used for swimming and navigating. With a free hand a player **must not**:
  - Stiff arm an opposing player.
  - Remove any of the gear from players.
  - Shield the puck from play.
3. Don't crowd the play. If several players are trying to defend or advance the puck, knowing the best way to get the puck to someone becomes difficult. Staying at a several foot distance allows for others to move more freely and for you to receive a pass.
4. Do not hover/float over a player while floating on the surface, as they may need to surface for air. Please move to the right or left of them. Anyone underwater must be allowed to surface for **ANY** reason.
5. If you are feeling light-headed, dizzy or nauseous, please stop playing UWH and bring it to attention of the head coach.
6. You agree to not play UWH while under the influence or alcohol or drugs. If someone shows up to a practice or tournament and you're deemed under the influence, you'll be asked not to play.
7. You acknowledge that you know swimming basics, We will teach you basic snorkeling, individual skills, team tactics.
8. You may take a break at any point if you feel you need to catch your breath, by simply floating and breathing through your snorkel or along the side of the pool. While we try to have even teams, the play may continue even if someone is taking a break. The only thing that stops play is a foul, a goal has been scored or someone needs help.
9. Please pay your practice fee before you leave for the night. If you have played hockey that evening, you are expected to contribute \$10 to help pay for the rental expense of using the pool. Again, first time hockey players are free. We'll have a Venmo / CashApp QR code available the night of practice and on the Pay for the practice link on the NAV Bar.
10. Showers are available for us to use, quickly. We will reserve that last 15 minutes of our allotted pool rental for folks to shower and change. Goucher College is not responsible for personal items. Please bring a lock for the lockers.
11. Should lifeguards ask a UWH player to abide by a facility policy, UWH players will comply with facility rules and regulations.
12. Please return all gear that you have borrowed.

I acknowledge these Rules and Guild lines for playing Underwater Hockey

Name (Printed): \_\_\_\_\_. Date: \_\_\_\_\_



## EMERGENCY CONTACT

Please print clearly the following information

Participant Name (you) \_\_\_\_\_

Participant Direct Contact \_\_\_\_\_

Direct Contact Phone \_\_\_\_\_

Direct Contact Address \_\_\_\_\_

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