

CMAS 8TH ASIAN UNDERWATER HOCKEY CUP



S I N G A P O R E 8 t o 1 1 A u g u s t 2 0 2 4



Table of content

- Overview of AUHC
- Getting around Singapore
- Venue Details
- Competition Details
- After Party
- Medical
- Appendix



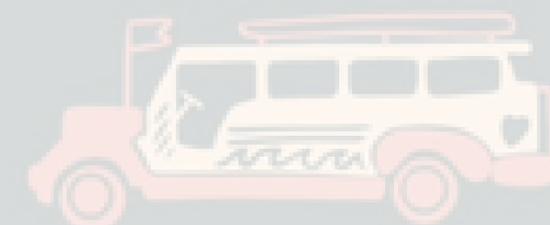
OVERVIEW



S I N G A P O R E ————— 8 t o 1 1 A u g u s t 2 0 2 4



ASIAN UNDERWATER HOCKEY CUP 2024





CMAS 8th Asian Underwater Hockey Cup



Welcome to AUHC 2024: Let's Make Waves!

Every action, no matter how small, creates ripples that extend far beyond their point of origin. Similarly, in our breathtaking world of underwater hockey, every flick, every kick creates ripple effects that amplify the sport.

"Let's Make Waves" embodies the spirit of unity, progress, and collective action. It's a rallying cry for our Asian underwater hockey community to come together, push boundaries, and make a significant impact. Just as waves are formed by the collective energies of the water body, so too are great achievements in sports the result of the combined efforts of dedicated athletes, coaches, officials, and supporters.

So, as we gather for the 8th edition of AUHC, let's embrace the challenge to push boundaries and make waves together!

Gather your supporters, friends and family to join using this link **now!**



CMAS 8th Asian Underwater Hockey Cup



All Supporters

Please click [here](#) to register for the event prior to arrival.

You will need to present the QR code sent to your email address to gain entry to the venue.

Shirt Purchase

Supporters may also purchase limited edition cotton tee from the link below!

<https://www.monsoonsg.com/auh-c-store>



AUHC 2024 Limited Edition Cotton Tee



Our Sponsors

We are proud to be sponsored by top brands in the industry.
Our sponsors provide world-class equipment, gear and nourishment to ensure our athletes are at their best.

Platinum



Diamond



Gold



Proudly supported by



GETTING AROUND SG

S I N G A P O R E ————— 8 to 11 August 2024





Transportation

Taxis & Ride Hailing

All taxi services in Singapore are safe and can be hailed directly from the side of the roads or call-to-book for an extra fee.

Private hire taxis can also be arranged through apps such as **Grab, Gojek, TADA, Zig CDG and RYDE.**

Payment methods:
Cash or Credit Card

Trains & Light Rails

The Mass Rapid Transit (MRT) covers many parts of the island. Each stop is about 2 minutes. for public transport.

The **nearest MRT station to the competition venue is Woodlands South** on the brown Thomson East-Coast Line.

Payment methods:
Credit Card or EZ-Link card



Public Buses

Singapore's buses are all fully air-conditioned and some are electric! .

Access MRT and Bus Route maps via <https://www.lta.gov.sg/content/ltagov/en/map/bus.html>

Payment methods:
Credit Card or EZ-Link card



Official Transport Partner

Our official transport partner is Westpoint Transit.

They offer various options like **Luxury MPV, Small Buses and Large Buses**

Please reach out to them at Sales@westpointbus.com.sg and quote "AUHC 2024"



Things to do



Around Competition Venue

Mandai Wildlife Reserve

Explore and discover the wonders at **Bird Paradise, Singapore Zoo, Night Safari and River Wonders** just 15mins drive from the competition venue!



Walking Tours

Offbeat Tours Singapore

Founded by Jan, one of our underwater hockey members. Offbeat Tours Singapore allows visitors to explore the lesser known side of Singapore.

DM on Instagram



Shopping

Orchard Road

The bustling boulevard of Singapore's iconic shopping belt is home to international fashion brands, world-class cuisine and a myriad of innovative attractions.



Find out more here!

Visit Singapore

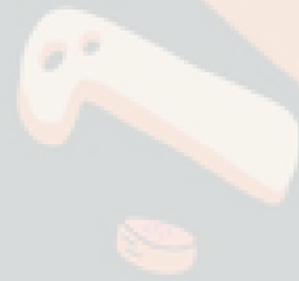
Explore other exciting things to do in Singapore here!

<https://www.visitsingapore.com/en/>



VENUE DETAILS

S I N G A P O R E ————— 8 to 11 August 2024





Singapore Sports School

A remarkable school with outstanding students and world-class sports facilities reserved for our high performance youth athletes to excel in both academics and sports.

Venue & Pool

Address: **1 Champions Way, Singapore (737913)**

Pool Dimensions: **50m x 25m**

Number of Courts: **2**

Pool Depth: **2m Flat**

Pool Bottom: **Large smooth tiles**

Court Dimensions: **25m x 15m**

Water Temperature: **25 to 27 degrees Celsius**

Warm Up Area: **25m x 15m**

Getting there

Taxi

Pick up/Drop off: 1 Champions Way, Singapore (737913)

MRT

Nearest train station: Woodlands South Station

Line: Thomson East-Coast Line

Distance to pool: 8 min walk

Drive

No parking space available on site

[Nearest parking](#) (~ 5 min walk)

1. Woodland Ave 1, Block 570 Multi-Story Car Park (WLW570)
2. Champion Way, Block 569A Car Park (WLW107)

Food option - In-house catering



In-house catering

Only for pre-booked athletes to dine in at the Dining Hall.

Food voucher for each nation will be given to the Team Managers during registration



Inform us and make payment (SGD\$40) if any of your athletes want to order the \$10 lunch (sample menu in picture) for Aug 8-11, at the Dining Hall by **30 June**

Order closed.

An example of menu:

Mushroom soup
PASTA WITH TOMATO SAUCE
Vegetable Ratatouille
Honey Mustard Chicken
Scrambled Eggs with Cheese & Mushroom
Steamed Corn with Butter

NOTE:

- Lunch hours: 11.30am to 1.30pm
- No swim wear allowed in Dining Hall
- All athletes are to dry up and be fully dressed before entering

Food option - Food delivery



Food delivery

Drop off address: 1 Champions Way, Singapore (737913)

Instruction to driver: UWH [Country name], please leave food on table at foyer

**Please note that delivery drivers are not allowed to enter the school compound. There will be a table set up at the entrance foyer and all food will be left there. Country reps will be required to pick up their orders from the table*



Entrance foyer

Food option - Self drive



Self Drive

- ACE the place community club (~4 mins drive / 6 mins walk)
- Vista point (~5 mins drive / 15 mins walk)
- Causeway point (~10 mins / 30 mins walk)



ACE the place community club

120 Woodlands Ave 1, Singapore 739069
~4 mins drive / 4 mins walk



Vista Point

548 Woodlands Drive 44, Singapore 730548
~5 mins drive / 15 mins walk

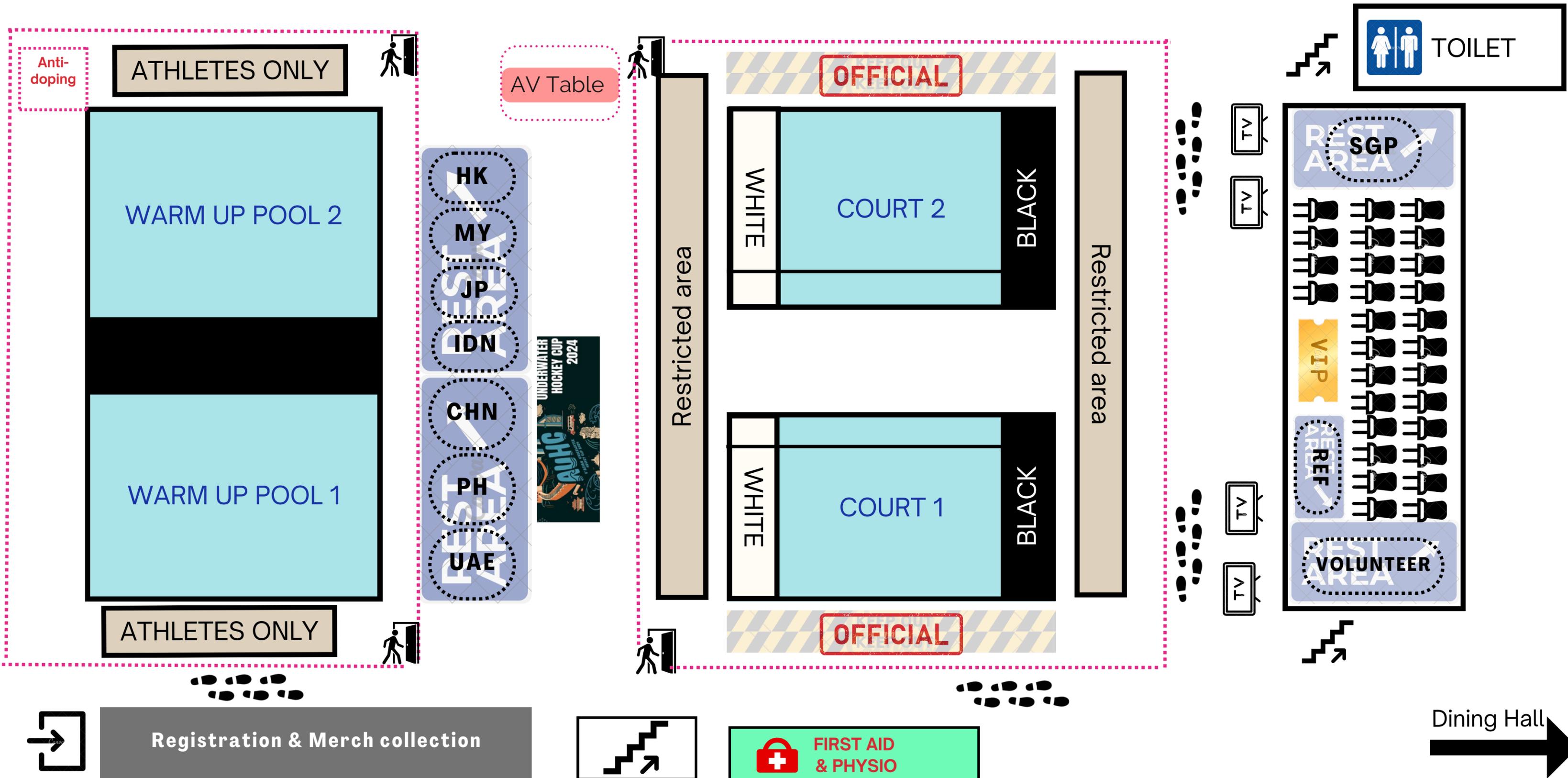


Causeway Point

1 Woodlands Square, Singapore 738099
~10 mins drive / 30 mins walk

VENUE LAYOUT

..... RESTRICTED ACCESS AREA



COMPETITION DETAILS

SINGAPORE ————— 8 to 11 August 2024





COMPETITION FORMAT

(for reference only) Details in link

U19

Game format: 4 v 4
Number of in water subs: 4

ROUND ROBIN

Game Duration: 7 - 2 -7
Time outs: 1 per half

Semi finals / Finals

Game Duration: 12- 3 -12
Time outs: 1 per half

Elite & Masters

Game format: 6 v 6
Number of in water subs: 4

ROUND ROBIN

Game Duration: 15 - 3 -15
Time outs: 1 per half

Semi finals / Finals

Game Duration: 15 - 3 -15
Time outs: 1 per half



ITEMS TO COMPLETE BEFORE 30 June 2024

ATHLETE CHECKLIST

FOR ATHLETES

- **CMAS and UWH PORTAL SIGN UP**
 - <https://uwportal.com>
 - <https://portal.cmas.org/>
 - Parents need to register for U19
- **Complete WADA Anti doping training**
 - <https://www.wada-ama.org/>

FOR TEAM MANAGERS

- Emails of your referees
- T-shirt sizes of contingent
- In-house lunch orders & payment (SGD 40 pp)
- After party attendee & payment (SGD 30 pp)



GAME COMMENTARY

TO-DO

EACH NATION TO SEND A REPRESENTATIVE TO PROVIDE COMMENTARY FOR THEIR GAMES

COMMENTATORS ARE TO REVIEW AND SIGN THE COMMENTATOR CODE OF CONDUCT FORM:

<https://forms.gle/Nb5wwW52xj2C6Wg87>



TSHIRT Size Chart



FRONT

BACK



FRONT

BACK

Size Chart

ActiveWeave

T-shirt



Size	Chest	Length	Size	Chest	Length
3XS	32"	24"	2XL	46"	31"
2XS	34"	25"	3XL	48"	32"
XS	36"	26"			
S	38"	27"			
M	40"	28"			
L	42"	29"			
XL	44"	30"			



Anti-Doping

At AUHC2024, we adhere to International Standards from WADA (<https://www.wada-ama.org/>) guidelines and is committed to fair play and clean competition, where we uphold the integrity of underwater sports.

Anti-Doping Singapore, the authority for anti-doping for Singapore, will be following CMAS anti-doping guidelines and may perform random testing to ensure compliance to ensure a level playing field.

All athletes participating in AUHC2024 are expected to complete the training on <https://adel.wada-ama.org/learn/learning-plans/1/international-level-athletes-education-program-english> and know the list of prohibited substances at <https://www.wada-ama.org/en/prohibited-list> and are responsible to ensure adherence to anti-doping rules.

Our event upholds a zero-tolerance policy, leading to immediate disqualification of the entire team in the event of any team member testing positive. We pledge to uphold sportsmanship and fair competition and maintain trust in our athletes and event.

Sign up for below Webinar for an online training

Title: CMAS - Clean Sport Webinar for National Federations

• **Date: July 24, 2024**

• **Time: 14:00 – 15:00 CEST**

• Registration Link:

https://us06web.zoom.us/webinar/register/WN_H_VekeptQzmfX93kMT5D0A



Schedule (for reference only)

Details in [link](#)



DAY 1
8 Aug 2024
THURSDAY

0900 **TEAM**
- **REGISTRATION**

1200 **GEAR CHECK**

1300 **OPENING**
- **CEREMONY**

1430 **DAY 1**
- **ROUND ROBIN**

1830

DAY 2
9 Aug 2024
FRIDAY

0830

-

1830

DAY 2
ROUND ROBIN

DAY 3
10 Aug 2024
SATURDAY

0830

-

1830

DAY 3
ROUND ROBIN

DAY 4
11 Aug 2024
SUNDAY

0830

-

1600

1600 **AWARDS**
- **&**
1730 **CLOSING**
 CEREMONY

1900 **POST TOUREY**
- **DINNER &**
2200 **PARTY**
 @ SAFRA Yishun



DAY 1

VENUE: SINGAPORE SPORTS SCHOOL

DOCUMENTS TO BRING ALONG:

- (1) PASSPORT / ID CARD
- (2) ALL GEARS TO BE USED DURING COMPETITION INCLUDING SPARE GEAR
- (3) ATHLETES collect goodie bags

DAY 1
8 Aug 2024
THURSDAY

0900 **TEAM**
- **REGISTRATION**
1200 **GEAR CHECK**

1300 **OPENING**
- **CEREMONY**
1400

1430 **DAY 1**
- **ROUND ROBIN**

1830

TIME	SCHEDULE
0900 - 1000	TEAM REGISTRATION & GEAR CHECK COUNTRIES: CHINA, UAE
1000 - 1100	TEAM REGISTRATION & GEAR CHECK COUNTRIES: PHP, JP, HK
1100 - 1200	TEAM REGISTRATION & GEAR CHECK COUNTRIES: MY, SG, IDN



DAY 1

DAY 1
8 Aug 2024
THURSDAY

0900 TEAM
REGISTRATION
-
1200 GEAR CHECK

1300 OPENING
- CEREMONY
1400

1430 DAY 1
- ROUND ROBIN
1830

REQUIREMENTS:
EACH COUNTRY TO SEND 1 FLAG BEARER
Gather at 1230pm, Grandstand steps

ATTIRE: RESPECTIVE COUNTRY'S TEAM ATTIRE

TIME	SCHEDULE
1300 - 1330	FLAG PRESENTATION
1330 - 1340	PLAYING OF NATIONAL ANTHEM & CMAS ANTHEM
1340 - 1350	TONY TO DECLARE START OF TOURNAMENT



DAY 4 CLOSING CEREMONY

DAY 4
11 Aug 2024
SUNDAY

0900

DAY 4
SEMI-FINALS
&
FINALS

1600

1600
-
1730

AWARDS
&
CLOSING
CEREMONY

WINNERS: GATHER NEAR BACKDROP

ATTIRE: OFFICIAL AUHC SHIRT

GUEST OF HONOR: MR ERIC CHUA, Senior Parliamentary Secretary, Ministry of Culture, Community and Youth & Ministry of Social and Family Development (@ERICCHUASL.SG)

TIME	SCHEDULE
1600 - 1645	AWARDS CEREMONY
1645 - 1700	PRESENTATION OF FLAG TO NEXT HOST AND GROUP PHOTO

AFTER PARTY

DETAILS

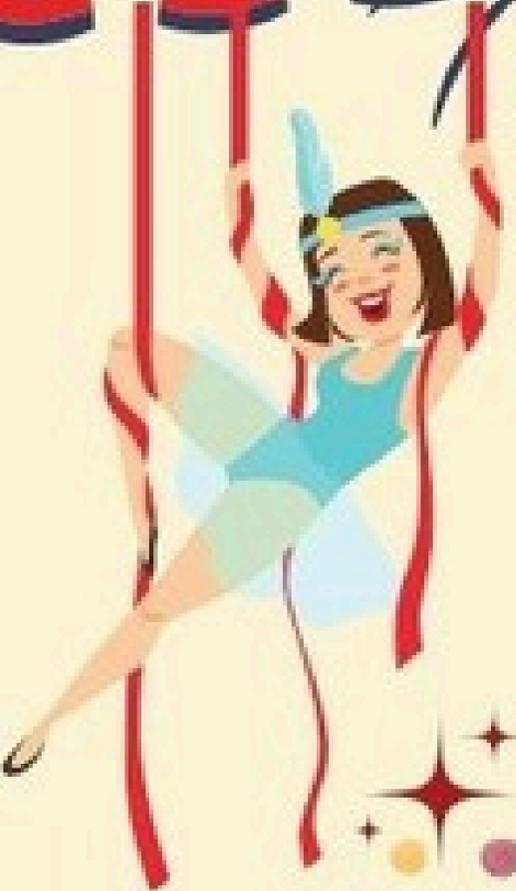
S I N G A P O R E ————— 8 to 11 August 2024



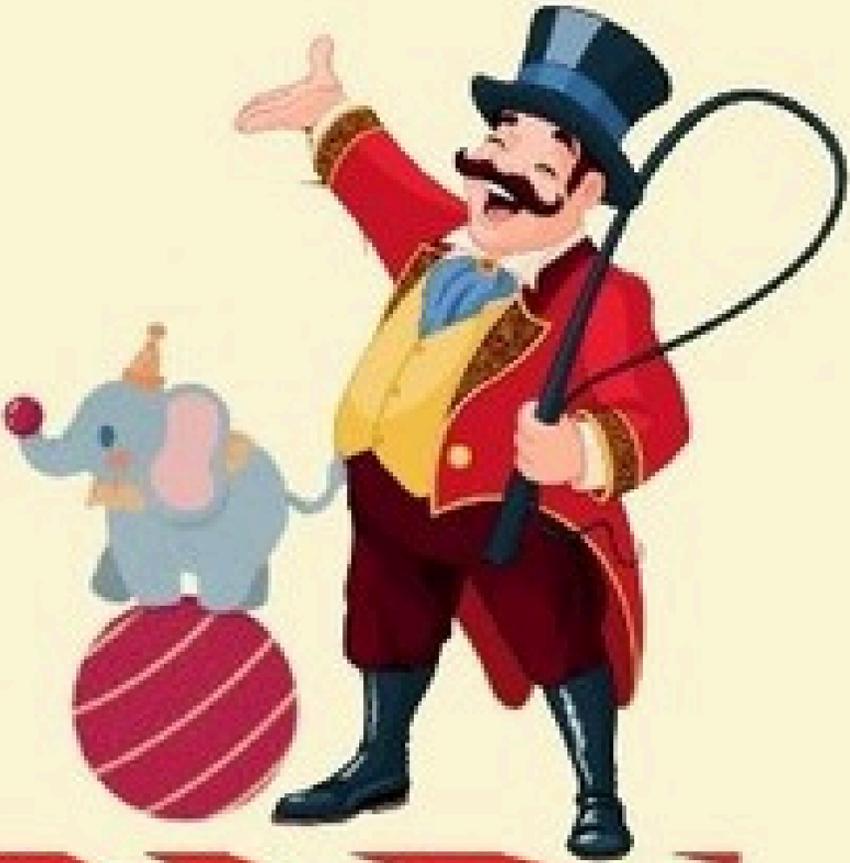


AUHG

ASIAN UNDERWATER
HOCKEY CUP 2024



POST TOURNAMENT DINNER UWH SG 20TH ANNIVERSARY



11th August , Sunday
7pm to 10.30pm
Yishun SAFRA Ballroom

Dress to impress in your
favourite carnival outfit!

APPENDIX

● Key contact





Key Contact



auhc2024@gmail.com



auhc2024.sg



Simon; Alice



Tournament Rules & Officials

- AUHC is organised under rules and guidelines provided by CMAS Procedures and Obligations for Underwater Hockey version 2019/02 and shall also adhere to international UWH competition rules.
- These include point system for preliminary round robin matches, tie-breaks, protests, appeals, game abandonment, game dismissal, disciplinary actions, referee reports, penalties against competitors and other individuals.
- Each National team must comply with the Rules, Safety Requirements set by the Organizer and all CMAS Rules and Regulations.
- CMAS Technical Delegate: Tony Colquhon



SEE YOU UNDERWATER

THANK YOU

Photo courtesy of GiGi Santos

