



AUSTRALIAN UNDERWATER FEDERATION

The Australian Underwater Federation (A.U.F.) is the governing body for underwater sports and amateur diving in Australia.

The AUF is also the administrative body for the Confederation Mondiale des Activites Subaquatiques (World Underwater Federation) and NCAS (National Coaching Accreditation Scheme). The AUF is the accredited member of the ASC (Australian Sports Commission). The AUF is the umbrella organisation for the following sports and recreations: Finswimming, SCUBA, Apnoea/Freediving, Snorkel, Coaching/Training, Spearfishing, Underwater Hockey.

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SCUBA: Vacant

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Australian Underwater Federation Inc. About our Sports:

SPEARFISHING: A fascinating underwater experience. Not only can you improve your snorkelling, but also select and catch your dinner underwater! There are minimum size and bag limits to adhere to. Clubs will inform you of this on joining. You can enjoy the underwater world and as your ability and fitness improve you will find you can go as deep or as shallow as you feel comfortable. Safety is always important and you rely solely on your own ability. Done in a safety conscious and responsible way Spearfishing can be enjoyed by both men and women from a very young age to the older Veteran and even Master grades. One of the very few sports left which pits your wits and fitness against the elements on a one to one basis. A safe, sustainable, selective form of fishing.



FINSWIMMING:

Finswimming races are like swim races but faster! Both feet are used to drive a big monofin to power through the water. The monofin is usually made of fibreglass. Flippers can be used instead of a monofin. In Australia many novices start with flippers.



APNOEA: Breathhold event where the finswimmer stays immersed after the dive. 25m or 50m. * Surface - on the surface using a snorkel. 25m through to 1500m.

UNDERWATER HOCKEY:

Underwater Hockey is a fast moving team sport.



There are six players a side, with 4 subs and it is played with snorkelling gear (mask, snorkel & flippers). Small bats are used - one team black, the other white. Players then flick or pass a puck along the deep end of the pool (usually at a depth of approximately 2m+).

Teams advance the "puck" (similar to an ice hockey puck, and weighing 1.5kg) across the bottom of the pool to attempt to score in each others "goal trays" located at each end of the "court". Strategy is similar to many other team sports such as soccer & field hockey, except for the 3rd Dimension of playing underwater. An exciting, fast and breathless game - plus an excellent way to get fit.

SCUBA: We offer continued diving qualifications with C.M.A.S. for qualified divers.



SNORKELLING: This can include Coaching as well as Recreational snorkelling in either the Ocean or Pool also with an element of Marine Studies. Many teachers gain accreditation - Level 1 or 2 and can then teach their students the beauty and enjoyment of our beautiful Australian marine world. Accreditation is gained through qualified Coaches.

