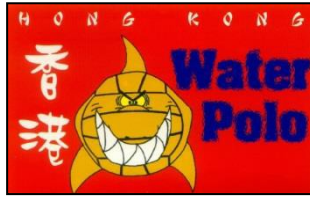




# HONG KONG CHINA SWIMMING ASSOCIATION

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Updated as at 3 March 2023

## **Nomination and Selection Criteria of Hong Kong National Water Polo Team**

Please find the Nomination Eligibilities and Selection Criteria for Hong Kong National Water Polo Team as follows:

### **A) Nomination Eligibilities**

1. HKSAR Passport Holder
2. HKGSA Registered Athlete (Water Polo) 2023-24
3. Actively participate in Hong Kong Water Polo training and competitions
4. Fulfil and comply with HKGSA eligibility rules
5. Players must participate in at least 1 of the 3 major local competitions, namely Summer National & Junior Water Polo Championships, HKGSA School Invitational Water Polo Championships or Winter Deep Water Polo Championships, to prove their fitness for Water Polo. Failure to comply with will be subject to further consideration including possible cancellation of inclusion into the Team

### **B) Selection Criteria for Athletes will mainly base on:**

1. Athlete should attain a minimum of 80% monthly training attendance (30%)
2. Objective Criteria (40%). Objective tests that evaluate players' physical and technical ability. Athletes will be given scores from 0 to 10 for each part of the test. (See Appendix I)

Tests includes: **(a) Pull-ups, (b) Vertical jump, (c) 10lb Hold, (d) 12.5m Sprint, (e) 2 x 8 x 25m** for all players.

For field players, there are three additional tests of **(f) 2 Buoy Drill, (g) Obstacle Course** and **(h) 25m Freestyle**.

For goalkeepers, there are three additional tests of **(i) Four corners, (j) Eight Touches** and **(k) 25m Breaststroke**.

- a) **Pull-ups (Completed reps):** Perform as many pull ups as possible.



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- b) **Vertical jump (Height, in inches):** From an eggbeater position below the apparatus, athletes have three tries to see how high they can touch on the apparatus.

Move the measuring sticks around 180 degrees between attempts to give athletes a clear shot on their next attempt.

Record the distance from the surface of the pool to the highest stick touched by the athlete. For ease of measurement, note that the sticks are 1 inch apart, so knowing the distance from the surface to the pool to the lowest stick on the apparatus provides a starting point from which you can add 1 for each stick reached by the athlete.

- c) **10lb Hold (Time, in seconds):** Have the athlete hold the medicine ball above their head keeping their elbows and chin out of the water as long as can.

Start your timer on a "Go" command and give the athlete one warning when either elbow or their chin touches the water, or they stop maintaining the proper posture. Stop your timer the second time either elbow or chin touches the water and record the elapsed time in seconds.

Improper posture includes but is not limited to:

- i) Leaning back
- ii) Resting the ball on top of your head
- iii) Head back, eyes looking upwards

- d) **12.5m sprint (Time, in seconds):** Have the athlete start with one hand on the wall and their legs out.

On a "Go" command, start your stopwatch. The athlete should then swim down the pool and through the cone; they may not push off the wall when they start. When the athlete reaches the cone, stop your stopwatch and record the elapsed time in seconds.

- e) **2 x 8 x 25m (Completed sprints within time limit):** Complete two sets of eight 25m sprints @ 20 seconds.

There should be a five minutes break between the two sets. For male athlete, maximum points are achieved if all 16 sprints is completed within 17 seconds. A point is deducted for every sprint completed outside of 17



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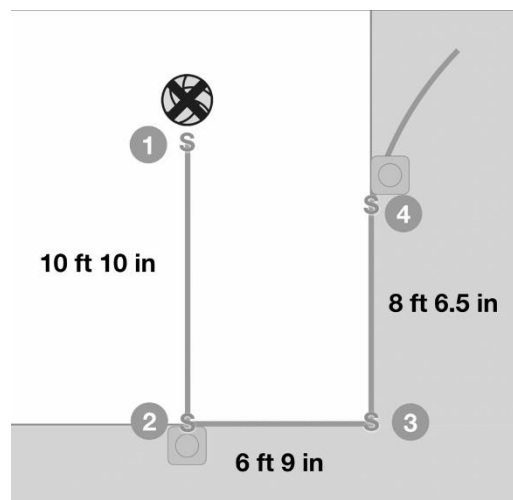
seconds. For female athlete, maximum points are achieved if all 16 sprints are completed within 20 seconds. A point is deducted for every sprint completed outside of 20 seconds.

- f) **2 Buoy Drill (time, in seconds):** Assemble the ball buoy kit on deck and place at the edge of the pool.
1. Place the ball buoy in its approximate location, attaching the clamp and/or weights to the bottom of the pool and adjust the length of the buoy rope.
  2. Using the rope, starting from the corner of the pool, measure along the wall from the third S hook (#3) to the fourth S hook (#4) and place a cone at that location.
  3. Using the rope, starting with the third S hook (#3), measure along the wall from that S hook to the second S hook (#2) and place a cone at that location.
  4. Using the rope, measure from the second S hook (#2) into the water to the first S hook (#1), and adjust the location of the ball buoy to that location.

### Assessment:

Have the athlete start at the #2 cone with one hand on the wall and their feet out. On the "Go" command, start your stopwatch and have the athlete:

1. Touch the buoy
2. Touch the wall at the #4 cone
3. Touch the wall at the #2 cone
4. Touch the first buoy again



After the athlete has touched the first buoy for a second time, stop your watch.



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### g) Obstacle Course (Time, in seconds):

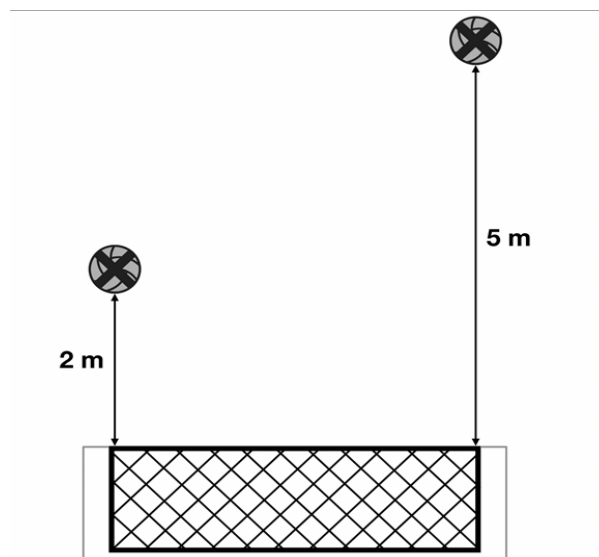
#### Assessment:

Athlete starts from an eggbeater position in the center of the cage.

On a "Go" command, the athlete touches each vertical post of the cage — going side to side — four times for a total of eight touches.

After their eighth touch, toss a ball to the athlete who then swims with the ball around the outside of the 2m buoy, passing it with their right shoulder. Then swim the ball around the 5m buoy, passing it with their left shoulder.

After passing the 5 m buoy, the athlete takes a shot on the goal. Stop your timer when the ball hits the cage. Reduce the athletes overall time by 2 seconds if they hit the target on the cage.



### h) 25m Freestyle (Time, in seconds): The field player should swim a 25m freestyle as fast as they can.

Starting on the wall, start your watch on a "Go" command. The athlete may push off the wall and must swim legal freestyle for a distance of 25 meters. Note the field player may not start from a dive; they must start in the water from a push. Stop your timer when the athlete reaches the 25m mark. Record the elapsed time in seconds.



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- i) **Four Corners (Time, in seconds):** Athletes start from an eggbeater position in the middle of the cage.

When the timer says "Go", the athlete must touch each of the four targets. Stop your timer when the athlete touches the fourth target.

- j) **Eight Touches (Time, in seconds):** Athlete starts from an eggbeater position in the center of the cage.

On a "Go" command, the athlete touches each vertical post of the cage — going side to side — four times for a total of eight touches. After their eighth touch, stop your timer and record the elapsed time in seconds.

- k) **25m Breaststroke:** The goalie should swim a 25m breaststroke as fast as they can.

Starting on the wall, start your watch on a "Go" command. The athlete may push off the wall and must swim legal breaststroke for a distance of 25m. Note the goalie may not start from a dive; they must start in the water from a push. Stop your timer when the athlete reaches the 25m mark. Record the elapsed time in seconds.

3. Training attitude and coach's evaluation (30%). The player's attitude is paramount in a team sport. Willingness to cooperate, assist and listen to the coach's instructions both in the pool and outside the pool is vital. Players who have attitudinal and disciplinary problems deemed to be sufficiently serious by the Water Polo Committee as detrimental to the well-being of the Team and Squad will not be eligible for inclusion in the Hong Kong Team. The players' attitude and discipline must be maintained outside of training and failure to do so will be grounds for non-inclusion.

The training attitude and coach's evaluation, which will be weighted as 30% of the overall selection criteria will be broken down further as follows:

### **Training Attitude and Coach's Evaluation**

Water Polo is a team sport. It is often different to base selection strictly on an athlete's measurable performance and therefore some subjective judgment is required.



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The selection criteria outlined will be the primary tool used by the Hong Kong Team Coach to select the Team. When selecting an athlete for the Team, the Hong Kong Team Coach will base decisions on the following criteria and select players who benefit the Team most:

## 1.1 Individual / Team Play Characteristics (15%)

### (a) Technical Ability

- Individual ball handling
- Application of skills to the game situation
- Passing ability when under pressure
- Ability to maintain possession in confined area
- Ability to improve to meet changing situations
- Ability to make and execute correct decisions under pressure
- Game clock and shot clock awareness

### (b) Tactical Knowledge

- Previous Team experience
- Offensive system
- Defensive system
- Counter-attack system
- Power play system

### (c) Personal Characteristics

- Goal-oriented
- Confident
- Leadership qualities
- Self-motivated
- Determined
- Hard worker
- Team player
- Coachability
- Committed
- Selflessness

## 1.2 Technical Abilities, Skills and Positions (15%)

### a) Drivers

- Ability to shoot / score
- Ability to create an outlet
- Ability to earn an advantage or exclusion

### b) 2 metres Guard

- Ability to read the game
- Ability to neutralize the opponent



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- Ability to counter attack
- c) Centre Forward
  - Ability to control their position
  - Ability to control the ball and pose a scoring threat
  - Ability to effectively pass to shooters
  - Ability to earn an exclusion
- d) Outside Shooters
  - Ability to score from outside seven (7) metres
  - Diversity of shots
- e) Goalkeepers
  - Ability to block
  - Ability to perform accurate long passes
  - Ability to read the game
  - Ability to anticipate shots
  - Ability to steal balls
  - Ability to communicate to teammates
- f) Team Work
  - Work effectively with the Team
  - Ability to play and to cooperate within the Team
  - Ability to be involved and to communicate effectively with other players during the game, in and out of the water
  - Ability to adhere to the game plan
  - Ability to display leadership qualities in and out of the pool
  - Ability to fit into the overall Team chemistry



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### **C) Appeal Procedures**

#### **Submitting an Appeal**

Clubs wishing to appeal the Team selection must inform the Water Polo Committee of the intention to appeal. Appeal must be received seven (7) days after the circulation of the Team composition of the respective event in question.

#### **Acknowledgement of an Appeal**

The Water Polo Committee must consider the submitted appeal and respond to the Club within seven (7) days of receiving the appeal. The correspondence will include acknowledgement of the appeal being received, along with whether the stated appeal has grounds for further review.

#### **Acceptable Grounds of an Appeal**

The appeal will be considered if the individual demonstrates that the selection process was not followed.

#### **Composition of the "Water Polo Appeal Panel"**

The Chairman of Water Polo Committee will be responsible for nominating the "Water Polo Appeal Panel", which should be composed of: Hon. Secretary and Members of Water Polo Committee. The Hong Kong Team Coach will be called upon as resource person and should withdraw during the deliberations or in any situation where they may be in conflict.

#### **Time-frame required to reach a Final Decision**

The "Water Polo Appeal Panel" should deliver its decision within fourteen (14) days of the Water Polo Committee's acknowledgement of receiving the appeal.

If the Club(s) was not satisfied with the decision made by "Appeal Panel". Appeal Fee HK\$1000 and written letter from the Club must submit to HKGSA office within seven days after the decision made by "Appeal Panel". And the appeal should forward to "HKGSA Appeal Committee" for consideration. The final decision should be made within fourteen (14) days.

The Association shall select players based on the Nomination Eligibilities and Selection Criteria mentioned above.



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Appendix I

## For Male:

Scores	Pull ups (5%)	Vertical Jump (5%)	10lb Hold (5%)	12.5m Sprint (5%)	2x8x25 (5%)	Field Players Only			Goalkeepers Only		
						2 Buoy Drill (5%)	Obstacle Course (5%)	25m freestyle (5%)	Four Corners (5%)	Eight Touches (5%)	25m breast stroke (5%)
10	24	62	70	6.3	16	5	15	12.2	5	9	15
9	22	60	65	6.45	15	5.25	16	12.4	5.2	9.4	15.5
8	20	58	60	6.6	14	5.5	17	12.6	5.4	9.8	16
7	18	56	55	6.75	13	5.75	18	12.8	5.6	10.2	16.5
6	16	54	50	6.9	12	6	19	13	5.8	10.6	17
5	14	52	45	7.05	11	6.25	20	13.2	6	11	17.5
4	12	50	40	7.2	10	6.5	21	13.4	6.2	11.4	18
3	10	48	35	7.35	9	6.75	22	13.6	6.4	11.8	18.5
2	8	46	30	7.5	8	7	23	13.8	6.6	12.2	19
1	6	44	25	7.65	7	7.25	24	14	6.8	12.6	19.5
0	4	42	20	7.8	6	7.5	25	14.2	7	13	20



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## For Female:

						Field Players Only			Goalkeepers Only		
Scores	Pull ups (5%)	Vertical Jump (5%)	10lb Hold (5%)	12.5m Sprint (5%)	2x8x25 (5%)	2 Buoy Drill (5%)	Obstacle Course (5%)	25m freestyle (5%)	Four Corners (5%)	Eight Touches (5%)	25m breast stroke (5%)
10	18	55	60	6.5	16	6	20	13.4	6	11	17
9	17	53	55	6.65	15	6.25	21	13.6	6.2	11.5	17.5
8	16	51	50	6.8	14	6.5	22	13.8	6.4	12	18
7	14	49	45	6.95	13	6.75	23	14	6.6	12.5	18.5
6	12	47	40	7.1	12	7	24	14.2	6.8	13	19
5	10	45	35	7.25	11	7.25	25	14.4	7	13.5	19.5
4	8	43	30	7.4	10	7.5	26	14.6	7.2	14	20
3	6	41	25	7.55	9	7.75	27	14.8	7.4	14.5	20.5
2	4	39	20	7.7	8	8	28	15	7.6	15	21
1	2	37	15	7.85	7	8.25	29	15.2	7.8	15.5	21.5
0	0	35	10	8	6	8.5	30	15.4	8	16	22