

CANOE POLO STAR TESTS



INTRODUCTORY NOTES

- 1 These tests are for kayaks designed for use in playing canoe polo. Tests for kayaks designed for use on white water are described in CT001. Open canoe star tests are described in CT.006, and Open Cockpit Placid Water Star tests are described in CT011.
- 2 The STAR TEST ENTRY FORM books are to be used by assessors. They are available free from BCU Office at Adbolton Lane, West Bridgford, Nottingham NG2 5AS, or from your National Association. Forms should be clearly endorsed POLO TEST by the assessor.
- 3 CERTIFICATES and CLOTH BADGES will be issued, appropriate to the test taken, on payment by the candidate of the correct fee. There is NO FEE for a fail.
- 4 There are three ways of obtaining certificates and badges:
 - i) These can be purchased in advance by coaches at the appropriate level of Coach from BCU HQ at a reduced rate.
 - ii) The appropriate fee can be collected from each candidate and submitted, together with a list of FULL NAMES, GRADE OF TEST PASSED, and a SINGLE ADDRESS for the badges and certificates to be returned en bloc for presentation.
 - iii) The candidate can be issued with a Star Test Entry Form from the Star Test Entry Form Book which he or she forwards to HQ together with the appropriate fee. Details on how to operate the book of Entry Forms is printed on the cover. BCU Office does NOT require a file copy.

It is recommended that the candidates are given a Star Test Entry Form in every case to enable them, if they wish, to obtain a further badge or certificate. The Coach need then only sign the form and mark the test passed, leaving the candidate(s) to complete name and address sections etc.
- 5 Candidates should be informed that to play competitive Canoe Polo you have to be a comprehensive member of the BCU and should be encouraged to apply for BCU Membership. It is up to the assessor to give the candidate information about the fees. These are contained in the BCU *Members' Year Book*.

ASSESSING STANDARDS

- 6 In order to achieve uniformity of assessing standards, careful attention should be paid to the sample questions, and to the definition of the practical performance sections of the tests, shown on the guidance notes.
- 7 More than one grade can be taken at a time, but grades should not be skipped - a cross section of the requirements of the lower test(s) should be incorporated at the assessor's discretion where a candidate does not hold the lower grade(s). Candidates need purchase only the highest rated badge and certificate however.
- 8 Coaches may examine the Star Tests as laid down in each test. Generally Level 2 Coaches and above may examine for any 1 Star Test provided that the assessor holds 2 Star in the discipline being assessed. Level 2 Coaches and above may examine 2 Star in any discipline for which they hold the 3 Star. It is necessary to be a Level 3 Coach in the discipline concerned to test for 3 Star.

PRACTICAL NOTES

- 9 Canoeists must be able to swim 50 metres in polo clothing.
- 10 The sample questions are intended to demonstrate the 'level' and should not be used ad nauseum.
- 11 Help is permitted with emptying and parking the kayak.

ENVIRONMENT

- 12 Canoeing is an exciting, adventurous, competitive and recreational activity from which much of the enjoyment and adventure comes from the natural environment around you. Every canoeist must remember to respect all wildlife and take care not to damage or destroy the environment by observing the Canoeist's Code of Conduct and the recommendations in the BCU leaflet '*Earning a Welcome*'.



CT/011/00/1



POLLUTION WARNING

13 When the tests are taken out of doors, please note that some waterways are subject to serious pollution. Where there is reason to believe that the level of pollution is such as to render capsizing drill potentially hazardous, alternative safer methods/locations (including swimming pools) may be used for those aspects of performance tests that require deliberate immersion.

ONE STAR TEST CANOE POLO

AIM

The test is designed as a basic assessment of ability at the end of a beginner's course in canoe polo. It is an encouragement test. The test itself should encourage safe practice, regard for equipment and fun.

VENUE

The test may be taken in a swimming pool or a suitable area of flat water.

ASSESSOR

BCU Level 2 Coach or higher in any discipline who holds the 2 Star (Polo) or higher.

THEORY

(Each candidate must answer at least two questions under each heading).

Sample Questions

1 Capsize Drill

- Describe the best way to get out of a kayak under water.
- What is the most important thing to do once you are out?
- What should you do if your paddle is floating away?

2 Personal Dress and Equipment

- What must be worn around the head?
- What is special about the body protection?
- What fittings should a polo kayak have?
- How do you gauge a paddle length approximately and what is the legal blade thickness?
- What does your spray deck always have fitted to it?

3 Rules

- How is the game restarted after a goal?
- How is the game restarted after a ball goes over a side line?
- How many players can there be on each side?
- What type of ball should be used?
- Explain the starting procedure for a polo game.
- Explain the five-second rule.

PRACTICAL "A"

- Lifting, Carrying and Launching.* Candidate to demonstrate good lifting and carrying principles. Boat to be afloat and balance to be maintained. The paddle must remain within reach or can be used to assist in getting into the kayak.
- Forward paddling.* Candidate to paddle a circuit of at least 50 metres around the playing area. Some directional instability is likely to occur but this should not include complete loss of forward movement or a continuous careering.
- Stopping.* Both forward and reverse opposite motion should be in evidence within four strokes.
- Rotate 360 degrees on the spot.* Spinning in a clockwise and anti-clockwise rotation using the appropriate combination of forward and reverse sweeps. Some body rotation to be in evidence.
- Reverse paddling.* The kayak should travel approx. 25 metres. Turning the trunk and looking over the shoulder must be in evidence.



- 6 *Paddle a figure-of-8 course.* Using a combination of forward strokes and sweeps the candidate should paddle a prescribed figure-of-8 course demonstrating a basic level of steering control.
- 7 *Return to edge and disembark.* Correct approach to the side. Control must be maintained whilst exiting the boat.

PRACTICAL “B”

- 1 *Capsize, swim to the side and empty.* The spraydeck should be worn. The candidate should remain calm, and quickly regain and maintain contact with the boat. The paddle should be retained or collected and then swim to the side and empty the boat. Help can be asked for as long as the candidate remains in charge of emptying.
- 2 *Throwing and Catching.* The candidate must be able to throw and catch a polo ball over a distance of approx. 5 metres whilst stationary, achieving their aim three out of five times.
- 3 *Shooting.* The candidate must be able to score into a regulation polo goal from the penalty spot three times out of five. Good throwing technique must be in evidence with the elbow passing the shoulder before the ball.

Demonstrate satisfactory beginning of:

- 1 *Moving Sideways. Draw Stroke/Sculling Draw.* The paddle blade to remain deep in the water. For the draw stroke a push-pull action should be in evidence and for the sculling draw a synchronised action with change of the blade angle coinciding with the change in direction. Both strokes must be able to be completed on each side of the kayak. Stern or bow swing is acceptable.
- 2 *Preventing a Capsize.* The kayak to be edged sufficiently to be nearly off balance, leaning back should be in evidence. Low recovery strokes to be demonstrated on both sides.
- 3 *Eskimo Rescue.* Recovery with lower body rotation from an upside down position whilst maintaining a hold on the rescuer s bow. May be preceded with practise until recovering from an upside down position.

TWO STAR TEST CANOE POLO

AIM

A test to be taken on follow up course at a standard above the beginner.

VENUE

The test may be taken in a swimming pool or a suitable area of flat water.

ASSESSOR

BCU Level 2 or 3 Coach or higher in any discipline who holds the 3 Star (Polo) or higher.

THEORY

(Each candidate must answer at least two questions under each heading).

Sample Questions

1 Types Of Paddle

What is meant by flat, spooned, diamond blade and crank-tipped paddles?

What is an asymmetric paddle and why is it so shaped?

Name some advantages and disadvantages of each one.

What is meant by feathering?

2 Canoe Polo Within the BCU

How many open divisions are there in the National League?

Other than the open, there are two other types of divisions, what are they?

Name the two main competitions outside the National League.

How many levels of referees are there?

What do the following stand for: SCA, WCA, CANI.





3 Basic Polo Rules

Name five of the six game officials of a polo tournament.

What are the minimum and maximum playing areas?

What should the dimensions of the goals be?

When is a corner awarded?

When is a goal throw awarded?

PRACTICAL "A"

- 1 *Lifting, carrying and launching.* Candidate to demonstrate good lifting and carrying principles. Boat to be afloat and entry into it without any aid from a paddle. The paddle however must remain within easy reach.
- 2 *Efficient forward paddling.* The candidate to show while forward paddling good posture upright but natural. Continuous natural rhythmic paddling with some trunk rotation in evidence. A reasonable degree of steering accuracy to be achieved.
- 3 *Reverse Paddling and Stopping.* Candidate should demonstrate controlled reverse paddling over a distance of approx. 25 metres. Correct entry and exit of the blade, with trunk rotation, looking behind and unwinding the trunk to produce power must be in evidence. Back (non-drive) face of the paddle presented to the water. For stopping the boat should be at a good speed. Opposite motion should be evident within 4 strokes.
- 4 *Moving sideways.* Top hand high blade well covered. The boat must keep a straight line sideways through the water. Blade to remain under water throughout. On both sides.
- 5 *Preventing Capsize.* Show an efficient low and high recovery stroke with the boat off balance. A good firm push with associated hip rotation should be evident. For the high recovery water up to paddlers waist. Repeated on both sides.
- 6 *Turning.* The kayak to be turned whilst on the move using firstly a series of sweepstrokes only. Secondly a low brace turn. The low brace turn is to be induced by a short effective sweep on the opposite side followed by a good edge in to the turn. The paddle should be in the low brace position shaft parallel to the surface of the water with the back of the blade on the water. The boat carves a slow stable turn.
- 7 *Disembarking.* Correct approach to the side, exit kayak without use of a paddle.
- 8 *Securing.* The candidate must understand the concept of securing boats, either by tying down or putting on to purpose made racks using ropes with a secure knot.

PRACTICAL "B"

- 1 *Pick up and throw.* The candidate is to show he/she can pick up a polo ball with one hand using the scoop method (the hand should be placed on top of the ball and then rotated by the hand until the back of the hand is in the water. The hand should remain in contact with the ball throughout). On lifting the ball free of the water it is to be thrown back to the tester over a distance of at least 6 metres ACCURATELY three out of five times.
- 2 *Dribbling.* The candidate should show he/she can dribble a polo ball over 20 metres. The boat must be moving constantly during the test. Some directional instability is acceptable. The ball should be a sensible distance in front of the kayak but the candidate must use no more than 6 strokes between throwing the ball and collecting it each time.
- 3 *Catch and Shot.* The aim of this test is to show the candidate can catch a polo ball and then throw it one-handed on the move. Assessor to stand between 6-10 metres from the goal on the side of the playing area. The candidate is to paddle in at speed towards the goal. Approx. 5 metres from the goal a ball is to be thrown to the candidate who is to catch it and immediately shoot at goal. Three out of five shots on target is acceptable.
- 4 *Eskimo rescues.* A confident capsized and banging of the hull the rescuer moving in from 5 metre distance. A first time recovery must follow, two attempts may be made. Bow rescue (The rescuer must not approach at right angles) and paddle H rescue must be seen.

Demonstrate satisfactory beginning of:

1. *Eskimo Roll.* Candidate must come up within three attempts, during each of which the coach may guide the paddle, but not touch the boat or paddler. A half roll is acceptable (i.e. down and up again on the same side).



THREE STAR TEST

CANOE POLO



AIM

When the candidate passes this test he/she can consider themselves to have the techniques of a polo player rather than a beginner.

VENUE

The test may be taken in a swimming pool or a suitable area of flat water.

ASSESSOR

BCU Level 3 Competition Polo Coach who holds the 4 Star (Polo)

THEORY

(Each candidate must answer at least three questions under each heading).

Sample Questions

1 Basic Tactics

- What is meant by a 3 Boat zone?
- What is meant by a 5 Boat zone?
- What is meant by a 5 Out?
- What is meant by 4 and 1?
- What is meant by overloading the zone?

2 Rules

- Explain in simple terms the definition of a legal hand tackle?
- What is the procedure for a referees ball?
- Explain the rule on what makes an illegal kayak tackle.
- Ask the candidate to identify any three referee signals.
- When would a penalty be awarded?

3 Team Formations

- What are the individual jobs of the following in defence and attack:
Goalkeeper, Defender, Midfield and Forwards

PRACTICAL "A"

- Lifting, carrying and launching.* Candidate to demonstrate good lifting and carrying techniques appropriate to getting a kayak from or to a car roof rack or trailer, with assistance if required. Launching should be done safely and efficiently from any reasonable launching spot.
- Efficient forward paddling.* While sprinting the candidate is to show trunk rotation with forward lean, short stroke lengths with evidence of stroke lengths increasing up to optimum speed.
- Reverse over a figure-of-eight course.* Accurate and efficient backward paddling over a prescribed figure-of-eight course.
- Turning whilst on the move.* Bow rudder. The turn induced by an effective sweep stroke followed by a solid plant of the paddle level with the knees drive face of the blade towards the boat. Trunk rotation should be in evidence. Boat to pivot around the paddle.
- Moving sideways both static and on the move.* Draw stroke both static and on the move. When on the move body well rotated an effective pulling of the kayak sideways from its course with out turning the boat. Performed on both sides.

Hanging Draw. With the kayak moving at a good speed the paddle should be placed out to the side approximately level with the hip blade facing the kayak. The kayak should move sideways with out the paddle moving in relation to the boat.

- Supporting.* High and low recovery strokes with kayak completely off balance followed by immediate forward paddling. Demonstration both sides on the move.
- Securing.* Secure a boat to a trailer or roof rack with a rope using any recognised knots.
- Tilting to assist turning.* Turn a circle with basic forward paddling strokes (no sweeps) obtaining the turning by holding the kayak tilted on its gunnel. (Both directions).



PRACTICAL “B”

- 1 *Eskimo Roll* .The candidate must be able to roll with a paddle without having to set the paddle prior to capsize.
- 2 *Paddle pick up and flick*. Whilst stationary the candidate is to place the back of the blade onto the ball and push down, and either roll forwards or backwards over the ball. The blade is then turned to allow the ball to roll onto the face. He/she is to then flick the ball for a distance of at least 3 metres in a direction picked by the candidate. Clean pick up is important. The exercise to be carried out on both left and right sides.
- 3 *Dribbling*. The candidate should show that he/she can dribble a polo ball over a distance of 20 metres. The boat must be moving constantly, directional stability must be maintained and there should be no more than 4 strokes between the throw and the pick up of the ball.
- 4 *Starting Sprint and Throw* . The candidate should line up as for the start. On the whistle the ball is thrown approx. 15-20 metres in front of the candidate. The candidate then sprints to the ball, turns around it, picks it up and throws it back to the tester. Test to be carried out from both directions. Good accuracy on the throw is important.
- 5 *Pass, Catch and Shoot*. A polo ball is placed on the water approx 20 metres from a goal the candidate is to then paddle up to the ball pick it up (using the scoop method) and pass it to the tester or another candidate. The ball is to then be thrown back to the candidate who is then to shot at goal. The candidate is to remain moving throughout the test.

Demonstrate satisfactory beginnings of:

- 1 *180 Degrees Dip turn on the move*. The candidate to show a good start position for the reverse sweep. The 180 degree turn should be completed within 3 sweeps, with a good attempt at tipping the stern of the boat.
- 2 *Hand Roll*. The candidate should come up within 3 attempts with the aid of a float or hands guided by a coach. A good hip flick and body position must be in evidence

**FOUR STAR TEST
CANOE POLO**

AIM

When the candidate passes this level he/she can consider themselves having a proficient level of polo techniques. However this does not necessarily make them a good polo player, there is always more you can learn from playing and with good coaching.

VENUE

The test may be taken in a swimming pool or a suitable area of flat water.

ASSESSOR

BCU Level 3 Competition Polo Coach who holds the 4 Star (Polo) and is an A1* Assessor

SPORTSPERSONSHIP

At this level of Canoe Polo the physical side of the game becomes more apparent and it is more important than ever that you should conduct yourself with a high level of sportspersonship.

THEORY

(Each candidate must answer at least three questions under each heading).

Sample Questions

1 **General**

- When is a likely time to use the tactic, 5 out?
- Who is the present Chairman of the BCU Canoe Polo Committee?
- What publication would you use to find out about Canoe Polo?
- Who would you approach in your region for information on Canoe Polo?
- There are 2 basic forms of attack, name them.
- What is the Golden Rule as a defender when marking?
- What is it important to do before getting on the water to train or play?





2 Rules

- What are the differences between possession and control?
- How are players and teams identified?
- What constitutes an illegal use of a paddle ?
- Define the Obstruction Rule
- Describe the procedure for a player to re-enter the game after leaving his boat.
- Name 4 sanctions a player can receive from a referee.

PRACTICAL

The candidate must show a total competence when carrying out these techniques

- 1 *180 degrees Dip Turn on the move.* The candidate must achieve a 180 degree turn using a good forward sweep stroke and two reverse strokes. Dipping of the stern must be in evidence.
- 2 *Hand Roll.* The candidate must be able to hand roll unaided. A good hip flick and body position must be in evidence.
- 3 *Ball and Boat Control.* The candidate is to turn through 360 degrees using any suitable strokes, keeping the ball in contact with the front quarter of the boat throughout. This exercise to be carried out on both sides. Losing control of the ball is a fail.
- 4 *Dribble and Turn.* The candidate is to dribble a polo ball over a distance of at least 15 metres on one side of the boat. On reaching a pre-designated point, he/she is to turn 180 degrees and dribble back to the start with the ball on the opposite side of the boat.
- 5 *Paddle Dribble.* The candidate is to dribble a polo ball only using a paddle over a distance of 20 metres. Good directional stability must be maintained and there should be no more than 6 strokes between contacts of the ball.
- 6 *Paddle control and Blocking.* The candidate is to face the tester approximately 5 metres away. The tester then throws a polo ball to one side of the candidates boat. Using the paddle the candidate should block and control the ball, the ball landing in the water beside the boat. 3 out of 5 to be in reach of hand on both sides.
- 7 *Dipping tackle.* The candidate should be able to dip the bow of the kayak under a ball (simulating an opponents boat) while travelling forward within 3 paddle strokes, from a standing start.
- 8 *Back passing.* The candidate should pick the ball up as if throwing forwards; rest the ball on the side of the deck of the canoe by the knee, roll the hand forward over the ball and throw back. There should be an accuracy of three out of five attempts over 5 metres.
- 9 *J' Stroke with a kayak blade.* The candidate is to demonstrate a good power stroke, reaching forward with the body. Top arm keeps the paddle upright. When blade is level with the hips it should be turned through 45 degrees while still fully immersed, and the blade taken away from the side of the boat. The boat should be paddled at least 25 metres in one direction with the paddle only being used on one side of the boat. The candidate must be able to perform this task on either side of her boat. Good directional control must be maintained throughout.

Demonstrate satisfactory beginning of:-

- 1 *360 degrees Dip Turn on the move.* The candidate is to turn through 360 degrees using good forward and reverse sweep strokes. Dipping of the stern using good body position must be in evidence, however the candidate may use as many reverse strokes as necessary.

Playing Experience

Evidence of playing in at least 3 competitions in a season.

