



SLED HOCKEY

SLEDGE HOCKEY more commonly known as sled hockey in the United States, has become a fan favorite ever since it was introduced as a medal sport in the 1994 Lillehammer Games. The sport has been played in the United States since the late 1980s. Team USA won its first Paralympic medal in the sport - the gold medal - at the Salt Lake Games in 2002.

BASIC RULES

Sled hockey is a full contact and incredibly high paced sport. Following most of the standard ice hockey rules, the goal is to score by hitting the puck into the opponent's net. The biggest differences between sled hockey and standing ice hockey is the equipment used.

Just as in able-bodied ice hockey, sled hockey is played six vs. six players (including a goalie) at a time. Players propel themselves on their sled by use of spikes on the ends of two three-foot-long sticks, enabling a player to push himself as well as shoot and pass ambidextrously.

Standard ice-hockey rules apply, however, there is no "t-boning," a player is not allowed to drive the point of his sled into another player - no perpendicular hits in the sleds.

Games are played with three, 15-minute stop time periods.

EQUIPMENT

Equipment needed for sled hockey include sleds that the athletes sit in that have two hockey skate blades, a hockey puck, two three-foot-long sticks, hockey nets and an ice rink.

There are two sticks for each player and the sticks have metal picks on the butt end for players to propel themselves. Goalies wear the same equipment, a part from modifications to the glove. Metal picks are sewn into the backside to allow the goalie to maneuver.

Metal picks cannot be overly pointy or protrude further than 1 cm beyond the stick to avoid damage to the ice/other players.

GETTING STARTED

Programming is offered across the U.S. for all ages from youth through senior. We encourage you to start by connecting with a local sled hockey club. **Try Sled Hockey** events happen throughout the country and are a good introduction for new players.

To get connected to the closest sled hockey program, please email disabledhockey@usahockey.org.

For more information on sled hockey, please visit www.usahockey.com/sledhockey.

PARALYMPIC ELIGIBLE IMPAIRMENTS

- Ataxia, Athetosis and Hypertonia
- Impaired Muscle Power
- Impaired Passive Range of Movement
- Limb Deficiency
- Leg Length Difference

SLED HOCKEY BACKGROUND

Sled hockey was invented at a Stockholm, Sweden, rehabilitation center in the early 1960s by a group of Swedes who, despite their physical disability, wanted to continue playing hockey.

PARALYMPIC CLASSIFICATION

In sled hockey, there is only one sport class.

RINK INFORMATION

Rinks and goals are regulation Olympic-size.

- Sled accessible rinks allow players to remain in their sleds and skate off the ice into the bench area.
- This requires that the bench area be flush with the ice, and that there is clear plexiglass replacing the white boards.
- Additionally, the surface area inside the players' benches and penalty benches are made of smooth plastic or ice, to avoid damage to the players' sled.