

2019- 20
OFFICIAL
RULES
OF
SLED HOCKEY



INTRODUCTION

This document is the Official Sled Hockey Rules of USA Hockey. It is a supplemental document to the Official Playing Rules of USA Hockey. This document outlines the differences and points of emphasis in sled hockey for the United States. Unless otherwise indicated within this document, all other rules in the Official Playing Rules of USA Hockey, shall apply. Text that is highlight has been added or otherwise changed from the previous version and approved by the USA Hockey Disabled Hockey Section.

POINTS OF EMPHASIS

Butt-Ending

Butt-ending is extremely dangerous as there are sharp 'picks' at the end of a player's sticks. These 'picks' are used by the players to propel themselves along the ice but are sometimes used as a 'weapon'. Officials should be very alert to a player's use of their sticks. 'Butt-ending' identifies the act of a player who uses the shaft of the stick above the upper hand to check an opposing player. Attempt to butt-end shall include all cases when a butt-end gesture is made but no contact is actually made.

Handling Puck with Hands

All rules as outlined in the Official Playing Rules of USA Hockey for handling the puck with your hands shall be enforced, however, because players often times use all parts of the stick to propel the puck and are frequently moving the position of their hand on the stick, special attention must be given to this.

High Sticking

Sled hockey also uses the normal height of the shoulder for determining if a high sticking infraction has occurred.

Holding

Holding is mentioned as it is common players will attempt to hold the sled of an opposing player. Holding an opponent for even a moment can cause this player to lose any momentum he/she may have. Holding can occur on the arms, on the sled, anywhere on the body, on the head, and even on the opponent's stick. A player who holds an opponent or any part of his sled with his hands or stick or in any other way shall be assessed a "Holding" penalty as outlined in the Official Playing Rules of USA Hockey.

Tripping

Tripping results when player either punches the blades out of another player or uses their stick to pull or hook the blades out from opposing player's sled.

SLED HOCKEY SPECIFIC PLAYING RULES

Benches / Penalty Benches

Some rinks are "sled accessible." This means that the benches have been modified so sled hockey players can exit the ice. In all cases where the rink is "sled accessible," both teams must agree to use the player benches. If one team chooses to no use the player benches, both teams will not be allowed to use the player benches.

When a game is played at an arena that does not support sleds on the team bench, the players are to sit along the boards in front of the team bench, between the blue line and the center red line.

When a player is penalized and playing on a non- sled accessible rink, the penalized player(s) will sit near the center red line, on the ice on the same side as the players' benches, even if the referee crease is located on the other side of the ice.

If a puck is directed toward the team or penalty area, the players shall direct the puck and send it back into play, without providing advantage to either team, as if it 'bounced' off the boards.

If the puck is caught in the bench area for an extended period of time or if a player has directed the puck in an unfair manner, then play must stop and a last play face-off shall be conducted. If a team clearly causes the stoppage of play, such face-off shall not give them a positional advantage. When the puck goes into the bench area where players are located, players in the bench area must make every effort to push the puck out in front of them without creating an unfair advantage to either team.

There is a safety issue with the puck being caught in the bench area and there shall not be players fighting for a loose puck among the players in the bench area.

Unlike able-bodied hockey, players that are serving their penalty in the penalty area on the ice do not need to proceed "by way of the ice" before any substitution can be made. They are permitted to move directly into their team's bench area once the penalty time is over.

A minor penalty shall be imposed to any player, or bench minor if player is not identifiable, who while in the bench area intentionally disrupts game play to benefit their own team creating an unfair advantage.

Body Checking

Body Checking is prohibited in the youth sled hockey division. A minor or major penalty shall be assessed to a player who body checks an opponent in the youth sled hockey division. A major plus a game misconduct penalty shall be assessed to any player who injures an opponent with a body check in the youth sled hockey division.

(Note) Body Contact hockey does not mean "no contact." There will be legal body contact (see Glossary) within the rules in Body Contact categories. Legal body contact shall not be penalized under this rule. However, deliberate physical contact with an opponent, with no effort to legally play the puck, shall be penalized.

Players with specially marked helmets (sprayed fluorescent orange/red/pink/yellow), different colored jerseys or pinnies (orange/red/pink/yellow) are deemed non-contact and cannot be checked or receive body contact and cannot check or deliver body contact on an opposing player. This rule is for players with a permanent medical condition or of an impairment likely to last more than 6 months. A minor penalty shall be assessed for violation of this rule to any player causing any contact including the player wearing the specially marked helmet or different color jersey or pinnie. A major + Game Misc. or Match Penalty may be assessed if injury happens.

Prior to participating in any game or practice, a player must provide documentation from a licensed medical professional indicating the player is cleared to participate in practices and games with reduced, not eliminated, contact. This documentation must be submitted along with an applicable waiver to the Sled Hockey Waiver Committee. Such form will be available at www.usahockey.com/sledrules.

(Note) Referees should be aware that the fragile player must not purposefully make contact with opposing player in order to draw a penalty. A minor penalty shall be assessed for violation of this rule.

This replaces Rule 604 Body Checking in the Official Playing Rules of USA Hockey.

Broken Stick

Any player whose stick is broken, may use the pick portion of the stick to propel himself to the bench for a replacement, but not participate in play while doing so. A minor penalty for an equipment violation shall be assessed for participating in play with a broken stick. A broken stick is one that, in the opinion of the Referee, is unfit for normal play. This paragraph replaces rule 605 (a) in the Official Playing Rules of USA Hockey.

A goalkeeper may continue to play with a broken stick until the next stoppage of play or until the goalkeeper has been legally provided with a new stick. The goalkeeper is allowed to go to the bench and change his stick when the play is in progress.

All other rules under Rule 605 Broken Stick shall be enforced.

Composition of Team

Up to two members of a team's coaching staff may be on the ice during games. On-ice coaches must wear skates, a HECC approved helmet and may not carry a regular hockey stick or leave the players' bench area during playing time, except to assist and upright a player. Coaches are not required to wear a face mask unless seated in a sled or wheelchair, in which case they are required to wear a HECC approved facemask properly fastened. For a violation of this rule the bench shall receive one warning for the first offense and a bench minor penalty for every subsequent violation of this rule.

All other rules under Rule 201 Composition of Teams shall be enforced

Face-Off Procedures

Players facing-off shall place the blades of their sticks parallel and opposite to each other, with the bottom or heel of each of the blades flat on the ice and entirely clear of the spot where the puck is to be dropped. No other players shall be allowed to enter the face-off circle or come within 15 feet of the players facing-off the puck. All other players must position themselves behind the hash marks on the outer edge of the face-off circle or stand approximately arms length apart from the opponent.

Players are not allowed to intentionally fall on the puck in order to protect the puck from the opposing team before passing the puck back to a teammate. A minor penalty for delay of game shall be assessed for an infraction of this rule.

Each team will be allowed 10 seconds to make their line change with the visiting team changing players first. At the conclusion of the line change procedure, the Official conducting the face-off shall blow his whistle. This will signal each team that they have no more than ten seconds to line up for the ensuing face-off. Prior to the conclusion of ten seconds, the Official shall conduct a proper face-off. No substitution of players shall be permitted until the face-off has been completed and play has been resumed except when any penalty is imposed. This paragraph replaces rule 613 (c) in the Official Playing Rules of USA Hockey.

For sled hockey, referees shall crouch and present the puck, rather than start with the puck at their hip.

All other rules under 613 Face-Off Procedures shall be enforced.

Shoot-out Rules

Shootout - If the game remains tied at the end of the overtime period, the teams will proceed to a shootout. Goalkeepers shall occupy the goal closest to their Team's players bench. The home team shall have the choice of shooting first or second. The teams shall alternate shots. Eligible players from each team shall participate in the shootout and they shall proceed in such order as the Coach selects. All players are eligible to participate in the shootout unless they are serving a ten-minute misconduct or have been assessed a game misconduct or match penalty. When a goalkeeper has been assessed a misconduct, the player designated to serve the misconduct penalty becomes ineligible for the shootout. If the misconduct is assessed to the goalkeeper during the course of the shootout, the player designated to serve the misconduct must be a player who has yet to shoot and thus becomes ineligible to shoot.

Once the shootout begins, the goalkeeper cannot be replaced unless he is injured. No warm up shall be permitted for a substitute goalkeeper. Each team will be given three shots, unless the outcome is determined earlier in the shootout. After each team has taken three shots, if the score remains tied, the shootout will proceed to a "sudden death" format. No player may shoot twice until everyone who is eligible has shot. If, however, because of injury or penalty, one team has fewer players eligible for the shootout than its opponent, both teams may select from among the players who have already shot. This procedure would continue until the team with fewer players has again used all eligible shooters. Regardless of the number of goals scored during the shootout portion of overtime, the final

score recorded for the game will give the winning team one more goal than its opponent, based on the score at the end of overtime. The losing goalkeeper will not be charged with the extra goal against. The player scoring the game-winning goal in the shootout will not be credited with a goal scored in his personal statistics. If a team declines to participate in the shootout procedure, the game will be declared as a shootout loss for that Team. If a team declines to take a shot it will be declared as "no goal."

Puck in Motion of Out of Sight

The puck shall be considered frozen or unplayable by the Referee if the puck is out of sight or stays under the sled or is caught in the sled. If a player deliberately lodges the puck in their sled or in any equipment, a minor penalty shall be assessed for delay of game.

All other rules under Rule 632 Puck in Motion or Out of Sight shall be enforced.

Ramming

A Minor, Misconduct or a Major plus a Game Misconduct penalty, at the discretion of referee, shall be imposed on any player who lifts or raises the front nose of the sled, turns up the under part of the sled towards an opponent or exposes a sled blade and collides with another player.

Sled Hockey Field of Play

Sled hockey is played on a normal regulation hockey rink with all regulation line markings being followed.

Teeing (also known as T-Boning)

Teeing is defined as a player making contact with an opponent with any part of the front radius of the sled straight into his opponent or from the side. This does not include all occurrences of contact being made, rather when contact is made at, or almost at right angles of the sleds.

A minor or major plus a game misconduct penalty shall be assessed to a player who tee's an opponent. A major plus a game misconduct penalty shall be assessed to any player who injures an opponent as a result of teeing. A match penalty for attempt to injure or deliberate injury to an opponent may also be assessed for teeing.

The signal for Teeing is using a clinched fist of the non whistle hand and moving into the middle of the forearm of the whistle hand.

Throwing Stick/Object

Under Rule 637 (a), a major plus game misconduct penalty, in lieu of a minor penalty, shall be assessed to any player who shoots or throws any portion of his stick in the direction of the puck. For any other object a minor penalty shall be assessed. This paragraph replaces the first paragraph of Rule 637 (a) in the Official Playing Rules of USA Hockey. All other rules under Rule 637 (a) shall be enforced as written including no penalty for a broken stick being discarded in a way to not interfere and a penalty shot being awarded for a stick thrown in the defensive zone in a manner to prevent a goal.

A major plus game misconduct penalty shall be assessed to any player who throws any portion of his stick or any other object outside of the playing area. This paragraph replaces Rule 637 (c) in the Official Playing Rules of USA Hockey.

A Match Penalty shall be imposed on any player who deliberately throws a stick or any part thereof or any object at a Game Official.

PUSHER RULES

What is a Pusher in Sled Hockey?

A pusher is an individual who is on skates (and wearing other required protective equipment) during a sled hockey game and pushes a player who cannot propel a sled themselves. A pusher uses handles which are attached to the back of the sled of the player being pushed.

What is a Pusher's Responsibility?

- To propel the player who has limited mobility (or other disability which prevents him/herself from participating in play i.e. blindness, etc.) and cannot propel him or herself.
- To keep players safety in mind at all times, and out of harm's way.
- To provide the player the opportunity to play the sport of sled hockey.

Pusher Requirements

- A pusher must be registered with USA Hockey as a player, coach, or volunteer.
- A pusher must wear hockey skates (no figure skates) and a HECC approved helmet. A pusher under 18 must wear a helmet and full face mask.
- A pusher is strongly recommended to wear full hockey equipment.
- A pusher must wear a jersey, warm up, or uniform of the player's team they are pushing.
- A pusher must have adequate skating ability. The referee may remove a pusher if they are not able to skate well enough to keep the players safe.
- All pushers and coaches are not allowed to have an ice hockey stick during warm-ups or during game play at anytime.
- Pushers and coaches are not allowed to sit in the bench area on top of the boards.

The Pusher will not be allowed to participate in the game and may be removed by the referee if pusher requirements are not met.

In Game Playing Rules for Sled Hockey Pushers

- A pusher may not pull the pushed player backwards unless the pushed player is in harm's way.
- A pusher may not push their player faster than the average speed of the player on the ice. This includes accelerating faster than the average player and turning faster than the average player.
- A pusher may not catch the opposing team's puck carrier from behind.
- A pusher may not use their skates or any other body part to block, deflect, or advance the puck.
- A pusher may not use themselves to set up a screen.
- A pusher may not trap the puck beneath the pushed players sled and the ice in an attempt to advance the puck.
- A pusher may not advance the puck with the front part of the sled.
- A pusher may not dominate or intimidate opposing players.
- A pusher must keep a minimum of one blade of the pushed players sled on the ice at all times.
- A pusher may not lift up the front of the sled or lift up the back of the sled off the ice.

- A pusher may not jump for any reason. The pusher's skates must remain on the ice at all times.
- A pusher may not use a hockey stick to push.
- A pusher may not coach/communicate with any other players on the ice while pushing. They are simply there to push their player. A pusher may communicate with only the player their pushing.
- All Pushers/pushed players are not allowed to play within the area in their defensive zone with imaginary lines drawn from the defending goal posts to end face-off spots and out to intersect the top of the face-off circles. (See diagram 1)
- A pusher may not line up during a face-off in their defensive zone anywhere in the shaded area.
- A pusher/pushed player may not check or be checked. Light body contact is allowed.
- A maximum of two (2) pushed players for each team are allowed on the ice, in play, at any one time.
- A pusher shall not move a player in a fashion that assists the player in shooting or passing the puck.
- A pusher must push a player in a fashion that maintains both skate blades of the sled on the ice at all times.

If there is an infraction of any of the above, a minor penalty shall be assessed to the pusher and player being pushed. Both must serve the penalty and sit in the penalty box/area. It will be an unsportsmanlike penalty.

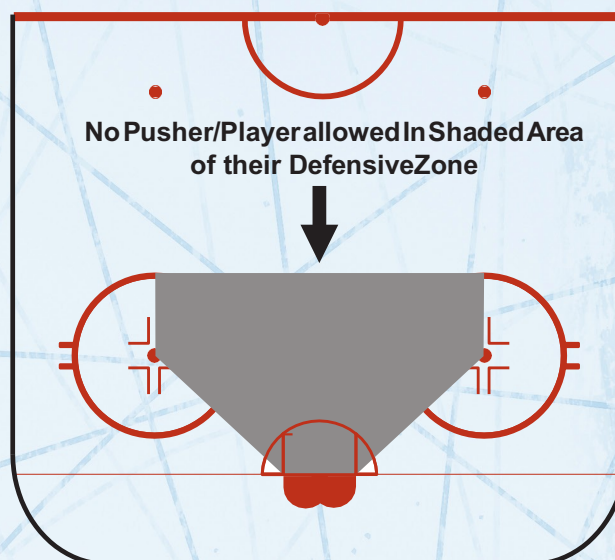
(Note) Referees should be aware to call a penalty on the first infraction of any of the above rule infractions to avoid teams using a freebie or warning to their advantage.

If a pusher commits two (2) minor penalties in one game, the pusher will no longer be allowed to push in that game for any player. The pushed player will be allowed to continue to play with a different pusher.

Pushers/Coaches/Referees are permitted to help a player get up that cannot get up on their own (in a reasonable amount of time — players should not be left lying on the ice) during game play. However, the player or the Pusher cannot intentionally or unintentionally affect the game. If an obstruction of the game occurs intentionally a minor penalty will apply. If an obstruction of the game occurs unintentionally the referee must stop play and the ensuing face off shall take place at the nearest neutral zone face off spot.

Coaches shall not stand on the ice surface while the game is in progress, Coaches shall remain on the players bench. Only coaches/pushers wearing skates and helmet to assist players are allowed on the ice during games.

PUSHER/PLAYER RESTRICTED AREA



SLED HOCKEY EQUIPMENT RULES

General Rules

- Mouth guards are strongly encouraged for every player in any division.
- Neck guards are strongly encouraged for every player in any division.
- Hockey Pants are not required.
- All other normal hockey equipment rules and guidelines apply as outlined in Official Playing Rules of USA Hockey.

Reasonable modifications to general hockey equipment rules may be permissible if the player must have these modifications in order to participate because of their disability. Any modification must be requested and notified to USA Hockey in advance of participation involving the modification.

The use of prosthetics or other equipment made of hard or unyielding material that is not completely covered by protective equipment must be covered on all exterior surfaces with no less than ½ inch thick, high-density, closed-cell polyurethane or an alternate material of the same minimum thickness and similar physical properties to protect an injury.

In addition to USA Hockey typical hockey equipment rules, the following apply to sled specific equipment.

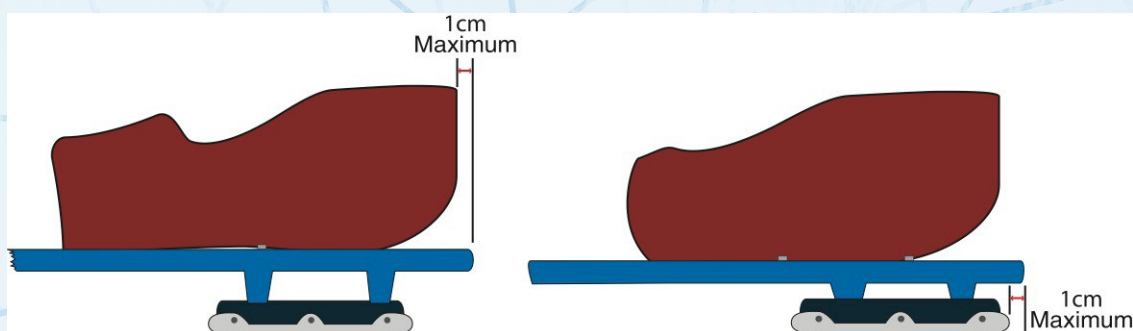
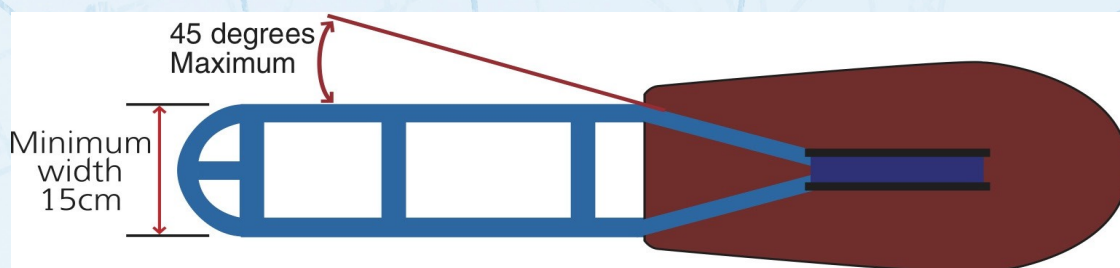
Sled Player Equipment (Mobility Devices) Player Equipment shall be defined as the sled, skag, bucket, skate holder, skate blade, sticks and picks.

Sled Frames

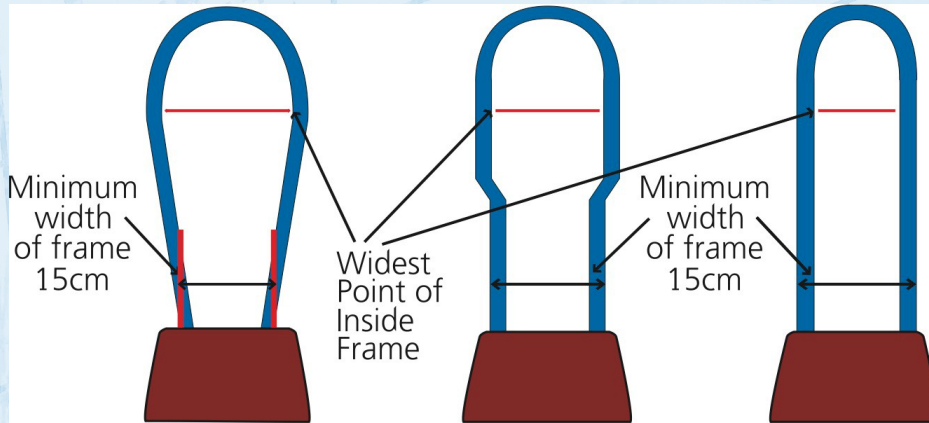
Sled frames may be constructed of the following approved material: Steel, aluminum, titanium and magnesium. The Material must be cylindrical and not have a diameter smaller than 1.5cm or greater than 3 cm.

The frames main side rails shall be 15 cm MINIMUM width (measured from the outside of the frame) and a maximum width no greater than the seat of the sled. The side rails of the frame may taper underneath the seat to accommodate the blades; any taper must NOT exceed 45 degrees.

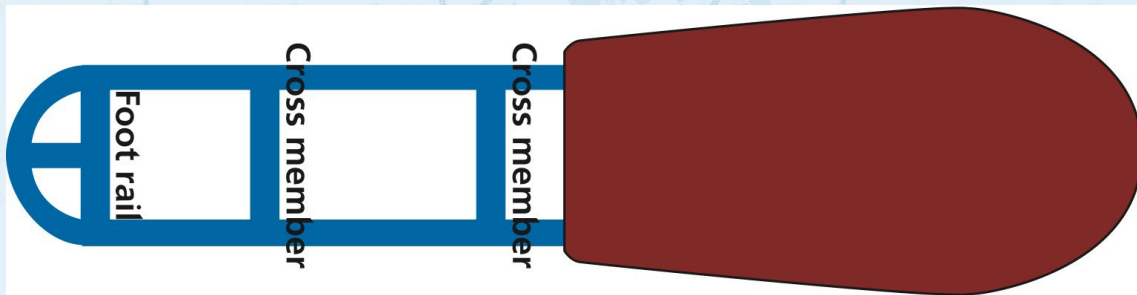
No more than 1cm of the frame may protrude beyond the rear of the seat. The blade carrier may sit on the rear end of the frame, however the frame must protrude 1 cm beyond the end of the blade.



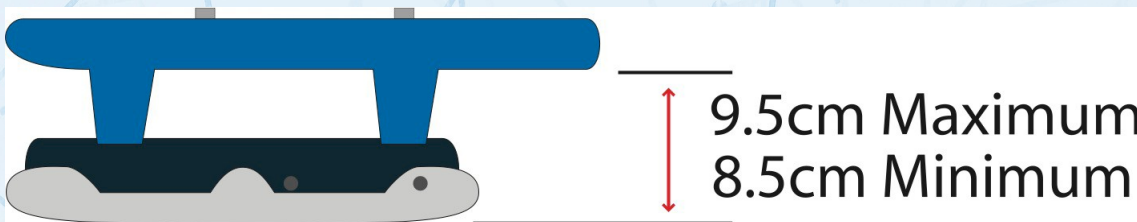
The front of the sled shall have a continuous curve with a maximum radius one half (1/2) of the inside width of the frame at its widest point forward of the seat. The following materials may be used in constructing this piece: Steel; Aluminum; Titanium; Magnesium, Polyurethane.



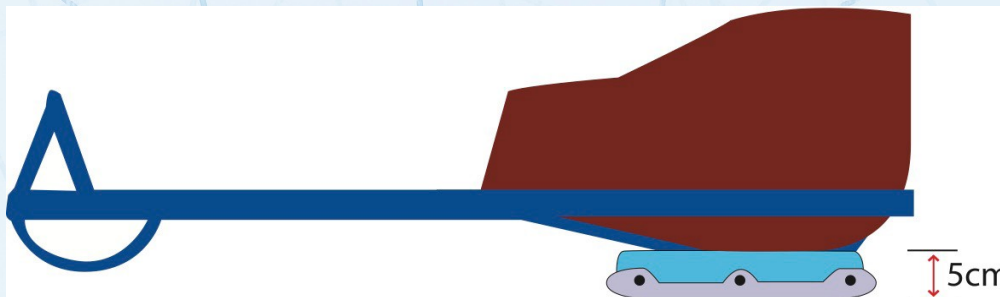
The frame may be fitted with a maximum of (4) four cross members, and one foot rail, mounted forward of the seat. The cross members may be square or cylindrical and not have a diameter smaller than 1.5cm or greater than 3 cm.



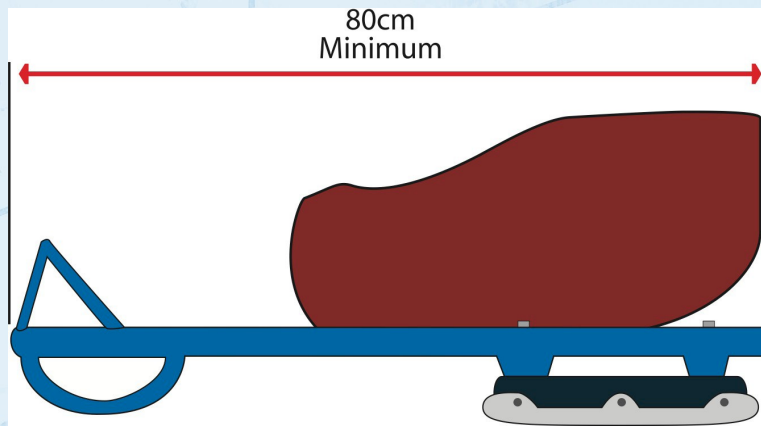
The height of the main frame measured from the ice to the bottom of the frame shall be a minimum 8.5 cm and maximum of 9.5 cm.



Players seats/buckets may sit on the ice hockey blades/ blade carrier, as long as it is not below 5cm.

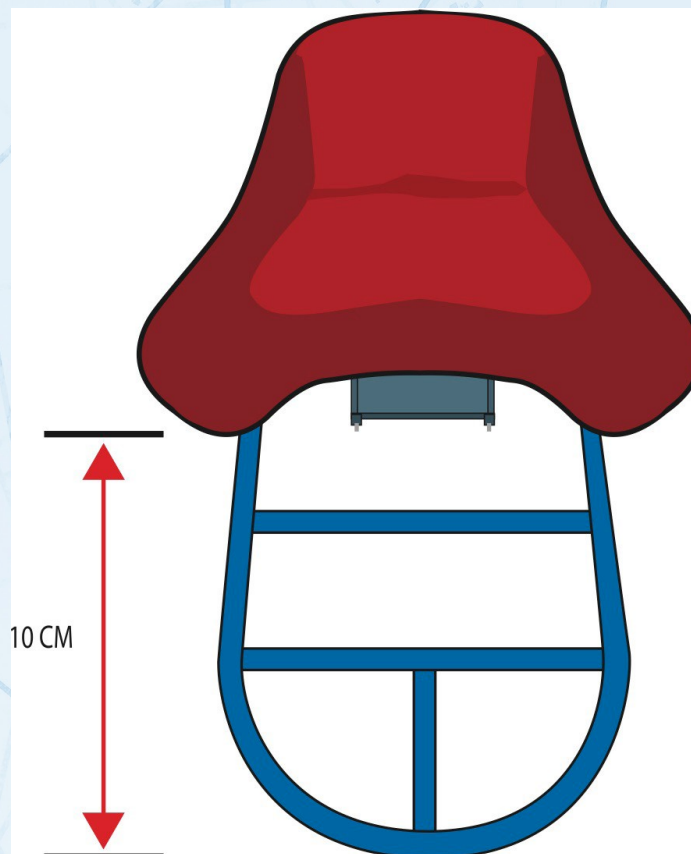


For a double amputee, the minimum length of the frame must be 80 cm and accommodate the front skid

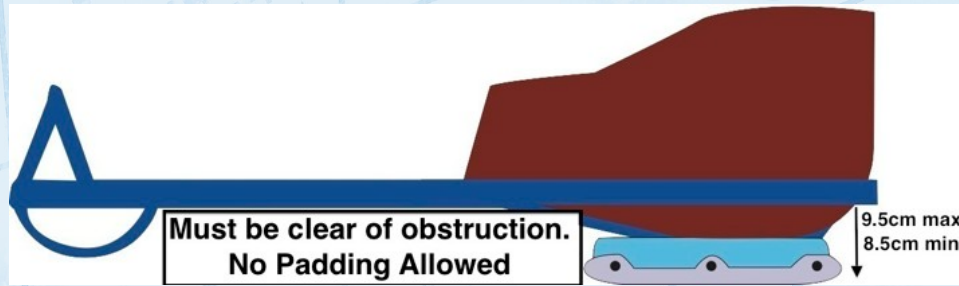


The minimum length of the goalkeepers' sled frame must:

- Extend 10 cm beyond the front end of the players seat bucket.
- Accommodate the front skid.
- Shall have a footguard/support not be less than 5 cm high minimum and no more than 15 cm high maximum, if applicable.



The area from the bottom of the side rails frame tubing to the ice must be a minimum of 8.5 cm and a maximum of 9.5 cm. The area behind the end of skag and in front of the blade and blade hold carrier must be free and clear. No padding or construction of any kind may cover this area.



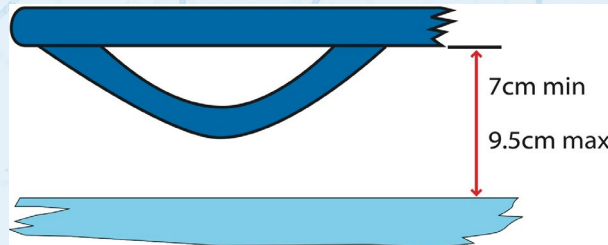
A plate or any kind of device covering the space between the sled frame side rails is not permitted.

Front Skag

The Sled must have one skag. The front skag must be attached to the frame not more than 3 cm from the front of the main frame. The skag must be mounted in the center of the frame and extend backwards. The skag measured from the frame downward towards the ice must be no less than 7 cm minimum and 9.5cm maximum.

The skag may be made of the same material as the main frame. If made of the same material, it must be cylindrical and have a 3 cm maximum.

The skag may be designed of a nylon/plastic material. It may be solid in shape and have a 1.5cm minimum and a 3 cm maximum.



Skags can not be designed in the following styles:

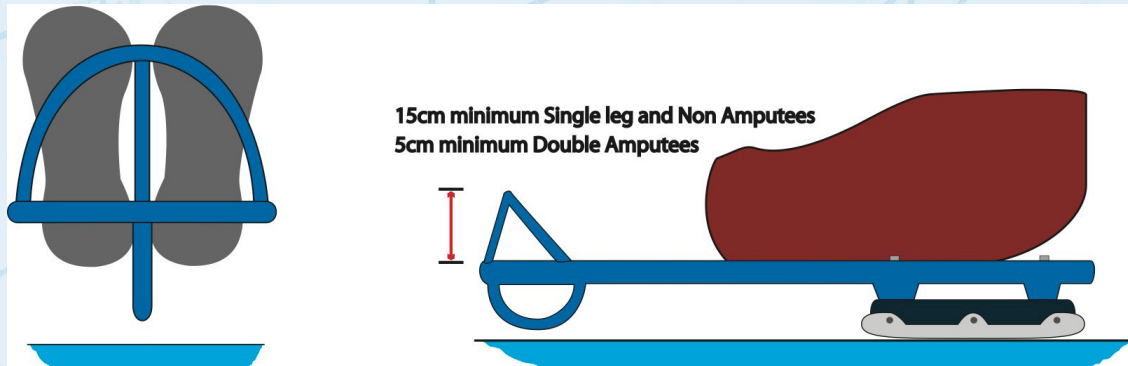


Foot Guard/Support

A foot guard/support is NOT required, however STRONGLY RECOMMENDED.

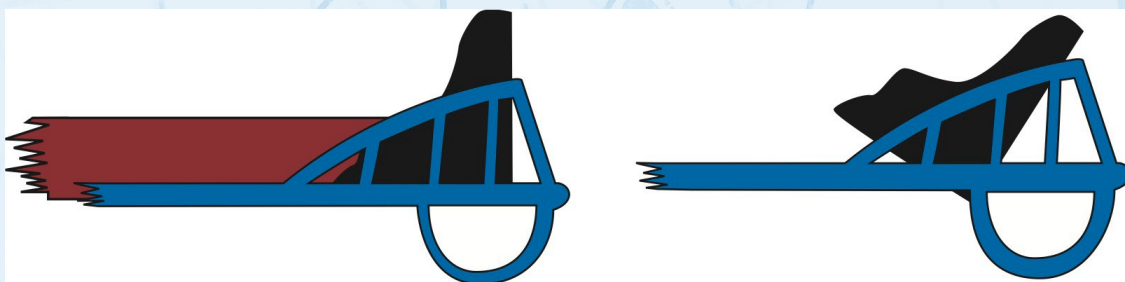
If in use, it must be made of the same material as the main frame, and have a diameter of not less than 1.5cm minimum and 3cm. The foot guard/support shall vary in height (depending on each player's foot size), but shall be a minimum of 15cm high and must not extend outside the main frame, nor extend above the player's feet/foot.

(Note) Double amputee's foot guard/support shall be a minimum of 5cm high.



Foot Protection

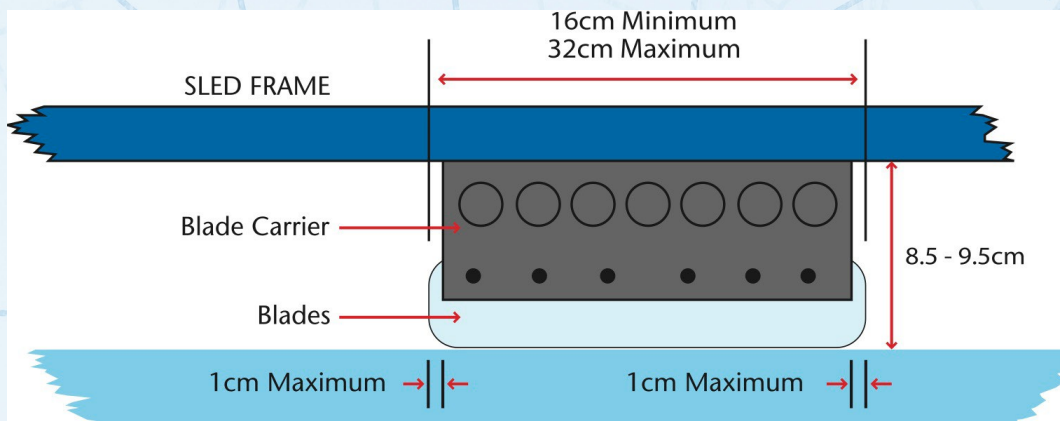
Ice Hockey Skate Boots as protection are NOT required, however STRONGLY RECOMMENDED. A guard built into the main frame may also act as suitable protection.



Skate Blades/Blade Carrier

Each Sled shall be mounted with one (1) blade minimum and two (2) blades maximum, mounted parallel and square under the seat of the sled, there is no minimum width that the blades are set apart. The maximum width is the width of the seat. The blades must be a minimum 16cm and no longer than 32cm maximum. The blades must not protrude more than one (1) centimeter beyond the front or back of the blade carrier.

(Note) Plastic blades are acceptable for Goalkeeper's only.



Sled Bucket (Seat)

The Bucket may be made from any suitable material and must have no sharp edges (edges rounded off). No more than 1 cm of the frame may protrude beyond the rear of the bucket.

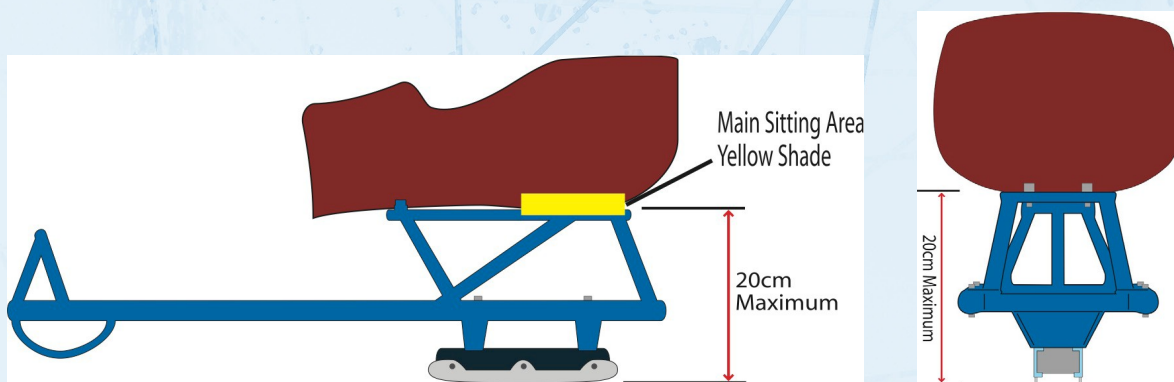
(Note) If the goalie sits cross-legged, the bucket may be extended sideways to protect the knees, but may not protrude more than 1 cm beyond the player's knees.

The maximum height a seat may sit above the ice is 20 cm, measured from a flat surface to the lowest point of the underside of the main seating area of the seat. (See diagram below.)

Removable seat cushions or built-in padding or combination thereof must NOT exceed 5cm in height, nor overlap the seat.

No external projection or protuberance beyond the seat or back support towards the rear of the sled will be allowed in excess of 1 cm.

Straps and/or adhesive tape may be used to secure player's feet, ankles, knees and hips to the sled.



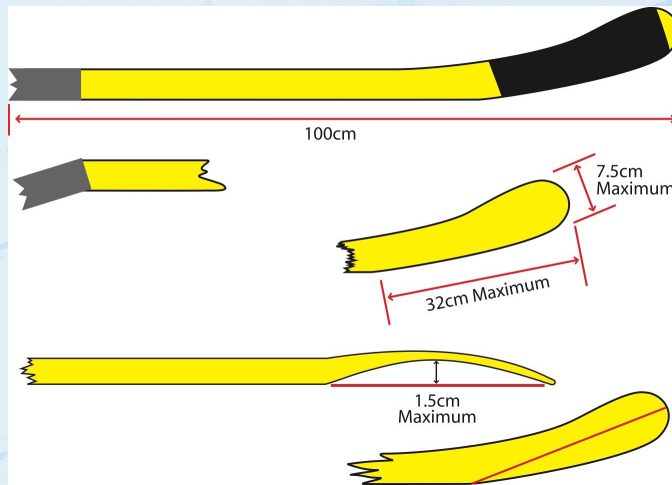
Sled Hockey Stick

Sticks may be made of wood or other material, such as carbon, aluminum, fiberglass or plastic. They shall not have any projections and all edges must be beveled. Adhesive, non-fluorescent, tape of any color may be wrapped around the stick at any place. The shaft must be straight.

Sticks are not allowed to be affixed in any fashion to the sled or body, except they may be affixed to the glove to assist in holding the stick.

No player's stick shall exceed 100 cm from the toe to the pick end of the shaft. The shaft of the stick shall not be less than 2 cm and no more than 2.8 cm in thickness. The blade of the player's stick shall not exceed 32 cm in length and 7.5 cm in width

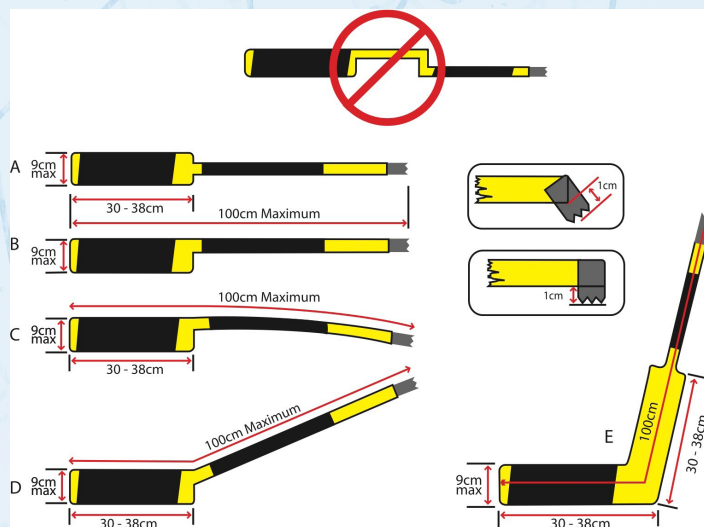
The curvature of a player's stick blade, measured in such a way that a straight line drawn from the heel to the base of the toe shall not exceed 1.5 cm at the point of maximum curvature



No goalkeeper's stick shall exceed 100 cm measured along the center line. The shaft of the stick shall not be less than 2 cm and no more than 2.8 cm in thickness. The blade of the goalkeeper's stick shall have a minimum length of 30 cm and shall not exceed 38 cm in length and 9 cm in width.

The Goalie's stick may have an additional pick at the base of the blade not exceeding 1 cm, set at 90 degrees at the butt end of the stick to facilitate movement back and forth in the goal (i.e. push or pull).

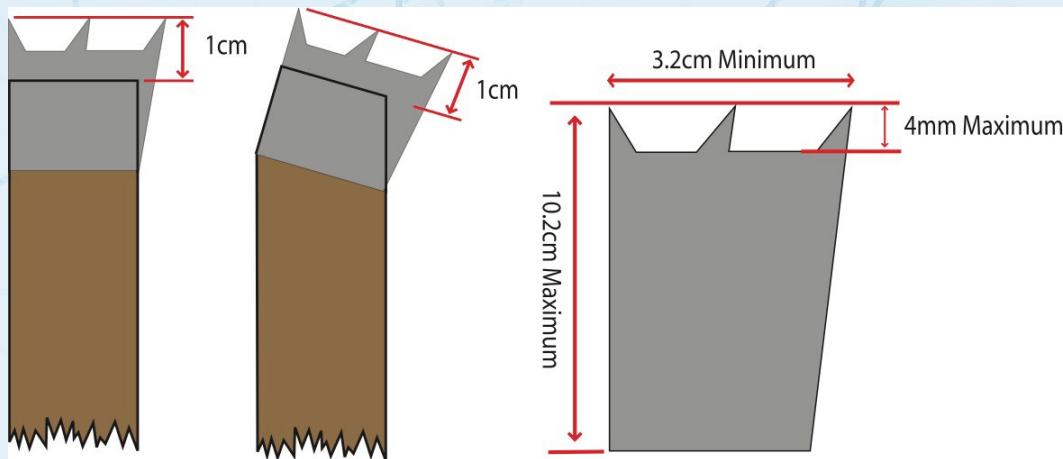
The curvature of a goalkeeper's stick blade, measured in such a way that a straight line drawn from the heel to the base of the toe shall not exceed 1.5 cm at the point of maximum curvature.



Picks

The depth of the TEETH on the “pick-ends” shall NOT extend more than 4mm. A set of “pick-ends” must be fixed to the lower or butt end on each side of the stick, and have at least a total of 6 teeth of equal length per stick (a minimum of 3 each side). The “pick ends” may be made of any strong material, including steel, and the entire length of the “body” of the pick may not be longer than 10.2cm (4 inches). The “pick-ends” shall not extend more than 1 cm beyond the butt end of the stick. The “pick-end” may be beveled but not extend beyond 1 cm at any angle.

Picks shall have a minimum width of 3.2cm.



Goalkeeper's Equipment

Helmet: Only HECC approved helmets and masks are allowed per the Official Playing Rules of USA Hockey.

Should a hard shot hit the goalkeeper's facemask while play is in progress, the play may be stopped at the discretion of the Referee only if no immediate scoring chance is presented to the opposing team.

If a goalkeeper removes his helmet and/or facemask in order to bring a stoppage in play, the Referee shall assess the offending goalkeeper a Minor penalty.

If a goalkeeper removes his helmet and/or facemask in order to bring the stoppage in play in a breakaway situation, the Referee shall award to the non-offending team a Penalty Shot (PS).

If a goalkeeper removes his helmet and/or facemask in order to bring the stoppage in play during a penalty shot, the Referee shall award to the non-offending team a goal.

Catching Glove: Only hockey gloves are allowed per the Official Playing Rules of USA Hockey. These shall be allowed to have fixed protuberances or picks protruding but must be securely attached to the catching glove. The picks shall not exceed 1 cm in length.

Blocker: Only hockey blockers are allowed per the Official Playing Rules of USA Hockey. These shall be allowed to have fixed protuberances or picks protruding but must be securely attached to the blocker. The picks shall not exceed 1 cm in length and can only be affixed to the finger portion of the blocker.

Leg Protection: The goalkeeper's side leg guard shall not exceed 5 cm higher than the leg(s) of the goalkeeper, and not extend beyond the feet. A goalkeeper may use hockey shin guards or baseball shin guards as protection. A goalkeeper may use one pad to protect one leg or two. The goalkeeper's side leg guard or any kind of device or material shall not extend below the side rails of the sled frame.