



# Hockey Alberta

## PARA HOCKEY RULE SUPPLEMENT

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### 1.0 BASIC RULES

- 1.1 The following Para Hockey Alberta rules will be used as a complement to the Hockey Canada Rules.

### 2.0 ELIGIBILITY

- 2.1 Junior teams will be permitted to register overage participants based on the developmental need of the participant(s) and have support of the player's parent(s)/guardian(s), if applicable. The Para Hockey Club must notify the Para Hockey Committee of any overage participant(s) registered within the Junior Level.
- 2.2 Intermediate teams will be permitted to register underage participants based on the developmental need of the participant(s) and have support of the player's parent(s)/guardian(s). The Para Hockey Club must notify the Para Hockey Committee of any overage participant(s) registered within the Intermediate Level.
- 2.3 Players registered with a Hockey Alberta Para Hockey Club team may be on the roster of only one team at any one time for games but may practice with another team(s).

### 3.0 COMPOSITION OF TEAMS

- 3.1 Up to two (2) members of a team's registered bench staff (i.e. coach, manager, pusher) may be on the ice during games. On ice bench staff must wear skates and a CSA approved helmet (face mask not required) and may not carry a regular hockey stick. On ice bench staff are not to leave the players' bench area during playing time, except to assist and upright a player. Positioning will be done during stoppages in play.

- 3.2 Pushers

A player who could not otherwise move a Sledge independently will be allowed to play with a pusher.

Pushers are not to be counted among the maximum number of players and team officials/bench staff permitted in a game.

Pushers are to be indicated on the game sheet with a 'P' next to their name.

These players will be able to play in the neutral zone and attacking zone without any

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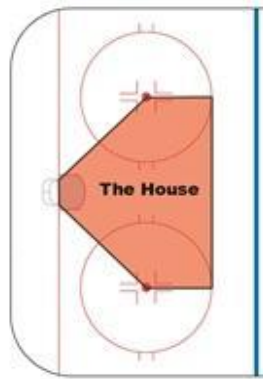
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space (ice) limitations. Pusher/players are not allowed to play within an area in their defensive zone bounded by the area with lines drawn from the defending goal posts to end face-off spots and out to intersect with the edge of the face-off circle closest to the blue line (please see Figure 1). This allows the player to play within his/her defensive area but out of the slot area for safety and to limit interference of play.

### PUSHER RULE

The area blocked out in the defensive zone, shown in Figure #1 below, is the area that the player/pusher may not play within.

*Figure #1, Rule 3.2*



After one (1) warning, a minor penalty for interference will be assessed for an infraction of this rule.

If any fraction of the below is committed, a minor penalty will be assessed to the player and pusher and both will be required to sit in the penalty area.

- The pusher may not intentionally stop or pass the puck with their skates
- The pusher may not skate as fast as a puck carrier
- The pusher may not skate faster than the average speed of the players on the ice of both teams
- The pusher may not skate backwards with the player – only to turn
- The pusher may not use a hockey stick to push – handles or by hand
- The pusher may not coach other players on the ice while pushing
- The pusher may not dominate or intimidate other players

3.3 If a player is caught or interfered with by a pusher while on a clear breakaway from center red line and the scoring chance denied, the attacking player will receive a penalty shot, to restore the scoring opportunity.

3.4 Pushers **MUST** wear ice hockey skates, a CSA approved helmet with a full-face



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guard and a matching team sweater. They may choose to wear additional personal protective devices.

- 3.5 Pushers are allowed in Junior and Intermediate.
- 3.6 Maximum of two (2) pushers for each team on the ice, in play, at any one time. Minor penalty for infraction of this rule.

### 4.0 THE RINK

- 4.1 A standard ice hockey rink with standard ice markings and goals shall be used.
- 4.2 If the arena/ice surface has not been converted for Sledge hockey, the referee shall designate to each team a specified area on the ice between the center line and the blue lines on the playing surface as “bench areas”. Player’s benches may be on the same side as the referee’s semi-circle near the timekeeper’s box to avoid interference with the game or frequent stoppages of play.
- 4.3 If the arena/ice surface has not been converted for Para hockey, penalty box areas will be located against the boards on either side of the center line, in front of the penalty box.
- 4.4 If the arena/ice surface has been converted for Para hockey (i.e. sledge accessible player/penalty benches with plexiglass for viewing and level access to ice), it is recommended that teams use the sledge accessible player/penalty benches if all of the players can access them independently or with minimal support. If it is not appropriate to use the sledge accessible player/penalty benches, teams may choose to specify bench areas and penalty box areas on the playing surface as described above.

### 5.0 OFFICIALS AND AUTHORITY

- 5.1 “On ice” officials must be carded through:
  - Hockey Canada
- 5.2 It is recommended to utilize two (2) “on ice” officials for all Para hockey games.
- 5.3 “On ice” officials have the authority to measure the Sledges, sticks and other equipment prior to a game and during if properly requested.
- 5.4 It is recommended that the “on ice” officials inspect the Sledges or equipment for safety prior to the start of the game.



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- 5.5 Illegal equipment will be removed from the game immediately and the offending team assessed a bench minor penalty and served by the offending player or player on the ice at the time of infraction. The goaltender shall not serve any penalty. Repeated use of the same or similar illegal equipment will result in a game misconduct to the offending player.
- 5.6 Registered **Team Officials** (coaches, trainers) are required to adhere to the Coach Education Requirements for Para Hockey as outlined in the Hockey Alberta Regulations.

### 6.0 GAME TIMES AND DURATION

- 6.1 Each game shall be divided into three (3) periods of playing time. Each period shall be 15 minutes in length with stop time.

The ice will be cleaned prior to the start of every game. A flood between periods is not required.

Teams shall be allotted a five (5) minute on ice warmup prior to the start of the game. The game shall commence following warmup.

A minimum of three (3) hours between games is required.

- 6.2 Teams and officials should arrive 30 minutes before the start of a scheduled game.
- 6.3 The Official time keeper shall operate the game clock. All goals, assists and penalties will be recorded on the official game sheet. A copy of the official game sheet will be distributed to each team as well as a copy being sent to Hockey Alberta.
- 6.4 Teams should contact the home team a week in advance to confirm game time and location.
- 6.5 Teams should contact and notify the home team of severe winter weather, as to their arrival for game time. This should be done 48 hours prior to game time and stay in contact until game day.
- 6.6 FORFEITURE POLICY
- Team forfeits a game if they do not show for a game or show without the minimum number of players (8, including goaltender);
  - In all cases, winning points awarded to non-forfeiting team;
  - Forfeitures must be reported to Hockey Alberta by the non-forfeiting team as soon as possible;



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- 48 hours' notice should be given by a team unable to show for a game. If less than 48 hours' notice given, except for exceptional circumstances, forfeiting team must pay referee and timekeeper costs to opposing team regardless if paid or not;
- Non-forfeiting team is **not** required to agree to rescheduling the game;

*Information for Sections 7.0 SLEDGES, 8.0 STICKS, 9.0 GOALTENDERS EQUIPMENT, and 10.0 PROTECTIVE EQUIPMENT is sourced from the World Para Ice Hockey Rules. If there are any discrepancies due to updates and changes, the current World Para Ice Hockey Rules prevail.*

### 7.0 SLEDGES

- 7.1 The height of the main frame measured from the ice to the bottom of the frame shall be 8.5 - 9.5 cm
- 7.2 The length of all runners in contact with the ice must not exceed one third (1/3) of the total length of the Sledge.
- 7.3 Devices under the Sledge (except for runners) are prohibited except for anti-tipping devices.
- 7.4 No objects including a hockey stick may be attached to the sides of the Sledge. This is considered potentially dangerous and illegal, therefore, must be removed.
- 7.5 The puck must be able to roll on edge beneath the Sledge, excluding the front skid and where the runner/blades are attached.
- 7.6 The Sledge may be equipped with a back rest (chair back), but it must not protrude laterally beyond the armpits of the player when properly seated on the Sledge. The back rest may be padded and shall have rounded edges/corners with no hard or sharp obstructions to the sides.
- 7.7 No external projection or protuberance beyond the seat or back support towards the rear of the Sledge will be allowed in excess of 10 mm
- 7.8 The player's feet, ankles, knees and hips must be secured to/in the Sledge. If a player continues to fall out of the Sledge or feet are on ice continually, one (1) warning and assess minor penalty for illegal equipment.

### 8.0 STICKS

- 8.1 A player's stick(s) shall not exceed the maximum length of 100 cm, to be measured along the center line of the stick, and to include the blade and picks.



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- 8.2 The depth of the teeth on the pick-ends shall not exceed four (4) mm. The pick-ends must be fixed to the lower butt end of the stick and may not end in a single, sharp point, but have at least six (6) teeth per stick. Each tooth of a pick shall not be conical or come to a sharp needle-like or piercing point to avoid puncturing type wounds or possible slashes, intentional or accidental. The pick end may be made of any strong material including steel but not to exceed the width of the stick nor be longer than 10.2 cm (4 inches). The pick ends shall not extend beyond one (1) cm of the end of the solid portion of the stick.
- 8.3 The blades of the stick shall not exceed a height of 7.5 cm, or a length of 32 cm, measured from the toe to the heel. Both the player's sticks may be equipped with a blade.
- 8.4 A player may utilize two (2) sticks, with blades, to facilitate stick handling and ambidextrous shooting.
- 8.5 The goaltender may use two sticks, the second stick must be the dimensions of a regular player's stick.
- 8.6 One of the goaltender's sticks may be equipped with a larger blade. The blade must not exceed 39 cm in length and 9 cm in width. The goal stick shall have a maximum length of 100 cm (including the blade) to be measured along the center line of the stick. The goaltender's stick may be curved similar to a players' stick and may have an additional pick at the base of the blade not exceeding the regular pick projection of one (1) cm, at right angles to facilitate movement back and forth in the goal (e.g. push or pull).
- 8.7 The handle, shaft and blade of a stick (including goaltender's stick) may be made of wood, plastic or aluminum/titanium but must not have any pockets, projections, netting or other contrivance designed to catch or hold the puck.

### 9.0 GOALTENDERS EQUIPMENT

- 9.1 The goaltender shall be allowed to use specialized goaltending equipment such as blockers and catchers' gloves. The catching glove shall be allowed to have four (4) protuberances or picks securely attached to them that cannot exceed 1cm in length. This arrangement shall be made in substitute of the other stick.
- 9.2 The goaltender's equipment shall be secured so as not to impede the passage of the puck, rolling on edge, beneath the goaltender's Sledge. Goal pads and equipment must be 8.5 – 9.5 cm off the ice. No aprons or items to be fastened to the side of the Sledge (dragging).

### 10.0 PROTECTIVE EQUIPMENT

- 10.1 The wearing of a CSA approved hockey helmet with a full cage or mask covering the entire face is mandatory.
- 10.2 The wearing of a protective throat collar or bib is mandatory (must be BNQ approved).
- 10.3 The wearing of elbow pads is mandatory.
- 10.4 The wearing of shin pads is mandatory.
- 10.5 The wearing of protective gloves is mandatory (hockey, ball hockey, lacrosse protective type).
- 10.6 The wearing of shoulder pads is mandatory.
- 10.7 It is strongly recommended that all Para hockey players, particularly the goalkeeper, wear full protective safety equipment as defined in accepted hockey rules for able-bodied ice hockey players.
- 10.8 After one (1) warning by the Referee to remove or fix any equipment, a minor penalty shall be assessed to the offending player wearing or using non-conforming equipment.

### 11.0 PENALTIES SPECIFIC TO SLEDGE HOCKEY

- 11.1 In the Junior Level, any intentional body check would be assessed as a **minor penalty** and any unintentional contact would **not be penalized**.

If an injury results = Major penalty + game ejection + suspension would be assessed.

- 11.2 Intentionally turning up the under part of a Sledge or turning the blades towards a player will result in a **major penalty** plus a **game misconduct**. If severe, a **match penalty** may be assessed.
- 11.3 Checking with the Sledge at a slight angle (45-degrees or less) is permitted from the side, providing elbows/arms/sticks are kept low. If not, this may result in a violation of the rules. Please refer to Figure 2.

Figure #2, Rule 11.3



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- 11.4 Body checking is allowed with the upper body and to the side of a player, providing that the elbows/arms/sticks are kept low. You may check a player from either side with your Sledge or body. If not, this may result in a violation of the rules. Please refer to Figure 3.

*Figure #3, Rule 11.4*



- 11.5 Intentional running into an opponent at a 90-degree angle from the front or side, (teeing) will result in a **minor penalty**. If injury results, a **major penalty** plus a **game ejection** plus a **game misconduct** will be assessed. Please refer to Figure 4.

*Figure #4, Rule 11.5*



- 11.6 Ramming or checking from behind will result in a **minor penalty**. If injury results, a **major penalty** plus a **game ejection** plus a **game misconduct** will be assessed. Please refer to Figure 5.

*Figure #5, Rule 11.6*







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- 11.7 A player may not stick the picks of their stick into the puck to play or to control the puck. Play will be stopped immediately, and no penalty called. After one (1) warning, a **minor penalty** will be assessed for delay of game.
- 11.8 A player with a broken stick may use any portion of the stick to propel themselves to their bench for a replacement, while doing so the player must not participate in the play in any manner. If the player participates in the play, a **minor penalty** will be assessed.
- A goaltender may continue to play with a broken stick until the next stoppage of play or until the goaltender has been legally provided with a new stick.
- 11.9 Any player that participates in the play while carrying more than two (2) sticks shall be assessed a **minor penalty** for ineligible player.
- 11.10 The puck shall be considered frozen or unplayable by the referee if the puck is out of sight or stays under the goaltender's gloves or equipment or stays under the Sledge. The referee shall stop play and hold a face off at the appropriate face off spot. **Note:** If the goaltender has the puck under the Sledge and appears to be protecting the puck from the opponent, the referee shall consider this as the puck being covered, then blow the whistle, stop the play to prevent ramming and pushing. This is protection for the goaltender.
- 11.11 A goaltender, unless sprawling with his or her whole body to stop a shot, cannot intentionally lay the side of the Sledge down on the ice to block a shot, prior to the puck being shot or released. This is an infraction and a **minor penalty** shall be assessed for delay of game.
- 11.12 Players "taking the face-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. All other players, excluding goaltenders, must position themselves at least 4.56 m (15 feet) from the face off spot on their own side of the restraining line (hash marks) which are 91.44 cm (3 feet) apart on the outer edge of the circles, or likewise, if the face-off is mid ice. If a violation of this rule occurs, the referee shall order another face-off and the offending teams' center ice player is removed for the face-off.
- 11.13 A player caught in the attacking zone "offside" may place him/herself back "on side" by exiting the zone or by coming in contact with the blue line with one or both skate blades of their Sledge. Clearing the zone or tagging up is in effect. If all players clear the zone, play will continue. The puck must precede all players at all times while entering the attacking zone. Please refer to Figure 6.

*Figure #6, Rule 11.11*



11.14 An offside pass shall be called by the front official. The faceoff takes place in the zone of the pass, at the appropriate drop spot. The positioning of the skate blades determines the offside. If either or both skate blades are in contact with the attacking blue line, the play is not offside. The puck must precede the player(s) into the attacking zone. The center red line is not used for offside passes, only for icing calls. Please refer to Figure 7.

Figure #7, Rule 11.12

