

Sled Hockey

Facts & Figures

The Similarities

Equipment

- Protective gear must be worn at all times: helmet with a full face mask (cage or shield), shoulder pads, shin guards, elbow pads, neck guard and hockey gloves.
- Hockey pants, kidney pads, and shoulder pad extensions may be worn for additional protection.

The Game

- Like in conventional ice hockey, there are 6 players on the ice for each team; 3 forwards, 2 defensemen, and a goalie.
- Substitutes may be made when play is stopped or on the fly.
- Sled Hockey is played on a standard ice rink with standard size nets and the same size puck.
- Most USA Hockey rules apply.



The Stick

- Even though the angle of the stick is less severe than a regulation hockey stick, players are able to lift the puck off the ice when shooting or passing.
- The butt end of the stick has a medal "pic" attached to each side. Pics come in many different forms, but are all necessary to allow the player to propel the sled. Pics do not damage the ice surface any more than hockey skates or figure skates.

The Differences

Equipment

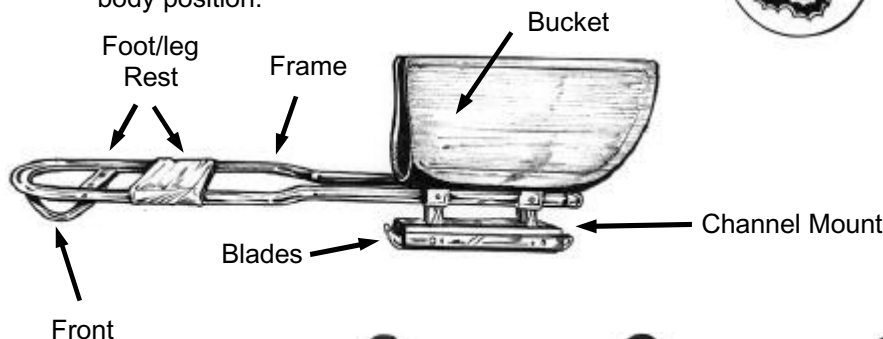
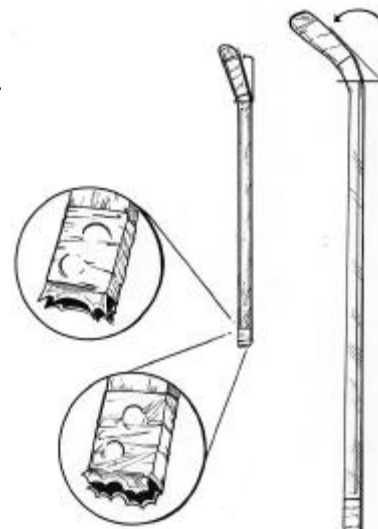
- Instead of skates, players sit in specially designed sleds that are often built to the player's individual specifications. Each sled has two hockey blades mounted on the sled frame.
- The hockey stick is only about 1/3 the length of a regulation ice hockey stick and includes 2 medal "pics" on the end.

The Game

- Team rosters are limited to 15 players or 2 complete lines and 2 goalies as compared to 3 or 4 lines in conventional ice hockey.
- Each period is 15 minutes long compared to 20 minutes in ice hockey.
- When players' benches and penalty boxes are inaccessible; players sit on the ice against the boards near center ice.

The Sled

- The sled frames are made of aluminum or steel. The frame length varies depending on the player's size.
- Buckets or seats are made of plastic and often are custom made to tightly fit the player. Buckets are mounted to the back of the frame. Steel blades are attached to a "channel mount" which is attached to the bottom of the frame.
- There is also a runner on the front of the frame which keeps the front end off the ice and prevents the sled from riding up on top of another sled.
- Straps and belts are used to maintain proper body position.



For information about sled hockey in the eastern Penn., New Jersey or Delaware area (Atlantic District) contact:
 Mike Doyle, USSHA's Atlantic District Board Member
 6106 Pleasant Ave, Pennsauken, NJ 08110
 856-488-8308, doylemj@comcast.net

