

## U.S. SLED HOCKEY ASSOCIATION RULE AMENDMENTS

The following rules will be used in USSHA competitions as a complement to the current USA Hockey "Official Rules of Ice Hockey."

### **Rule 109 players' bench     P. 9**

If a rink's players' benches for sleds hockey are not retro fitted to be accessible to sled hockey players, the players' benches shall be the area on the ice just in front of the player's bench between blue line and center line. When possible, the area adjacent to the blue lines (8-10 feet) should be left open.

If the puck enters the designated bench area and is not immediately put back in play by a player, the referee or linesman shall stop play to avoid players piling into the bench area.

### **Rule 110 Penalty Bench     P.10**

If a rink's penalty box areas are not retro fitted to be accessible to sled hockey players, the penalty bench for sled hockey shall be the area on the ice just in front of the time keepers area on either side of the center line.

If the puck enters the designated penalty area and is not immediately put back in play by a player, the referee or linesman shall stop play to avoid players piling into the penalty area.

### **Rule 301 Sticks                     P. 28**

In sled hockey the stick dimensions are:

Stick: maximum length 100 cm measured in a straight line from the toe to the pick end

Shaft: maximum width 3 cm

Maximum thickness 2.5 cm

The shaft must be straight

Blade: maximum length 32 cm from the heel to the toe.

The blade may be curved, and the curvature shall be restricted in such a way that a distance of a perpendicular line, measured from a straight line drawn from any point at the heel to the end of the blade, shall not exceed 1.5 cm.

The depth of the teeth on the pick-ends shall not extend 4 mm. The pick-ends must be fixed to the lower or butt end of the stick and not end in a single sharp point, but have at least 6 teeth per stick (3 each side) to avoid player injury or to damaged the ice surface. Each tooth on 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 ends may be made of any strong material including steel but not exceed the width of the

stick not be longer than 10.2 cm (4 inches). The pick-ends shall not extend beyond 1cm of the end of the solid portion of the stick.

A player may utilize two sticks, each with a single blade.

The goalkeeper's sticks may be equipped with a larger blade. The blade must not exceed 35 cm in length and in height, nor anywhere along the blade be less than 7.62 cm (3 inches). The goalie stick shall have a maximum length of 100 cm (including the blade) to be measured along the centerline of the stick. The goalkeeper's stick **blade** may be curved similar to a player's stick (ref.5.2.5), but may have an additional pick at the base of the blade not exceeding the regular pick projection of 1cm with a corresponding **pick** at right angles **at** the butt end of the same stick to facilitate movement back and forth in the goal (i.e. push or pull).

If the goalkeeper uses two sticks, the second stick must not be curved or grooved, but may have a blade, the dimensions of which shall not exceed those of a player's regular stick.

The handle, shaft and blade of a stick (including goalkeeper's stick) may be made of wood, plastic or aluminium/titanium but must not have any pockets, projections, netting or other contrivance designed to catch or hold the puck, thereby giving the player or goalkeeper an undue advantage in playing the game.

## **Rule 302 Skates (sleds) P. 28**

The player's sled must meet the following specifications:

- The height of the main frame measured from the ice to the bottom of the frame shall be between 8.5 - 9.5 cm.
- The material used to construct the frame must be **tubular** and not have a diameter greater than 3.0 cm. The front end shall have a **continuous** curve with a maximum radius of 1/2 the inside width of the sled frame. No part of the outer frame should have exposed pointed edges.
- The maximum blade length should not be more than 1/3 of the total length of the sled.
- Devices under the sled (except for runners) are prohibited.
- The puck must be able to roll on edge beneath the sled. No more than 1/3 of the sled may block the puck from going under the sled.
- Seat cushions, if used, must not exceed 10 cm in height when unoccupied, and may not overlap the main frame of the sled.
- The sled may be equipped with a backrest (chair back), but it must not protrude laterally beyond the armpits of the player when properly seated on the sled. The

backrest may be padded and shall have rounded edges/corners with no hard or sharp obtrusions to the sides.

- No external projection or protuberance beyond the seat or back support towards the rear of the sled will be allowed in excess of 10mm.
- Straps shall be used to secure a player's feet, ankles, knees and hips to the sled. Repeated loss of straps or adjustment on ice causing DELAY OF GAME shall be penalized accordingly.

### **Rule 303 Goalkeeper's Equipment P. 29**

The goalkeeper shall be allowed to use specialized goaltending equipment such as a blocker and trapper glove. These shall be allowed to have fixed protuberances or picks protruding but must be permanently attached to the equipment. The teeth of these picks shall not exceed 4mm in length. This trapper glove arrangement may be made as an alternative for a second stick.

The goalkeeper's equipment shall be secured so as not to impede the passage of the puck, if rolling on edge. In order for the puck to pass beneath the **goalkeeper's** sled (i.e. goalie's pads and equipment must be 8.5 to 9.5 cm off the ice including any leg padding straps which must be secure above the **goalkeeper's** sled frame).

### **Rule 304 Protective Equipment P. 31**

It is compulsory for all players in all sled hockey divisions to wear a hockey helmet and full mask certified by HECC, plus a neck guard at all times while playing and while on the player's bench, if the player's bench is on the ice.

### **Rule 606 Charging P. 80**

In sled hockey, a minor or major penalty shall be imposed on any player who charges an opponent from behind or from the side making contact with the front end of their sled to any part of the opponents sled. When contact is to the front of an opponent's sled, it will be the discretion of the Referee, if the player was charging or playing the puck.

### **Rule 609 Delaying the Game P. 82**

The puck shall be considered "frozen" or unplayable by the referee if the puck is out of sight or is caught between a player's skate blades. The referee shall stop play and call for a face-off at the point of initiation (if in the neutral zone) or at the nearest face-off circle.

**Rule 617 High Sticks P. 96**

The carrying of the blade end of the stick above the shoulders or the pick end of the stick above the waist in sled hockey is prohibited.

**Rule 626 Off-Sides P. 107**

In sled hockey the position of the player's sled blades and not that of his sticks shall be the determining factor in deciding on "off-side" violation. A player is off-side when both sled blades are completely over the outer edge of the blue line into the attacking zone.

**Rule 639 Tripping P. 124**

In sled hockey a minor penalty shall be imposed on any player who shall place his sled, stick, foot, arm or hand under the blades or front end of an opposing player's sled in such a manner that it shall cause the sled to tip or flip

**Rule 640 Unnecessary Roughness (Roughing) P. 126**

In sled hockey, at the discretion of the referee a minor or major penalty and a game misconduct may be imposed on any player who purposely tips their sled over exposing the blades of the sled or raises the sled's front end to impose injury.