Para Ice Hockey

History:
Para ice hockey was invented at a Swedish rehabilitation center in the early 1960s when a group of athletes with disabilities decided they wanted to continue playing the sport they loved -- hockey.

Equipment:
Players sit in specially designed sleds that have two hockey skate blades. Each player has two sticks with metal pics on the butt end that allow players to propel themselves.

Competition:
It is a mixed team tournament, in which women can play alongside men. There are three 15-minute periods. The match goes into overtime if the score is tied after the third period. If there is no goal in overtime, penalty shots are applied.

Description:
Para ice hockey follows the International Ice Hockey Federation (IIHF) rules, with a few modifications. Instead of standing on skates, players sit on sleds fitted with two blades. The athletes use two double-ended sticks, one in each hand. One end has a sharp pick that is used to propel the athletes, and the other has a curved blade to pass and shoot the puck.

Photo Courtesy of Disabled Sports USA (DSUSA)
For the Classroom

- Mark an area to resemble a hockey floor with goal nets.
- Adjust the distance and size of the playing surface and goal nets to better accommodate the students’ abilities.
- Students are split into two teams and play scooter hockey.
- You can use more than two goal nets for larger classes. Assign a goal net for each team.
- Students can attempt to score in any goal net.
- Instead of a puck, you can use a ball and hockey sticks made with PVC pipe.
- Ensure that students are safe by using protective equipment.
- Use a ball with a noise device for students with visual impairments.
- Instead of using a stick, students can also slap the ball with their hands so it rolls on the surface.

Decorate the classroom with a winter theme and encourage the students to wear winter accessories such as hats, goggles, scarves, and gloves.