



## 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.

