

SLEDGE HOCKEY

What is Sledge Hockey?

Sledge Hockey, also known as Sled Hockey in other countries, is an exciting alternative sport that was originally designed to allow individuals who have a physical disability to play the game of ice hockey.

Invented in the early 1960's at a rehabilitation centre in Sweden, ice Sledge Hockey is currently one of the most popular sports in the Paralympic Games.

Essentially all of the regular ice hockey rules in able-bodied ice hockey leagues apply to ice sledge hockey. However, instead of skating, players sit on specially designed sledges (a platform with skate blades on the bottom), and use two short hockey sticks that have ice picks to propel themselves across the ice.



Physical Fitness

Sledge Hockey participants discover that piloting a sledge is fun and a great form of exercise. It increases strength and coordination and also conditions the upper body. The balance used to propel, play the puck, turn and stop gives arms, back and abdominal muscles a real workout. In fact, paraplegics playing regularly notice an increase in balance when using their wheelchairs.

Who Can Play?

Everyone!... Sledge Hockey is a sport that integrates players with physical mobility limitations, amputees and able-bodied players, making it a truly inclusive sport.

Mission Statement

To establish and expand the sport of Sledge Hockey for young athletes with and without physical disabilities throughout the Simcoe County Area.

Who We Are...

The Simcoe County Sliders are a newly established recreational Sledge Hockey Team formed by the Simcoe County Sliders Parents Council. The Parents Council was formed to further develop a team after the Children's Treatment Network organized three skills building sessions for area youth in March 2013. These skills building sessions exposed children to the sport of Sledge Hockey. The Parents Council is made up of 8 committed parent volunteers, and is guided and supported by various agencies in the Simcoe County district.





We would love to hear from you...

To learn more about sledge hockey and/or other information regarding registration and volunteer opportunities.

Please visit our website at:
www.simcoecountysliders.ca

Email our team at:
info@simcoecountysliders.ca

Simcoe County Sliders
 P.O. Box 928
 Stayner, Ontario
 L0M 1S0

Darren Cunliffe
 President - Simcoe County Sliders Sledge Hockey Club
 Secretary - Ontario Sledge Hockey Association

Sledge/Sled Hockey Facts and Figures Information Guide

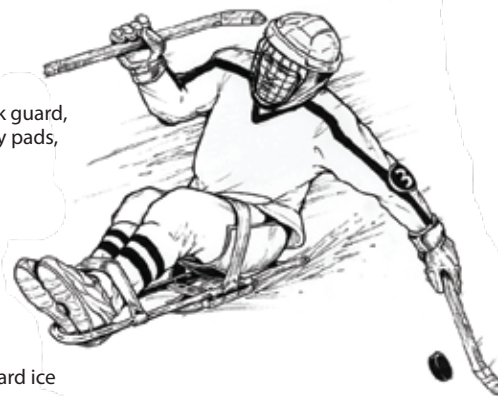
The Similarities

Equipment

- Protective gear must be worn at all times: helmet with full face mask (cage or shield), shoulder pads, neck guard, hockey gloves, hockey pants, kidney pads, and shoulder pad extensions.

The Game

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



The Differences

Equipment

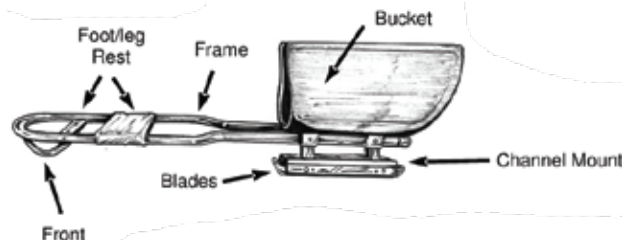
- Instead of skates, players sit in specially designed sleds that are often built to the player's individual specifications. Each sled has two hockey blades mounted on the sled frame. The hockey stick is only about 1/3 the length of a regulation ice hockey stick and includes 2 metal picks on the end.

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 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 Sledge/Sled

- The sledge frames are made of aluminum steel. The frame length varies depending on the player's size and is sometimes adjustable.
- Buckets or seats are made of plastic and often are custom made to tightly fit the player. Bucket 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.



The Stick(s)

- 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 metal pick attached to each side. Picks come in many different forms, but are all necessary to allow the player to propel the sled. Picks do not damage the ice surface any more than figure skates.

