

SLED HOCKEY

Paralympic power play

Sled hockey (or sledge hockey) is a fast-paced, body-checking, ambidextrous-shooting cousin of ice hockey:

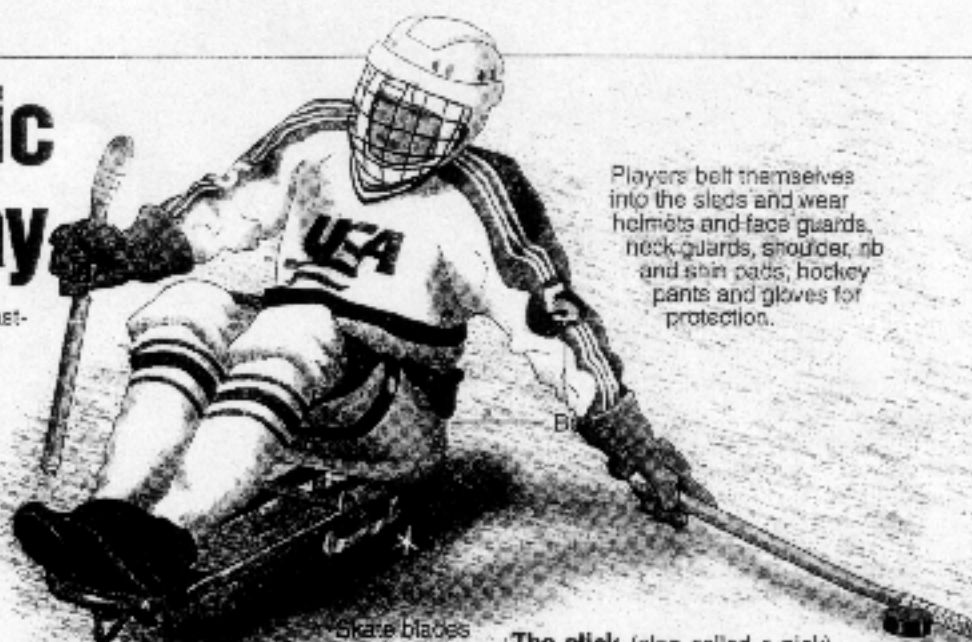
The similarities

Like ice hockey, sled hockey players check (with their shoulders, not the sled). And like hockey, hooking, slashing and cross-checking are illegal. Other similarities:

- ▶ There are six players on a side on the ice at the same time.
- ▶ Rink dimensions are the same.
- ▶ Line changes are on the fly, but are more infrequent in sled hockey.

The differences

- ▶ Players use aluminum sleds instead of skates.
- ▶ Players use a stick in each hand (ice hockey uses one).
- ▶ Sled hockey has three 15-minute periods (ice hockey has three 20-minute periods).
- ▶ There are two full lines in sled hockey and two defensive pairs; in pro ice hockey, there are four full lines and three defensive pairs.



Players belt themselves into the sleds and wear helmets and face guards, neck guards, shoulder, rib and shin pads, hockey pants and gloves for protection.

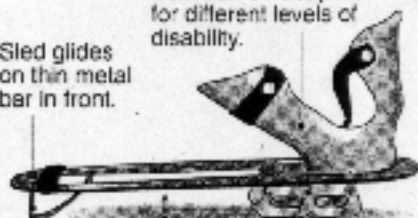
Skate blades for mobility

The sled

Varies in length from 2 to 4 feet depending on player's size.

Seat can be adapted for different levels of disability.

Sled glides on thin metal bar in front.



Sits about 3 inches off the ice so an upturned puck can travel beneath it.

The stick (also called a pick)

The angle of the blade is less severe than a regular hockey stick, which makes the puck easier to flip.

Sled hockey stick

About 2 feet

The butt end has small metal teeth, slightly more than a tenth of an inch long, that the player uses to propel himself across the ice.

About 5 feet

Regulation ice hockey stick

