

POLY HOCKEY RULES OF PLAY

GOVERNING BODY

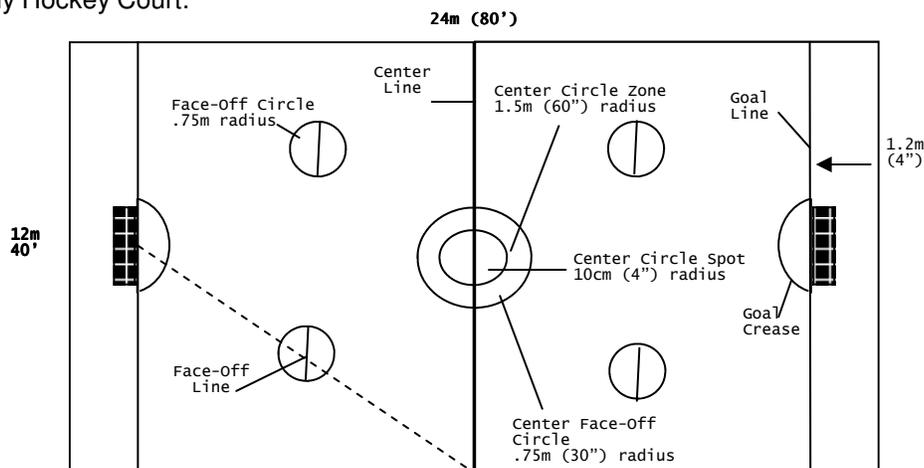
Special Olympics, Inc. is the National Governing Body for Poly Hockey. [Article 1 of the Special Olympics General Rules](#), and the SONM Rules of Play shall govern Poly Hockey competition.

SECTION A - OFFICIAL EVENTS

1. Team Competition
2. Individual Skills Contest

SECTION B - FACILITIES

1. Official Poly Hockey Court:



- a. The playing area shall be a maximum of 12 meters wide by 24 meters long (basketball court dimensions) on a level surface and properly marked for poly hockey. If the playing area is smaller than 12 m x 24 m, appropriate adjustments in the court dimensions may be made.
- b. A center line will mark the area of play such that the floor is divided into equal halves. The center line separates the court into halves. These halves constitute the offensive and defensive zones for each team. The mid-court line of the basketball court can serve as the center line.
- c. Center Circle Spot: A circular spot 10 cm in radius to be marked in the center of the center floor face-off circle.
- d. Center Floor Face-off Circle: A circle with a radius of 75 cm and a line width of 5 cm to be marked outside the center circle spot.
- e. Center Circle Zone: A circle of 1.80 meters radius and a line width of 5 cm to be marked outside the center court face-off circle.
- f. The back of the goals will be set 1 meter out from the midpoint of the end lines; and the front of the goals will sit on a goal line of 5 cm width between the two goal posts at each goal. The two goals will be set equidistant from each side of the playing area.
- g. Goal Crease: The goal crease is made of restraining lines drawn 1.5 meters from the goal line toward center circle and 1.2 meters out from each side of the goal.
- h. Goal Dimensions: The goals shall not be larger than 1.5 meters wide by 1.2 meters high. The goals must be of uniform dimensions.

- i. Four face-off circles, two in each half of the court, shall be marked off. The center points of these 4 face-off circles shall be located 4 to 7 meters from the goal posts on dotted lines drawn at 45 degree angles to the goal line, starting at the goal posts. Face-off circles will be 1.8 meters in radius. Modifications may be made based upon the size of the gymnasium.

SECTION C - EQUIPMENT

1. Poly Hockey sticks: a poly hockey stick's blade and shaft shall be that of a plastic (polyethylene) hockey set. If greater stick rigidity is desired, a 1 cm diameter dowel may be inserted into the shaft of the stick. The goalkeeper's stick may have a wooden shaft. A center's stick must be **striped with black tape around the shaft**. The goalkeeper's stick must have a plastic blade.
2. Pucks: Poly Hockey pucks shall be soft plastic "Safe Shot" pucks.
3. Goals: Poly Hockey goals shall not be larger than 1.5 meters by 1.2 meters. The goals must be of uniform dimensions.
4. All players must wear hockey helmets. Optional equipment can include shin guards, elbow pads, mouth guards, knee pads, helmet cages, and protective cups. Coaches and players are strongly encouraged to use as much of the optional equipment as possible.
5. All players must wear distinctive team uniforms with large identifiable numbers on the front and back of their jerseys.
6. Goalkeeper's Equipment: the goalkeeper must wear a face mask or a helmet with a cage attached, a throat protector and a chest pad at all times. Optional equipment includes a catching glove, shin pads, blocking pad, mouth guard, and protective cup. Excessive shin pads and blocking pads are not allowed. Manufactured shin pads and blocking pads are recognized as acceptable but with no modifications to enhance the size of the blocking surface.
 - a. Mandatory equipment for the wheelchair goal keeper include the equipment listed above with the addition of shin pads. Only manufactured "hockey" shin pads or softball catcher's shin pads are allowed.

SECTION D - PERSONNEL

1. There must be at least one head referee and two line judges.
2. There must be one scorekeeper and one timekeeper. A second timekeeper shall be responsible for penalties and act as a spotter.
 - a. SONM Chapter competitions use the following personnel: 2 competition officials, 1 timer, 1 penalty tracker, 1 penalty timers, 1 substitution monitor, and 2 line judges.

SECTION E - RULES OF COMPETITION

1. Team Competition
 - a. The Game
 - 1) A game consists of three periods of nine minutes each. There shall be a one-minute rest between each period.
 - 2) Play starts with a face-off at the center circle. The face-off starts at the sound of the referee's whistle. The referee will call "**sticks**" before the face off whistle is blown.
 - 3) After a goal is scored, play will resume at the center circle with a face-off.
 - 4) The team with the most goals after three periods is the winner. If the score is tied at the end of the third period, play shall resume with a **six-minute overtime period**. If the game remains tied at the end of the first overtime, the game shall be decided by **Golden Goal** (first goal scored).
 - a) The overtime player line-up is at the coaches discretion. The six minute overtime period

represents two three-minute substitution periods. Centers and wheelchair goal keepers are eligible for one extra substitution period in overtime games.

- 5) The puck may be advanced only by the player's sticks. Only the goalkeeper may handle the puck with his/her hands or other parts of the body. Players may trap the puck with their feet or sticks only.
- 6) Divisions for the Team Competition shall be determined by the teams' performance at Area competition and during divisioning rounds. **Note: PHSAT will not be used for divisioning.**

b. Player Substitutions and Position Definitions

- 1) The game clock will be stopped at the 4 1/2 minute mark of each period for substitutions which allows for six substitution periods. Substitution patterns are left to the discretion of the coach, as long as:
 - a) Each athlete competes in a minimum of two 4 1/2 minute substitution periods. The athlete may be substituted in consecutive periods or at any substitution period during the game.
 - 1) Failure to play all players in the minimum two substitution periods shall result in the forfeiture of the game.

Exceptions will include illness, injury, disciplinary issues, and/or to help level competition in a miss matched game. The final decision rests with the competition director and the games rules committee.
 - b) There will be **no substitutions on the fly**, however, substitutions between offensive and defensive players can occur during stoppage of play with notification to the referee.
- 2) For competitions (chapter, area, local, etc.) other than national or international competitions, it is recommended that team consist of 10-12 players.
- 3) A substitution monitoring system has been implemented showing names, numbers, and key positions of the players. The substitution chart also shows the substitution periods that each athlete will be participating in. Substitutions for injuries and behavior problems are permissible.
- 4) **Coaches are no longer required to submit a roster to the scorers table before each game. Team rosters for all teams will be at the scorer's table before the tournament begins. Each delegation will declare their rosters at the coaches meeting and those confirmed rosters will be the official rosters for each score sheet.**

The six positions filled by players on the floor at any one time are as follows:

- a) **One Center** - who is the only player allowed to move the full length of the court. He generally leads the offensive play and helps on defense. A center's stick must be **striped with black tape around the shaft**.

The same athlete can be at the center position for no more than four substitution periods. For example, If the center has not been substituted for in the first four substitution periods, that athlete is no longer eligible to compete at that position during the final two substitution periods.
- b) **Two Defensive Players** - who cannot cross the center line into the team's offensive zone. Their responsibilities are to clear the puck out of their defensive zone and to prevent their opponents from scoring goals.
- c) **Two Forwards** - work with the center in the offensive zone. They cannot cross the center line into their team's defensive zone.
- d) **One goal keeper** who is not restricted to the goal crease but only has the privileges of a goal keeper when he/she has at least one foot in the goal crease.

1) *Once the crease has been vacated, the goal keeper is considered a defender and is bound by the definition of a defensive player (revised 2012).*

- e) Athletes who use a wheelchair are eligible to compete as a goal keeper under the following conditions.
- 1) Whenever possible, the wheelchair athlete will use a stationary chair when tending goal.
 - 2) If use of a stationary chair is not possible, the wheelchair will be locked in the forward position during game play.
 - 3) A goal keeper in a wheelchair can compete in four of the six substitution periods.
 - 4) A puck that is positioned under the chair/wheelchair or is out of reach by the goal keeper but still with in the crease, is considered a dead puck. The official will stop play to retrieve the puck and play will resume with an underhand toss by the goal keeper (Remember that the puck must land inside the 45 degree mark and must hit the ground before it hits the wall).

c. Modifications

- 1) In order to promote the sport for new teams that don't have 11 players yet (i.e. budget constraints, schools or team that don't have exactly 11 players on team, etc.), the requirement of 11 players may be modified as follows:
 - a) For competitions (chapter, area, local, etc.) other than international competitions, it is recommended that teams consist of 11 players. However, teams may bring any number of players within recommended minimum and maximum standards.
 - 1aa) Teams should consist of at least eight players.
 - 1ab) Due to substitution requirements, it is recommended that teams have no more than twelve players.
 - b) The Sport Management Team, Game Management Team, and/or the Games Organizing Committee can establish further recommended minimum and maximum standards.

d. Divisioning

- 1) Divisions for the Team Competition shall be determined by the teams' performance at Area competition and during divisioning rounds. **Note: PHSAT will not be used for divisioning.**
- 2) In the Divisioning Round, teams will play one or more games with each game lasting no longer than **nine minutes**. Each team will be required to play all athletes on their rosters.

e. Time of Play and Substitutions

- 1) The clock starts with the referee's whistle at the beginning of the game and after each line change or injury substitution.
- 2) Only the referee may stop the clock for when there is an injury or medical problem. The only other time the clock is stopped is at the end of each substitution period.
- 3) Play always starts from the center circle at the start of a period. If play is stopped because of a defensive infraction, the face-off will be held at the nearest circle to the infraction. If play is stopped due to an offensive infraction the face-off will be held at the opposite end of the court in the circle nearest the infraction.
- 4) When the game is played in gyms where the puck can go out of play or under bleachers, etc., officials will carry extra pucks and will drop one at the point closest to where the puck went out of play. That puck shall be the one in play; thus, play should be continuous.

- 5) There are no team time-outs.
- 6) Each line will consist of two defensive players, two forwards, and one center. **There are no substitutions on the fly.**
- 7) Teams will change ends after the first and second periods and at the end of the third period, if an overtime is necessary.

Note: C-level teams do not change goals.

- 8) Play will start or stop only with the sound of the referee's whistle.
- 9) A change of position between defensive and offensive players can be made when the puck is dead and after notifying the referee.

f. Face-Offs

- 1) The puck will be placed flat in the center of the face-off circle. The centers on both teams will place the blades of their sticks 4 cm back from the puck. At the sound of the whistle, the centers play the puck for possession.
- 2) All players not involved in the face-off must be 3 meters from the face-off circle during a face-off.

g. Scoring

- 1) A goal will be scored anytime the puck completely breaks the vertical plane of the goal line. Each goal is worth one point.
- 2) The puck can deflect off a player or piece of equipment accidentally in the goal to be considered a goal. The puck must not be intentionally kicked or thrown into the goal.
- 3) A goal cannot be scored on an offensive foul or with an offensive player or his/her stick in the goal crease. If a defensive player is in the goal crease when a goal is scored, the goal will count and violation will be called on the offending player. This is considered a delayed foul.
- 4) A goal will be scored if the puck is put into the goal in any way by a defending player during the game.
- 5) In order for a goal to count, the puck must be in the goal before the signal sounds to end the substitution period or period.
- 6) A goal can be scored from a face-off in any location.

h. Goal Keeping

- 1) The goalkeeper may use his/her hands or stick to clear the puck away from the goal or out of the goal crease. A line, located 4' from the intersection of the wall and the center line will indicate the area in which the goal keeper must clear the puck. The goalkeeper may sweep or toss the puck in an underhand manner behind these lines. The goalkeeper cannot hold the puck for more than three (3) seconds or throw the puck so that it lands beyond the 45 degree line.
 - a. **Clearing the puck on its "edge" is acceptable as long as, in the official's opinion, no advantage is being gained.**
- 2) The goalkeeper must start in a standing position. Goalkeepers may use one or two hands on the goal stick shaft **but not on the blade.** Two hands are allowed when passing or clearing the puck.
- 3) A goalkeeper may not use excessive equipment. The goalkeeper may go down in front of the goal to make a save but may not remain on the ground in front of the goal for more than

three (3) seconds at a time.

- 4) A goal keeper is eligible to compete at the same position for the entire game unless the athlete is restricted to a wheelchair.

i. Minor Fouls

- 1) Minor fouls result in the referee stopping play. Play is resumed with a face-off at the nearest circle.
 - a) **Delayed fouls will not be called.**
- 2) Minor fouls occur in the following instances:
 - a) When a player deliberately holds, lies on, or steps on the puck.
 - b) When a goalkeeper uses an overhand throw, clears or throw the puck to the center of the rink, outside the 45 degree line.
 - c) When a forward or defensive player crosses the center court line.
 - d) When a player other than the goalkeeper deliberately leaves his/her feet to block a pass or shot.
 - e) When an offensive or defensive player and/or his/her stick goes into the goal crease at any time (not including the goalkeeper).
 - f) When a goalkeeper does not attempt to stand within 3 seconds after going down onto the floor to make a save. A goalkeeper is considered down if they are kneeling on one or two knees. **Note: if a goal keeper remains in a crouched position that is not in violation of the definition above, but is determined by the official to be an unfair advantage, a violation will be called.**
 - g) When high sticking takes place. This foul occurs when a player raises his/her stick above his/her waist.
- 3) A player will receive a 2 minute expulsion after accumulating 5 minor fouls, and shall be ejected after accumulating 10 minor fouls.

j. Major Fouls

- 1) Major fouls result in a two minute expulsion of the offending player or the center in the case of a bench penalty. The two minute penalty is discontinued if the opposing team scores a goal.
- 2) Major fouls occur in the following instances:
 - a) When a player charges an opponent from behind or trips or intentionally pushes the opponent.
 - b) When a player cross-checks an opponent (ie. holding the stick in a horizontal plane away from the body the check an opponent).
 - c) When any deliberate roughness takes place.
 - d) When a player accumulates 5 minor fouls.
 - e) When elbowing takes place.
 - f) When a bench penalty takes place.

- g) When unsportsmanlike conduct (swearing) takes place.
- h) **When a coach refuses to follow the officials direction when dealing with dominating players and lop-sided scores. In cases like this, a player of the officials choice, will serve the two minute penalty. The coach will be ejected after the second offense.**
- 3) Any player who commits three major fouls shall be ejected from the game.
- 4) In the case of a substitution period during a player's 2 minute penalty, and the penalized player is scheduled to be taken out of the game, the coach will determine which player will serve the remainder of the penalty.
- k. Ejection Penalty
 - 1) A player or coach who commits an act which results in the ejection penalty must leave the playing area for the remainder of the game.
 - 2) Ejection occur in the following instances:
 - a) When a player deliberately does anything that could cause injury or harm to another player.
 - b) When a coach's misconduct becomes detrimental to the players and game. If, after ejection, the coach's misconduct continues, the game will be forfeited.
 - c) When a player or coach intentionally throws or swings a stick.
 - d) When a player commits three major fouls.
 - e) When a player commits ten minor fouls.
 - 3) When a player is ejected from a game, a teammate shall serve the two minute penalty.
- l. **Bench Decorum**
 - 1) **Teams are assigned to a specific "bench" which is a defined area starting at the scorer's table and continuing to the first pole supporting the safety nets on the curve portion of the rink.**
 - a) **Violations of this rule include stationing coaches on the opposing bench side, stationing coaches along the curve of the rink behind the safety net, and stationing coaches on the opposite side of the rink from the team bench.**
 - b) **A Violation will result in a Minor foul and the foul will be assessed to the Center position.**

SECTION F - PROTEST PROCEDURE

- 1. If you are in the unfortunate situation that you feel the need to submit a grievance, following the proper procedure will enable the Rules Committee to render a decision in a much more efficient manner.
 - a. The following are guidelines for filing a grievance:
 - 1) Registered Head Coaches are the only people eligible to submit a grievance.
 - 2) Make sure the grievance form is filled out entirely.
 - 3) Issues regarding accuracy and judgment on the part of the official are not grievable issues.
 - b. Grievances can be submitted if they meet the following criteria:

- 1) Misinterpretation of the rules.
- 2) Failure to apply the correct rule to a given situation.
- 3) Failure to impose the correct penalty for a given violation.
- 4) All Grievance forms must be submitted to the venue director.

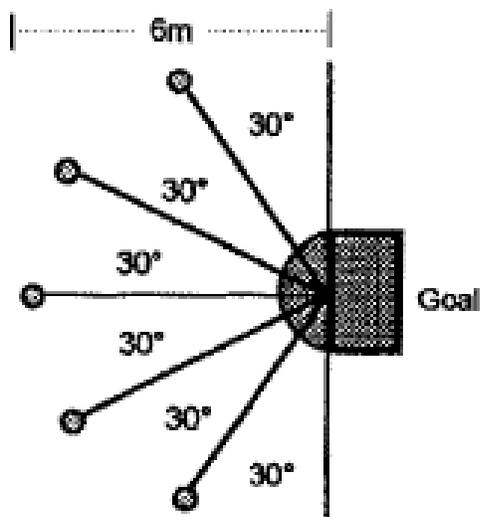
INDIVIDUAL SKILLS CONTEST

Skill Number 1 - Shoot Around the Goal

- 1) Purpose: To evaluate the athlete's shooting accuracy and power as well as the athlete's ability to score goals from any angle, given a time constraint.
- 2) Equipment: Poly Hockey stick, 5 pucks, tape, measuring tape, and a goal.
- 3) Description: Athlete takes one shot on goal from 5 different spots around the goal. These spots are located at the end points of five, 6-meter long rays which start from a common point. Each ray is drawn such that it creates a 30 degree angle with the goal line extended or with a previously drawn ray. One puck shall be at each spot before the athlete starts shooting.

NOTE: The 10 second time limit has been removed

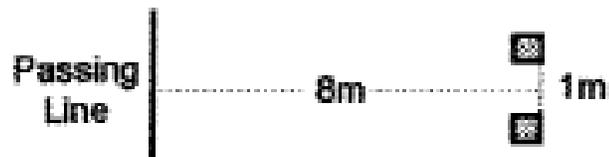
- 4) Scoring: Each puck which completely crosses the goal line into the goal is worth 5 points. The score is the total of the 5 shots; 25 points maximum.
- 5) Diagram:



5 shots
10 second time limit
5 points for each goal scored

Skill Number 2 - Pass

- 1) Purpose: To evaluate the athlete's control and accuracy when passing the puck.
- 2) Equipment: Poly hockey stick, puck, tape, and traffic cones.
- 3) Description: Athlete makes 5 passes from behind a line. Athlete tries to pass the puck between two cones (one meter apart) which are placed 8 meters from the passing line.
- 4) Scoring: Each time the puck passes completely across the line between the two cones the athlete shall be awarded 5 points. If the puck hits the cone, the athlete shall be awarded 3 points. The athlete's total score is the sum of the scores from the 5 passes; 25 points maximum.
- 5) Diagram:

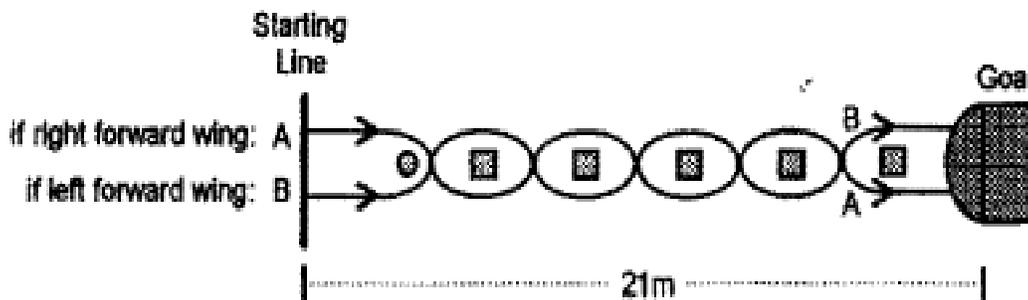


5 passes
5 points for each successful pass

 **indicates**
traffic cone

Skill Number 3 - Stick-Handling

- 1) Purpose: To evaluate the athlete's speed and ability to handle the puck.
- 2) Equipment: Poly hockey stick, puck, 6 traffic cones, tape and a goal.
- 3) Description: Athlete stick-handles the puck from a starting line through a course defined by cones, and shoots the puck at the goal. The distance from start line to goal line shall be 21 meters. The cones shall be placed in a straight line at intervals of 3 meters. The clock stops when the puck passes the goal line.
- 4) Scoring: The time consumed Stick-Handling is subtracted from 60. Any cones missed, subtract 1 point each. 5 bonus points are given if the athlete scores a goal.
- 5) Diagram:



 - Indicates obstacle

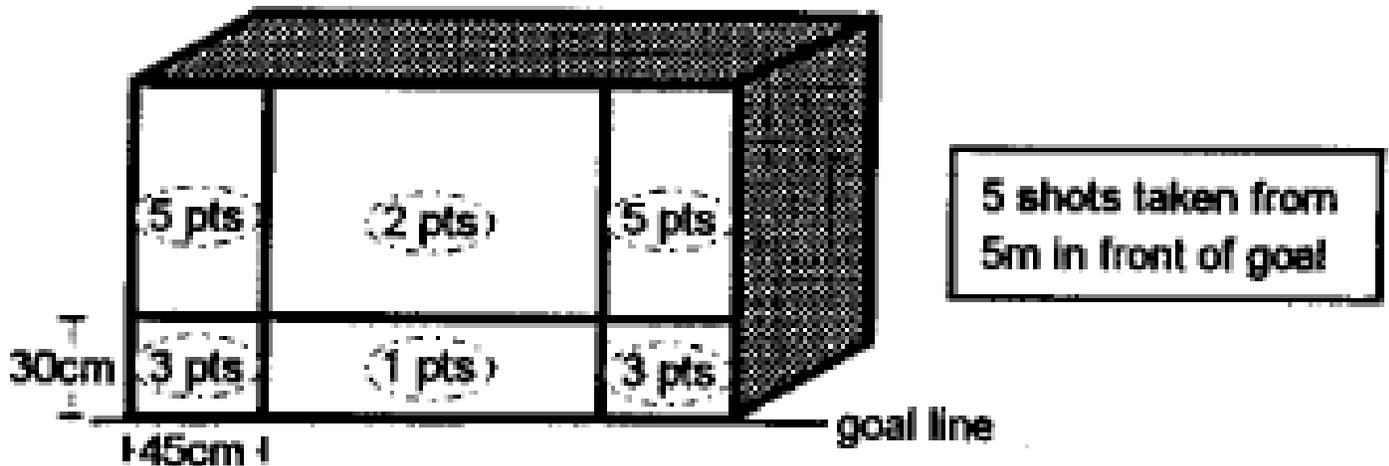
Athlete follows either line A or B in direction of arrows

<u>SCORING CHART</u>	
25	
-	___ (time elapsed)
-	___ (1 pt. for each cone missed)
+ 5	(bonus if goal is scored)

TOTAL	

Skill Number 4 - Shoot For Accuracy

- 1) Purpose: To evaluate the athlete's accuracy, power, and ability to score by shooting the puck into specific areas of the goal.
- 2) Equipment: Poly Hockey stick, puck, goal, and tape or rope.
- 3) Description: Athlete takes 5 shots on goal from behind a line that is 5 meters from and directly in front of the goal. Six sections are defined within the goal by rope or tape as shown in the diagram. The vertical ropes or tapes are hung 45 cm (18") in from each goal post. The horizontal rope or tape is strung 30 cm (12") from the floor.
- 4) Scoring:
 - a) The goal is divided into point sections as follows:
 - i. 5 points for any shot entering the goal in either of the upper corners.
 - ii. 3 points for any shot entering the goal in either of the lower corners.
 - iii. 2 points for any shot entering the goal in the upper middle section.
 - iv. 1 point for any shot entering the goal in the lower middle section.
 - v. 0 points for any shot not entering the goal.
 - b) Each shot must completely cross the goal line into the goal for the athlete to receive any points. The score is the total of these 5 shots; 25 points maximum.
- 5) Diagram:



SAMPLE SUBSTITUTION CHART

The sample substitution charts were created to illustrate how the form will be used and the philosophy behind its creation.

1. Athletes on both teams participated in the mandatory two substitution periods. However, Team A managed to spread the playing time around more effectively than did Team B.
2. Team A effectively rotated the center position so that the same athlete did not play the center position for more than four substitution periods. Team B, on the other hand, did not rotate the center position. If this were to happen during competition, Bill (#14 on Team B) would have been declared ineligible to play the center position. The coach would be notified of the situation at the beginning of the 3rd period which is the same as the 5th substitution period.
3. Both teams utilized legitimate strategies at the goal keeper position. If a wheelchair athlete was used as a goal keeper, then there would be the same substitution pattern used that governs the center position (the wheelchair goal keeper can participate in no more than four substitution periods).
4. Judging simply by the nature of the substitution patterns of Team A, player rotation had to be sufficient because of the number of athletes that participated in the different substitution periods.

TEAM: A		PERIOD 1 9 MINUTES		PERIOD 2 9 MINUTES		PERIOD 3 9 MINUTES	
ROSTER	#	4.5 MIN	4.5 MIN	4.5 MIN	4.5 MIN	4.5 MIN	4.5 MIN
Player 1	10	X	X		X	X	X
Player 2	12	XC	XC	X	XC	X	XC
Player 3	16	X	X		X		X
Player 4	22			XC	X	XC	
Player 5	32	X	X	X		X	X
Player 6	34	XG	XG	X	XG		XG
Player 7	44	X		X		X	X
Player 8	55		x	XG	X	XG	

TEAM: B		PERIOD 1 9 MINUTES		PERIOD 2 9 MINUTES		PERIOD 3 9 MINUTES	
ROSTER	#	4.5 MIN	4.5 MIN	4.5 MIN	4.5 MIN	4.5 MIN	4.5 MIN
Player 1	10	XC	XC	XC	XC	XC	XC
Player 2	12	X	X	X	X	X	X
Player 3	16	X	X	X	X	X	X
Player 4	22	X		X		X	X
Player 5	32		X		X	X	X
Player 6	34	XG	XG	XG	XG	XG	XG
Player 7	44	X		X			
Player 8	55		X		X		