

# **Philadelphia Flyers PowerPlay Team Handbook**



[www.philadelphiapowerplay.com](http://www.philadelphiapowerplay.com)

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## **Mission Statement**

To provide a community based competitive athletic experience for people who use power wheelchairs in their daily lives. The Philadelphia Flyers PowerPlay welcomes players of all disabilities and experience levels, regardless of race, religious beliefs, or ethnic origin.

## **Our Program**

The Philadelphia PowerPlay Inc., a 501 (c) (3) nonprofit organization, is a power wheelchair floor hockey team based in the Philadelphia Metropolitan Area. We follow the rules and regulations of the United States Electric Wheelchair Hockey Association (US ESHA).

We believe that competition and challenge are healthy and necessary for all people, regardless of ability. The Philadelphia Flyers PowerPlay is an athletic team which provides a quality, well-organized recreational and social program within the community. Our emphasis is on teamwork, skill development, and fun. ***The team is open to all persons who are competent and safe power wheelchair users. All players must also possess the cognitive skills to follow game play and rules in order to actively and safely participate.***

## **Philadelphia PowerPlay Advisory Committee**

The Philadelphia PowerPlay Advisory Committee (PPAC) purpose is to assist in the development and the organization of the team in providing a quality, well organized recreational and social program for juniors and adults who use power wheelchairs in their daily lives.

The Committees of PPAC are the Executive Committee, Player and Coach Committee, Game Day Committee, Recruitment Committee, Fundraising Committee, Hospitality Committee and Sunshine Committee. Please refer to the team website for contact information.

## **Player's Responsibility:**

1. Each player or Guardian needs to complete the following items before attending any team practice:
  - a. Team Registration form including Team Handbook acknowledgement, Liability and Photo Release
  - b. Complete Consent for Treatment form
  - c. Pay annual registration fee
2. The basic equipment needed is a hockey stick. A player can bring his or her own hockey stick or borrow one from the coach. All sticks must be made of a plastic handle, shaft, and blade. A dowel may be inserted through the blade of the stick for players with a limited ability to stickhandle. Any consultation or recommendation for adapting any equipment is available upon request.
3. Each player is responsible for wearing his or her team jersey which is supplied by the team.
4. Each player is responsible for wearing a seat belt and safety straps when playing. Shin guards are highly recommended.
5. Each player is responsible for providing/arranging all items not listed herein.
6. All players are responsible for transportation to all Philadelphia Flyers PowerPlay related events.
7. The dates and times of each game session are available on the team website. All players should allow 15 minutes for warm-up prior to each game. Note: Games will start promptly at the scheduled time. **If a player is not present at the start of the game, that player will be required to sit-out that period since a substitute will already be placed in that spot.**
8. If you cannot attend a game, please update your status on TeamSnap by 5:00 PM on Friday so that arrangements can be made for a substitute.
9. A player must attend a minimum of 50% of scheduled league games in order to be considered for tournament play.
10. The team is guided by the rules of the USEWHA (United States Electric Wheelchair Hockey Association). A brief outline of the rules from the USEWHA can be found at the end of this handbook. Please refer to [www.powerhockey.com](http://www.powerhockey.com) for the complete rules book.

Any questions, suggestions, or issues that a player, parent or guardian or member of the community may have regarding the team should be forwarded via email to the Executive Committee of the PowerPlay Advisory Committee (PPAC) for discussion and comment. This form can be found on the website.

# **Philadelphia Flyers PowerPlay**

## **Code of Conduct**

### **1. PLAYERS CODE OF CONDUCT**

To ensure that the principles of sportsmanship, fair play, skill development, and mutual respect among all players, coaches, referees and spectators are the primary considerations governing competition in the Philadelphia Flyers PowerPlay, the following Code of Conduct has been established and adopted.

Each player will ensure that his or her playing conduct is that of a young gentleman or lady, competing fairly to the limit of his or her ability.

To satisfactorily meet these responsibilities, the player is expected to:

- a. Know the rules and abide by them.
- b. Respect the referees and refrain from addressing them or commenting on their decisions during the play of the game. The team's coach may address the referees during the game but only within the provisions of the rules and in a courteous, respectful manner.
- c. Maintain control of his or her emotions, avoiding the use of abusive language or profanity, humiliating remarks, and/or gestures of ill temper, and physical assault upon another player, coach, umpire or league official at any time.
- d. The player agrees that personal space and boundaries (physical, verbal, social and emotional) shall not be violated. This also includes unwanted or unsolicited contact via social media, email, text or telephone calls. Harassment of any kind will not be tolerated and will result in a warning, suspension or termination from the team.
- e. Respect the coaches and the players of the opposing team and demonstrate appropriate gestures of sportsmanship at the conclusion of every game - be humble and generous in victory and proud and courteous in defeat.
- f. Follow all practice or game facility rules and regulations, always respecting the property of others.
- g. Realize, accept, and practice the principle that a team's reputation is built not only on its playing ability but also on the sportsmanship, courtesy, and manners of each individual player.
- h. Refrain from the use of alcoholic beverages, tobacco products or other illegal substances both on and off the playing field.
- i. Conduct him or herself in a manner befitting the founding principles of Philadelphia Flyers PowerPlay when traveling to "away" games or tournaments.

## 2. COACHES CODE OF CONDUCT

To ensure that the principles of sportsmanship, fair play, skill development, and mutual respect among players, coaches, referees, and spectators are the primary considerations governing competition in the Philadelphia Flyers PowerPlay, the following Code of Conduct has been established and adopted.

Each coach will ensure that his coaching conduct is that of an adult, with the best interests of every player and the Philadelphia Flyers PowerPlay, continually expressed. To satisfactorily meet these responsibilities, each coach is expected to:

- a. Know the rules and abide by them.
- b. Instruct team members in the rules and coach his/her team in such a way as to motivate each player to always compete according to the rules.
- c. Respect the referees and refrain from questioning their decisions in a disrespectful or abusive manner.
- d. Ensure that the players and spectators follow game and practice facility rules and regulations.
- e. Ensure that fans of his/her team always conduct themselves with sportsmanship and maturity while in attendance at game or practice sites; assist the referees in maintaining control of spectators during the games.
- f. Respect the coaches and players of the opposing team both during the play of the game and at its conclusion, win or lose.
- g. Teach each player, especially through personal example, to be humble and generous in victory and proud and courteous in defeat.
- h. Maintain control of his/her emotions and avoid actions, language, and/or gestures that may be interpreted as hostile and humiliating.
- i. The coach agrees that personal space and boundaries (physical, verbal, social and emotional) shall not be violated. This also includes unwanted or unsolicited contact via social media, email, text, or telephone calls. Harassment of any kind will not be tolerated and will result in a warning, suspension, or termination from the team.
- j. Refrain from the use of alcoholic beverages, tobacco products or other illegal substances at games, practices and all other PFPP team events.
- k. Instruct team support personnel (e.g., assistant coaches, scorekeepers, team parents) in their responsibilities in accordance with established rules and procedures.
- l. Realize, accept, and practice the principle that a team's reputation is built not only on its playing ability, but also on its sportsmanship, courtesy, and manner.

### **3. SPECTATORS CODE OF CONDUCT**

To ensure that the principles of sportsmanship, fair play, skill development, and mutual respect among players, coaches, referees and spectators are the primary considerations governing competition in the Philadelphia Flyers PowerPlay, the following Code of Conduct has been established and adopted.

Each spectator will ensure that his or her conduct at all games and practices are that of a mature adult with the best interests of every player and the Philadelphia Flyers PowerPlay, continually expressed. To satisfactorily meet these responsibilities, every spectator is expected to:

- a. Respect the rules of the game.
- b. Respect the referees, coaches and players and refrain from questioning their decisions or from addressing them in a loud, disrespectful, or abusive manner.
- c. The spectator agrees that personal space and boundaries (physical, verbal, social and emotional) shall not be violated. This also includes unwanted or unsolicited contact via social media, email, text, or telephone calls. Harassment of any kind will not be tolerated and will result in a warning, suspension, or termination from the team.
- d. Cheer for their team in a positive, supportive manner, always refraining from making hostile, negative, or abusive remarks about the opposing team.
- e. Adhere to all practice/game facility rules and regulations.
- f. Demonstrate appropriate gestures of sportsmanship at the conclusion of a game, win or lose.
- g. Realize, accept, and practice the principle that a team's reputation is built not only on its playing ability, but also on the sportsmanship, courtesy, and citizenship of its fans.
- h. Refrain from the use of alcoholic beverages, tobacco products or other illegal substances at games, practices and all other PFPP team events.

### **4. RESPONSIBILITY FOR CONDUCT**

Each team is responsible for seeing that their coaches, players and spectators abide by the respective CODE of CONDUCT. All coaches, players and parents or guardians of players will be provided with copies of the appropriate CODE of CONDUCT Acknowledgment forms prior to the start of the season.

### **5. CODE OF CONDUCT REQUIREMENTS**

CODE of CONDUCT for all spectators and players should be thoroughly discussed at a pre-season joint meeting among coaches, players and parent/guardians of players. All sponsors, coaches, parents/guardians and players are required to sign the CODE of CONDUCT Acknowledgment form indicating they understand and accept their responsibilities as stated in the code. This form, with the required signatures, is to be filed with PFPP.

## **6. IMPROPER CONDUCT ADJUDICATED BY PHILADELPHIA POWERPLAY EXECUTIVE COMMITTEE**

Conduct of sponsors, coaches, players or players or spectators detrimental and contrary to the Philadelphia Flyers PowerPlay CODE of CONDUCT may result in suspension from further participation for whatever period of time deemed reasonable and appropriate by the Executive Committee.

## **7. IMPROPER CONDUCT PENALTIES**

Improper conduct on the part of coaches, players or spectators may result in expulsion from the game/practice facility, or in extreme cases, forfeiture of the game. The Executive Committee reserves the authority to discipline coaches, players, or spectators during the season for conduct deemed detrimental to the good order of the team. Such actions may include warning, suspension, or termination.

## **8. OFFENSIVE ACTIONS**

No coach, player, parent/guardian or spectator is to:

- a. refuse to abide by a referee's decision; or
- b. be guilty of objectionable demonstration by throwing equipment or any other forceful action: or
- c. be guilty of heaping verbal abuse upon a referee for any real or imaginary wrong decision or judgment; or
- d. be guilty of an abusive verbal attack upon a player, an opposing coach, referee or spectator; or
- e. at any time, lay hands upon, push, shove or strike a referee, coach, player or spectator; or
- f. be guilty of a physical attack as an aggressor upon any player, opposing coach, referee, spectator, or Philadelphia Flyers PowerPlay official.

## **9. PENALTIES FOR OFFENSIVE ACTIONS/EJECTION FROM GAMES**

All ejections will be considered CODE of CONDUCT violations, and the coach or player is automatically suspended for at least ONE (1) game. The PFPP will define any further appropriate penalties and must approve permission for any suspended player or coach to participate in games subsequent to the incident for which they were ejected. All rulings of the Philadelphia Flyers PowerPlay will be expedient, provided that both team coaches and the referees report the facts relative to the ejection promptly.

A player or coach ejected from a game should be notified at the time as to the cause of the ejection; both coaches are still required to notify the PowerPlay manager when an



ejection occurs. A written report by the ejecting referee explaining the reason for the ejection should be made in all situations involving ejection. Any coach, player, team representative, or parent/guardian striking or shoving a referee will be suspended from attending any Philadelphia Flyers PowerPlay activity for the remainder of the season.

#### **10. SUBMISSION OF APPEALS**

A written appeal may be made to the Executive Committee Chairperson within TWENTY-FOUR (24) hours of the penalty decision. The decision of the league will be final.

#### **11. CODE OF CONDUCT COMMITTEE JURISDICTION**

When penalties for rule violations are not specified, they will be decided by the Philadelphia Flyers PowerPlay with approval from the Executive Committee.



## **The Official U.S. EWHA PowerHockey™ Local League Rule Book**

### **Minnesota PowerHockey League (MPHL)**

Rules as of April 29, 2019

These rules are subject to revision/change when deemed necessary. Visit [www.powerhockey.com/minnesota/rules/](http://www.powerhockey.com/minnesota/rules/) for future revisions.

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## Section I - Game Rules

- A.** A minimum of six players is recommended on each team's roster. A total of five players (including goaltender) are required on the floor to play a game. If a team is short of players, they will be permitted to substitute players from other teams to field a competitive team. The substituting team must get the approval of the captains of the team they are competing against. A team must have four of their players present, or they must forfeit.

Points accumulated (goals and/or assists) by the substituted player(s) will not be recorded on their individual statistics but will count in the score of the game in which they are playing. No new players can be added to a team during the play-offs.

- B.** Referees are to wait no more than five minutes past the game start time for teams to be ready or to have enough players to start the game. Teams will be required to play shorthanded if not enough players are available to play. See Section I (A).
- C.** A team may only play one level 1 ranked player on the floor at the same time. A level 1 or 2 ranked player can be considered a level 3, only if he/she tapes their stick (or uses a bracket or stick mount) to their wheelchair or plays with no stick. If a level 1 or 2 ranked player switches to a level 3 position by mounting their stick to their wheelchair or by playing with no stick, he/she must remain a level 3 player for the remainder of the game.  
\* See player classifications in Section IX of the Rulebook.
- D.** A level 3 ranked player must be on the floor at all times, playing a forward or defensive position.
- E.** Goaltenders cannot be a level 1. A goaltender can be played by a level 2 or level 3.
- F.** Player transactions must be approved by all team captains.
- G.** A team may make line changes (change players) at any time during the game. The player(s) coming into the game cannot come on the court until the player he/she is replacing is next to the team bench.
- H.** The game will begin with a face-off at the center face-off circle. The referee will place the ball at the center of the circle after which the home player shall place his / her stick on the playing surface followed by the visiting player. The referee will then blow the whistle to start play. After each period, teams (goaltenders) will change ends. In overtime, teams will remain on the end in which they began the third period. Each period will begin the same as the start of the game. After a goal has been scored, play will resume with a face-off at the center face-off circle.
- I.** A face-off will be called by the referee if the ball becomes unplayable by rolling under a player's wheelchair, into a team's bench area, scorekeepers/timekeepers' area, or into an unplayable area such as a hallway or bleachers. Players (except goaltenders) must attempt to move off the ball or play the ball, or risk getting a delay of game penalty (See minor penalties in Section VI of the Rulebook). The face-off will take place in the face-off circle closest to where the play stopped. This includes resuming play after a penalty, or a time-out has been called. If the ball was shot from beyond the center line (half court) and becomes unplayable, the face-off will take place in the zone from where the ball was shot.

**J.** A goal is scored when the ball completely crosses the goal line. A goal will not be allowed if the ball was kicked by an offensive player and entered the goal either directly or after deflecting off any player including the goaltender. After a goal is scored, the clock will be stopped for one minute to allow for substitutions, and the referee reports the goal and assist(s) to the scorekeeper. If a team is slow in returning to the face-off circle, the referee will issue a warning. If it happens again, a delay of game penalty will be called.

**K. The referee will call a face-off if there is a save/frozen ball by the goaltender. The whistle will be blown (equivalent to a count of two-thousand-one) when the referee identifies/sees:**

- 1) That the ball is under some portion of the goaltender's wheelchair from the rear tires to the front tires, is trapped securely between the goaltender's stick and a defender's stick, is trapped under a goalie's footrests or feet, or trapped by the goalie on the outside of the goal.
- 2) When the ball is shot or rolls under the goaltender's wheelchair and clearly does not go into the net or roll away from the goaltender (equivalent to a count of two-thousand-one).
- 3) No player may reach (jab, poke, or swipe at the ball) under a goaltender's wheelchair from the rear tires to the front tires or at a ball trapped under the goaltender's footrests or feet to try to score a goal (assuming the goalie has some portion of his/her wheelchair within the goal crease). Any goal scored in this manner will be disallowed and a face-off will take place in the face-off circle closest to where the play was stopped.

**A referee will not call a save/frozen ball:**

- 1) If a ball is just sitting, not trapped by a defender's stick on/against the goalie's stick or rolling/sitting free in the crease uncovered by the goaltender. An offensive player may try to play the ball in this situation.

**L.** Players are not allowed to use their feet or hands to carry or hold the ball while it's in play, but they may use their feet to stop the ball. For example, if the ball rolls in front of a player, he/she may stop the ball with their feet and direct it to their stick. They are not, however, allowed to kick the ball ahead of them, out of the goal crease, out of the zone, to a teammate, or away from an opposing player. All players (including goaltenders) will not be allowed to reach, kick, stretch or raise their legs in an effort to play or defend the ball.

**M.** Players are allowed to use their hands to knock down the ball while it's in play, but they may not advance the ball or direct the ball to a teammate. If a player advances or directs the ball to a teammate with their hand the referee will call a face-off.

**N. An offensive player is OFF-SIDE if their entire chair crosses the center line prior to the ball.** If the ball leaves the offensive zone, that team's players must clear the zone before the ball can be carried or shot back into the offensive zone. If the offside is whistled the face-off will take place in the offending team's zone at the face-off spot nearest the center line. **If an offensive player crosses the line before the ball that is shot, passed or deflected into the offensive zone, but a defending player is able to play the ball, the referee shall signal a DELAYED OFF-SIDE.** The off-side violation will be nullified if all offensive players in the offensive zone clear the offensive zone

by making chair contact with the center line. The offensive zone must be completely clear of offensive players before a delayed off-side can be nullified with the ball still in the offensive zone. During the delayed off-side, the referee shall stop play for the off-side violation if ANY offensive player touches the ball or attempts to gain possession of a loose ball while the ball is still in the offensive zone or forces the defending ball carrier further back in the offensive zone. \* No goal can be scored on a delayed off-side.

## Section II - Playing Area

- A. The playing area for electric wheelchair hockey games will be the surface of a gymnasium, approximately the size of a basketball court. If there is any question as to the playing area, it must be brought to the attention of the officials before the start of the game.
- B. The nets used for goals will be provided by your local league officials. Generally, the nets should measure approximately 98.4 inches (250cm) wide by 7.9 inches (20cm) high by 15.7 inches (40cm) deep. In situations where nets are not available, cones can be substituted. The goal crease should measure approximately 122 inches (310cm) wide (along goal line) and extend 59 inches (150cm) outward from goal line.
- C. On the playing surface there will be five face-off areas. One in the center of the court and one on each side of both nets positioned approximately halfway between the nets and center line.
- D. If possible, the scorekeeper, timekeeper, and penalty area should be on the same side of the court.
- E. All coaches and players must stay in their team bench areas throughout the game. The team benches may be on either side of the court, but all players must remain in their bench area and enter/exit the game from their bench unless they are entering the game from the penalty area.

## Section III – Equipment

### A. Sticks

- 1) **Dowel stick:** A dowel may be inserted through the blade of the stick for players with a limited ability to stick handle. The dowel should be made of plastic or similar material (the dowel cannot be made of metal) and cannot exceed more than 3 inches in length on either side of the blade and it cannot be more than ½ inch in diameter. The dowels may be curved to allow players to have better control of the ball. Wood dowels will be allowed (as long as they meet the required measurements listed above), but that is the only part of the stick allowed to be made of wood, and it must be covered with tape for safety reasons. Dowel sticks are mainly used by players who fix (tape) the stick to their wheelchair (level 3 players). Other players can use this adaptation.
- 2) **T-Stick:** Similar to the “dowel stick” function, this is when a larger piece of material (plastic) is affixed to each side (or put through the blade) of the stick blade to create a “T”. Currently we do not accept the European version of a “T-stick” which is quite large, but we will accept a North American version of a “T-Stick” following these standards; A “T-Stick” can only be made out of a standard acceptable hockey stick blade discussed above. The “T” or “Wings”

can only extend 3 inches from each side and cannot be higher than the blade of the stick. It must be of similar width. ONLY players who fix or tape sticks to their wheelchair may use a "T-Stick".

- 3) **Curving:** Curving of the stick is allowed, but the blade of the stick cannot wrap around/enclose more than 3/4 of the ball. \*This allows a much greater curve than common ice hockey rules, but is allowed to give players more ball control, as it is much harder to stick handle with just one hand. Essentially, excessively curving the stick serves a similar function of a "dowel" stick.
- \* All sticks (handles, shafts, and blades) must be made of plastic or composite materials. No wood, aluminum, or metal handles, shafts or blades will be allowed.
  - \* Material other than plastic or composite may be used to make a bracket or stick mount. All objects/attachments considered dangerous must be covered with tape or padding.
  - \* A team may challenge the legality of an opposition player's equipment (See minor penalties in Section VI of the Rulebook).
- B.** A player may tape the stick to their wheelchair (the blade must be placed in the front of the wheelchair's front wheel/foot pedal), or to their hand/arm/leg if they are unable to hold/grip the stick. Players are permitted to use brackets or stick mounts, as long as it places the blade in the front of the wheelchair's front wheel/foot pedal.
- C.** If a goaltender chooses to use a standard goaltender stick (larger/thicker blade), the stick must be taped/mounted/bracketed to the wheelchair as defined in Section III (B). Only goaltenders are allowed to use these types of large-bladed sticks. If a goaltender is moved to another position, he/she must switch to a non-goaltender stick. A goaltender may use a "dowel" or "T-Stick" adaptation.
- D.** All players must use an electric (power) wheelchair during game play. Players who use only manual wheelchairs in their daily life will be required to transfer from their manual wheelchair to an electric (power) wheelchair for the purpose of playing hockey.
- E.** No modifications shall be made to a wheelchair that will prohibit the ball from traveling underneath or around the chair. No stick blade may be placed between the front and rear tires, obstructing passage of the ball through that area.
- F.** The "official limit" on the speed of wheelchairs is 9 mph.
- G.** For safety reasons, electric scooters/carts will not be allowed.
- H.** A hollow plastic ball (2" in diameter/baseball-sized) with holes in it will be used as the official game ball.
- I.** Participants are highly encouraged to wear protective gear such as a helmet, eyewear, leg, knee, arm, and/or chest pads. However, none of these are required. Any protective equipment used must fit the individual's body. Padding may not excessively extend beyond the player's physical

body. For example, a goaltender using some type of leg pad will not be allowed to have the padding extend beyond their feet, more than a couple of inches above their knee, or more than a couple of inches wider than their legs. All padding including the goaltenders padding may not be excessively thick.

\* As a general reference for acceptable leg, knee, arm, and chest padding, players should try to find equipment that could fit underneath their clothing (jersey, pants etc.). It is not a requirement to wear padding under clothing but gives players an idea of what size of padding is acceptable. For example, goaltenders may NOT use ice hockey goalie pads such as large leg pads, arm blocker, goalie mitt etc.

\* The League Committee may disallow any protective gear at any time if they find the size of such gear to be excessive and unfair.

**J.** All team members must wear the same jersey or attach it somewhere visible to their wheelchair. If the player attaches the jersey to their chair the player should wear a shirt of similar color to that of the team jersey. If a player fails to wear his/her jersey, does not attach the jersey to their chair, and/or does not wear a shirt of similar color to that of the team jersey, this will result in a Delay of Game Penalty (Two-minutes) on that player. The jersey should have a number that can be seen by the referee if necessary.

**K.** Backpacks, purses and all other bags (excluding medical equipment) must be removed from all wheelchairs during the game.

#### **Section IV - Timekeepers, Scorekeepers, and Referees**

**A.** It is the League Committee's responsibility to ensure that a timekeeper, scorekeeper, and referees are available and ready for each game. Captains will be expected to help referee games and/or find volunteers to help referee games.

**B.** Each game will consist of three fifteen-minute periods. Between each period there will be a five-minute break. After the break, teams will switch playing ends. The game will be played on a stop-time basis, meaning the clock will stop at every whistle (stoppage of play). When a goal is scored, the clock will be stopped for one minute to allow the referee to report the goal and assist(s) to the scorekeeper and to allow teams to make substitutions.

**C.** All penalties will be timed by the game clock. During a penalty, the game clock should be stopped on every whistle.

**D.** Each team will be allowed one time-out per game consisting of two minutes in length. A team may only call time-out during a stoppage in play. (For instance, when the ball becomes unplayable (out-of-play), after a goal is scored, or after a penalty has been called.) If the game goes to overtime, and a team has not used its time-out, the time-out will be carried over to the overtime period.

**E.** If possible, the official game clock should be large enough and placed high enough so that the referees can see the clock from anywhere in the playing area.

- F. The timekeeper is responsible for keeping track of the time for each period, any time-outs, and the time for any penalties. The timekeeper must also instruct the penalized player when he/she may return to the game.
- G. The scorekeeper will record the time of each goal, the name and number of the player who scored the goal, and the name and number of the one (or two) player(s) who assisted on the goal. The scorekeeper is also responsible for recording any information regarding penalties.
- H. It is the referees' responsibility to inform the timekeeper and scorekeeper of all penalties called. This includes the name and number of the penalized player, the time of the penalty, the type of penalty, and the duration of the penalty.
- I. It is the referees' responsibility to inform the timekeeper and scorekeeper of each goal, the name and number of the player who scored the goal, and the name and number of the one (or two) player(s) who assisted on the goal.

#### **Section V – Penalty Stipulations**

- A. If a goaltender receives a penalty, a teammate on the floor at the time of the penalty must serve it. The player serving the penalty will be chosen by the penalized team.
- B. A player serving a penalty must return to the playing area after completion of a penalty before he/she can be substituted. During the penalty the player(s) must sit in the penalty area and not with their teammates in their team bench area.
- C. After three game misconducts in one season a player may be subject to further penalty or removal at the discretion of the League Committee.
- D. Any player given a game misconduct must exit the playing area.
- E. If a level 1 ranked player is serving a penalty, his/her team may not have any level 1 ranked player on the court until the penalty has expired. The level 1 ranked player serving the penalty is still considered to be on that line even though they are in the penalty box. If a level 3 ranked player is serving a penalty, the player is still considered to be on that line, and his/her team does not have to put another level 3 on the floor to replace the penalized player.
- F. If coincidental penalties are whistled/called (meaning one player from each team is called for a penalty), teams will play shorthanded (four-on-four).

#### **Section VI - Minor Penalties**

- A. **HOOKING:** When a player places his/her stick around another player, player's stick, or wheelchair in attempts to stop or hold the player. (Two-minute penalty.)
- B. **BOARDING:** Recklessly "riding" a player into the boards with excess. (Two-minute penalty.)
- C. **HOLDING:** When a player, with his/her hands or wheelchair, impedes another player's progress by holding the player, player's stick, or the player's wheelchair. (Two-minute penalty.)



- D. INTERFERENCE:** Making contact with another player who does not have possession of the ball. (Two-minute penalty.)
- E. UNSPORTSMANLIKE CONDUCT:** Swearing, arguing or abusing other players, officials, or equipment. (Two-minute penalty.)
- F. IN THE CREASE:** Only the goaltender and level 3 ranked players are allowed into the crease. No player (or their stick) except for the goaltender is allowed in the goal crease at any time unless the ball goes into the goal crease first. If a player (or their stick) is in the crease before the ball a penalty will be called, and any goal scored on that play would be disallowed.
- 1) If a level 1 or 2 ranked defensive or offensive player is in the crease the result will be a (Two-minute penalty).
  - 2) If a level 3 ranked defensive player is in the crease before the ball the result will be a (Face-off in the defensive end of the court).
  - 3) If a level 3 ranked offensive player is in the crease before the ball the result will be a (Two-minute penalty).

If the ball exits the goal crease, players in the goal crease must immediately attempt to exit the goal crease by driving through or backing out of the crease. Stopping/Parking any part of their wheelchair in the goal crease at any time without the ball in the goal crease will result in a penalty. (Two-minute penalty.)

If a player is trapped (boxed in, unable to back out or drive out) while attempting to exit the goal crease, a whistle is blown and a face off will occur at center court.

- G. BENCH MINORS:** Can be called against players or coaches for abuse against officials or other players or for too many level 1 players, or players in general, on the floor. (Two-minute penalty.) See Section I (C).
- H. RAMMING:** A player may not deliberately run into another player with his/her wheelchair. A player may only "ride-off another player". Side-to-side contact only. Backing into another player as they pass by, using the front of a player's chair to make contact, or trying to push a player's chair out of the way is not permitted. (Two-minute penalty.)
- I. DANGEROUS DRIVING:** Referee may call this penalty if he/she deems that a player is driving dangerously or recklessly. This includes driving in reverse at a high rate of speed for more than two chair-lengths, or in a crowd (referees' discretion). A player is permitted to drive in reverse for more than two chair-lengths only if the player is attempting to get back on defense and is the lone defensive player in his/her zone. (Two-minute penalty.)
- J. CHARGING:** Deliberately hitting another player with a run of more than two wheelchair lengths. (Two-minute penalty.)
- K. HIGH STICKING:** No player (including goaltenders) shall purposely raise their stick above their shoulders to make contact with the ball or another player. A player may only raise their stick

shoulder height while in the act of shooting/hitting the ball (including wind-up and follow-through). If the player's raised stick makes contact with an opposing player a penalty will be called. (Two-minute penalty.)

**L. DELAY OF GAME:**

- 1) A penalty will be called if the ball is under a player's chair and he/she makes no attempt to move off the ball or play the ball (this does not include goaltenders).
- 2) Goaltenders will be given a penalty if they repeatedly knock the goal net off the goal crease/goal line.
- 3) A penalty will also be called for taking too much time to return to the face-off circle after a goal, or other stoppage of play.
- 4) A penalty will be called if a player deliberately shoots the ball over the boards. For example, if a player trapped in their own zone dumps the ball over the boards (as a defensive strategy) to force a face-off. A penalty will be called if the player is not looking down court or facing down court trying to move the ball up court. (Two-minute penalty.)

**M. ILLEGAL EQUIPMENT:** During a stoppage of play a team may ask the referee to examine a player's equipment to see if it is in violation of rules. If the player's equipment is illegal, the player will receive a penalty. If the equipment is found to be legal, the challenging team will receive a delay of game penalty. (Two-minute penalty.)

**N. THROWING/DROPPING STICK:** A penalty will be called if a player deliberately throws, drops, or shoots a stick (or any other object) at the ball to prevent a goal, or a player from advancing with the ball. (Two-minute penalty.)

If the player with the ball is advancing towards the goaltender with no defender between him/her and the goaltender, and a stick is thrown or shot at the ball, thus preventing a goal, a penalty shot will be awarded to the advancing player. If the player with the ball is advancing towards an empty net, and a stick is thrown, dropped, or shot at the ball, thus preventing a goal, the referee will award the advancing player a goal.

**O. SLASHING:** Non-shooting motion contact with the hockey stick on another player's body. (Two-minute penalty.)

**Section VII - Major Penalties**

**A. DRAWING BLOOD:** If a player bleeds after a minor penalty, a major penalty is then assessed. (Five-minute player penalty.) At referees' discretion, penalized player may receive a game misconduct and be ejected from the game.

**B. SLASHING:** Deliberate contact with the hockey stick on another player's body. (Five-minute player penalty.) At referees' discretion, penalized player may receive a game misconduct and be ejected from the game.

- C. **SPEARING:** Using the blade of the hockey stick to spear another player. (Five-minute player penalty.) At referees' discretion, penalized player may receive a game misconduct and be ejected from the game.
- D. **BUTT ENDING:** Using the end of the hockey shaft to hit another player. (Five-minute player penalty.) At referees' discretion, penalized player may receive a game misconduct and be ejected from the game.
- E. **ATTEMPT TO INJURE:** At the officials' discretion, any conscious attempt to hurt another player. (Five-minute player penalty.) At referees' discretion, penalized player may receive a game misconduct and be ejected from the game.
- F. **FIGHTING:** Using body or wheelchair to fight with or injure another player. (Five-minute player penalty.) At referees' discretion, penalized player may receive a game misconduct and be ejected from the game.

### Section VIII - Play-off Schedule

- A. Each playoff game will be played like a normal regular season game. If the score is tied at the end of regulation time, there will be a five-minute overtime period. The overtime period will be played on a non-stop time basis, with the first team to score winning. If the overtime period ends in a tie there will be a shoot-out. Each team is allowed three players (of which only one can be level 1) who will each shoot once. If at the end of the first rotation, there is still a tie there will be a second shoot-out with the first team to score a goal winning. The goalie who was in the net for the majority of the game must continue in net for the shoot-out. The goalie may not be one of the players chosen to be one of the shooters in the shoot-out.
- B. No new players can be added to a team during the play-offs.
- C. A player must have played in at least 50% of the regular season in order to qualify for post-season play.
- D. The team finishing with the best record will play the team with the worst (second best record playing second worst etc.). If there are an odd number of teams in the league, the bottom two teams will play each other to see who advances to play the top team.

### Section IX - Player Classifications

- A. **Level 1 Players:** A player who has the upper body strength to lift the stick and hit the ball a good distance and with speed. These players have the ability to shoot and pass the ball quickly and with velocity. These players can usually switch the ball easily from forehand to backhand (or vice-versa) allowing good ability to carry, control, and maneuver with the ball through/around other players. These are players who can reach in front, across, or possibly even behind his/her wheelchair with their stick relatively easily to bring the ball into their control or take it away from another player.
- B. **Level 2 Players:** This level ranges from (a) players who may be able to lift the stick and hit the ball with fair distance and speed, but lack the power and reaching ability as seen in a level 1, to (b) players who may rely on the strength/momentum of the wheelchair to shoot and pass the ball,

and may be unable to easily lift and swing the stick. These players generally keep the stick on one side of their chair or hold the stick between their legs. They may or may not have the stick taped/attached to their hand/arm/leg.

Level 2 players lack the ability to easily or effectively reach with their stick to more than one side of their chair/body. These players are able to carry and control the ball, but their limited ability to reach restricts their capability to maneuver with the ball through and around other players. A level 2 player will commonly not have the strength to easily or effectively use their backhand to shoot, control the ball, or pass the ball with force.

\* Important note: Many level 2 players will have the ability to shoot/pass the ball with their own strength and may be able to take the ball from another player. Unlike a level 1 player, these players are unable to easily reach out in front, behind, or across his/her wheelchair with their stick.

- C. **Level 3 Players:** A player who tapes/mounts/brackets the stick to the wheelchair, holds the stick between their legs, or holds the stick on the side of their wheelchair. These players rely almost entirely on the strength/momentum of the wheelchair to shoot, pass, and control the ball. They are very limited in physical ability/strength to maneuver with ball through/around other players and are unable to reach with their stick. This classification system is based solely on physical strength. It does not take into account a player's knowledge in playing the game of PowerHockey™. It may be common for level 2 or level 3 players to be more beneficial to a team due to their knowledge of the game.
- D. In accordance with U.S. EWHA rules, the League Committee will be in charge of player classifications. The League Committee will set ratings and, when necessary, vote on changing a player's level.

#### Section X - Rule Notes

- A. **DROPPED STICKS:** If a player drops his/her stick they are encouraged to keep playing until a stoppage in play occurs, or the stick is handed to them. A dropped stick is a common part of the game and does not constitute a stoppage in play. A referee's first priority is to follow the flow of the game and the ball. If there is an opportunity to pick up the player's dropped stick, then he/she will do so. A coach or team helper may come onto the floor to pick up the stick for the player but should wait for the ball to move away from the area of the dropped stick. If he/she interferes with gameplay by getting hit by the ball or obstructing an opposing player's path to the ball, that coach/helper's team, at the referees' discretion, will be charged with a penalty for interference. (Two-minute penalty).
- B. **POWERCHAIR TIPPING:** Although rare, a player's wheelchair tipping over results in an immediate stoppage in play. It is the referees' decision if the tip of the chair was caused by a penalty, such as Dangerous Driving, Boarding, Ramming, or Charging. If the tip was caused by the player that tipped, he/she will be charged with no less than a Delay of Game Penalty (Two-minutes).
- C. **SEATBELTS:** All players should wear some type of seatbelt during play for safety reasons. A referee does not have to check for this, and a penalty cannot be given just because the opposing team or referees' notice it. However, if a player falls out of his/her chair because of leaning

forward too far, stopping too fast, or running into something/someone (but not tipping the chair) this will result in a Delay of Game Penalty (Two-minutes) on that player.

## **Section XI – Code of Conduct Policy**

Good sportsmanship is viewed by the Minnesota PowerHockey League as a concrete measure of the understanding and commitment to fair play, ethical behavior, integrity, and respect. An attitude of good sportsmanship should be upheld by all spectators, players and coaches no matter what their personal feelings or loyalties may be in any contest. The ideals of good sportsmanship, ethical behavior and integrity permeate our culture. The values of good citizenship and high behavioral standards apply equally to all that are involved in PowerHockey. In perception and practice, good sportsmanship shall be defined as those qualities of behavior, which are characterized by respect and genuine concern for others.

### **SPECTATORS**

Spectators are asked to adhere to the following conduct policies:

- Display good sportsmanship by cheering in a positive manner and encourage fair play.
- Always RESPECT players, coaches, and officials, regardless of the game score.
- No taunting or disturbing players, coaches, officials, or other spectators by means of baiting, ridiculing, threat of physical violence or physical violence.
- No profanity and objectionable cheers or gestures towards anyone.
- No throwing of any object in the spectator's viewing area, player's bench, penalty box or on the playing surface.
- No entering the team bench area during games.

**In the event of any conduct violations, the game will be stopped by on-court officials.** The on-court officials will identify violators to the coaches and/or event staff for the purpose of removing spectators from the spectator's viewing and game area. The offending person(s) is banned from the gym for the remainder of the game. Once removed play will resume. Violators may be subject to further disciplinary action by the MPHL, including possible ban for the entire day of the event or the entire event. Any spectators that are banned will not be issued refunds. If a spectator refuses to leave the viewing area in a timely manner, the local authorities will be called.

### **PLAYERS**

A minor penalty for unsportsmanlike conduct (Zero Tolerance) shall be assessed whenever a player:

- Openly and aggressively argues with an official over a call. Captains are only allowed to *discuss* a call in a calm and respectful manner.
- Uses obscene or vulgar language in a boisterous manner to anyone at any time.
- Persistent visual demonstration of dissatisfaction with an official's decision. *A game misconduct shall result if the player continues such action after receiving one minor penalty for this type of violation.*

## COACHES

A minor penalty for unsportsmanlike conduct (Zero Tolerance) shall be assessed whenever a coach:

- Openly disputes or argues any decision by an official. Coaches are only allowed to *discuss* a call in a calm and respectful manner.
- Uses obscene or vulgar language in a boisterous manner to anyone at any time.
- Persistent visual demonstration of dissatisfaction with an official's decision (including stepping onto court with intent of inciting the officials, players or spectators). *A game misconduct shall result if the coach continues such action after receiving one minor penalty for this type of violation.*

## Section XII - Rule Updates

### Rule Updates April 3, 2017

- A. Section I, A. Was:** A minimum of six players is recommended on each team's roster. A total of five players (including goaltender) are required on the floor to play a game. If a team does not have the required number of players (five), they will be permitted to substitute only one player to field a team. A team must have three of their players present, or they must forfeit. A team will be allowed to play shorthanded the entire game (five against four) rather than forfeit.
- B. Section I, D-2. Was:** If a team is behind with five minutes remaining in the third period any player on that team can score more than two goals without leaving the game unless he / she is also the player who tied the game. Then, that player must leave the game and fulfill the "three minutes / two goals" requirement.
- C. Section I, J. Was:** The game will begin with a face-off at the center face-off circle. The referee will place the ball at the center of the circle and blow the whistle to start play. After each period, teams (goaltenders) will change ends. In overtime, teams will remain on the end in which they began the third period. Each period will begin the same as the start of the game. After a goal has been scored, play will resume with a face-off at the center face-off circle.
- D. Section IV, B. Was:** Each game will consist of three fifteen-minute periods. Between each period there will be a three-minute break. After the break, teams will switch playing ends. The game will be played on a non-stop (running time) basis, except when a goal is scored. When a goal is scored, the clock will be stopped for one minute to allow the referee to report the goal and assist(s) to the scorekeeper and to allow teams to make substitutions. The final five minutes of the third period will be played on a stop-time basis, meaning the clock will be stopped after each whistle (stoppage of play), if the score of the game is within three goals. If at any point during the game a team is up by eight points or more then the game will be played on a non-stop (running time) basis even when a goal is scored. If a team scores to make the game less than an eight-point lead, the clock will begin stopping on goals until there is once again an eight point or more lead.
- E. Section VI, F. Was:** No player except for the goaltender is allowed in the goal crease at any time, unless the ball goes into the goal crease first. Players may go into the goal crease if the ball is in there first but must immediately attempt to exit the goal crease by driving through or backing out of the crease. Stopping/Parking any part of their wheelchair in the

goal crease at any time will result in a two-minute penalty. If a player is trapped (boxed in, unable to back out or drive out) while attempting to exit the goal crease, a whistle is blown and a face off will occur at center court. Players are permitted to have their sticks in the goal crease only if the ball enters the goal crease first. If a player's stick is in the crease before the ball, a penalty will be called, and any goal scored on that play would be disallowed. If any goal is scored when in violation of this rule, it will then be disallowed. (Two-minute penalty.)

## **F. Added Section XI and XII**

### **Rule Updates April 29, 2019**

- A. Section I, A. Was:** If a team does not have the recommended number of players (six), they will be permitted to substitute no more than one player to field a team.

The player that is substituted must be of equal ranking or less and cannot have a higher ranking than the player being substituted for. (Example: You cannot substitute a level 1 player in place of a missing level 2 player.)

- B. Section I, D. Was:** Any player, after scoring two goals, will be required to leave the game for a maximum of three minutes or until the opposing team scores two goals, whichever comes first. The timekeeper / scorekeeper will keep track of the time as if a "penalty" is being served.

1) If a player returns to the game after scoring two goals without sitting out of the game for the required amount of time, this will result in a Delay of Game Penalty (Two-minutes) on that player. The penalty will be served after the player has fulfilled the "three minutes / two goals" requirement.

2) With two minutes remaining in the third period:

- i. Any player sitting out due to the "three minutes / two goals" requirement can return to the playing floor.
- ii. Any player can score any number of goals without leaving the game.

- C. Section I, F. Was:** In order to help referees monitor that each team meets the required minimum and maximum player levels allowed on the floor a marker system will be used.

The marker will be colored tape that is affixed to the player's wheelchair and will not affect a player's ability to play the game. Marker Colors: Red = Level 1; White = Level 2; Yellow = Level 3. Markers must be placed so they are clearly visible.

- D. Section II, B. Was:** The nets used for goals will be provided by your local league officials. Generally, the nets should measure approximately 6 feet (183cm) wide by 3 feet (91cm) high by 1 ½ feet (46cm) deep. In situations where nets are not available, cones can be substituted. The goal crease should measure approximately 8 feet (244cm) wide (along goal line) and extend 5 feet (152cm) outward from goal line.

- E. Section III, D. Was:** All players must require the use of an electric (power) wheelchair in their daily life. Players who use only manual wheelchairs in their daily life will not be allowed to transfer from a manual wheelchair to an electric (power) wheelchair simply for the purpose of playing hockey.
- F. Section VI, F. Was: IN THE CREASE:** No player (or their stick) except for the goaltender is allowed in the goal crease at any time unless the ball goes into the goal crease first. If a player (or their stick) is in the crease before the ball a penalty will be called, and any goal scored on that play would be disallowed. (Two-minute penalty.)
- a. If the ball exits the goal crease, players in the goal crease must immediately attempt to exit the goal crease by driving through or backing out of the crease. Stopping/Parking any part of their wheelchair in the goal crease at any time without the ball in the goal crease will result in a penalty. (Two-minute penalty.)
  - b. If a player is trapped (boxed in, unable to back out or drive out) while attempting to exit the goal crease, a whistle is blown and a face off will occur at center court.