Special Olympics Minnesota 2017 Poly Hockey Handbook

Special Olympics Minnesota

CONTENTS

Rules 3

Poly Hockey Rink Dimensions 8

Event Information 9

Example Registration Form 10

As of 2016: Overtime rules now incorporate a shootout after the 6-minute sudden death overtime period.

Practice ideas and skill development can be found in the SOI Floor Hockey Quick Start Guide at www.specialolympics.org/sports.aspx

Special Olympics Minnesota Poly Hockey Handbook

RULES

The Official Special Olympics Sports Rules for Poly Hockey shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon Federation Internationale des Quilleurs (FIQ) Rules. Special Olympics Minnesota adheres to Special Olympics Sports Rules for Poly Hockey except in instances highlighted below.

Equipment

- Sticks – blade and shaft must be plastic. Blades may not be taped.
    - Goalkeeper Sticks – may have a wood shaft but blade must be plastic.
    - Center Sticks - a center's stick must be striped with contrasting tape to indicate the center. The blade can also be taped. No other player's stick may have this tape.
- Curving Sticks – athletes may curve the blade of their sticks, but the amount of curvature cannot exceed the width of a dime.
- Puck - Hard plastic/vinyl pucks.
- Helmets and Pads - all athletes must wear hockey helmets. Optional equipment includes shin guards, elbow pads, mouth guards, knee pads and protective cups. All players must have a number on their jersey.
- Goals - Poly Hockey goals shall not be larger than 1.5 meters (5ft.) by 1.2 meters (4ft.).
- Goalkeeper Equipment - Must wear a face mask with helmet and a throat protector at all times.
    - Optional equipment includes catching glove, shin pads, blocking pad, mouth guard and protective cup.
    - Excessive shin pads and blocking pads are not allowed. No modifications to enhance the size of the blocking surface.
- Illegal Equipment - subject to examination at any time. Illegal equipment will be held by the competition committee until the end of competition.

Roster

- Team Size: min. roster – 6, max. roster – 16.
- Six Positions on the Floor:
  - Center - one center; the only player allowed to move the full length of the court. Active on both offense and defense. The center must take the faceoff.
  - Two Offensive Players – must have at least one foot in the offensive zone at all times to be considered onside. Offensive players may have one foot in the defensive zone and/or may reach across the center line with the stick.
  - Two Defensive Players - must have at least one foot in the defensive zone at all times to be considered onside. Defensive players may have one foot in the offensive zone and/or may reach across the center line with the stick.
  - Goal Keeper - one goalkeeper who is not restricted to the goal crease, but only has the privileges of a goalkeeper when they have at least one foot in the crease.
- Playing Time - all players on a team's roster are required to play during the course of the game, but players are not required to play equal amounts.
- Substitutions – allowed at the three and six minute mark of each period or in case of an injury.
- Goal Keeper Substitution - if a team pulls their goalie, they will be allowed an additional center. The additional center has all the rights of the original center and can go anywhere on the court.
- Offensive/Defensive Players - a change of position between defensive and offensive players can be made when the puck is dead and the clock is stopped and after notifying the referee.

Gameplay Rules

- Time and Periods - three, nine-minute periods. The first two periods will be running time and the third period will be stop time. One-minute break in between each period.
  - Clock Stoppage - stops when a goal is scored or a penalty (not an infraction) is called.
  - Switching Ends – teams will change ends at the end of each period.
  - Running Time- games with a 10 point difference will begin running time.
- Face-offs - face-offs start at the center circle and at the sound of the referee's whistle.
  - Face-off Player Placement – when there is a face-off at center court, forwards will line up on the offensive side of the center line. All players not involved in the face-off must be 3 meters from the face-off circle during the face-off. The referee will place the puck and play is started at the sound of the whistle.
  - Goal Keepers Trap – when a goalkeeper traps or freezes the puck, play will resume with a face-off at the nearest face-off circle.
  - Defensive Infraction - the face-off will take place next to the nearest circle.
  - Offensive Infraction - the face-off will be held at the opposite end of the court in the nearest circle.
- Puck out of Play - play does not stop when a puck leaves the court. The referee will simply drop a puck in play at the spot closest to where the puck left the playing area. The new puck is live as soon as it hits the floor.

- Puck Movement - the puck may be advanced by either a player's stick or a player's feet. However, no goal can be scored by a player's foot.
- High Sticking - players may not raise their stick above their waist when shooting. This is considered high sticking and is an infraction.
- Overtime - if the score is tied at the end of the third period, play shall resume with a six-minute, sudden death overtime period. If the game remains tied as the end of the first overtime, the game shall be decided by a shootout. The shootout will consist of three rounds. If tied after three rounds, it will go into a sudden death round. A team must go through the entire roster before an athlete can shoot in another round. The shooter should keep forward momentum during his/her turn (referee's discretion). Spinning is not allowed. The team that wins the shootout will be awarded one goal for the win, regardless of how many goals were scored in the shootout.
- Goal Crease - offensive players are not allowed in the goal crease at any time. It is an infraction when an offensive player and/or their stick goes into the goal crease at any time. This rule does not apply to the goalkeeper and defensive players.
- Goal Keepers - may handle the puck with their hands or other parts of their body. Goalkeepers may trap the puck with their feet, stick or hands. Play will then resume with a face-off at the nearest face-off circle.
    - Wheelchair Goalkeepers - athletes using a wheelchair are allowed to play goalie. However, in order to create a fair and equal competition environment, goalies using wheelchairs will be required to position themselves facing forward from the goal or toward the location of the face-off on every face-off. As non-wheelchair goalies are required to start from a standing position and are not allowed to lie across the front of the goal, goalies using a wheelchair may not remain positioned sideways across the goal mouth. Wheelchair goalies are allowed to tape their sticks either perpendicular or parallel to the wheelchair.
    - Clearing the Puck - a dotted line will extend from the goal pipe at a 45 degree angle to the side face-off circles. When clearing the puck with their hands the goalkeeper must toss the puck in an underhand manner behind these lines. If the goalkeeper is clearing the puck with their stick they can clear the puck in any direction. The goalkeeper can freeze the puck to force a face-off.
    - Positioning & Equipment – the goal keeper must start in a standing position and may not use excessive equipment.
    - Goal Keeping Gameplay – there must be a goalkeeper at all times with the exception of the last two minutes of regulation time or of an overtime period. During the last two minutes of the game, the goalkeeper may be removed during a normal stoppage of play and replaced by a substitute. The goalkeeper may return to the game, replacing the substitute who was originally substituted for them.
- Coaches must stay in their team's designated bench area. If a team has a wheelchair goalie, one coach is allowed to be behind the goal but must not enter the playing surface while the play is in action.

- Timeouts - two, one-minute timeouts per game and teams may only call one timeout per period. Only one timeout per overtime (no carryover). Timeouts may only be called during a normal stoppage of play. A bench penalty will occur if called during a live play.

- Scoring – Each goal is worth one point. The puck must cross the goal line completely to count.

  - Deflection - The puck can be deflected off a player or piece of equipment accidentally into the goal and be considered a goal. The puck cannot be kicked or thrown into the goal by an offensive player.

  - Goal Crease - 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.
  - Extras - a goal will be scored if the puck is put into the goal by a defensive player, the puck needs to be in the goal before the signal sounds to end the period, or a goal can be scored from a face-off in any locations.

Shootout Rules

- The shootout will consist of three rounds and the start will be determined by a coin flip. Teams will alternate attempts.
- A round will consist of one athlete from each team getting a break away opportunity starting from the center faceoff and shooting at the opponent's goal.
  - Teams will pick three different athletes to participate in the shootout
  - The athlete should keep forward momentum and the referee has the right to waive off a goal if the athlete stops forward progress and moves backwards.
  - Spinning is NOT allowed during a shootout from the offensive player
  - Crease infraction will result in the goal being waived off.
- If the shootout is tied after three rounds, it will go into sudden death rounds until one team scores and the other does not.
- An athlete cannot shoot twice until the team has gone through the entire roster in a shootout.

Infractions

- Infractions - result in referee stopping play and faceoff location is dependent on the type of infraction.
  - On a defensive infraction the faceoff shall stay in the zone. On an offensive infraction, the faceoff goes to the other end of the court (like an icing in hockey).
  - On certain infractions, a delayed infraction may be called. The infraction that resulted in the delayed infraction will not be called until the team on defense at the time of the infraction takes possession of the puck, advances the puck or a goal is scored against the defending team

- Infractions occur in the following instances:
  - When a player deliberately holds, lies on, or steps on the puck.
  - When a goalkeeper uses an overhand throw, throws the puck to the center side of the dotted line coming out 45 degrees from the goal-posts of his goal (delayed infraction).
  - When a forward or defensive player crosses the center court line (delayed infraction).
  - When a player other than the goalkeeper deliberately leaves their feet to block a pass or shot (delayed infraction).
  - When an offensive player and/or their stick goes into the goal crease at any time.
  - When high sticking takes place. This infraction occurs when a player raises their stick above their waist.
- Five Infractions – on the fifth infraction, a player will receive a one and a half minute penalty.

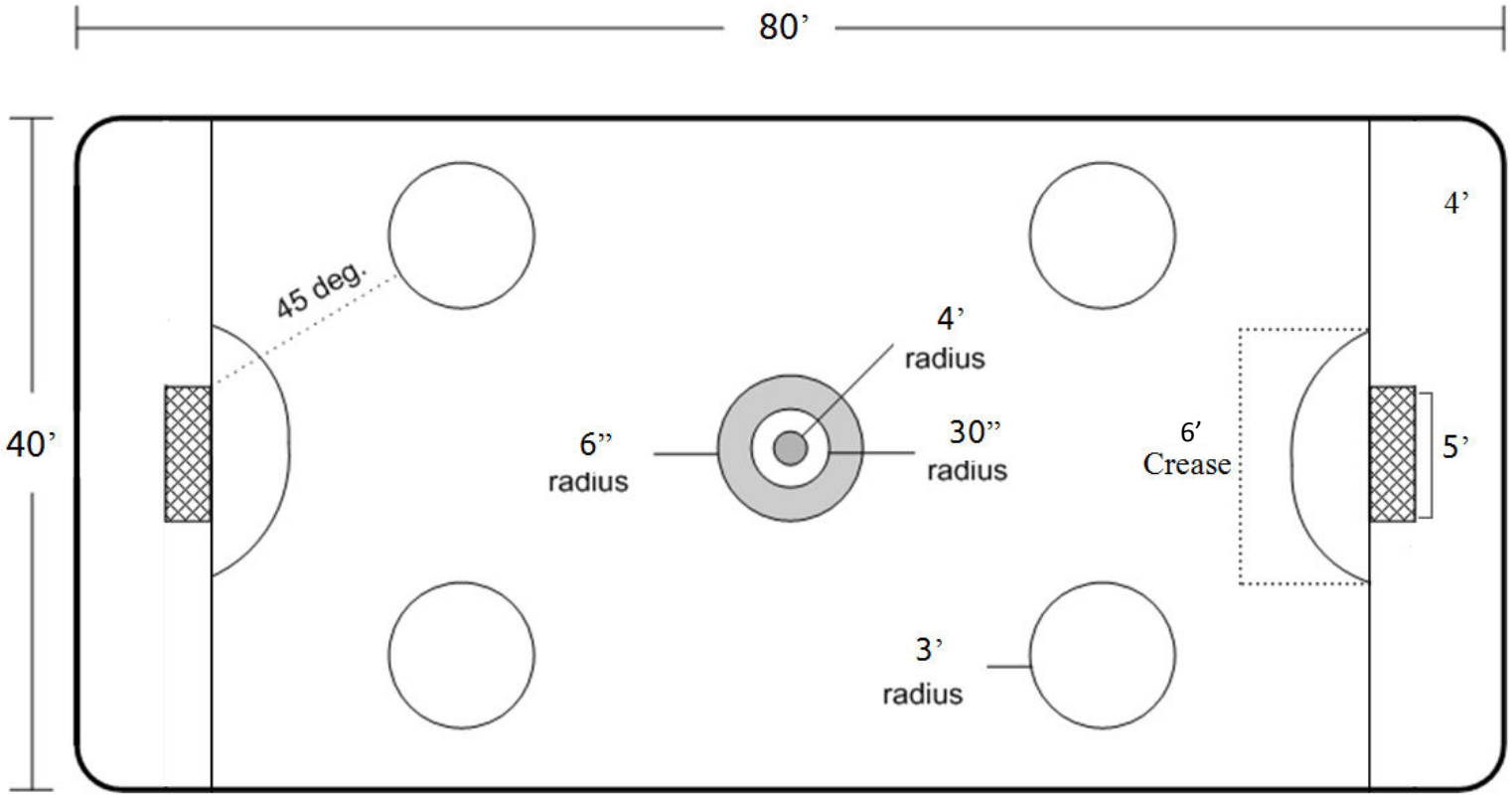
Penalties

- Penalties - result in a one and a half minute expulsion of the offending player or a player to be determined by the coach in the case of a bench penalty. The offending team will play a person short for the duration of the penalty unless the opposing team scores a goal.
- Penalties occur in the following instances:
  - When a player charges an opponent from behind, trips, elbows or intentionally pushes.
  - When a player crosschecks an opponent.
  - When any deliberate roughness takes place.
  - When a player accumulates five infractions.
  - When a bench penalty takes place.
  - When unsportsmanlike conduct takes place.

Ejections

- Ejections – 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.
- Ejections occur in the following instances:
  - Commits three penalties or ten infractions.
  - When a player deliberately does anything that could cause injury or harm.
  - When a coach's conduct becomes detrimental to the players and/or game. If, after the ejection, the coach's misconduct continues, the game will be forfeited.
  - When a player or coach intentionally throws or swings a stick.
  - When a player engages in a fight or throws a punch.
- Penalty Time – when a player is ejected from a game, a teammate shall serve the two minute penalty. An alternate may substitute for the ejected player after the two minute penalty has been served.

POLY HOCKEY RINK DIMENSIONS



EVENT INFORMATION

Area Competitions

Area	Date	Location	City	Register By	Contact
Area 3	Jan. 8	Hermantown Middle School	Hermantown	Dec. 19	ben.swarts@somn.org
Area 11/13	Jan. 8	Inver Grove Heights Middle School	Inver Grove Heights	Dec. 18	emily.dierberger@somn.org
Area 7/9/10/12	Jan. 7	Inver Grove Heights Middle School	Inver Grove Heights	Dec. 18	sam.leidholt@somn.org

State Poly Hockey Tournament

January 21-22, 2017 – Breck School

State Tournament Details

- Quota due Jan. 2
- Registration due Jan. 8
- No individual skills
- Roster Size – 6 minimum, 16 maximum
- Teams guaranteed at least three games
- Awards presented as divisions finish
- Celebration Ceremonies Saturday, January 21th at Breck School

Divisioning

- Coaches complete individual assessment scores for each athlete and are submitted through the online registration page. Assessment tool is used to determine the qualifying score for each athlete when submitting online.
- At State, divisioning is based on assessment scores and the results from previous competitions. When divisioning for State, emphasis is put on previous games and competitions.

STATE POLY HOCKEY
Poly Hockey Registration
(please fill out for each team)

Delegation: SOMN **Area:** 11

Drop Down Menu
Team Attending Area? yes

Drop Down Menu
Team Attending State? yes

Team Name: SOMN 1

Total Assessment Score will automatically calculate for each athlete.

Athlete Last Name:	Athlete First Name:	Date of Birth:	Stick Handling*	Passing*	Goaltending*	Game Awareness*	Shooting*	Total

*Please refer to information on next page for skill levels for each assessment area.
The minimum roster size for poly hockey is 6 and the maximum is 16.
If calculation does not work, please make note on this page in "Comments" and it will be fixed.

Total score for all athletes
Please Fill in # of Players --->
Average amongst all players
(will automatically be calculated)

Comments:

SOMN.ORG

Individual Assessment for Team Play

A. Stick Handling (one choice – should be the most representative of the athlete's skill level)

Has difficulty controlling the puck (2)
Possesses some stick handling skills but they are very limited (3)
Can handle the puck on forehand only (4)
Can handle the puck with either the forehand or backhand (5)
Has ability to easily change directions while maintaining control of the puck (6)
Has ability to beat defender but sometimes loses control of the puck (7)
Has ability to beat defender regularly while maintaining control of the puck (8)

B. Passing (one choice – should be the most representative of the athlete's skill level)

Has difficulty completing a pass/short pass to a teammate (2)
Can sometimes make a pass to an open teammate with token pressure (3)
Can only complete a pass to a teammate after looking directly at him/her (4)
Can often complete a pass through a crowd (5)
Has ability to recognize an open teammate and complete a quick pass to that teammate (6)
Controls game with ability to complete a pass to open player when they are in good position (8)

C. Goaltending (complete only for those who play goalie) (one choice – should be the most representative of the athlete's skill level)

Maintains a stationary position; is slow to recognize the position of the puck on the floor (2)
Knows where the puck is but doesn't position themselves to block a shot (3)
Moves toward puck, but reaction time to movement of the puck is slow (4)
Movement permits adequate goal coverage, has some trouble getting the puck out of the goal area (5)
Good goal coverage; reasonably aggressive in defending goal, usually able to clear the puck from the goal area (6)
Exceptional goal coverage; aggressively anticipates where the puck will be and gets it out of the area quickly (8)

D. Game Awareness (one choice – should be the most representative of the athlete's skill level)

Sometimes confused on offense and defense; may shoot puck toward wrong end (2)
Can play in fixed position as instructed by coach; may go after an occasional loose puck (3)
Limited understanding of game – slow to react to play around them, primarily moves based on coach instructions (4)
Moderate understanding of the game – understands most rules and concepts, but may occasionally be confused as to role on floor (5)
Advanced understanding of the game and mastery of fundamentals (8)

E. Shooting (one choice – should be the most representative of the athlete's skill level)

Does not exhibit control of direction of puck when shooting (2)
Occasionally direct shots toward goal, but does not exhibit a strong shot (3)
Shots are usually directed on target, but shot is still weak (4)
Athlete has a strong shot, but lacks control over direction (5)
Athlete has a strong shot and frequently gets their shot on target (6)
Athlete controls the game with the strength and accuracy of their shot (8)

SOMN.ORG

Team Name: SOMN 1

1. Competition Record for Previous Three Games: Please list three games played in this competition season against another team - please submit any games played prior to area competition (we will receive area results from Area Coordinator).

Opponent*	Date	Score Ex. 2 to 4	Winner of Game Our team/Opponent	Our Team Stronger/Equal/Weaker than opponent
Duluth	28-Feb	3 to 4	Duluth	Equal
OMG Rain	28-Feb	1 to 9	OMG	Weaker
WAN Blue	28-Feb	2 to 15	WAN	Weaker

2. If you brought this team to state last year, is your team (please underline or bold)
: Stronger **Equal** Weaker New Team

3. If this team came to last year's competition, what was their name last year (i.e. Wild Angels **Silver**)?
Team name last year was SOMN Tigers, this year it is SOMN 1

4. Are you missing any key players? If so, please explain:
Lost 2 of our middle level players

5. Any additional team information about your team's ability level:

6. If your delegation is bringing more than one team to the state poly hockey tournament, please rank your teams in order of their strength and indicate which division (1 - 5, 1 being strongest division) you feel they should play:

Team Name: SOMN 1 Division: 3

Team Name: SOMN 2 Division: 4

Team Name: _____ Division: _____

7. If this team competed in last year's Special Olympics Minnesota State Poly Hockey Tournament, do you feel they were divisioned appropriately for their abilities?
(Please underline or bold) **Yes** No If No, should they have been higher or lower?
(Please underline or bold) **Higher** Lower

Information Submitted by:

Head Coach **Date**

SOMN.ORG