

Para ice hockey Information Sheet

About the Sport

Since its debut on the Paralympic Programme at the Lillehammer 1994 Winter Paralympics, Para ice hockey has quickly become one of the largest attractions for spectators at the Winter Paralympics. It is fast paced, highly physical and played by male and female athletes with a physical impairment in the lower part of the body.

Para ice hockey follows the rules of the International Ice Hockey Federation (IIHF) with a few modifications. Instead of skates, players use two-blade sledges that allow the puck to pass beneath. Players use two sticks, which have a spike-end for pushing and a blade-end for shooting.

Who can compete?

Para ice hockey is open to athletes with a physical impairment. Athletes are required to submit medical reports and meet the minimum impairment criteria in order to compete.

Eligible impairments	Description	Minimum Impairment Criteria
Limb Loss	Partial or complete absence of bones or joints due to amputation or deficiency from birth.	Leg: Loss of one leg through the ankle or shortened limb of similar length
Limb Length Difference	Significant difference in leg length due to a deficiency at birth or trauma.	Leg length difference must be at least 7cm between both legs
Muscle Weakness/Impaired muscle power	Muscle weakness or paralysis from conditions such as muscular dystrophy, multiple sclerosis, nerve damage, spinal cord injury or other spinal condition or change in muscle origin/insertion	Leg: Loss of strength in hip, knee or ankle

Eligible impairments	Description	Minimum Impairment Criteria
Co-ordination impairments: Hypertonia/Spasticity, Motor Ataxia, Dyskinesia	Impairments from neurological conditions such as acquired brain injury, cerebral palsy and multiple sclerosis that affect co-ordination and smoothness of movement and balance.	Moderate co-ordination or movement difficulties in the legs
Impaired Passive Range of Motion	Restricted movement or tightness in a joint/s from conditions such as joint fusions and other restricting conditions.	Severe joint movement restriction in one ankle or knee.

Para ice hockey Sport Classes

In Para ice hockey there is only one sport class. IH = Para Ice Hockey

Sport Class	Description (Guide Only)
Eligible (IH)	Meets the Minimum Impairment Criteria for the sport.
Not Eligible (NE)	Does not meet the minimum criteria for the Para sport classes, but may still be able to compete. Contact Ice Hockey Australia for more information.

Find out more

To get involved or for more information contact:

Ice Hockey Australia

W: www.iha.org.au

E: office@iha.org.au

Note: The classification information provided is intended as a guide only. Only authorised classifiers are able to provide a formal classification in accordance with the rules of the sport.