



POWERCHAIR HOCKEY

Pocket Guide

Basic Rules of Power Hockey

GB Power Hockey Association

www.gbpowerhockey.org



What is Power Hockey?

- Power Hockey is an invasion sport played with specially designed power-sport chairs and a hockey ball.
- There are two teams of 4 players with 4 substitutes and the team with the most goals at the end of the game wins.

Who Can Play?

- Power Hockey is predominantly aimed to those with a significant level of physical disability, however, is open to all abilities.
- Players must be at least 6 years of age and be able to control the power-sports chair.

Equipment

- Power Hockey has to be played in an approved power-sports chair.
- Players must wear a seatbelt.
- Power Hockey is played using a standard hockey ball with a diameter of 75mm.
- Goal posts should be hard, plastic sports cones with a minimum height of 20cm.
- The tape used to mark out the field of play should have a width of 2" and black and yellow hazard design.

Game Duration

- A game is 40 minutes, 20 minutes a half.

Tackling

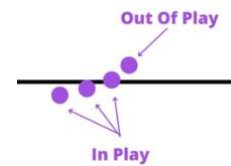
- Players can tackle by bumping their chair into an opponent's chair from the side but, cannot tackle someone from the back or head on.
- Players can block any opposing team player who does not have the ball, but they are not allowed to bump them.
- One player can only tackle an opposing team player at one time, if two players tackle an opposing team player then a foul is awarded.

PLEASE NOTE:

This document is for those being introduced to Power Hockey. Detailed rules of Power Hockey can be found in the official *Rules & Regulations*

Ball In And Out Of Play

- If the ball goes out of play, a Kick In, Corner, Goal Kick or Set Ball will be awarded.



Pitch

- The basic size of the pitch must be 28 m x 15 m, a standard basketball court.
- The playing surface must be hard, smooth, and level.
- Each goal area is located at the centre of both ends of the field, 8m wide and 5m deep.
- The penalty spot is located anywhere along the basketball free throw line, 5.7m from the goal line.
- Goal posts are placed either side of the basketball zone end line, 4.5m apart.
- Corners are marked with 1m triangle, inside the field of play, at each corner.

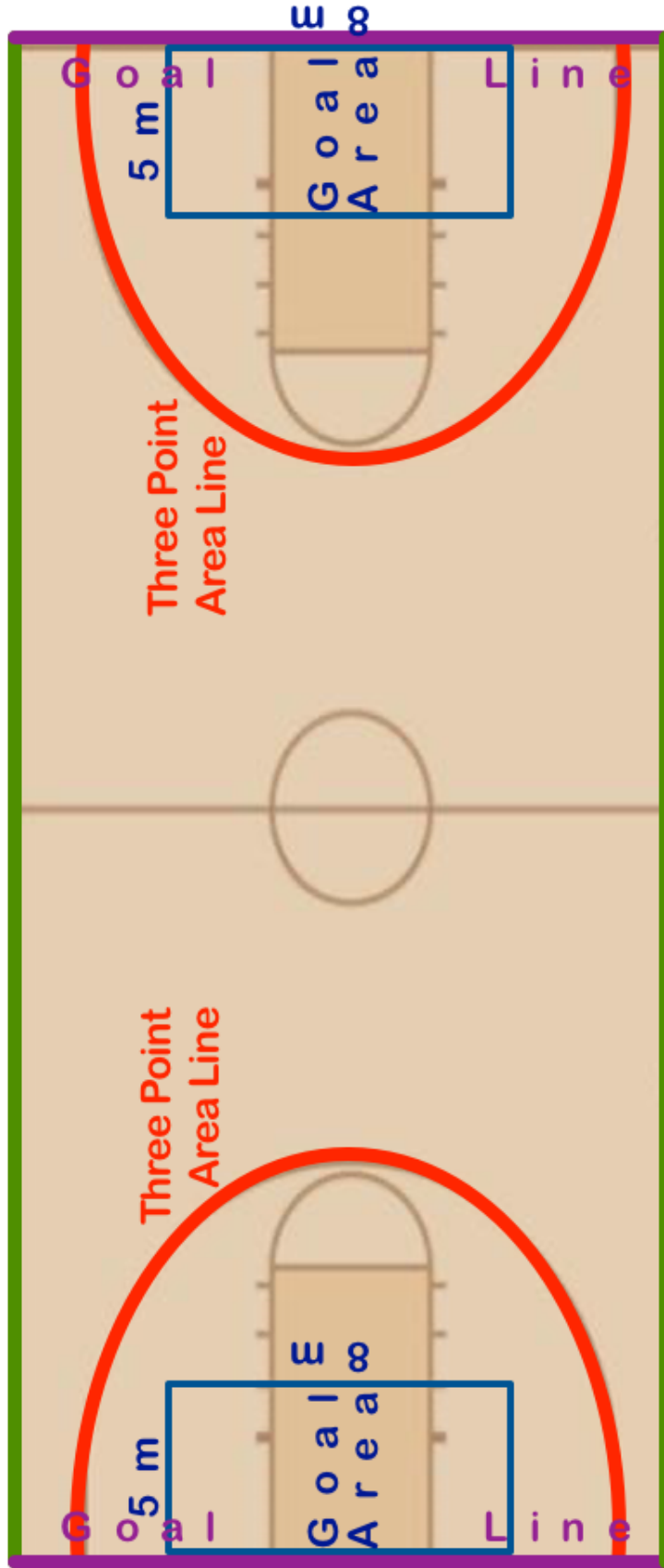
Fouls

- Free kicks awarded if a player hits the rear of an opponent's chair with minimal degree of force (a bump), if there is a head on collision with minimal degree of force (a bump) or if there's 3 attacking players in the goal area.
- A spin hit with excess force (a smash) isn't allowed.
- 2 players from the same team cannot block/tackle an opponent at the same time.
- Penalties are awarded if there is excess force (a smash) in a head on collision with an opponent, excess force (a smash) in hitting the rear of an opponent's chair or if there's more than 3 defenders in their own goal area.
- Punishments:
 1. The referee can send a player to the Sin Bin for one minute for a first minor offence – purple card shown.
 2. A second minor offence or a yellow card offence will result in the player being sent to the Sin Bin for 3 minutes.
 3. A third minor offence or a red card offence will result in the player being sent off.

FIELD OF PLAY



Side Line



Side Line

POWER HOCKEY

