



World Para
Ice Hockey

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Para ice hockey

The high performance game

October 2018

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What is it?

Para ice hockey is a fast-paced, contact sport played by athletes who have a physical impairment in the lower halves of their bodies. The sport follows the rules of the International Ice Hockey Federation (IIHF) with a few modifications.

Instead of skates, players use double-blade sledges and two sticks that have spike-ends for pushing and blade-ends for shooting.

It is one of six sports on the Paralympic Winter Games programme and is governed by World Para Ice Hockey (WPIH). World Para Ice Hockey acts as international federation for the sport of Para ice hockey and is overseen by the International Paralympic Committee (IPC) that also oversees nine other Para sport international federations.

www.WorldParaIceHockey.org/rules-and-regulations/rules

Equipment

World Para Ice Hockey is proud to have a partnership agreement with protective equipment supplier Shop-Hockey.de



To find out about the benefits visit:

www.WorldParaIceHockey.org/development/equipment

Who can play?

Para ice hockey can be played by men, women and children on a recreational basis, however only athletes with a physical impairment in the lower halves of their bodies can participate in events at the high performance level. The system that determines which athletes are eligible to compete is called Classification.

www.WorldParaIceHockey.org/classification

There are several opportunities for newcomers to get involved in their local communities at grassroots level and work their way up to international competition. Contact your National Paralympic Committee or National Ice Hockey Federation for assistance. Find out about World Para Ice Hockey development activities here:

www.WorldParaIceHockey.org/development

Benefits of Para ice hockey



Physical skills

Provides a great outlet to improve strength, balance and agility.



Team skills

Allows people to establish new friendships and be part of a team atmosphere.



Social skills

Opportunities to learn new skills and life lessons, accomplish goals and acquire leadership abilities.





How did it start

Para ice hockey originated during the 1960's when a group of people at a rehabilitation centre in Stockholm, Sweden, wanted to continue playing hockey despite their varying impairments. They used round poles with bike handles for sticks and played without goaltenders to begin with.



The sport quickly caught on and the game then spread to Norway and Great Britain before reaching Canada and Estonia.

Those were the first five nations to field teams at the Lillehammer 1994 Paralympic Winter Games, and since then, it has spread widely across Europe, North America and Asia.

Outside of Paralympic Winter Games, teams take part in international matches on a regular basis and there is a World Championships every two years for three different pools; A, B, C.

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 www.WorldParalceHockey.org

The high performance game

Para ice hockey has been a part of the Paralympic Winter Games programme since 1994.

Sweden won the first Paralympic gold, though Canada and USA have been the dominant forces, having won the last five Paralympics between them.

USA won the last event, taking gold at the PyeongChang 2018 Paralympic Winter Games. Canada have won four world titles in 2000, 2008, 2013 and most recently in 2017.

PARALYMPIC GAMES MEDALS TABLE

			
1994	Sweden	Norway	Canada
1998	Norway	Canada	Sweden
2002	USA	Norway	Sweden
2006	Canada	Norway	USA
2010	USA	Japan	Norway
2014	USA	Russia	Canada
2018	USA	Canada	South Korea



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