



**January 11, 2026**

# **POWERHOCKEY TORONTO OFFICIAL RULEBOOK**

These rules are subject to revisions or changes when deemed necessary.

Visit [www.powerhockeytoronto.com](http://www.powerhockeytoronto.com) for future revisions.

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## **[Section I] GAME RULES**

- A.** 1. The only individuals permitted in the team bench area are the players and coaches currently involved in the game and any mandatory support personnel (ie. intervenor). All spectators must sit in the designated spectator area(s).
- 2. A total of five players (including the goaltender) are required on the floor to play a game.
- B.** If a team does not have enough players (5) to field a competitive team, they may be permitted to substitute one player, upon approval of the game's Convenor.
  - 1. The substituted player should be of equal ranking or less, but not greater than that of the player being substituted for. The substituted player must be from the Approved Player Substitution List found at the score table. Substitution is contingent on the opposing coach agreeing to permit the substitution. If the opposing coach does not agree to the substitution, the game should be played, regardless, under protest. At a later date, the PowerHockey Toronto President will review the circumstances and determine what if any appropriate action should be taken. This may result in the game being replayed at a later date. Coaches should allow substitution whenever possible.
  - 2. Points accumulated (goals and/or assists) by a substitute player will not be recorded on their individual statistics, but will count in the score of the game that they are playing in.
  - 3. If more than one player is needed for substitution by the same team, in order to have the required number of players (5). The game will be forfeited. The final score will be officially recorded as 1-0 and the winning team will receive two points.
- C.** All trades must be made and approved by the PowerHockey Toronto President before the remaining three games of the regular season.
- D.** 1. A team may only play one Level 1 ranked player on the floor at a time. A Level 1 or 2 ranked player can be considered a Level 3, only if he/she attaches their stick to their chair (See player classifications in Section IX of the Rulebook). A team must not play a Level 1 ranked player or their top goal scorer of the game if winning by 5 goals.
- 2. A Level 3 ranked player must be on the floor at all times, playing a forward or defensive position.
- 3. Goaltenders cannot be a Level 1. A goaltender can be played by a Level 2 or Level 3. A Level 1 is only permitted to play in goal if their stick is attached.
- E.** 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.

- F.** 1. 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.
2. On all face-offs the ball will be placed on the floor at a mark designated by the referee. The stick blades of the players taking the face-off will be placed six inches on opposite sides of the ball. The Home team will have preference on every face-off as to which side of the ball they place their stick.
- G.** The referee will call a face-off 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. If a shot is taken with the player's wrist above the shoulder, the referee will call a face-off. 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 was 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.
- H.** 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 as a result entered the goal either directly or after deflecting off any player including the goaltender. A goal will not be allowed if the player made contact with the ball above the level of the goal crossbar. Hitting the ball with a high stick will result in a faceoff. After a goal is scored, 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.
- I.** The referee will call a face-off if there is a save/frozen ball by the goaltender or the goaltender is hit in the head by the ball. The whistle will be blown immediately (equivalent to a count of one-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 goaltender's footrests, or trapped by the goaltender 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; (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.
- J.** 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 into the

front of a player, he/she may stop the ball with their feet and direct it to their stick. But they are not 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.

\*If a goaltender attempts to play or defend the ball by reaching, kicking, stretching or raising their legs, or covering the ball with their feet a Penalty Shot will be awarded to the opposing team.

- K** An offensive player is **OFFSIDE** if their entire chair crosses the centerline 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 centerline. If an offensive player crosses the line before the ball, which 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 OFFSIDE**. The offside violation will be nullified if all offensive players in the offensive zone clear the offensive zone by making chair contact with the centerline. The offensive zone must be completely clear of offensive players before a delayed offside can be nullified with the ball still in the offensive zone. During the delayed offside, the referee shall stop play for the offside 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 offside.
- L.** If a player's wheelchair becomes inoperable during play, their team must gain possession of the ball in order for the referee to stop play, unless the player is in danger. If the team whose player had their wheelchair become inoperable is on an offensive rush, the referee shall stop play once they lose possession of the ball. There's no exemption for goaltenders. The team will have 2 minutes to make the wheelchair operational. If not, then the player must be replaced. A faceoff will occur in the defensive zone of the team whose player's wheelchair became inoperable. If a player returns after the first incident and it occurs again, a two-minute Delay of Game penalty will be assessed. If a player's wheelchair only requires a manual switch reset this will not count toward their total for the game.
- M.** Registration of returning players will not be accepted after games 7 of the regular-season. New players are welcome to register at any point during the season.

## [Section II] PLAYING AREA

- A.** The size of the playing area should be a maximum of 50' wide x 100' long and a minimum of 50' wide x 94' long.
- B.** The nets should measure approximately 6 feet [183cm] wide by 3 feet [91cm] high by range from 1-½ feet [46cm] to 2 feet [61cm] deep. The nets shall be placed at each end of the gymnasium and centred between the rectangular goal creases. The goal

crease should measure approximately 6 feet wide [along goal line] and extend 4 feet outward from goal line. There is to be 5 feet [152 cm] of space from the back of the net to the boards. It is the referee's responsibility to ensure that the nets remain properly positioned during the game.

- 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 centerline. *\*See diagrams in Section XII - Appendix.*
- D.** If possible, the scorekeeper, timer, penalty area and team benches shall be on one side of the court.
- E.** All coaches and players must stay in their team areas throughout the game.

### [Section III] EQUIPMENT

- A. STICKS:** All sticks must be made of a plastic (or composite material) handle, shaft, and blade. Wood or metal shafts are not allowed, nor are composite shafts with wood or metal in their composition. Ice hockey composite sticks are not permitted. Goaltenders may use a goaltender style stick if they choose, but this stick must also follow the plastic or composite guidelines.

\*Maximum dimensions (height, length, width) for stick shafts and blades are as follows:

- 1.) A stick shaft length of 52 inches (132 cm) from the end of the shaft to the heel of the blade.
- 2.) The blade shall be approx. 10 inches (25 cm) from the heel to the end of the blade. The blade shall have a maximum height of 3 inches (7.5 cm) along its entire length.
- 3.) Goaltenders sticks blades shall be approx. 16 inches (40 cm) from the heel to the end of the blade. The blade shall have a maximum height of 4 inches (10 cm) along its entire length.

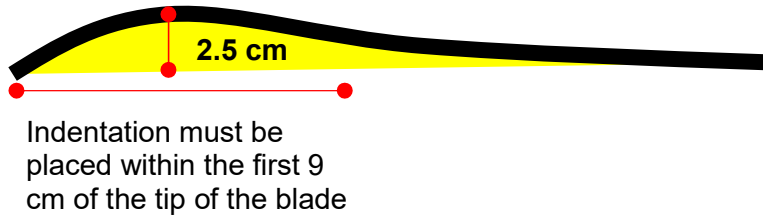
**B. STICK ADAPTATIONS:**

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. 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), but other players can use this adaptation also.

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”. A T-stick similar to that allowable in the IWAS Powerchair Hockey rules may be used. \*See *diagrams in Section XII - Appendix*. We will also accept a North American version of a “T-Stick” following these standards; A “T-Stick” can be made out of a standard acceptable hockey stick blade discussed above. The “T” or “Wings” can extend 3 inches off of each side and cannot be higher than the blade of the stick. It must be of similar width. “T-Sticks” are mainly used by players who fix (tape) the stick to their wheelchair (level 3 players), but other players can use this adaptation also.

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.

4.) Blade indentation: A small indentation may be placed near the tip of the blade to a maximum depth of 2.5 cm measured from a flat surface to the inside of the indentation. The indentation must be placed within the first 9 cm of the tip of the blade. See below diagram for more information on the allowable dimensions.



Sample blade:



5.) Pocket stick: A pocket stick (i.e. [the Xoro trick stick](#) and equivalent sticks) is not permitted to be used.

6.) Additional stick modifications: Stick modifications that do not fall within the parameters of any of the above rules must be reviewed and approved by the Board of Directors prior to being used in a game.

7.) A player may tape the stick to their wheelchair (the blade must be placed in the front of the wheelchair's front wheel) 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 and does not prohibit the ball from rolling under wheelchair. Material other than plastic or composite may be used to make a bracket or stick mount. No stick blade may be placed between the front and rear tires, obstructing passage of the ball through that area.

\*A team may challenge the legality of an opposition player's equipment (See Section VI - Minor Penalties).

\*All objects/attachments considered dangerous must be covered (taped/padded).

- C. All goaltenders MUST wear and use foot plates. 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 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.

- E.** 1. No modifications shall be made to a wheelchair that will prohibit the ball from rolling freely 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.
  - 2. Chairs cannot exceed a speed of 9 mph.
  - 3. Electric scooters/carts are not allowed.
  - 4. All power wheelchairs manufactured for the purpose of sport are not permitted. All power wheelchairs used must be manufactured for use in daily life.
- F.** The Salming Aero+ floorball ball will be used as the official game ball.
- G.** Participants are highly encouraged to wear protective gear such as a helmet, and leg, knee, arm or chest pads. However none of this is required. Any protective equipment used must overall fit to the individual's body. All types of padding may not excessively extend beyond the players various body parts. For example, a goaltender using some type of leg pad will not be allowed to have the padding extend beyond their feet or more than a couple of inches above their knee. All padding including the goaltenders padding may not be excessively thick.

\*As a general reference for acceptable leg, chest and arm 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 PowerHockey Toronto Board of Directors may disallow any protective gear at any time if they find the size of such gear to be excessive and unfair.
- IMPORTANT NOTE:** The PowerHockey Toronto Board of Directors may disallow ANY equipment from being used during play at any time.
- H.** Team members must wear the same color/style jersey. The jersey should have a number that can be seen by the referee if necessary. All players must wear their jersey during each game otherwise they may not be permitted to play.
- I.** Use of electronic devices for communication or assistance during game-play is banned. (For example: wireless headsets, helmet-radios, remote control wheelchair controls etc.)
- J.** Players are allowed to switch chairs with teammates or with a spare chair on their bench. A player is permitted to switch to a different chair between games as needed.
- K.** Action cameras (GoPro style) are permitted only if mounted directly to a player's wheelchair. Cameras must be mounted so they stay within the outer parameters of a player's wheelchair. Cameras must not exceed more than 6 inches (15 cm) from the mounting point. Body mounts (i.e. head, chest, arms) are not permitted. Cameras must be approved by game officials prior to each game they are being used in.

- L.** All players must wear a seatbelt.
- M.** All players must wear protective eye wear. Prescription glasses are permitted. It is the responsibility of each player to ensure that they are equipped with and wearing appropriate eye wear. No player will be permitted to play without proper eye wear.
- N.** All bags/backpacks must be removed from the wheelchairs before games.

#### **[Section IV] TIME/SCOREKEEPERS, REFEREES**

- A.** It is the referee's responsibility to ensure that the timekeeper and scorekeeper are ready for the start of each game.
- B.** Each game will consist of three fifteen-minute periods. Each period will be played on a run-time basis, meaning the clock will not be stopped at every whistle. The last two minutes of the third period will be played on a stop-time basis.

Between each period there will be a two-minute break. After the break, teams will switch playing ends. 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. If a Playoff game goes to overtime, and a team has not used its time-out, the time-out will be carried over to the overtime period.

If a game is tied at the end of regulation time in a Playoff game, there will be one 5-minute sudden death overtime period. If the game is still tied, there will be a shootout [Section VIII/B].

\*Penalties will be served on a stop-time basis, meaning the clock will be stopped after each whistle [stoppage of play], to keep teams from wasting time off the opposition's power-play. Stop-time will be used even if both teams have a player in the penalty box (coincidental penalties).

- C.** The official game clock should be large enough and placed high enough so that the referees can see the clock from anywhere on the playing area.
- D.** 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.
- E.** 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 and goaltender changes during a game.
- F.** 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.
- C.** Any player or coach given a game misconduct must exit the playing area, and is banned from the gym for the remainder of the game. A player or coach may be subject to further disciplinary action by the PowerHockey Toronto Board of Directors upon review.
- D.** If a Level 1 ranked player is serving a penalty, his/her team may NOT have a 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 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.
- E.** If coincidental penalties are whistled/called (meaning one player from each team is called for a penalty), teams will play shorthanded [four-on-four].
- F.** Any player, including the goaltender, shall be ejected from the game if they receive three (3) penalties of any kind during the game. A player who is ejected from the game must leave the gym area. They will not be permitted to watch the game from the spectator area.
- G.** For play to resume there must be a minimum of three (3) players per team on the playing surface, including the goaltender. If another penalty is called, time will start on that penalty after one of the previous penalties has run out. If unable to field three (3) players on the floor, a penalty shot will be awarded.
- H.** Goaltenders must serve all major penalties they incur. A teammate will be allowed to play the position of goal until the expiration of the penalty.
- I.** If a player receives three game misconducts in one season PowerHockey Toronto will review their status as an active player and he/she may be suspended for the remainder of the season.

**[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] See Section XI (Code of Conduct Policy).
- F. IN THE CREASE:** 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]
- 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; or for not having a level 3 player on the floor. [Two-minute penalty] See Section I (D/1-2) and Section XI (Code of Conduct Policy).
- 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:** A high-sticking penalty is enforced to any offender who hits an opponent with the stick in the head or face. A player may 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]
- P. TIPPING:** A player at fault for causing a wheelchair to tip over. The player at fault may be the tipper or tippee. [Two-minute penalty]

\* If an incident occurs as a result of a player being tipped over, a Major Penalty, or there is a violation of the Code of Conduct Policy, a review process will take place to determine if further disciplinary action is warranted. If the incident involves a player or players, a series of interviews will be conducted by the Director of Operations. The Director of Operations will interview the coaches of the two teams involved, the player or players involved, and the officials that were refereeing the game in which the incident took place. Once the interviews have been completed, the PowerHockey Toronto Board of Directors will review the information and decide if further discipline will be given.

## **[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/Intentional contact with the hockey stick on another player's body or wheelchair. [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] PLAYOFF SCHEDULE**

- A.** After the Regular Season, the team finishing with the best record will play the team with the worst [second best record playing second worst etc.]. This schedule may vary depending on the number of teams.
- B.** The higher seeded team will be the home team in games one and three of each series.
- C.** 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 stop-time basis [as stated in Section IV/B.], 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 who will each shoot once. Teams will alternate [switch] after each shot. If the score is tied after each team has shot three times, the shootout will continue in a sudden-death format. The same three shooters will shoot in the same order, this pattern will continue until a team scores and the other does not, declaring the winner. The goaltender that was in the net for the majority of the game must continue in net for the shoot-out. A goaltender may be substituted for, only if he/she has a mechanical problem with their wheelchair and was substituted for during the game. The goaltender may not be one of the players chosen to be one of the shooters in the shoot-out. The home team [higher seeded of the two teams] will have the option of being the first or second team to shoot. If both teams are seeded the same, a coin flip at the beginning of the game will determine which team is the home team.
- D.** No new players may be added to a team during the playoffs.

- E. A player must have played in at least 50% of regular season play in order to qualify for post season play.
- F. No player substitutions are allowed in playoff games.

## **[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, or can hold the stick, but 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 a Level 2 or Level 3 player to be more beneficial to a team due to their knowledge of the game.

**[Section X]**  
**PLAYER CLASSIFICATION AND POWERHOCKEY TORONTO**

- A. Player Classifications will be done by PowerHockey Toronto with input from various experienced coaches and management. PowerHockey Toronto reserves the right to make changes to players' classifications and make or amend the rules as they deem necessary.

**[Section XI]**  
**CODE OF CONDUCT POLICY**

Any unsportsmanlike conduct will not be tolerated on or off the playing surface. This includes obscene language, verbal abuse, threatening or inciting behaviour, physical abuse or abuse of equipment. Spectators who engage in this behaviour will receive one warning for their conduct. If their conduct continues to be objectionable they will be asked to leave the facility. If the party in question is a PowerHockey Toronto player, the incident will be subject to review by the Board of Directors and may result in further disciplinary action.

PowerHockey Toronto will have zero tolerance for any conduct that is in relation to sexual harassment or misconduct. Any such conduct will result in an immediate suspension until further notice and a review is conducted by the Board of Directors to determine whether supplemental discipline is warranted.

The use of alcohol or illegal drugs before or during a game will not be tolerated. Such incidents will lead to a suspension.

PowerHockey Toronto reserves the sole right to determine and administer disciplinary action in their discretion.

**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 the Head Referee.** The Head Referee will identify violators to the coaches and/or a member of the PowerHockey Toronto Board of Directors 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 PowerHockey Toronto Board of Directors, including

possible ban for a determined length of time. 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:

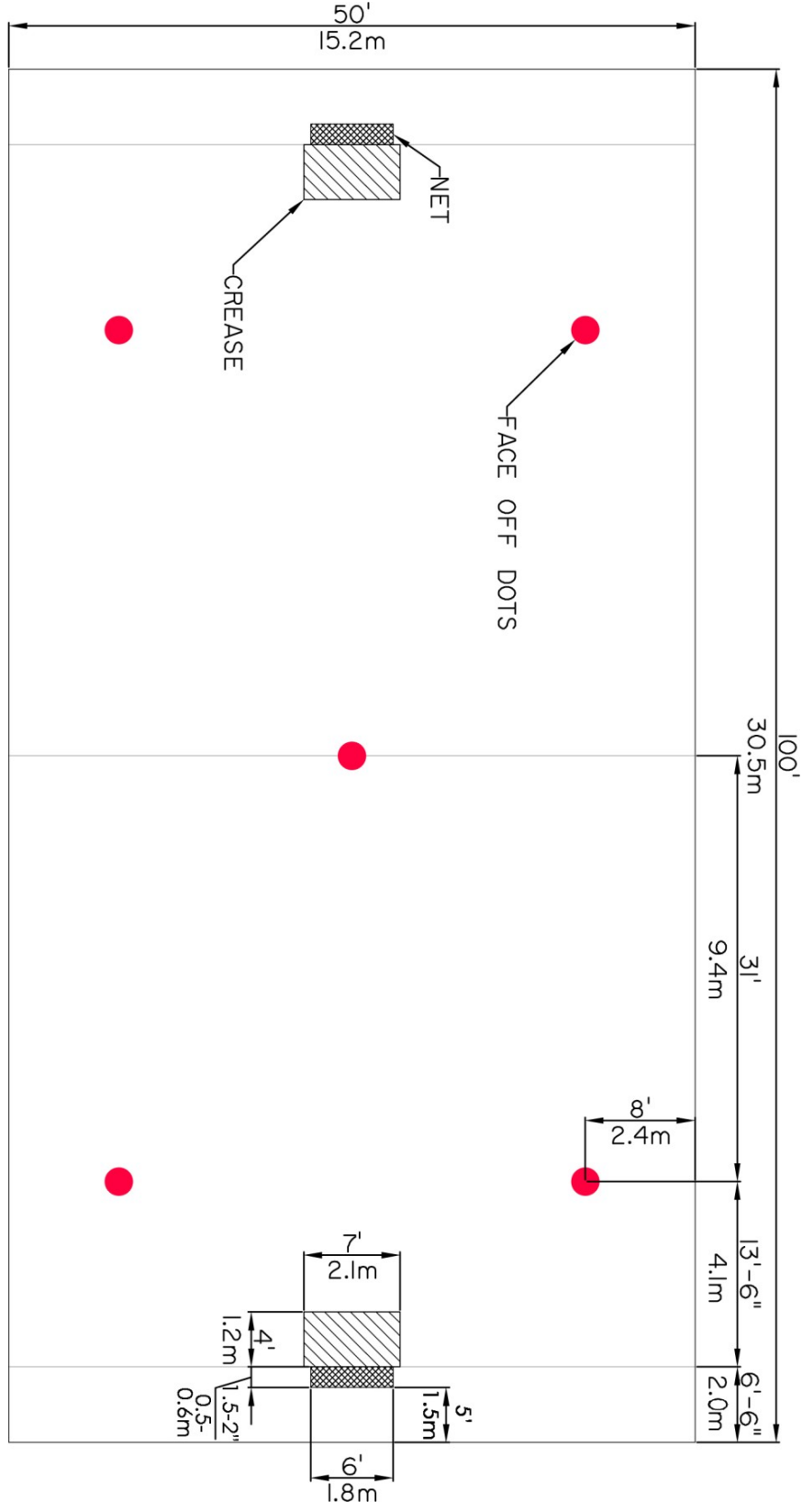
- 1.) Openly and aggressively argues with an official over a call. Players are only allowed to discuss a call in a calm and respectful manner.
- 2.) Uses obscene or vulgar language in a boisterous manner to anyone at any time.
- 3.) Persistent visual demonstration of dissatisfaction with an official's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

## **COACHES**

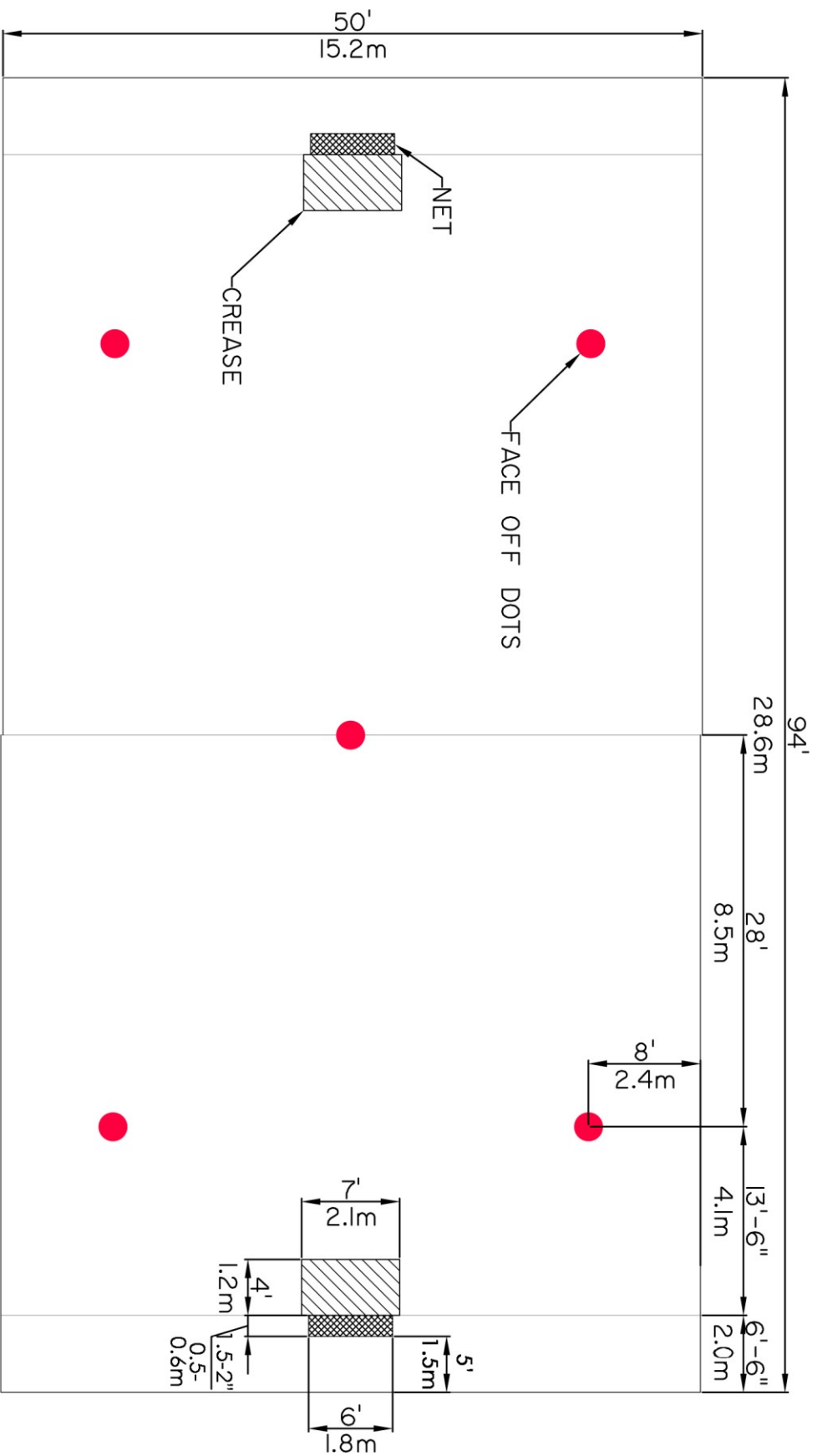
A minor penalty for unsportsmanlike conduct (Zero Tolerance) shall be assessed whenever a coach:

- 1.) Openly disputes or argues any decision by an official. Coaches are only allowed to discuss a call in a calm and respectful manner.
- 2.) Uses obscene or vulgar language in a boisterous manner to anyone at any time.
- 3.) 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]  
APPENDIX



GYM LAYOUT MAXIMUM 100' BY 50'



GYM LAYOUT MINIMUM 94' BY 50'

