



# WSF New York Sled Rangers

## Volunteer Orientation



### Agenda:

- Welcome Letter from Bill Greenberg, Commissioner
- Description of Duties
- Registration
- Numbers to Know
- What to wear
- Sled Hockey Rules
- Checklist



# WSF New York Sled Rangers

## Volunteer Orientation

---

Welcome and thank you for volunteering!

Thank you very much for your interest in volunteering with the WSF NY Sled Rangers. We have a lot going on and we sure can use your help. I happen to think that we are doing something very compelling and I am excited to be able to share it with you. Like many things in life, you will get out of it what you put into it, and so I hope that you keep coming back week after week. The more you do, the more the kids will know you and recognize you, and that makes it more fun.

Most of our volunteers want to be involved because they love hockey and want to share their love of the game. If you are a hockey player, then you know how important it is to be part of a team and to have the chance to get on the ice as often as you can. Physically disabled kids generally don't have very many opportunities to play team sports. They often get left behind by their able-bodied friends, or they are invited to play sports but as a "token" player. That is not at all what we are doing here. We are teaching our kids to actually play hockey. At its highest level, sled hockey is a Paralympic sport and those players have hockey skills comparable to NHL players.

At our first practice in 2012, one of our young players said, "Mom, I'm FINALLY on a team". I just think that's such a perfect encapsulation of the kind of experience we are providing. We all know what its like to be part of something bigger than ourselves, and here we are able to give that experience to kids that don't often have that chance.

Being on a team and playing sports is something all kids enjoy. I know that when my son wheels into his classroom and he tells his able-bodied friends that he is a hockey player, it changes the way his friends look at him. And that changes the way that he looks at himself. We are increasing independence, self-esteem, and self-confidence, all through playing ice hockey.

Another thing the kids all say to me is that they like being with people like themselves. For us, being disabled is "normal" and the kids don't feel self-conscious or have to explain "what's wrong with them" or why they walk this way, or don't walk at all. And parents don't have to worry about questions from other parents, or if their kid is being excluded, or stared at. And we all share tips about orthotists, and wheelchairs and walkers, and bathroom stuff. This may be a different world for you able-bodied volunteers, but your love of hockey gives you honorary membership. By all means, please don't be afraid of asking questions about our disabilities – its natural to be curious about how it all works.

And finally, our kids don't think of themselves as special or courageous or inspirational. And I would ask you to not think of them that way either. They think of themselves as kids playing a game, playing sports, just like all kids their age do. It takes a little more effort to get ready and to get on and off the ice – and that's one place where you can help us – but otherwise its just kids playing hockey. Nothing more and nothing less.

So thank you again for your interest in our program. Please bear with us a little bit as we formalize and develop our volunteer program more fully. If you see something that you think we can be doing better or differently, please let us know. Most of all, please remember to have fun.



# WSF New York Sled Rangers

## Volunteer Orientation

---

### DESCRIPTION OF DUTIES

Thank you for choosing to volunteer. You will find there are many ways to get involved with our organization. We have broken the activities into off-ice and on-ice sections. Take a look and see where you will want to get involved.

#### **Volunteering on-ice duties**

- On-ice Pusher during practice and games (Hockey experience preferred)
  - See Attached Sled Hockey Rules. Please pay particular attention to the “Pusher” section.
- Helping Head Coach with On-ice Skill development during practice (Hockey experience necessary)
- Helping to “run lines” during weekly scrimmages (Hockey experience necessary)
- Refereeing (Hockey experience necessary)

With the on-ice duties, please take care to follow the instructions of the coaches.

#### **Volunteering off-ice duties**

- General help with lifting kids on and off of ice, into sleds, securing protective equipment
- Rearranging / moving wheelchairs and walkers
- Team Water Bottles – un/filling, distributing
- Crowd control
- Scorekeeping / Timekeeping
- Equipment Management
  - Sizing sleds and protective gear
  - Refitting padding, sled length and skate blades
- Familiarize yourself with the sport of sled hockey

For the off-ice duties, please look to help out where you can. While the managers and coaches may give direction, please look for other opportunities to lend a hand, talk to kid or parent, or help out in any other way. Being proactive is especially appreciated.

In more detail, here is a description of some of the duties of a volunteer:

- Pusher duties – Please see the attached Sled Hockey Rules; the pusher duties and responsibilities are well-described in that section. In addition, sometimes kids tip over in their sleds and have trouble getting back up. When you see this, skate out to where they are (always with your helmet) and help them right themselves, and then return to the bench.
- Skill development – We need to teach the kids how to actually play hockey. You will assist the coaches in running drills with the kids. This will include breaking the teams up into small groups of twos and threes and working within those groups of kids. We will work on skating, passing the



# WSF New York Sled Rangers

## Volunteer Orientation

---

puck, positioning on the ice, etc. Your hockey stick may come in handy here. However, please note that sled hockey practice is not a time for you to be practicing your own slap shot – you are here to help the kids develop their skills.

- Refereeing – We will be playing roughly one game per week, and we should have 2 to 3 referees on the ice during the game. If you have your own referee shirt, that would be great; otherwise you can sometimes borrow one from Lasker Rink. Please bring your own whistle. Prior refereeing experience is desired.
- General lifting help -- Most of the children need help getting in and out of their sleds. Oftentimes, the parents do the heavy lifting themselves. However, if you are available to help doing some of this lifting, that will be appreciated. Furthermore, virtually everyone appreciates help lifting the sled on and off the ice.
- Rearranging wheelchairs / walkers – It gets very crowded at Lasker as players are getting on and off the ice. There are wheelchairs and walkers mixed up with hockey bags and sleds and parents and helpers etc. Please help out moving the walkers and wheelchairs out of the way when they are no longer needed, and then bringing them back when they are.
- Water bottles – each child should have a water bottle of their own with their name on it. If not, then we often provide water bottles too. We will need help filling those up with water at the beginning of practice or the game, and also help passing them out during the practice or game when the player gets thirsty. At the end of the practice or game, we need help dumping the water and returning the bottles either to the owner or to the Sled Ranger staff.
- Crowd control – During a practice or game, parents and friends and observers often creep down into the players/coaches area to get a closer look. It is understandable, but it is too crowded and and really not safe given all that's going on. We need some help reminding the parents to stay clear of the area.
- Equipment management – Lots of times players equipment is not fitting right and some adjustment is needed. Sometimes helmet straps need to be strapped or unstrapped, or feet need to be taped together or to the sled. Some kids need help getting their gloves on, or having their gloves taped to their hands, and sticks taped to the glove. Be on the lookout for where you can be helpful.



# WSF New York Sled Rangers

## Volunteer Orientation

---

- Familiarize yourself – Sled hockey is cool. Have fun, talk to the kids, talk to the parents. Look for ways to raise awareness of sled hockey amongst your friends and family. Try to be an ambassador for sled hockey!



# WSF New York Sled Rangers

## Volunteer Orientation

---

### Registration

If you will be participating with on-ice activities, you must be registered with USA Hockey. If you are already registered as a player because you are on another stand-up hockey team, you can use your existing registration number.. If you are not yet registered with USA Hockey, please do so. You can register as a Volunteer; Go to [www.usahockeyregistration.com](http://www.usahockeyregistration.com) to register with USA Hockey.

Next, it is also necessary to register directly with us. Go to <https://www.wsfsledrangers.org/member-login.html#roster/>. Below where it says "Need an account?", click "Sign Up". On the next screen, you enter your name, your email address, and you create a password. Then hit submit. Your registration with the Sled Rangers needs to be approved by the Commissioner. You will receive an email once your registration request is approved.

Go back to <https://www.wsfsledrangers.org/member-login.html#roster/> and log in with your credentials. Now you have full access to the team's website. Browse around. I think its pretty self-explanatory. Go to the link where it says "Player Profile". Here you can edit your information, but IMPORTANTLY, you should also enter your USA Hockey Number here. You will not be insured in case of an accident unless your USA Hockey number is input here.

Once this is completed, then you are all set. You will receive all team emails and you should be ready to go. Welcome to the Team!

### **Background Screening Requirements**

If you are over 18 years old, you also need to be screened in accordance with the NYS Amateur Hockey Association. The website to do this is at: <http://www.commercialinvestigationllc.com/VSSNYSAHA>. It is not necessary to do this prior to your first volunteer activity. In fact, come to one or two or three events. After that, if you like it and plan on coming back, then we need you to do this so that we can comply with USA Hockey rules.



# WSF New York Sled Rangers

## Volunteer Orientation

---

### Numbers to Know

Your best source of information for contact information will be your TeamSnap account. From your account you can see all the other volunteers, and send them email from there as well. The coaches and managers from those teams will also be visible to you on TeamSnap. For ease of reference, their information is also shown here.

#### Coaches and Managers:

Bill Greenberg (Commissioner)	–	<a href="mailto:wgreenberg1@me.com">wgreenberg1@me.com</a>
Roxanne Gaudiel (Head Coach)	–	<a href="mailto:rox@athletes-only.co">rox@athletes-only.co</a>
Elijah Wong (Coach / Manager)	–	<a href="mailto:wong.elijah@gmail.com">wong.elijah@gmail.com</a>

We may sometimes be lucky enough to have some members of the adult sled rangers also come and skate with us. The two main contacts for the adult team are here:

Larry Minei	–	<a href="mailto:larry.minei@gmail.com">larry.minei@gmail.com</a>
Sara Tabor	–	<a href="mailto:tabor.sara@gmail.com">tabor.sara@gmail.com</a>



# WSF New York Sled Rangers

## Volunteer Orientation

---

### What to Wear?

Ice rinks are cold, so you should dress appropriately. Certainly long pants are required, and long sleeve shirt is recommended. If you are going to be pushing a player, then you must have your own hockey skates (figure skates are not permitted) and a helmet. Most pushers find that hockey gloves are useful. Elbow pads are also recommended.

During practices, you may find it useful to bring a hockey stick, but this is not necessary.

If you are performing off-ice duties, you will find it best to closed toe shoes and, even better, heavy boots. You will be helping moving around sleds with ice skate blades on the bottom, hockey sticks with sharp ice picks on the end, all in a very crowded space. Your toes will certainly be stepped on and stuff will drop on them. You will be happy if your feet are well protected.



# WSF New York Sled Rangers

## Volunteer Orientation

---

### Sled Hockey Rules

#### 1. Puck Handling

- a. A goal will not be allowed when an attacking player throws, pushes or hits the puck with his hand directly into the goal. Neither will a goal be allowed if the puck touches a defender before going into the goal when the attacker has handled the puck with his hands or directly or indirectly propelled the puck forward or backward using his hands or legs
- b. Handling of the puck by a defender or intentionally passing the puck with the pick-end of the stick resulting in the puck going into the defender's own goal will be scored as a goal, as is a normal shot bouncing or deflecting off a defender or his playing/protective equipment.
- c. Cradling the puck with the thumb or forefingers along the ice, as long as part of the stick (usually the handle) is in contact with the puck, and the puck is not trapped or held down on the ice or against the stick, is permitted.
- d. The puck shall be considered "frozen" or unplayable by the referee if it is out of sight or stays under the sledge or is held there by the goalkeeper's sticks or gloves. The referee shall stop play and call for a face-off at the point of initiation of the disappearance (if in the neutral zone) or at the nearest face-off circle.
- e. A player caught in the attacking zone offside may purposely place himself back on-side by quickly exiting the zone without advancing towards or playing the puck, by crossing the blue line with both sledge blades, then re-entering the zone. Passes: The puck may be passed by a player to a team-mate anywhere in the rink provided no offside has occurred at the blue line.
- f. Icing the puck shall be called as soon as the entire puck crosses the end goal line, providing it does not pass through the goal crease
- g. A goal will not be allowed when an attaching player throws, pushes or hits the puck with his/her hand directly into the goal. Neither will a goal be allowed if the puck touches a defender before going into the goal when the attacker has handled the puck with his/her hands or directly or indirectly propelled the puck forward or backward using his/her hands or legs.
- h. Cradling the puck with the thumb or forefingers along the ice, as long as part of the stick (*usually the handle*) is in contact with the puck with the puck not trapped or held down on the ice or against the stick, is permitted.
- i. A *Minor Penalty* shall be imposed on any player except the goalkeeper who locks the puck against the ice with the fingers, hand, stick or sled to keep an opponent from getting the puck.
- j. The puck shall be considered frozen or unplayable by the Referee if it is out of sight or stays under the sled or is held there by the sticks or gloves. The Referee shall stop play and call



# WSF New York Sled Rangers

## Volunteer Orientation

for a face-off as in a last play face-off. Puck into player bench area must be sent back into play without providing advantage to either team. If advantage is detected, the Referee will call for face-off at center ice.

### 2. Stick Handling

- a. Handling of the puck by a defender or intentionally passing puck with the pick end of the stick resulting in the puck going into the defender's own goal, will be scored as a goal. A normal shot bouncing or deflecting off a defender on his/her playing /protective equipment will also be scored as a goal.
- b. When any player of the defending team, including the goalkeeper, deliberately throws his/her stick or any part thereof or any other object at the puck or puck carrier in the defending zone, the Referee shall allow the play to be completed. If a goal is NOT scored, *a penalty shot shall be awarded.*
- c. A *Major Penalty* shall be assessed any player who deliberately throws his/her stick or any part thereof, or any other object at the puck or puck carrier in any zone, except when such act has been penalized by the awarding of a penalty shot or goal.
- d. A *Major Penalty* shall be imposed on any player who makes contact with an opponent with a high stick, the pick end of the stick or goalie's equipment that draws blood (*whether intentional or not*).
- e. A *Misconduct Penalty* shall be assessed to a player who deliberately throws a stick or any part thereof or any object outside the playing area. A *Match Penalty* shall be imposed on any player who deliberately throws a stick or any part thereof or any object at a Game Official (*Rule 601g1*).
- f. A *Minor Penalty* shall be imposed on any player who uses a stick of non-conforming size.
  - i. The depth of the TEETH on the "pick-ends" shall NOT extend more than 4mm. A set of "pick-ends" must be fixed to the lower or butt end on each side of the stick, and have at least a total of 6 teeth of equal length per stick (a minimum of 3 each side). The "pick ends" may be made of any strong material, including steel, and the entire length of the "body" of the pick may not be longer than 10.2cm (4 inches). The "pick-ends" shall not extend more than 1cm beyond the butt end of the stick. The "pick-end" may be beveled but not extend beyond 1cm at any angle.
  - ii. Pick minimum width – 3.2cm.
  - iii. **Sled Goalie's Sticks**
  - iv. Sticks shall be made of wood or other material, such as aluminum, fiberglass or plastic. It must not have any projections and all edges must be beveled. Adhesive non-fluorescent tape of any color may be wrapped around the stick at any place.
  - v. **Dimensions: Maximum length – 100cm measured along the centre line**
  - vi. Minimum width – 2cm
  - vii. Minimum thickness – 2.8cm



# WSF New York Sled Rangers

## Volunteer Orientation

---

### viii. **Blade:**

- ix. Minimum length – 30cm
  - x. Maximum length – 38cm from the heel to the toe
  - xi. Maximum width – 9cm
  - xii. The Goalie's stick blade may be curved, and the curvature shall be restricted in such a way that the distance of a perpendicular line, measured from a straight line drawn from any point at the heel to the end of the blade, shall not exceed 1.5cm. The Goalie's stick may have an additional pick at the base of the blade not exceeding 1cm, set at 90 degrees at the butt end of the stick to facilitate movement back and forth in the goal (i.e. push or pull).
- 
- g. A *Minor Penalty* shall be imposed on any player who uses the stick or sticks to cross check or to push an opponent
  - h. A *Minor Penalty* shall be imposed on any player who carries the lower pick end of the stick above shoulder height when in close proximity of opponent.
  - i. A *Minor Penalty* shall be imposed on any player who shoots the puck with the pick end of the stick.
  - j. A *Minor Penalty* shall be imposed on any player who carries any part of the stick above shoulder height in close proximity to the opponent.

### 3. Physical Contact

- a. A *Minor and a Misconduct or a Major plus a Game Misconduct (Rule 607)* shall be imposed on any player for crosschecking, intentional sled ramming, body checking from behind, or deliberately pushing an opposing player from behind with a stick. A *Match Penalty* may be added at the discretion of the Referee.
- b. A *Minor Penalty* shall be imposed on any player who turns up the under part of the sled towards an opponent or exposes a sled blade and collides with another player.
- c. A *Minor or Major Penalty* shall be imposed on any player who runs into an opponent at an angle of 90 degrees (*broadside*), or deliberately charges with the front of the sled forward from a head on position (*ramming/charging*).

### 4. Game Play

- a. If a team is withdrawn from the ice and fails to return and start play, or if being on the ice, fails to start play within TWO MINUTES after being ordered to do so by the Referee, the game or series shall be suspended, and the game awarded to the non-offending team by the Referee a *Match Penalty* shall be imposed on the coach. (*Rule 632a*) The score



# WSF New York Sled Rangers

## Volunteer Orientation

---

recorded will be officially announced at 1 to 0 by default, in favor of the non-offending team. The start of the two-minute warning shall be announced over the public address system, on the instruction of the Referee.

- b. If a team is withdrawn from the ice or fails to go on the ice, or being on the ice fails to start play a SECOND TIME within the same game after being ordered to do so by the Referee, the two minute allowance shall not be granted and the game or series shall be suspended, as in rule 4(a). A *Match Penalty* shall be imposed on the coach.
- c. If a team fails to present itself at the time and place appointed to play the game, the game shall be awarded to the opposing team, unless such failure is caused by an unavoidable accident or an unforeseen contingency. The official score will be recorded and announced as 1 to 0 for the non-offending team. If both team fail to appear, the game will be recorded as a 0 to 0 tie.
- d. A player or team official who refuses to leave the bench or playing area after he/she has been assessed a *Game Misconduct* penalty or a *Match Penalty* and *may be suspended for one year or more* from the date of the infraction.
- e. A *Minor Penalty* against the bench shall be assessed to a team when any player not in the game or any team official bangs the boards or the glass with a stick or any other object in protest of an official's ruling.
- f. When a player on the ice commits the infraction described in Rule 4(e), he/she shall be assessed a *Minor Penalty* for unsportsmanlike conduct.
- g. Players "taking the face off" shall place the blades of their sticks parallel and opposite to each other, with the bottom or heel of each of the blades flat on the ice and entirely clear of the spot where the puck is to be dropped. All other players, excluding the goalkeepers, must position themselves at least 15 feet from the face-off spot on their own side of the restraining lines (*hash marks*) which are 3 feet apart on the outer edge of the circles, or likewise, if the face-off is occurring mid ice. If a violation of this rule occurs, the Referee or Linesman shall order another face-off, unless the NON-OFFENDING team wins the draw.
- h. Players may pass the puck to a teammate anywhere in the rink provided no offside has occurred at the blue line.
- i. All players must wear a neck guard unless prevented from doing so for physical reasons.
- j. Coaches shall not be standing on the ice surface while the game is in progress, they shall remain on the players bench. Only coaches/pushers wearing skates and helmet are allowed on the ice during games. A *Minor Penalty* shall be imposed for violation of this rule.
- k. Players maybe "borrowed" from a team not playing. The next time a player needs to be "borrowed" a different player must be chosen.
- l. Length of game shall be three (3) fifteen-minute stop time periods.



# WSF New York Sled Rangers

## Volunteer Orientation

---

- m. Length of penalties:
  - i. Minor -- 2 minute;
  - ii. Major -- 5 minute;
  - iii. Misconduct -- 10 minute
- n. All other USA Hockey rules shall apply.
- o. Teams shall provide a minimum of 1hour 15 minute ice slot for games.
- p. Pushers/coaches/referees are permitted to help a player get up that cannot get up on their own during game play. However, the player or the pusher cannot intentionally or unintentionally affect the game. If an obstruction of the game occurs intentionally a minor penalty will apply. If an obstruction of the game occurs unintentionally the referee must stop play and the ensuing face off shall take place at the nearest neutral zone face off spot.

### 5. Fragile Players

- a. Players with specially marked helmets (*sprayed fluorescent orange*), different colored jerseys or pinnies are considered fragile and must play a forward position.
- b. Opposing players and/or players with specially marked helmets initiating contact will be issued a *Minor or Major Penalty* at the discretion of the Referee.
- c. No player with a specially marked helmet may take a faceoff.
- d. Fragile players must not purposefully make contact with opposing player in order to draw penalty.

### 6. Pusher Players

- a. The role of the pusher is to propel the player who has limited mobility (*or other disability which prevents him/herself from participating in play i.e.: blindness, etc.*) and cannot propel him or herself.
- b. The pusher must keep the players safety in mind at all times, and out of harm's way, i.e. away from rough play, not to use the player as a screen, etc.
- c. Pushers may not pull the pushed player backwards unless the pushed player is in harms way.
- d. Pushers cannot push their player faster than the average player on the ice. A *Minor Penalty* will be assessed for a speed violation.
- e. Pushers may not catch the opposing team's puck carrier from behind.
- f. Pushers cannot intentionally use their skates or any other body part to block, deflect, or advance a puck.



# WSF New York Sled Rangers

## Volunteer Orientation

---

- g. Pushers cannot use themselves to set up a screen.
- h. Pushers cannot advance the puck with the front part of the sled.
- i. Pushers cannot intentionally trap the puck beneath the pushed players sled and the ice in an attempt to advance the puck.
- j. The pusher can push the player anywhere on the ice, but cannot camp in front of the goal crease. There is a four (4) foot radius, stretching out from the goalie crease, which the pusher may push the player into, for no longer then four (4) seconds. This applies to both ends of the ice. This rule gives the pushed player a reasonable chance to get a shot on net.
- k. The pusher cannot dominate or intimidate opposing players.
- l. Pushers must keep a minimum of one blade of the pushed player's sled on the ice at all times.
- m. Pushers may not lift up the front of the sled or lift up the back of the sled off the ice.
- n. Pushers may not jump for any reason. The pusher's skates must remain on the ice at all times.
- o. Pushers may not use a hockey stick to push.
- p. Pushers may not coach/communicate with any other players on the ice while pushing. They are there to simply push their player.
- q. Pushers may not line up during a face-off in their defensive zone anywhere in the shaded area.
- r. A pusher/pushed player may not be check or be checked, though light body contact is allowed.
- s. For an infraction of the above pusher rules the referee must stop play and the ensuing face off shall take place at the nearest neutral zone face off spot.
- t. There can be a maximum of 3 pusher players on the ice for one team at a time.
- u. All pushers will be registered with USA Hockey as a player or a volunteer

### 7. Able-Bodied Players

- a. Each team can have a maximum of 3 able-bodied players
- b. There can be a maximum of 2 able-bodied players on the ice at one time for each team.
- c. Each able-bodied player must be the younger sibling or relative of a disabled player
- d. The maximum age of the able-bodied player is 14. No waivers will be permitted.
- e. Able-bodied players must not be the decisive factor in any game



# WSF New York Sled Rangers

## Volunteer Orientation

---

- f. Able-bodied players are permitted to score a maximum of 1 goal per game with no limit on the number of assists.
- g. Able-bodied players are not permitted to play goalie.

### 8. Eligibility

- a. All players must be younger than 21 years of age, as of December 31 in the year that the season begins, unless given a waiver by all the coaches in the league.
- b. All players and coaches are required to be registered with USA Hockey.
- c. No USA Paralympic National Team member may participate in league play or playoffs.



# WSF New York Sled Rangers

## Volunteer Orientation

---

### Volunteer's Checklist

- ☐ Register as Volunteer with USA Hockey Go to [www.usahockeyregistration.com](http://www.usahockeyregistration.com)
- ☐ Register with WSF Sled Rangers and input USA Hockey Registration Number in your player profile
- ☐ Check off availability on Sled Rangers Website App

### Gear Check On-Ice activities I will need

- ☐ Hockey Helmet
- ☐ Hockey Skates
- ☐ Hockey Stick (recommended for practices)
- ☐ Skating Rink appropriate clothing