

## VOLUNTEER & DONATE

We have a number of volunteer opportunities available for people who want to be involved in our organization. We typically need volunteers one to two weekend dates per month from May through September. Our most common volunteer roles are:

- Referees
- Statisticians & Timekeepers
- P.A. Announcers
- Photographers & Videographers
- Fundraising & Sponsorships
- Equipment Set-up / Take-down



The MPHL greatly appreciates donations from hockey fans and businesses in our community! Donations are the only source of funding for the operation and growth of our sport.

Donations may be made online at <http://powerhockey.com/minnesota>

## HISTORY

The Minnesota PowerHockey League (MPHL), a division of the United States Electric Wheelchair Hockey Association (U.S. EWHA), began play in April of 1997.

We now have over 40 players in Minnesota who compete on teams for an eight game regular season (from May through August) and finish off with a Championship Tournament in September.

The MPHL and U.S. EWHA have helped support and lead the way for PowerHockey events and the nationwide growth of teams and leagues. In 2001, Minnesota hosted the PowerHockey World Cup; the first ever U.S. tournament in history with teams from the United States, Canada, Europe and Australia. The tournament laid the groundwork and raised the expectations for the sport and future events. Today, through the North American PowerHockey Association (NAPHA), we work with all the U.S. and Canadian leagues to grow and develop the PowerHockey Cup, which is held every other year in various cities with PowerHockey leagues.

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**"OUR MISSION IS TO PROVIDE A QUALITY HOCKEY PROGRAM FOR DISABLED PERSONS REQUIRING THE USE OF A POWER WHEELCHAIR IN DAILY LIFE."**



## WHAT IS POWERHOCKEY™?

PowerHockey is a shortened name for power wheelchair hockey. The sport of PowerHockey is specifically designed for persons who require the use of a power wheelchair in daily life. Power wheelchair users have commonly been excluded from competitive sports due to being too physically weak. PowerHockey breaks-down barriers that challenge this portion of the disabled community. The athletes experience good, healthy competition all while learning important life attributes such as goal setting, teamwork, sportsmanship, self-confidence and self-esteem that benefit them outside of the gym and in their home, school, work and community.



## WHO CAN PLAY?

PowerHockey is for anyone who uses a power wheelchair in daily life. Participants must be at least 13 (with parental permission) to play. Anyone interested in experiencing an exciting, action-packed game and wants a competitive sport to play is invited to join a league.



## RULES

PowerHockey rules follow the basic hockey rules found in any league around the country, with a few adaptations to accommodate wheelchairs. The most notable difference is games being played in a gym instead of on ice. Off-sides and penalties are routine calls during the game. Players can serve two or five minute penalties for interference, delay of game, holding, high sticking and roughing.

Unlike other hockey leagues, PowerHockey implements a few adaptations to allow everyone to participate on an equal level. Goaltenders do not have the ability to reach down and freeze the puck (ball). Thus, the referee counts to three when the ball is under the goalie's wheelchair prompting a frozen puck.

You can find the official rules on our website:

<http://powerhockey.com/minnesota/rules>

## EQUIPMENT

As with any sport, uniformity of equipment is important. Many participants do not have the strength to lift heavy objects (such as wood sticks) so the sport is played with all-plastic hockey sticks (both shaft & blade) or composite floorball sticks. A plastic ball is substituted for a puck, allowing greater movement during the game. Many players simply use the power / strength of their wheelchair to move and control the ball.

The use of protective equipment, such as helmets, pads and eye protection is highly encouraged however at this time it remains optional. Many PowerHockey™ participants cannot wear equipment such as a helmet due to weak neck muscles. PowerHockey is a fairly low contact sport. Most contact during the sport is primarily from wheelchairs bumping each other.

