Return to Play 2021

• Practice
• Scrimmages
• All Star Challenge
Floor Hockey Season Time Line

• Season
  • November 1st - March 7th
• Session One
  • November – January
• Session Two
  • January - February
• Session Three
  • February - March
Session Outcomes

Session One
• Practice
• Conditioning & Fitness

Session Two
• Continue with session one outline
• Gather scores for All Star Challenge and submit to SOMA
• Scrimmages may be set up between teams

Session Three
• Continue with session one outline
• All Star Challenge competition begins
• Scrimmages may be set up between teams
• Awards will be awarded at end of session three
Practice
Practice

Teams may gather following Massachusetts guidelines for COVID 19

• No more then 25 people indoors, this headcount includes everyone
• Masks must be worn at all times by everyone
• Social distancing protocols must be followed at all times
• Groups must be formed and may not exceed 10 people per group and groups must be separated by minimum of 14 feet
• Recommended use same groups for every practice session
Practice

• No spectators allowed
• Activities must end by 9:30pm
• No sharing of personal equipment (pads, helmets, gloves, sticks), esp. goalie equipment
• All players and coaches must wash and sanitize hands upon arrival, frequently during and at conclusion of practice
• All equipment must be sanitized prior to start of, frequently during and at end of practice
• All individuals attending practice must take a COVID 19 screening prior to start of practice, (refer to return to play power point in coaches resource section of SOMA website)
Scrimmages

Teams may scrimmage vs other teams following Massachusetts guidelines for COVID 19

- No more then 25 people indoors, this includes everyone
- Masks must be worn at all times by everyone
- No spectators allowed
- Activities must end by 9:30pm
- May only play one per team per day, may play multiple games vs that team
- No sharing of equipment, esp. goalie equipment
- All players and coaches must wash and sanitize hands upon arrival, during and after scrimmage
- All equipment must be sanitized prior to, frequently during and after scrimmage
- All individuals attending must take a COVID 19 screening prior to start of scrimmage, (refer to return to play power point on coaches resources section of SOMA website)
All Star Challenge
Goals of All Star Challenge

• Can be done anywhere where player has access to a hockey net: team practice/gathering, at home, local park
• Competition Opportunity beyond practice and scrimmages
• Provide teams with a hockey outline that meets COVID -19 guidelines
• Allows for personal skill progression and growth
• Provides wellness and conditioning
Competition Opportunities

• At Practice
  • Teams designate a practice session in which players on team compete against each other in All Star Challenge. Special Olympics MA to provide awards based on predetermined divisions

• Virtual
  • Players are divisioned against others from across state in a virtual All Star Challenge competition. Awards provided at conclusion of season
The Challenges

- Around the Goal
- Accuracy Shot
- Stickhandling
- Obstacle Course
- Fit5
How All Star Challenge will work

Session Two

- Players begin to compete in all five challenges and collect scores. Either at practice or at home.
- Players or coaches may submit scores to Special Olympics MA.
- Players may submit multiple scores for each challenge during this time. Special Olympics MA will take average of all scores to create players final score for each challenge.
- Special Olympics MA will use final average from session to division players vs other players from across the state.
How All Star Challenge will work

Session Three

• All Star Challenge final round begins. Either at practice or at home
• Players divisioned vs other players from across the state.
• Divisions will follow SOI divisioning guidelines and no fewer then 3 and no more then 8 per division
• Players may submit multiple scores for each challenge during this time. Special Olympics MA will take average of all scores to create players final score for each challenge
• Leaderboard will be posted weekly on Special Olympics MA website. So players may see where they stand in relation to others with in their division
• Awards to be given out at end of session three based on final standings with in each division
The Challenges - Around the Goal

• Set up six (6) spots around the goal at a distance of 5m
• Player has 10 seconds to score from all six spots
• One point for each goal scored in time limit
• Layout available on page 17 of rule book
The Challenges - Accuracy Shot

- Player gets 5 shots from 5 meters from and directly in front of the net
- Net is divided into 6 sections (page 19 of rule book)
- Record total # of points athletes tally’s
The Challenges- Stickhandling

- Timed event. How fast can player navigate course
- Course is 21m long, set up 6 cones 3m apart
- Player must stickhandles puck through course and attempt a shot after going around final cone
- Clock stops once shot is taken.
- Record total # of points athletes tally’s
- Page 18 of *rule book*)
The Challenges - Obstacle Course

- This is a timed event. How fast can player go through the course?
- Player starts at goal line, stick handles to opposite goal line (60ft)
- Once at baseline must complete four passes to an established target. May not advance through course until all four passes hit the intended targets
- Stick handle to opposite goal line (60ft) through 10 cones set up every 6 feet. Player must change hands at each cone
  - Add two seconds for each cone missed or not properly gone around
- Reach goal line player must make two shots, one from 10ft & second from 5ft. Once both shots are made course is complete
- Stop time and add in any plenty's to get players total time
The Challenges - Fit 5

Player must participate in all five (5) aspects of the fitness challenge to receive points

1) Three (3) Cone Drill
   - Timed event. How fast can participant complete task?.
   - Set up 3 cones at 5 yards apart from each other
   - Participant gets in athletic stance. Touches cone #2 and goes back to start cone (#1). Touches cone #1 runs to cone #2, rounds cone on outside and sprints to cone #3 goes around cone on inside and backtracks to cone #1 by sprinting to cone #2 touching top and rounding it on outside then sprint though to cone #1. End watch once player runs past cone #1. [https://www.youtube.com/watch?v=rLtvdHEwnus](https://www.youtube.com/watch?v=rLtvdHEwnus)

2) Box Jump
   - How many times can participant jump over the object in 30 seconds
   - Use a box or a basketball. Box should be roughly 12”x12”. Modification: if an athlete can jump over a 12” box, modify size of box to a smaller box or if that is too difficult, put a strip of tape on the floor and have them jump over the line.

3) Nutrition
   - Submit the Fit5 chart showing you ate 5 fruits and or vegetables a day
   - 1 point for each piece of fruit or vegetable you ate
The Challenges - Fit 5

4) 5 Minute Core Exercise
   • Submit once a week, a chart showing you completed the following exercises. One point for each repetition participant is able to do in a minute. Participants must do each of the 5 exercises. May do it multiple times a week and may receive points for each time you do the exercise
   • Chair Squat
   • Push Ups
   • Curl Ups
   • Jumping Jacks
   • March and Swing Arm

5) Hydration
   • Submit the Fit5 chart showing you drank 5 glasses/bottles of water a day
   • 1 point for each glass/bottle of water you drank
Questions?

ops @specialolympicsma.org

or

Matt.Ruxton@specialolympicsma.org