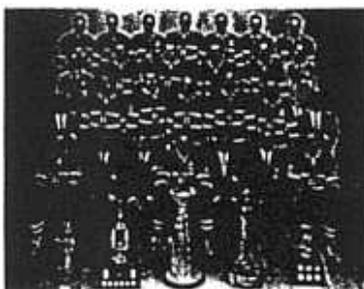




ice hockey

ice sr



The 1958-59 Montreal Canadiens. Winners of the Stanley Cup 24 times and the only team to win it five seasons in a row from 1955-56 to 1959-60.

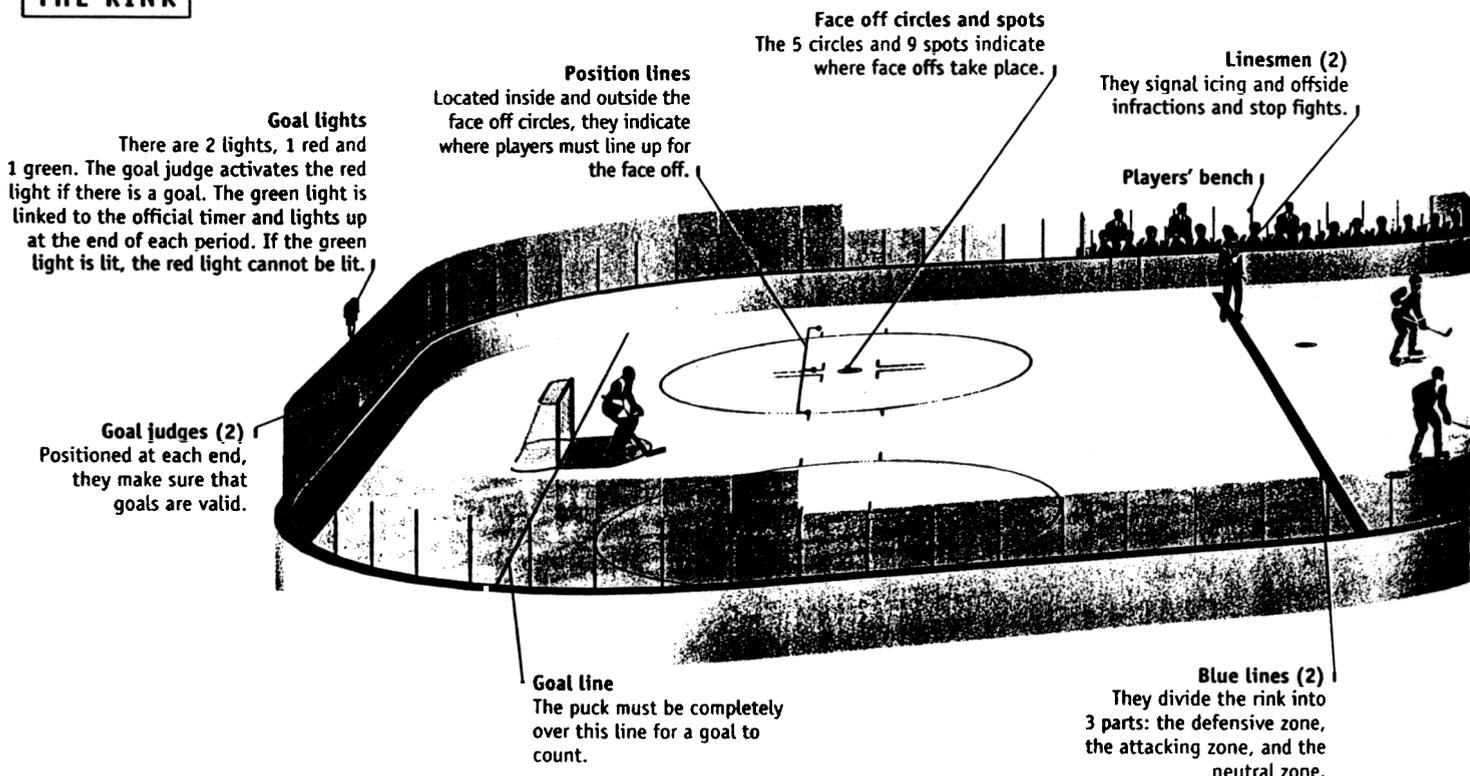
Ice hockey was invented in Canada in the mid 19th century. The principle of the game is simple: on a skating rink, two teams try to score goals by shooting a puck into the opposing team's goal with sticks. The first recorded game took place in Kingston in 1855. Twenty-four years later, students at McGill University in Montreal codified the rules, and a number of clubs and leagues sprang up all over Canada. The game developed rapidly, and the National Hockey League (NHL) was formed in 1917. In its first year of existence, five teams played a 22 game schedule. Today, the NHL is composed of 30 Canadian and American teams and is continually expanding. Men's hockey became an Olympic event in 1920; women's hockey, in 1998. World championships for amateur hockey have taken place annually since 1930. Hockey is played in some 30 countries and is most popular in North America, Scandinavia, and Russia.

THE GAME

Each team is composed of at least 20 players. During a game, 6 players from each team are on the ice at any one time, and the players change almost every minute. A hockey game is played in 3 20-minute periods of actual playing time, with 2 15-minute intermissions. With the many stoppages in play—offsides, penalties, injured players, etc.—a game usually lasts 2 to 3 hours. The teams change ends each period. When a team is playing short handed, it must have at least 4 players, including

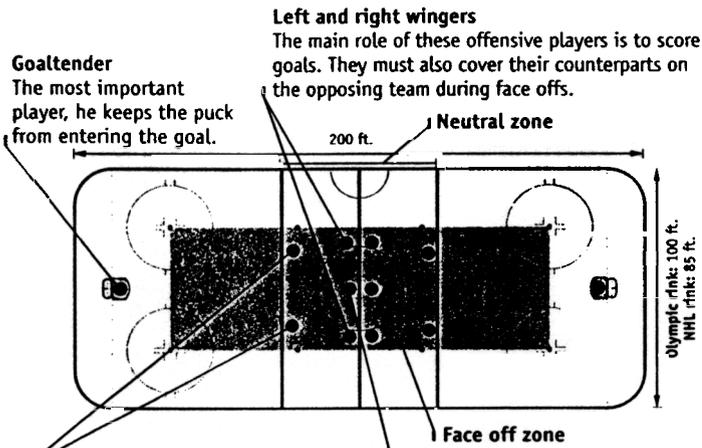
the goaltender, on the ice. If there is a tie at the end of a game, there may be an overtime period lasting 5 to 20 minutes. In international hockey, if there is a tie, a shoot-out ensues: 5 designated players from each team start at center ice and try to score a goal, with the teams alternating. In professional hockey, a 5 minute sudden death overtime period is played. In the NHL playoffs, overtime periods last 20 minutes.

THE RINK



THE FACE OFF

At the beginning of a game or period or after a goal is scored, the face off takes place at the center spot in the center circle. During the game, face offs take place at one of the 8 other points that are closest to where an official called an infraction. These 8 points, linked by 4 imaginary lines, form a rectangle called the face off zone.



Goaltender
The most important player, he keeps the puck from entering the goal.

Left and right wingers
The main role of these offensive players is to score goals. They must also cover their counterparts on the opposing team during face offs.

Left and right defensemen
They attempt to keep opposing players from getting near their goal.

Center
The team's pivot, he takes face offs. He plays both offense and defense.

Referee
He controls the game, drops the puck for the face off at the beginning of each period, and makes sure that the rules are applied. In case of a dispute, his ruling is final. In the NHL and major leagues, there may be 2 referees.

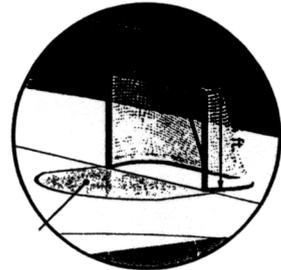
Coach
He is the strategist and motivator for his team. He decides what position his players will play and when.

Assistant coaches (2)
They assist the coach, one on offense, the other on defense.

Neutral zone
Both teams must change players within this zone. Various attack and defense strategies are organized in the neutral zone, which is between the 2 blue lines.

Goals

They are held in place on the ice by magnets or by short flexible poles made of synthetic material so that the goal moves if it is hit by one or several players in order to avoid injuries.

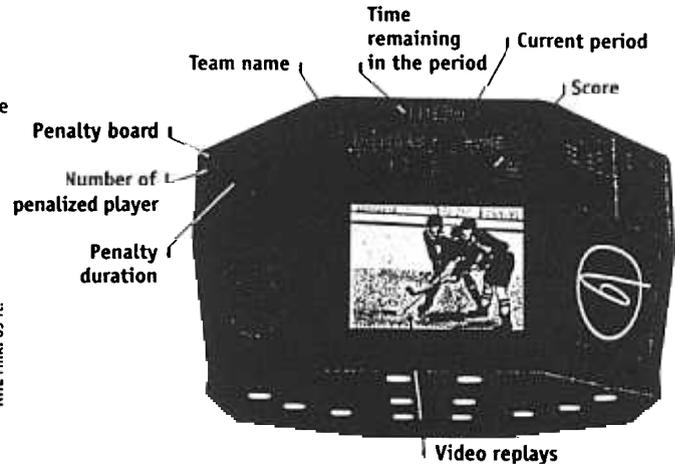


Goal crease

This is the goaltender's territory. If an attacking player interferes with the goaltender in the crease while a goal is being scored, the referee may decide to wave off (disallow) the goal.

THE SCOREBOARD

It hangs over the center of the rink and displays information about the game: score, penalties, replays, etc.



Penalty box official
He makes sure that order is maintained.

Penalty box
There is one bench for each team's penalized players.

Official scorer
He compiles all data for the game: goals, penalties, shots on net, saves, etc.

Officials' bench
Timekeepers (2)
The first is responsible for controlling the clock during stoppages in play. The second times the penalties.

Announcer
He announces goals scored, penalties, time remaining, etc.

Red line
It divides the rink into 2 zones, one for each team.

TECHNIQUES AND TACTICS

Hockey is a game of both attack and defense strategies, with frequent exchanges of the puck among all players. Several different shots and passes are used.

THE SHOTS

The main types of shots in hockey are, in order of power, the slapshot, the snap shot, the wrist shot, and the backhand shot. These shots are made while skating or standing still.



Slapshot

The player's stick is not in contact with the puck. He swings his stick back to give the shot power. The slapshot is less accurate than the other shots.



Snap shot

The player pushes the puck forward and, at the right moment—the stick still in contact with the ice—he increases the pressure on the puck. This shot is also used for passes.



Wrist shot

Particularly accurate, quick, and effective in front of the goal, it is also used for long passes.



Backhand shot

More difficult to execute because of the curve of the stick blade, the backhand is generally feared by goalies, because it is difficult to see what trajectory the puck will take.

THE PASSES

They enable a team to control the puck for attack or defense purposes.



Deflecting the puck

An attacking player scores a goal by deflecting a puck passed to him by a teammate.



Passing the puck off the boards

This is a way to pass the puck to a player who cannot receive a direct pass.

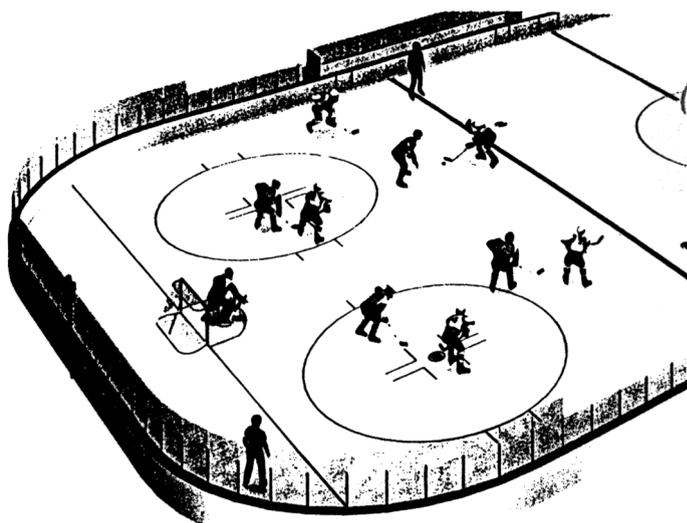


Poke checking the puck

The goalie keeps another player from getting the puck by kneeling on the ice and quickly thrusting his stick forward. The poke check can be used by all players in any position.

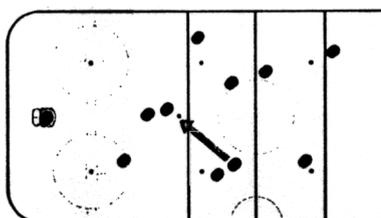
THE POWER PLAY

The objective of a power play is to score a goal while the opposing team is playing short handed after being assessed a penalty. The coach uses his best scorers. From the face off, they try to gain control of the puck and enter the opposing team's zone. The players then pass the puck back and forth until an opening is created and the player in possession of the puck tries to score a goal. A power play lasts the length of a penalty (2, 4, or 5 minutes) or, in some cases, ends when a goal is scored.

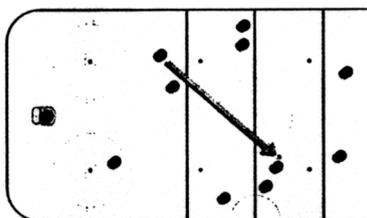


OFFSIDE

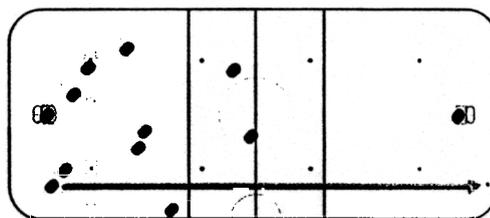
The 5 lines that go across the width of the rink regulate the play. When an offside is called, the linesman stops the play and determines where the face off will take place: in the neutral zone at the face off spot closest to where the puck crossed the line.



No player on an attacking team may cross the blue line into the other team's zone before the puck. Both of the player's skates must be completely in the other team's zone for him to be offside. A linesman who signals an offside can wave it off and let play continue if all players on the offside team leave the other team's zone before one of them touches the puck.



An offside is also called when a player passes the puck to a teammate across 2 lines.



Icing the puck occurs when a player on his own side of the center line shoots the puck across the opposing team's goal line (it is legal, however, when a team is short handed). There is no icing if a player from the same team touches the puck first or if the puck goes into the goal crease before crossing the goal line.

OFFICIALS' SIGNALS

These signals, used by the referees and linesmen, indicate a penalty or infraction of the rules. The game continues until the penalized team touches the puck. There are many penalties in hockey, most of which result in the player or players involved being taken out from the

game for between 2 and 10 minutes. Some serious infractions lead to game misconduct penalties or suspensions lasting several games. The penalty time is counted in real playing time. Infractions of the rules are usually offsides and icing the puck.



Delayed penalty

The referee signals a penalty and stops the play when a player from the penalized team touches the puck.



Hooking

Hooking another player with the stick, with the intention of making him fall.



Cross checking

A check made on an opposing player with the stick held in both hands.



Slashing

Hitting a player with the stick.



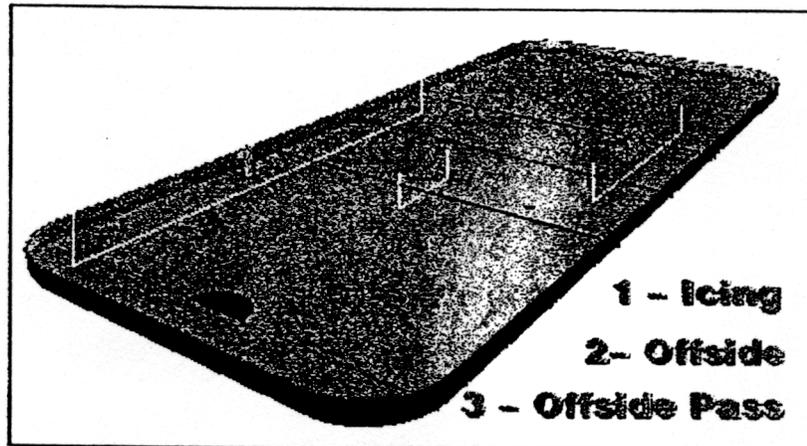
Goal scored



Goal disallowed

Three Main Rules

Rules



1. Icing The Puck

Icing the puck is not permitted when the teams are at equal numerical strength. Thus, it is an infraction when a player on his team's side of the red center line shoots the puck all the way down the ice, it crosses the red goal line at any point other than the goal itself and is first touched by a defending player. When this occurs, play is stopped and the puck is returned to the other end of the ice for a face-off in the offending team's zone.

Icing the puck is not called:

- If a goalie plays the puck by leaving his net.
- If the puck cuts across part of the goal crease.
- When a defending opponent, in the judgement of the linesman, could have played the puck before it crossed the red goal line.
- When an attacking player who was onside (in the same zone) when the puck was shot down the ice manages to touch it first.
- When a team is playing short-handed because of a penalty or penalties.

2. Offside

A team is offside when any member of the attacking team precedes the puck over the defending team's blue line. The position of the player's skates and not that of his stick is the determining

factor. If both skates are over the blue line before the puck, the player is offside. If he has only one skate over the blue line and one on it, he is onside.

When a player passes the puck from his defending zone to a teammate beyond the center red line (thus crossing both the blue line and the red line), it is an offside pass. The position of the puck (not the player's skates in this case) is the determining factor in deciding from which zone the pass was made.



OFFICIAL SIGNALS

	 BOARDING	 CHARGING	 CROSS CHECKING
 ENLARGED PENALTY	 EQUIPMENT	 BUSHY STICKS	 FIGHTING
 GOAL TENDERS	 ICEING	 INTERFERENCE	 OBSCURED
 FOUSHING	 SLASHING	 SIDE WHISTLE	 SPINNING
 TRIPPING	 UNDESIRABLE	 WASH OUT	

PENALTIES

1. **MINOR:** 2 minutes
- tripping, hooking, charging
2. **BENCH:** 2 minutes
- too many men on the ice, coach complaining or screaming obscenities.
3. **MAJOR:** 5 minutes
- drawing blood, fighting
4. **MISCONDUCT:** 10 minutes
- complaining to an official
5. **GAME MISCONDUCT:** rest of this game only
- 3rd man in a fight.
6. **MATCH:** indefinite suspension
- stick swinging, pushing referee

Hockey terminology

Hockey is the fastest game on earth and keeping up with the puck is often quite a challenge. It helps if you know the terminology being used, and with that in mind you out, SportsLine.com has prepared an alphabetical list of the most common terms.

Penalty glossary

ASSIST

What a player is credited with for passing the puck to a player who scores a goal. Two assists per goal are allowed and each assist adds one point to a player's scoring total.

ASSISTANT CAPTAIN

Wears an "A" on his jersey and in the absence of a captain, is the only player who can have on-ice conversations with referee about calls or penalties.

BACKCHECKING

A forward who skates back deep into his own zone to separate an opponent from the puck or to prevent him from getting a scoring chance.

BACKHAND

A shot or pass using the back of the stick blade.

BETWEEN THE PIPES

The goal area where the netminder is positioned.

BLOCKER

The padded glove with which a goaltender holds his stick. It is often used to stop shots.

BLUELINE

The line that indicates the limit of a team's defensive zone.

BODYCHECK

Hitting an opponent legally with one's body to impede his progress or knock him off the puck.

BOX

BREAKAWAY

A play in which a puck carrier has gotten behind all the other team's defenders and is moving in alone on the goaltender.

BREAKOUT

A defending team's play to get the puck quickly out of the its own zone usually started by a defenseman.

BUTTERFLY

A goaltending style in which the goalie keeps his knees together and his feet slightly apart. This allows him to drop quickly to knees for a save and quickly regain his upright position.

CAGE

A name of the net.

CAUGHT UP ICE

A player who is in his team's offensive zone while the play has moved back to his defensive zone.

CENTER ICE LINE

A red line that divides the ice in half.

CENTERING THE PUCK

Passing the puck toward the front of the net.

CHANGE ON THE FLY

Replacing players while the play goes on.

CHECK

To move an opponent off the puck with the stick or the body or to guard him.

CHECKER

A player whose primary responsibilities are to prevent opponent's from scoring.

CHECKING LINE

A forward line assembled to play against opponents' top scoring lines.

CLEARING

Moving the puck out of harm's way in one's defensive zone.

CHIPPY

An adjective that describes dirty play, usually involving the illegal use of sticks.

CLUTCH AND GRAB

Defensive style usually used by slower players who grab opponents to prevent them from using their speed.

COINCIDENTAL PENALTIES

Penalties assessed simultaneously to opposing players. Neither team plays shorthanded as a result.

CORNERS

The rounded off part of the rink between the goal line and the boards.

CUTTING DOWN THE ANGLE

Technique in which goaltender moves out of his crease to reduce the amount of net the shooter can see.

CYCLING THE PUCK

Moving the puck along the boards in the offensive zone by at least two players.

DELAYED OFFSIDE

A situation where play continues even if an attacker is offside because the defending team has possession of the puck. This allows the defensive team the opportunity to clear its zone without a stoppage in play.

DELAYED PENALTY

A continuation of play that ends when a penalized team gains control of the puck.

DIG

To use one's body or stick to get the puck away from an opponent, usually along the boards.

DIVE

A player falling intentionally to make a routine check look worthy of a penalty.

DROP PASS

The act of leaving the puck behind for a trailing teammate.

DUMP AND CHASE

A strategy in which attacking team crosses the center-ice line, shoots the puck into opponents end and then skates aggressively to retrieve it.

ENFORCER

The "muscle" of the team, a player who fights often and protects teammates against liberties being taken.

FACEOFF

The act of dropping the puck to start play after a stoppage.

FINISH A CHECK

Following through on a stick, or body check

FIVE HOLE

The area between the goalie's legs.

FORECHECKING

Pursuing a opponent in his defensive zone.

FREEZING THE PUCK

Pinning the puck against the boards by a player, or in the goalcrease by the goaltender.

GOAL LINE

A thin red line painted across the ice, 13 feet from the end boards. A puck must cross the line completely to count as a goal. Also used to determine icing.

GRINDER

A hard-working player known for his checking rather than scoring.

HAT TRICK

Three goals scored in one game by a player. A natural hat trick is accomplished by a player who scores three consecutive goals in a game.

HEADMANNING

Passing the puck forward during an offensive rush.

LINE

The group of three forwards - the center, left wing and right wing.

LEFT WING LOCK

A recently designed defensive system in which the left wing (and sometimes the right wing) hang back at an opponent's blueline to prevent the other from clearing its zone.

LOOSE PUCK

A puck that is on open ice and not controlled by either team.

MUCKER

See Grinder.

NEUTRAL ZONE

The area between the blue lines.

NEUTRAL ZONE TRAP

Defensive system designed to have forwards forecheck aggressively to create turnovers near the opponent's defensive zone.

OFF-ICE OFFICIALS

Those who help conduct the game but are not in uniform. They include goal judges, game and penalty timekeepers, the official scorer and the video goal judge.

OFF WING

A left-handed shot skating down the right side and vice versa.

ONE-TIMER

A player who shoots immediately upon receiving a pass without stopping the puck.

PENALTY KILLING

Defending against a opponent while your team is shorthanded.

PLAYING THE MAN

When a player checks the puck carrier, leaving the puck to be retrieved by a teammate.

PLAYING THE PUCK

When a goaltender leaves his net to handle the puck, whether to pass it or clear the zone.

PLAYMAKER

A player whose greatest skill is setting up teammates for scoring chances.

POWER FORWARD

A big, strong forward who plays physically and usually accumulates high scoring and penalty totals.

POWER PLAY

Offensive situation where one team has more men on the ice than penalized opponents.

RAGGING THE PUCK

Skating around to waste time, usually while killing a penalty or at the end of a game.

SCREEN

Blocking the goalie's view of the play.

SIXTH ATTACKER

The extra skater on the ice who comes on after the goalie has been pulled.

SLAP SHOT

A shot that is taken with a full windup.

SLOT

The area directly in front of the net from the crease to the top of the faceoff circles.

SNAP SHOT

A quick wrist shot.

TAKING THE BODY

Checking with the body rather than the stick.

TOP SHELF

The upper part of the net.

TRAILER

An attacking player who follows the puck carrier into the offensive zone.

TWO-ON-ONE

A situation in which two attacking players have only one defender between them and the opposing goaltender.

TWO-LINE PASS

A pass that is made from inside one's blueline across the red line. When a teammate of the player making the pass touches the puck, it is ruled offside of the across .

TWO-WAY PLAYER

A player who is equally adept at the offensive and defensive aspects of the game.

WRAPAROUND

A play in which the puck carrier starts behind the other team's goal line and swings quickly in front of the net to stuff the puck into the net.

WRIST SHOT

A shot taken by snapping the wrists.