



HOCKEY 101

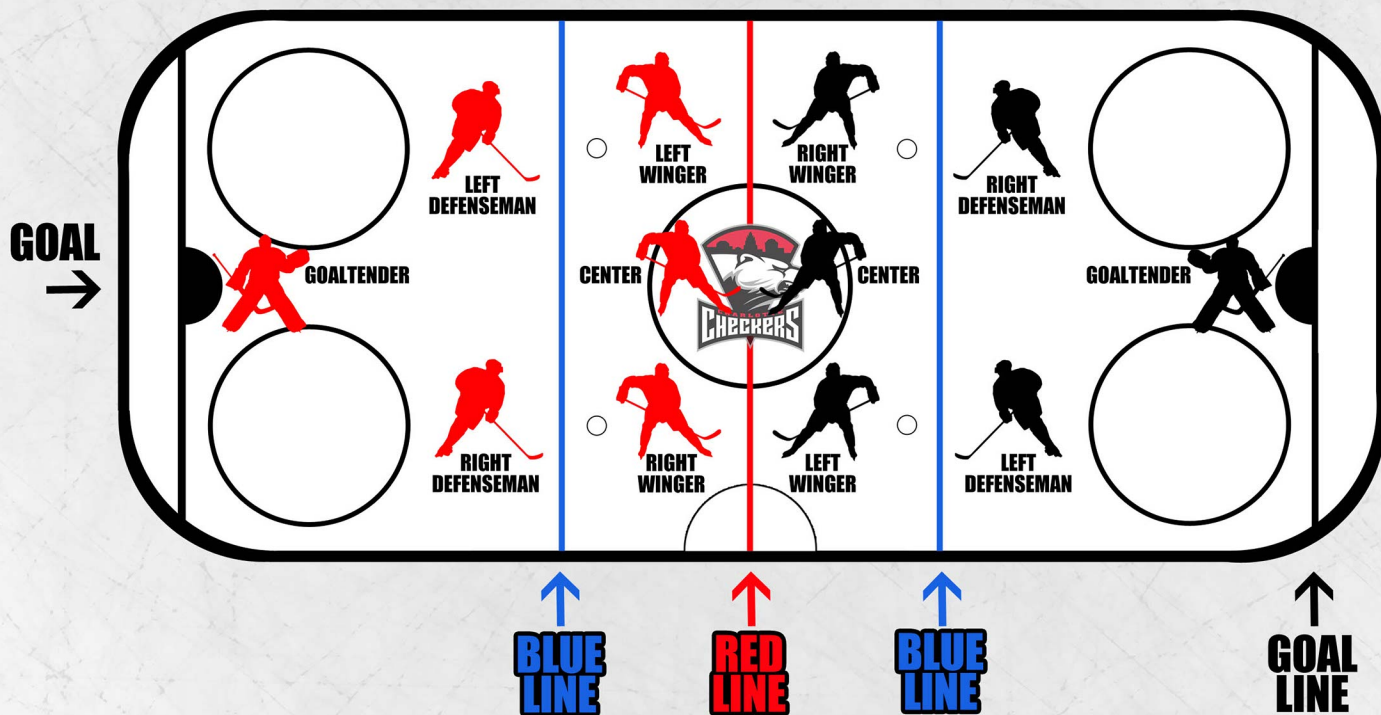
A HOCKEY GAME: CONSISTS OF THREE 20-MINUTE PERIODS WITH TWO 18-MINUTE INTERMISSIONS.

PLAYERS: EACH TEAM HAS SIX PLAYERS ON THE ICE AT ANY GIVEN TIME (EXCEPT WHEN A PENALTY OCCURS): CENTER, RIGHT WING, LEFT WING, TWO DEFENSEMEN AND A GOALIE. EACH TEAM CAN DRESS A MAXIMUM OF 18 SKATERS AND 2 GOALIES (20 TOTAL).

THE PUCK: A SIX-OUNCE PIECE OF VULCANIZED RUBBER, IT IS THREE INCHES IN DIAMETER AND ONE INCH THICK AND IS FROZEN BEFORE GAMES TO MINIMIZE BOUNCING.

THE RINK: 200 FEET LONG AND 85 FEET WIDE.

THE GOAL: FOUR-FEET HIGH BY SIX-FEET WIDE. GOALS ARE WORTH ONE POINT EACH AND ARE SCORED WHEN THE PUCK CROSSES THE GOAL LINE AND GOES INTO THE NET.



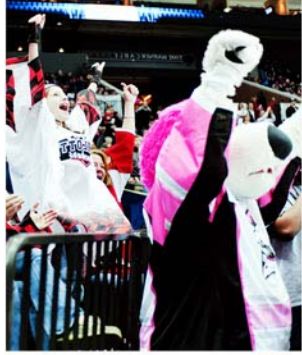
PENALTIES: WHEN ASSESSED A PENALTY, THE PENALIZED PLAYER MUST STAY IN THE PENALTY BOX FOR A SPECIFIED TIME, DEPENDING ON THE SITUATION. DURING THIS TIME, HIS TEAM MUST PLAY WITH ONE LESS PLAYER THAN THE NORMAL COMPLEMENT. THIS IS KNOWN AS A POWER-PLAY FOR THE TEAM WITH THE EXTRA PLAYER.

OFFSIDE: WHEN A PLAYER FROM THE ATTACKING TEAM CROSSES THE BLUE LINE BEFORE THE PUCK ENTERS THE OFFENSIVE ZONE.

ICING: WHEN A PLAYER PLAYS THE PUCK FROM BEHIND THE CENTER LINE TO A POINT BEYOND THE OPPONENT'S GOAL LINE (INTO THE OFFENSIVE ZONE).



FOR MORE INFO GO TO GOCHECKERS.COM/HOCKEY101



HOCKEY OFFICIALS' SIGNALS



Boarding
Strike the clenched fist of one hand into the open palm of the other hand directly in front of the chest.



Charging
Rotating clenched fists around one another in front of chest.



Misconduct
Hands should be moved once from sides down to hips. Thus, point to player first, hands to hips second.



Contact to the Head
Extend arm above head and tap head with open palm.



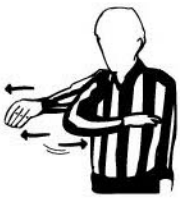
Cross-Checking
A single forward and back motion with both fists clenched in front of the chest.



Delayed Calling of Penalty
Extend arm to upright position.



Delayed Offsides
Extend arm in the air and point to line with other arm.



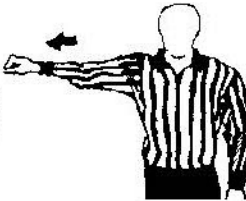
Delay of Game
The nonwhistle hand, palm open, is placed across the chest and then fully extended directly in front of the body.



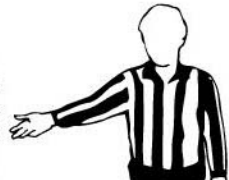
Elbowing
Tapping either elbow with the opposite hand.



Slashing
One slap with the nonwhistle hand across the straightened forearm of the other hand.



Roughing
Fist clenched, fully extending arm from the side.



Goal Scored
Point at the net with the nonwhistle hand, palm open.



Obstruction
Hands in the middle of the body in the shape of an "O". Additional infraction following obstruction.



Hand Pass
The nonwhistle hand (open hand) and arm are placed straight down alongside the body and swung forward and up once in an underhand motion.



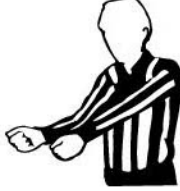
High-Sticking
Holding both fists, clenched, one a short space immediately above the other to the side of the head.



Kneeing
A single slapping of the right palm to the left knee, keeping both skate blades on the ice.



Holding
Clasp wrist of whistle hand with the other hand well in front of the chest.



Holding the Stick
Clasp wrist of whistle hand with the other hand well in front of the chest. Next, hold both fists, clenched, one a short space in front of the other at waist height.



Spearing
A single jabbing motion with both hands together, thrust forward in front of the chest, then dropping hands to the side.



Interference
Crossed arms with fists clenched stationary in front of chest.



Hooking
A series of tugging motions with both arms, as if pulling something toward the stomach.



Icing
The back official signals the icing situation by fully extending his free arm (without whistle) at a 66° angle. The front official shall indicate the icing is completed by extending his free arm over his head, up straight, and blowing his whistle. The back official then will move to the faceoff spot and cross arms to indicate the icing.



Timeout/Unsportsmanlike Conduct
Using both hands to form a "T" in front of the chest.



Tripping
Keep both skates on the ice when signaling, using right hand on the leg.



"Wash-out"
Both arms swung shoulder height, not waist height.

