

Hockey

History: The game of Ice Hockey as played today is about 100 years old. The word Hockey is derived from the word "Hoquet" a French term for a shepherd's stick. It is an adaptation of the principle of batting a ball with a stick which has been credited to many peoples and lands. There seems to be little doubt that the related field game of "shinny" is the forerunner of the present game of Ice Hockey.

Field Hockey originated from the Greeks who played a game using similar sticks to the ones currently used. The British observed the French playing "hoquet" and returned to their country playing the same game only spelling it Hockey.

Traditionally Ice Hockey was played by men and Field Hockey was played by women. Ice Hockey recently gained in popularity throughout the U.S. with the winning of the Gold Medal by the American team who defeated the Soviet Union at the 1980 Olympics. People refer to the 1980 Gold Medal game as "The Miracle on Ice." This was the first ever Gold Medal won by the Americans in Hockey!!

Rules:

The object of the game is to move the puck with the stick into the opponent's net. The game is started with a **Face-Off**. The puck may be passed in any direction to a teammate in the defensive or neutral zone.

A 2 inch red line called the Goal Line crosses the mouth of each goal and is used to determine when a goal is scored. The goal crease is an area 4 feet deep by 8 feet wide marked in front of each goal cage. **No attacking player except the puck carrier may enter the crease.** If a player scores a goal while a teammate is in the crease, the goal can be disallowed. If a player skates into the goaltender with or without the puck, an interference penalty will be given.

Terminology:

Assist – A pass or preliminary play which enables a teammate to score.

Attacking Zone – The area behind the opposing team's Blue Line.

Boards – The wall surrounding the ice rink.

Body Checking – Using the body to stop an advancing opponent.

Clearing the Puck – Moving the puck out of the defensive zone.

Check – When a player pushes another player into the boards.

Crease – Zone marked in front of the goalkeeper's cage. (Only the player with the puck can enter the Crease.)

Cross – Checking – Occurs when a player smashes into another player with his stick held in both hands in front of his body. It can be very painful. Defensive players usually cross-check opponents who are in front of their net.

Defending zone – The area behind a team's Blue Line.

Face-Off – Putting the puck in play by dropping the puck between 2 opposing players.

High Sticking (2 minute penalty) – Bringing the stick above the *shoulder* on the back or forward swing.* **This applies even if the contact was accidental.** Players are not allowed to "bat" a puck out of the air.

Icing – Whenever a player shoots a puck from his side of the Red Line (Center Line) towards the attacking zone.

Line – An attacking unit composed of a center and two forwards.

Neutral Zone – The area between the two Blue Lines.

Offside – Players of an attacking team cannot pass the Blue Line, until the puck has crossed over the Blue Line. The puck must cross the opposing team's Blue Line before any attacking player does, or the play is called Offside and stopped.

Penalty Box – Area where players are sent to serve penalty time.

Periods – The game consists of 3 Twenty minute periods.

Playing the Point – Defenseman stationed on opponent's blue line to aid the offense.

Poke Check – Poking the stick to get the puck away.

Power Play – Offensive play when the defense is short-handed because of a penalty.

Puck – a round, hard flat disc.

Save – The goalie stopped a shot.

Shorthanded Goal – If a penalized team manages to score a goal while killing the penalty.

Spearing – Misuse of the stick (poking, or jabbing with the blade.)

Shorthanded – Penalized team with one less skater.

Icing

Icing – Whenever a player shoots a puck from his side of the Red Line (Center Line) towards the attacking zone. The puck must go all the way to the other end of the rink. If a teammate of the player who shot the puck can touch the puck before or after it hits the other side of the rink and before a player of the opposing team touches the puck, then icing is waved off. A team that is killing a penalty (when the other team has a power play) is allowed to "Ice" the puck without being called for **Icing**. Play is stopped and the puck is faced-off at the end corner face off spot of the team committing the Icing.

Penalties

Players will often receive penalties for their constant bad behavior. There are four different kinds of penalties:

- **Minor penalty** – a player must sit in the penalty box for **two** minutes.
- **Major Penalty** – a player must sit in the penalty box for **five** minutes.
- **Misconduct Penalty** – a player must sit in the penalty box for **ten** minutes.
- **Game Misconduct Penalty** – This sends a player out for the **whole game**.

Penalties

- **Hooking** – When a player uses the blade of his stick to stop or impede another player's movement.
- **Interference** – The practice of blocking the progress of a player who is not in possession of the puck.
- **Slashing** – Hitting other players with your hockey stick.
- **Tripping** – Just like it sounds, can be done with the legs or stick.
- **Charging** – Whenever a player checks another player with excessive violence after skating a long distance.
- **Boarding** – When a player is facing the boards and an opposing player checks him from behind so that he is violently crushed into the boards.
- **Elbowing** – You aren't allowed to stick you elbow out and hurt people.

When one team has a player in the **Penalty Box** due to a **Minor Penalty**, it must play "**Shorthanded**" (with one less skater) until the penalty expires or the

opposing team scores a goal. This situation is called a "**Power Play**" for the unpenalized team, and a "**Penalty Kill**" for the penalized team. If the penalty is a **Major Penalty** (5 minutes), the penalized team must kill the penalty for the entire five minutes, regardless of how many goals the opposing team scores. If a penalized team manages to score a goal while killing the penalty, it is called a **Shorthanded Goal**. A team can be shorthanded by two players, but no more. If more than two of a team's players are penalized the team will continue to play with four players (but the penalized players must still serve their penalties before they can play). If a player from each team is assessed a minor or major penalty in the same incident, the penalties are called offsetting. The players must sit in the box but the teams continue to play at full strength (with six players each).

Offsides

Offside – Players of an attacking team cannot pass the Blue Line, until the puck has crossed over the Blue Line. The puck must cross the opposing team's Blue Line before any attacking player does, or the play is called **Offside** and stopped. If the puck leaves the **Attacking Zone** while attacking players are still in the zone, they must all skate back out of the zone before the puck can be shot back in by the attacking team or the play will be **Offsides**. A player passes into a zone when both of his skates/feet have completely crossed the line that separates it from the previous zone.

The Rink

Hockey is played on a rink 200' long and 85' wide, with rounded corners. The ice surface has painted lines on it, which indicate **Face-Off Circles**, the **Goal Crease**, and the various zones. The most important lines are the **Red Line** (which runs across the center of the ice) and the **Blue Lines** (which are parallel to the Red Line.) The Red Line indicates center ice. The Blue Lines divide up the ice into three zones. Each team plays from one side of the ice. The area behind a team's Blue Line is called its **Defending Zone**. The area behind the opposing team's Blue Line is called the **Attacking Zone**. The area between the two Blue Lines is called the **Neutral Zone**.

