

WHO KNEW?

- The first outdoor hockey puck in the 1800s was made of frozen cow dung.
- Named after Lord Stanley of Preston, a Canadian Governor General, the Stanley Cup was created in 1893. This oldest trophy in North America travels approximately 300 days a year, escorted by a Cup Keeper.

“If you don’t get out of the box you’ve been raised in, you won’t understand how much bigger the world is.” - Angelina Jolie

THE DARK SIDE

The home team always wears its darker jersey that features its main color. The visiting team will wear white jerseys. All teams also have a third alternate jersey that is approved by the NHL.

MEN IN STRIPES

Those are the referees with the orange bands around their arms. There are two referees, and the other two men without orange bands are linesmen. The linesmen drop the puck for face-offs, and call icing and offside. They spend most of their time on the blue lines or goal lines, and stick as close to the boards as possible.

TEAM PLAY

Each team plays six at a time (unless someone has been put in the penalty box). Substitutions are made when play stops or can be made "on the fly," while play is in progress.

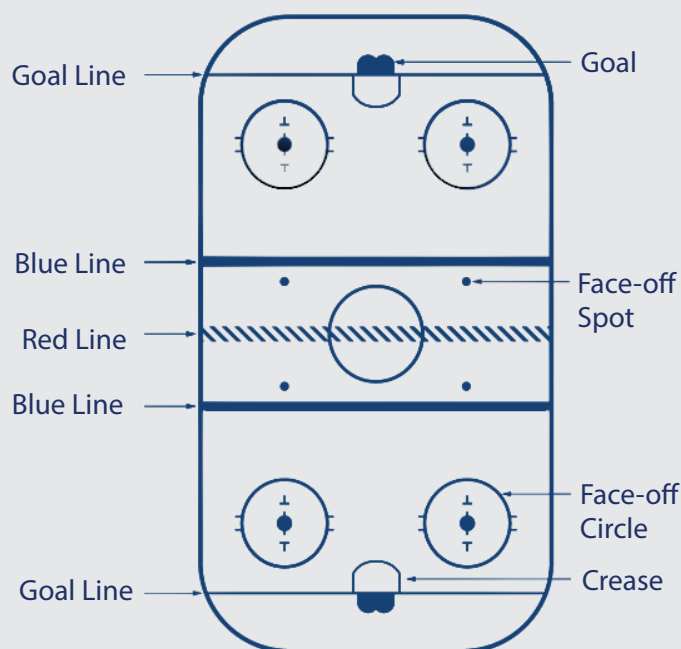
The positions are goalkeeper, left and right defense, center, left and right wing. A team scores when one of its players shoots the puck into the opponent's net with his stick. Players who help set-up a goal get assists, but only two assists can be scored on a goal.

WHAT THE PUCK?

So, the puck has dropped, and suddenly 10 skaters are moving around the ice at high speeds. Six players are on the ice from each team. One of these is the goalie and he spends his time in front of his own net. The skaters are trying to get the tiny black puck past that big goalie and into the net. The clock will stop when the puck is not in play. That means if the puck is frozen, sent out of play or someone scores a goal, the clock will stop. So, whenever a referee blows his whistle, the clock will stop.

WE HAVE A WINNER!

Every game runs at least 60 minutes of regulation or three periods of 20 minutes. If the score is tied, the game will continue into overtime; a five minute extra period during which only three skaters and a goalie take the ice at a time. Overtime is sudden death, meaning the next goal scored instantly wins the game.



If after those five minutes, nobody has scored, a shootout will take place through a series of penalty shots (one-on-one skater against goalie). It starts as a best of three, as teams take turns shooting at the opponent's goalie. The team with the most goals after the best-of-three wins. If the score remains tied, the game will extend one by one until a winner is crowned. If the first to shoot scores, and his/her goalie stops the next shot, that team wins. If the first to shoot fails to score, and his/her goalie is scored on next, the second team wins.

In the playoffs, there is no shootout. There is overtime, again, but the teams play five-on-five, and each overtime period is 20 minutes. However, the sudden death rule still applies.

Want Ice With That?

OFFSIDE

A team is offside when any opposing player precedes the puck over the defending team's blue line. The position of the player's skates and not that of his/her stick is the key factor. If both skates are over the blue line before the puck, that player is offside. If he/she has only one skate over the blue line and one on it, he/she is onside.

ICING THE PUCK

Icing the puck is not permitted when the teams are at equal numerical strength. It's an infraction when a player on his team's side of the red centerline shoots the puck all the way down the ice, it crosses the face off circle, and a defending player is closest to the puck. 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

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

Now You Know

Boarding

Checking an opponent into the boards when his/her back is facing the offending player.

Charging

When a player takes multiple strides leading up to heavy body contact, often to the head/neck area.

High-sticking

When a player clips an opponent with his/her stick lifted above the waist (often striking the opponent in the head or neck).

Hooking

When a player uses the blade of his/her stick to tug at an opponent's stick or jersey to impede his progress.

Penalty Shot

When a player is tripped, hooked, or impeded on a breakaway in a way that prevents him/her from getting a good shot or scoring chance off, he is awarded a penalty shot. The player starts with the puck at center ice and gets a free shot at the goalie, unimpeded.

Roughing

When minor altercations or scuffles, i.e. pushes/shoves, are deemed not worthy of a major penalty, a roughing minor may be called.

Slashing

When a player strikes an opponent's stick, arm, hand, leg or other body part with a violent swing of his/her stick.

Tripping

When a player trips an opponent with his/her stick, skate or any part of his body. When done with a skate, it also is referred to as slew-footing.