



BEGINNER'S GUIDE TO ICE HOCKEY



Welcome to the home of the Manchester Phoenix ice hockey club. You're just about to watch the most exciting and thrilling team sport the world has ever seen! However, here at Phoenix we understand that at first ice hockey can be difficult to follow. So we have created this little beginner's guide to help get you on your way.

ENJOY THE GAME!

THE BASICS!

Timing

- ▶ An ice hockey game consists of 3 twenty minute periods with 2 fifteen minute intervals between them.
- ▶ If a game is drawn after 60 minutes, then a 5 minute overtime period is played. If no goals are scored during overtime a penalty shootout will be played to determine a winner.

THE TEAM

- ▶ Generally each team carries between 15 to 20 players in their roster.
- ▶ Of these, only 1 goalie, 2 defencemen and 3 forwards are allowed on the ice at any one time.

ICING

When a player on his own side of the centre red line shoots the puck past the opposite goal line without it being deflected, touching a player or passing through the blue goal crease.

THE GAME

- ▶ If a player is penalised for an offence they are sent to the penalty box (A.K.A 'the sin bin') for a set number of minutes.
- ▶ There are two types of penalties (Minors & Majors)
 - Minor penalties are usually 2 minutes
 - Major penalties are usually for 5 minutes
- ▶ When a team gets a penalty against them, they play a man down and are said to be on the 'penalty kill', the opposing team are said to be on the 'powerplay'.
- ▶ If the team on the 'powerplay' scores then the penalty is immediately cancelled and the offending player returns to the ice.
(This only counts on minor penalties)

OPPSIDE

The puck must pass into the offensive zone before a player of the attacking team does, otherwise the team is offside.



HERES A BRIEF OVERVIEW OF THE REFEREE'S SIGNALS WHEN HE CALLS A PENALTY AND WHAT HIS ACTIONS ACTUALLY MEAN....



CHARGING

Rotating fists.

Called when a player takes more than three strides to make a hit.



HOOING

Tugging motion with arms.

Called for using the stick to pull an opponent down or backwards.



CROSS-CHECKING

Fists moved away from chest.

Called for hitting an opponent with both hands on the stick and no part of it on the ice.



INTERFERENCE

Arms crossed in front of chest.

Called for impeding the progress of a player who is not in possession of the puck.



HIGH STICKS

Arms raised above shoulder.

Called for striking a player above shoulder height with the stick whether accidental or not. Double penalty called if injury is caused.



SLASHING

Chopping hand across opposite forearm.

Called for swinging the stick at an opponent with excessive force.



HOLDING

Grasping wrist in front of chest.

Called for needless pulling of an opponent's body or equipment with the hands.



TRIPPING

Striking the right leg with the right hand below the knee.

Called for using the stick, an arm or a leg to cause the opponent to fall.

FIGHTING



Sometimes in ice hockey the players disagree and fancy a little scrap. For doing this both players receive a penalty for fighting (which is usually 5 minutes) and cannot participate in the game during this penalty. However their respective teams do not lose a player because of the fight.

INTERESTING FACTS



The first organised indoor game of ice hockey was in Montréal, Canada on March 3, 1875 (135 Years Ago!) and was played by British missionaries.



The fastest recorded shot in ice hockey was clocked at an incredible speed of 105.2 MPH, shot by Slovakian Zdeno Chara.



The puck in ice hockey is made from vulcanised rubber which is then frozen.

FINALLY, WHY ICE HOCKEY RULES!

"Everyday is a great day for ice hockey"

Mario Lemieux (Played over 900 NHL Games)

"Hockey is the original extreme sport"

Tom Ward (Ice Hockey Veteran)