

LEE VALLEY LIONS

a rough guide

TO ICE HOCKEY



MAJOR SPONSORS

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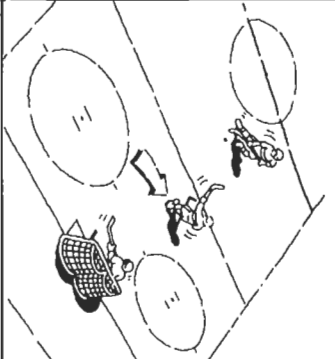
Rough Guide

These notes are intended to provide a basic understanding of some of the rules of the game of ice hockey and why some of the penalties are awarded.



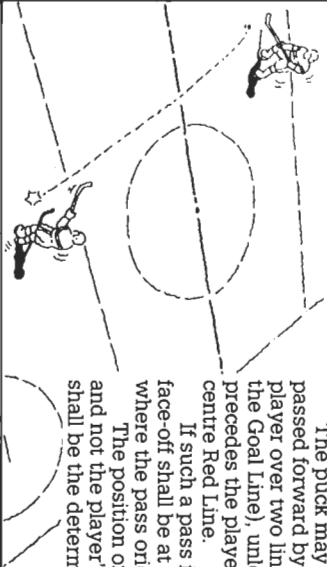
OFF-SIDE

A player is off-side if he precedes the puck into the Attacking Zone, that is, beyond the opposing Blue Line. The determining factor is the position of the player's skates. Play shall be re-started on one of the face-off spots just outside the offending team's Attacking Zone.



OFF-SIDE PASS

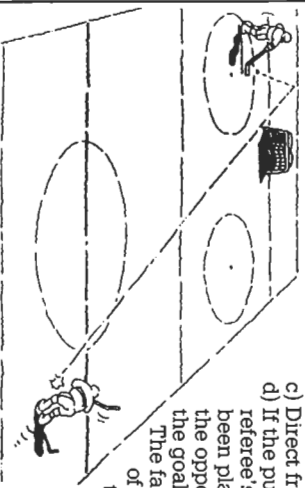
The puck may not be passed forward by an attacking player over two lines (ignoring the Goal Line), unless the puck precedes the player over the centre Red Line. If such a pass is made, the face-off shall be at the spot where the pass originated. The position of the puck and not the player's skates shall be the determining factor.



ICING THE PUCK

Should any player of a team shoot the puck from behind the centre Red Line beyond the opposing team's Goal Line, and it is first touched by a defending player, other than the goalie, the puck

- shall be declared 'iced'. The puck cannot be iced:
- When the offending team is short-handed due to penalties.
 - If the puck enters the net, when a goal shall be awarded.
 - Direct from a face-off.
 - If the puck touches or, in the referee's opinion, could have been played by a member of the opposing team - except the goalie.
- The face-off shall be on one of the face-off spots in the offending team's end of the rink.



Penalties

Minor penalties of 2 minutes duration are awarded for offences such as elbowing, tripping, hooking and cross-checking.

5 minute penalties, known as major penalties, are awarded for more serious incidents such as fighting.

10 minute penalties, known as misconduct penalties, are awarded for still more serious offences such as illegal use of the stick or abuse of the Officials. Misconduct penalties result in the offending player going to the penalty box but, unlike other penalties, a substitute is allowed on the ice immediately.

Misconduct penalties called "game" or "gross misconduct" result in a player being banned for the rest of the game but a substitute is allowed on the ice immediately.

A match penalty means that the offending player is suspended for the balance of the game and a substitute player is allowed on the ice after 5 minutes.

Officials

In all, there are three Officials on the ice, one Referee and two Linesmen. The Referee is denoted by a red or orange sleeve stripe.

OFFICIAL REFEREE'S SIGNALS

				
SLASHING	TRIPPING	BOARDING	MISCONDUCT	HOLDING

A series of chopping motions with the edge of one hand across the opposite forearm.

Extending right leg forward, clear of the ice, and striking it with right hand below the knee.

Pounding the closed fist of one hand into the open palm of the other hand.

Placing of both hands on hips several times and pointing to a penalized player.

				
ELBOWING	HOOKING	CROSS-CHECKING	CHARGING	HIGH-STICKING

Tapping either elbow with the opposite hand.

Extending right leg forward, clear of the ice, and striking it with right hand below the knee.

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"WASH OUT"	ICING	INTERFERENCE

Both arms swung laterally across the body with palms down.

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ICE HOCKEY RINK MARKINGS



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