

ICE HOCKEY BASICS

INFORMATION ABOUT THE SPORT

As a brand new player, we understand that you may have questions and need some guidance before your first game. Don't worry; we've got you covered! This page will provide you with valuable information to ensure you have a fantastic start to your ice hockey journey.

Before you hit the ice, make sure you have the following essential equipment:

- Skates
- Helmet with cage or shield - this is mandatory for division 4, all other divisions require at least a visor.
- Shoulder pads
- Elbow pads
- Gloves
- Shin guards
- Hockey pants
- Jersey
- Socks
- Protective Cup/ Jock/ Jill
- Mouthguard
- Hockey stick
- Neck Guard

Rules to Learn and Know:

Offsides: Players cannot enter the offensive zone before the puck does.

Icing: Players cannot shoot the puck from their defensive zone across the opposing team's goal line.

Penalties: Familiarise yourself with common penalties like tripping, slashing, hooking, and interference.

Face-offs: Understand the different face-off locations and when they occur.

Scoring: Learn how goals are scored and the importance of assists.

Three Periods: Ice hockey games consist of three 20-minute periods with intermissions. However, in our local recreational competition, we run two 15-minute periods and one 20 minute period, for a total of a 50 minute game.

Positioning on the Ice:

1. Forwards: These players focus on scoring goals. They usually play near the opponent's goal.
2. Defencemen: Their primary role is to defend their own goal and pass the puck up to the forwards.
3. Goaltender: The last line of defence, they protect the net from the opponent's shots.

Special Teams:

1. Power Play: When the opposing team has a penalty, your team has a power play with an extra player due to one of their players having to sit off the ice in the penalty box for up to 2 minutes.
2. Penalty Kill: When your team is short-handed due to a penalty, your focus is on defence.

Positioning During Face-offs:

1. Centre: Takes the face-off in the centre circle.
2. Wingers: Stand on the sides of the centre, ready to assist.
3. Defencemen: Positioned near the blue line to prevent the opposing team from gaining possession.

For a visual representation of positioning, rules and more, please see this video: [Rules Of Ice Hockey : How To PLAY Ice Hockey : Ice Hockey Rules For Beginners EXPLAINED - YouTube](#)

See you on the ice!

