

Rules

20

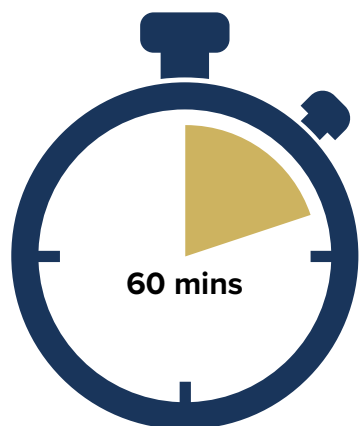
The team roster will consist of 20 players that include 2 Goalies, 6 Defencemen and 9 Forwards.

6

6 Players can be on the ice at once.

- 1 Goalie
- 2 Defencemen
- 3 Forwards

Time



3 x 20 minute periods

1st Period 00 - 20

2nd Period 20 - 40

3rd Period 40 - 60

Overtime 60 - 65

Penalty Shoot Out

Penalties



If a hockey referee has one hand in the air, it means that he is calling a delayed penalty.

This, in turn, means that the penalty will not be called until a member of the offending team touches the puck, or until the non-offending team scores a goal on net

Helmet & Visor

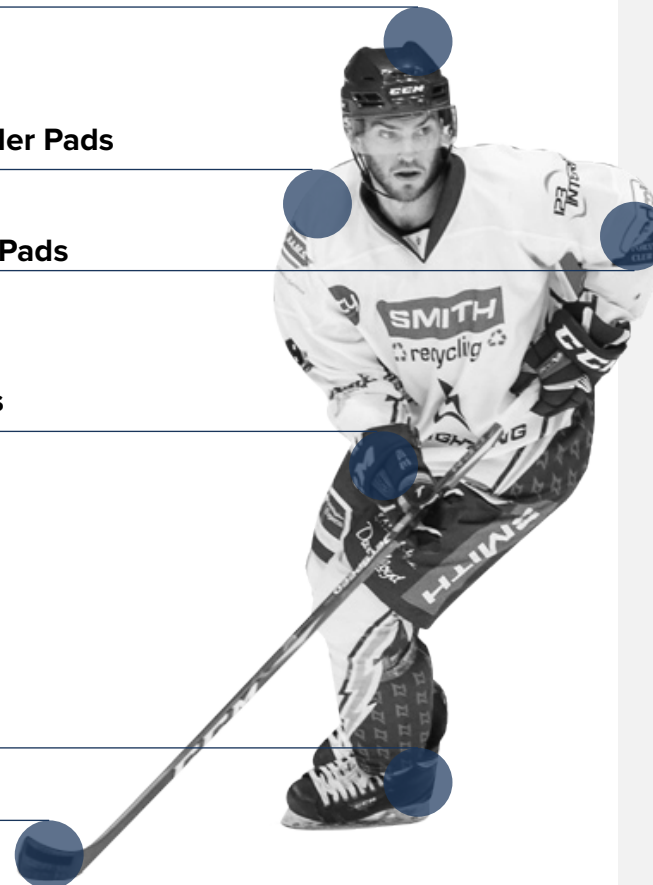
Shoulder Pads

Elbow Pads

Gloves

Skates

Stick



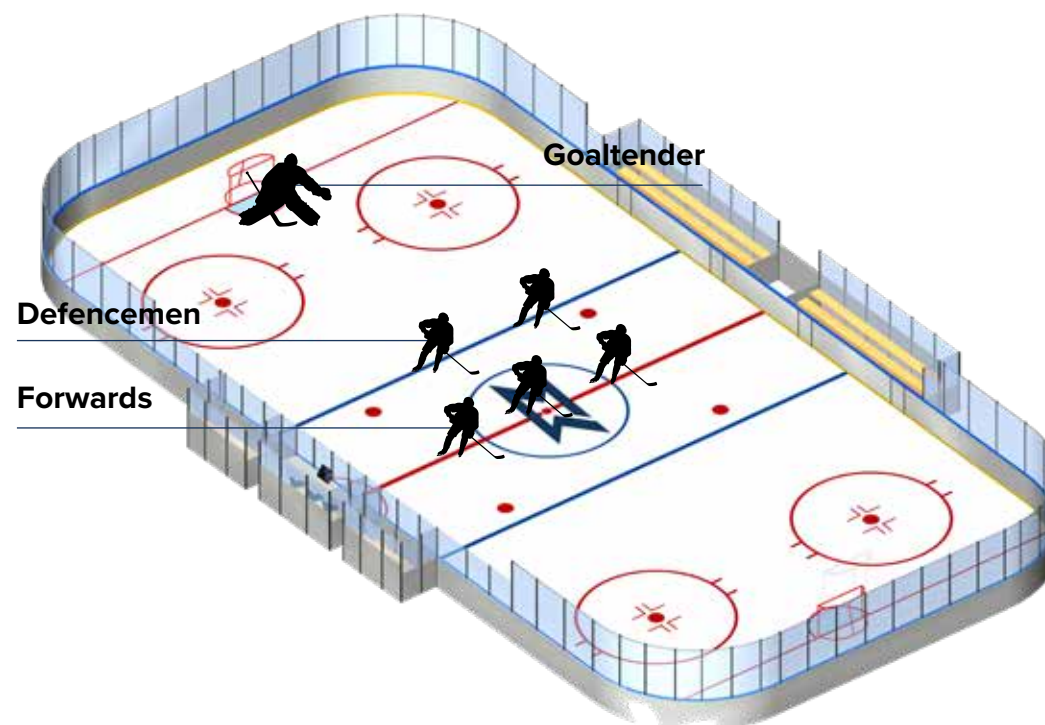
Equipment

An ice hockey stick is a piece of equipment used in ice hockey to shoot, pass, and carry the puck across the ice

The blade is the part of the stick used to contact the puck, and is typically 25 to 40 cm long.



Ice Rink



Puck



1 inch (25 mm) thick, 3 inches (76 mm)

Hockey Puck

Ice hockey requires a hard disk of vulcanized rubber. A standard ice hockey puck is black,

Weights between 5.5 and 6 ounces (156 and 170 g)