**Hockey Rules and Facts**

**History**

Hockey originated from Ancient Greece, Ancient Egypt, Inner Mongol (Daur) and played similar games at least 4,000 years ago. Ever since 1908 (on 1912 and 1924, it was not played.), Men’s field hockey was played in the Summer Olympic Games. In 1980, Women’s field hockey was added. The IIHF (International Ice Hockey Federation) and the FIH (International Hockey Federation) organized hockey. Men’s Ice Hockey was added in 1924 Winter Olympic Games and was played in 1920 Summer Olympic Games. Women’s Ice hockey was added in 1998 Winter Olympic Games.

**Simplified Rules of the Game**

**1. Object of the Game**

Hockey is similar to team handball, soccer, and basketball. 5 skaters try to score the goal with the puck. The goalie defends the goal and keeps the other teams from scoring. This game is for all ages. When a successful goal is made, the team that made a goal is awarded a point. The team that has more points wins the game. The game is divided into thirds and each have 20 minutes. They decide who gets the puck by who steals quicker. Also, the clock only stops when

the thirds are over, team timeouts, injuries, or at the referee’s discretion.

**2. Field of Play**

The court size is bigger than a handball court. The standard hockey field size is 91.4m x 55m. The center circle is the penalty shot line. The type of the field depends on which type of hockey you play. For ice hockey, it is an ice rink. For field hockey, it is played on gravel, natural grass, or a sand (or water) –based artificial turf. Hockey is played on many different fields depending on which type of game you play.

**3. The Goal**

The standard goal size of ice hockey is 6 feet (180 cm or so) wide and 4 feet (120 cm or so) high.

**4. The Puck**

The puck is made out of rubber and is a disc. The diameter is 76.2mm (about 3 inches or so). Other types of hockey use balls sometimes.

**5. Teams**

A game of ice hockey is played between two teams. 5 skaters and a goalie play on the field. When there is only 4 players or less, the match is forfeited automatically. The total number of the players in the team is the minimum of 11 players to the maximum of 18 players. Substitution is allowed at all times (this is also allowed for goalies as well). For an exhibition game or pre-season game, a maximum of 22 players (including the goalies) are permitted to play.

**6. Playing the Puck (or ball)**

Players are allowed to:

Keep the puck while dribbling and continuously moving

Steal the puck

Check (only for shoulders to hips)

Players are not allowed to:

Hurt other players (body checking violently, boarding, etc.)

Raise their hockey sticks too high

Check from behind

Make contact with the head

**7. Penalties**

Penalties are given when there is a foul or a violation of the rules. First is the minor/bench minor penalty. Minor penalty is when a player (other than the goalie) is off the ice for a full two minutes. No substitution is allowed during this period. Bench Minor penalty is similar to minor penalty, but other player(s) may replace the penalized player through the captain to the coach or manager. The first Major penalty is when a player is ruled off the rink for 5 minutes. When the 2nd major penalty is announced, they will get a misconduct penalty and a major penalty as well. A misconduct penalty is a removal of a player for 10 minutes, but with an immediate substitution. If this happens twice to the same player, the will be suspended from the game but will be replaced with another player. This is called game ejection. A match penalty is when players or team officials are out of the game for 5 minutes. Penalty shots are usually awarded to the attacking team by minor/bench minor penalties to the defending team. Penalty shots are shot from the middle circle.

**Fun facts**

-There are many different types of hockey.

-In the 1908 Summer Olympic Games, they began the Men’s field hockey.

-Women’s hockey games for the Olympic Games came a little later.

-Some countries played similar games to hockey.

-In 1363, Edward III mentioned hockey in his speech where he banned certain games that are played in the Olympic Games such as hockey.

**8. Hockey Field Diagram**



9. References

<http://en.wikipedia.org/wiki/Hockey>

<http://www.teamusa.org/>

<http://assets.ngin.com/attachments/document/0042/4250/2013-17_USAH_Junior_Rulebook.pdf>

<http://www.usahockey.com/page/show/902338-rule-book-and-resources>