



Portland Pirates Hockey 101

An Overview of the Game

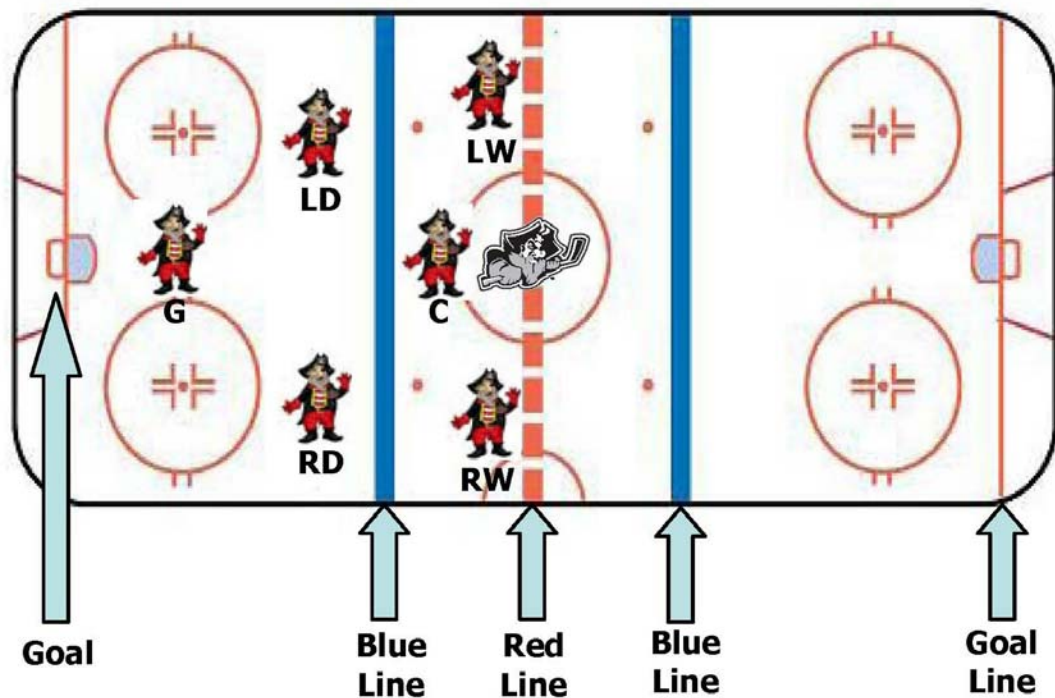
The Game A hockey game consists of three 20 minute periods with two 18 minute intermissions. Should the game end in a tie, the two teams will play 5 minutes of sudden death overtime.

*If the game is still tied, the teams will compete in a shootout.

Teams Each team has six players: a center, a right wing, left wing, 2 defensemen and a goaltender.

The Puck The puck is made of vulcanized rubber. It is three inches in diameter and one inch thick. It weighs about six ounces, and is frozen before games so that it slides and does not bounce.

The Rink The rink is 200 feet long and 85 feet wide



The Goal

Goals are worth one point each and are scored by shooting the puck into the net.

The goal posts extend vertically four feet above the ice and six feet apart measured from the inside of the posts. This is where all points of the game are scored.

Each "goal" counts one point in the player's statistics.

When a player scores a goal, an "assist" is credited to the player or players taking part in the play immediately preceding the goal. Typically the player who is awarded the assist passed the puck to the goal scorer. No more than two assists can be given on any goal. Each "assist" counts one point in the player's statistics.

When is a goal scored??

- When the puck completely crosses the goal line in between the goal posts.
- If the puck is put into the goal in any way by a player of the defending side. The player of the attacking side who last played the puck is given credit for the goal but no assists are awarded.
- If an attacking player has the puck deflect into the net, off his skate or body, in any manner, the goal shall be allowed. The player who deflected the puck is credited with the goal.

When is a goal disallowed?

- When it is scored by an attacking player who deliberately redirects the puck with any part of his body across the goal line.
- When an attacking player bats the puck and it is deflected off any player or goalkeeper into the net.
- If the puck has been intentionally kicked with the player's skate or foot, using a distinct kicking motion, and subsequently enters the net.

- If the puck has been thrown or deliberately directed into the goal by any means other than a stick.
- If a goal is scored as a result of being deflected directly into the net off an Official.
- If a player scores a goal while a teammate is in the crease, the goal can be disallowed if it is ruled that the player in the crease was interfering with the goaltender.

Hockey Positions

Goaltender

This player's job is to keep the puck out of his team's net. He can use any part of his body or any piece of equipment to do this and is allowed to catch or smother the puck.

Center

The center leads the attack by carrying the puck on offense. He mainly works up and down the middle of the ice and has more freedom to move than his linemates. This player passes between the left and right wings to set up a goal.

Right/ Left Wing

Each wing skates along the left or right side of the ice, depending on their designated side. The wings team with the center on the attack to set up scoring chances.

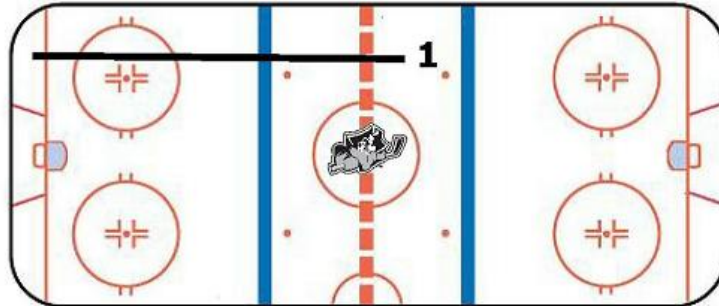
Defensemen

The main responsibility of these players is to defend their team's part of the ice by preventing the other team from scoring. They try to break up passes, block shots, cover rival forwards and clear the puck from in front of their own goal.

Hockey 201

Three main rules

Icing



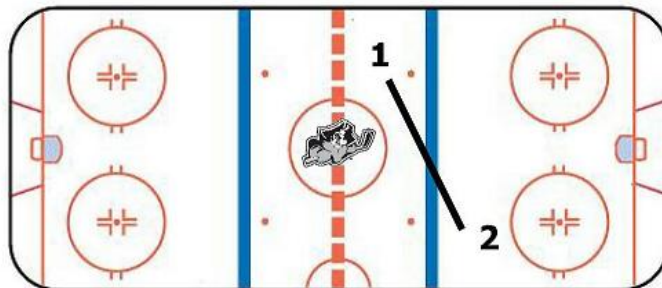
Player 1 shoots the puck from behind the center line to a point beyond the opponent's goal line (into the offensive zone).

* "Automatic icing" has been implemented, meaning that icing infractions will be called and the play whistled dead when the puck crosses the goal line.

Icing is not called when a team is short-handed.

Sometimes icing benefits a team trying to break up an attack on its goal. When the defense is disorganized and under heavy pressure, icing is a better alternative to a goal scored. Icing may also prove a wise strategy when the skaters tire and a line change is needed but cannot be performed smoothly without stoppage of play.

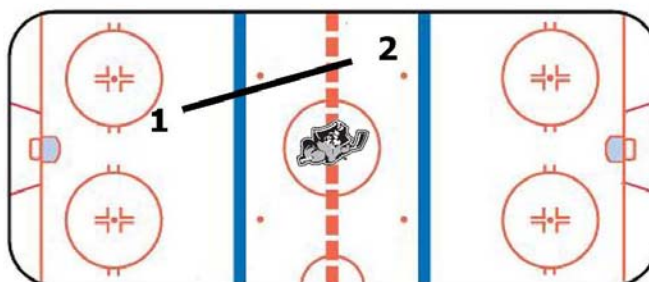
Offside



Player 1 and Player 2 are on the same team. Player 1 has the puck in what is called the neutral zone. Player 2 crosses the blue line before the puck is in the offensive zone. Thus, Player 2 is off-side if Player 1 either passes the puck to Player 2 or crosses the blue line with possession of the puck. Basically, no player may precede the puck into the offensive zone.

*In a delayed offside situation, the offending player(s) will be permitted to negate the offside by "tagging up" with the blue line. This rule will enable more flow in the forechecking aspect of the game while reducing the number of stoppages.

Two-Line Pass



When Player 1 passes the puck from his defensive zone to a teammate (Player 2) beyond the center red line, the linesman signals a two-line offside and orders a face-off at the originating point of the pass. The puck's position and not that of the player's skates (the criteria used in offside calls) determines from which zone the pass was made.

* New AHL Rule Change for 2004-2005

New Rules for 2004-2005

The American Hockey League's Board of Governors has approved the implementation of the following rule changes, effective beginning with the 2004-05 season:

- In a delayed offside situation, the offending player(s) will be permitted to negate the offside by "tagging up" with the blue line. This rule was in effect from 1986-96 and will enable more flow in the forechecking aspect of the game while reducing the number of stoppages.
- "Automatic icing" has been implemented, with icing infractions to be called and the play whistled dead when the puck crosses the goal line.
- Goal lines will be moved from 13 feet to 11 feet out from the end boards, and blue lines will be moved back accordingly to maintain a 60-foot attacking zone. This will increase the size of the neutral zone and reduce play behind the goals.
- The width of the blue lines and the center red line will be increased from 12 inches to 24 inches each, and passes will be permitted from the defensive edge of one blue line to the offensive edge of the other blue line, adding additional space to the neutral zone.
- For the first seven weeks of the 2004-05 regular season there will be a limited test of a rule restricting the areas where goaltenders may play the puck. This is a step designed to increase offensive opportunities without wholly eliminating

a goaltender's ability to assist his defensemen. Following the completion of the test period, the AHL will evaluate the results and determine whether the rule's application will continue.

- A shootout has been implemented to decide regular-season games which are tied after a five-minute overtime period. In the AHL standings, teams will receive two points for a win, one point for a loss in overtime or in a shootout and zero points for a loss in regulation time.

Hockey 301

Officials

Referee The supervisor and official authority of the game. He calls the penalties, determines goals and handles the face-offs at center ice that start each period of play.

Linesmen Two are used. They call offsides, offside passes, icing and handle all face-offs not taking place at center ice. They do not call penalties, but can suggest to the referee that a penalty be called.

Goal Judges One judge sits off-ice behind each goal and signals when a goal has been scored by turning on a red light. The referee can ask his recommendation on disputed goals, but the referee has the final decision and is able to overrule the goal judge.

Official Scorer Determines which player scores and which players assisted, if there are any. He may consult the referee, but the scorer has the final decision in crediting points.

Penalties A team plays shorthanded when one or more of its players is charged with a penalty. However, no team is forced to play with less than four (4) players at a time. If a third penalty is assessed to the same team, it is delayed until the first penalty expires. If a goalie is charged with a penalty, a teammate will serve his time in the penalty box.

Minor penalty A player committing a minor penalty must serve two minutes in the penalty box, with no substitutes permitted. These penalties include tripping, hooking, spearing, slashing, charging, roughing, holding, elbowing or boarding. If the shorthanded team is scored upon before the two minutes elapse, the player in the penalty box is automatically released

Major penalty A player committing a major penalty must serve five minutes in the penalty box, with no substitutes permitted. These penalties are called for fighting or when minor penalties are committed with intentional attempt to injure.

Major penalties for slashing, spearing, high-sticking, elbowing, butt-ending and cross-checking carry automatic game misconducts. Unlike minor penalties, a player must serve the full five minutes in the penalty box, regardless if the shorthanded team is scored upon.

Bench minor This type of penalty is a violation that is generally called when play is stopped. An example of this could be if something was purposely thrown onto the ice. It involves the removal of one player of the team against which the penalty is assessed for a period of two (2) minutes. Any player other than the goaltender may serve the penalty.

Double minor This type of penalty is usually called when a violation is more serious than a minor penalty, but does not merit a major penalty. Double minor penalties last four (4) minutes and are assessed in the following instances:

1. An accidental infraction that resulted in an injury (drawing blood).
2. An attempt to injure a player without an injury occurring.
3. Double minor for roughing.

Double minor penalties are dealt with as two separate minor penalties. This means that if the team with the advantage scores during the first two minutes of the four-minute penalty, then what is left of the first two minutes is cancelled out and the power play becomes a two-minute advantage.

Misconduct This type of penalty is called when a player uses abusive language or gestures, or fails to follow an official's orders. This is a penalty against the player, not the team, so a substitute is allowed. The player must leave the ice for a period of ten minutes. After the ten minutes has expired, the player must stay in the penalty box until there is a stoppage in play.

Penalty shot A free shot, unopposed except for the goalie. This is awarded for a player being fouled from behind and denied a breakaway scoring opportunity. Also called for deliberately displacing the goal post during a breakaway, or can be called when a defending player other than the

goalie deliberately falls on the puck, or covers the puck with his glove in the crease.

Delayed penalty The whistle is delayed until the team committing the penalty regains possession of the puck.

Referee Signals & Calls

Boarding



When a player is hit or tripped from behind and violently sent into the boards.

Charging



When a player takes more than 3 strides before checking a member of the opposite team.

Cross Checking



When a player delivers a check while both hands are on his stick and the no part of the stick touches the ice.

Elbowing



When a player uses his elbow to hit an opponent.

High Sticking



A player holds or carries his stick above the shoulder of his opponent.

Holding



A player holds onto an opponent

Hooking



Using the stick to restrain an opponent.

Interference



Imposed on a player who interferes with or impedes the progress of an opponent who is not in possession of the puck.

Misconduct



The player is ruled off the ice for a period of ten (10) minutes. A substitute player is allowed to immediately replace a player serving a misconduct penalty.

A player whose misconduct penalty has expired must remain in the penalty box until the next stoppage of play.

Slashing



The act of swinging a player's stick at an opponent, whether contact is made or not.

Tripping



Causing an opponent to fall.

Wash-Out



Signals no icing, no off-sides or no goal.

Common Hockey Questions

Why does the goalie go to the bench?

There are two common situations that would cause a goalie to go to the bench.

1.) When there is a delayed penalty.

In some situations the team who is not having the penalty called on them will remove their goalie in order to substitute him for a sixth skater (an extra attacker).

The referee will raise and hold his hand in the air to signal that play will continue until the offensive team turns over possession of the puck to the

team called for the infraction or a goal is scored.

2.) As an attempt to score at the end of a game.

The team that is trailing in the final minutes of the game may "pull" their goalie in order to place an extra attacker on the ice to increase the chances of scoring a goal to tie the game. However, this risk this leaves the team with six skaters with an empty net.

Why do the linesmen make the players change positions during a face-off?

When a face-off takes place anywhere other than center ice, the centermen must stand squarely facing the opposing team's end of the ice. While they wait for the dropping of the puck, all other players must stay on-side. If any of them move off-side, touch another player, or enter the circle, the linesman will eject the centerman of the offending team and replace him with another player. This is to keep the game fair and prevent one team from having an advantage in a face-off.

Why do all the players go to the bench?

Each team is allowed one thirty-second timeout during the game.

Hockey 401

Line changes Line changes may be made any time during the hockey game, provided a team has no more than six (6) players on the ice at one time (including the goaltender). Often, changes are made on the fly. This means substitutes enter the game as other players leave the ice, all while play continues. The moment the player leaving the ice gets within five feet of the bench, his substitute is allowed to come on the ice. If a player coming into the game touches the puck before a teammate leaves the ice, the referee may call a "too many men on the ice" penalty.

Coaches will change each player, except the goaltender every 45-60 seconds of play. This provides each player adequate time to recover and prepare for the next shift. Unlike other sports, where an individual player will be a substitute for a specific player, ice hockey often involves an entire line being changed at one time. This type of substituting allows players who work well together to be placed on the ice simultaneously. Scoring goals requires precision and timing, which is achieved only by practicing and by being familiar with one's line-mates.

Power plays A power play occurs when a team receives a man advantage because the opposing team's player(s) has committed a penalty. The penalized team will play out the penalty "shorthanded". A power play is a crucial juncture in a hockey game because it creates an excellent scoring opportunity for the team with the man-advantage. This situation calls for strategies to be used that are unlike the ones used when both teams are at full-strength.

Setting up a power play The team with the man-advantage gains the offensive zone and attempts to strategically position players in attempt to score a goal. Since the defending team is outnumbered, the objective is to find the open player in an attempt to score.

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The attacking team's defensemen position themselves at the "points" (spots just inside the blue line) and either look to pass quickly to a teammate or take a shot on goal. In addition, the players at the points try to keep the puck in the offensive zone when the short-handed team is trying to clear it down the ice.

Most teams will use three forwards and two defensemen on the power play; however, it is not uncommon for teams to use four or five forwards in an attempt to generate more offense.

Power play strategies are geared toward creating two-on-one situations, moving the puck to the open player, creating traffic in front of the goalie, getting off shots and generating rebound chances.

Teams that accomplish these things generally have success on the power play.

Killing a penalty

When a team receives a penalty, that team must play shorthanded or a "man-down".

The objective of the shorthanded team is to keep the puck away from the attacking team and not allow them to set up in the offensive zone, thus, running time off of the clock and "killing the penalty".

When the offensive team does set up in the attack zone, the defending team will try to clear the puck out past the blue line, and if possible, shoot it the length of the ice.

A shorthanded team cannot be called for icing, thus, its players will not hesitate to shoot the puck down the entire length of the ice when killing a penalty.

Teams usually attempt to kill penalties using a "box defense". This strategy places two defensemen down near the goal and two forwards in the middle of the defensive zone.

When a team receives two penalties, the team will be forced to play two men down (5 on 3). When this occurs the

shorthanded team will generally play in a triangle formation with two defensemen by the goal and one forward in the middle of the defensive zone.

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Hockey 501

Lingo and Terms

"A"	Letter worn on the jersey of the alternate captain.
Altercation	Any physical interaction between two or more opposing players that results in a penalty (or penalties) being assessed.
Assist	An assist is credited to a player who facilitates setting up a goal. Assists are given to the last player to handle the puck immediately before the goal is scored. There is a maximum of two assists per goal.
Attack Zone	The area of the ice in which a team is attempting to score. The section of ice between the opponent's blue line and goal line.
Back Check	A technique of skating back to one's defensive zone quickly to protect their goal and to stop an opponent from shooting.
Backliner	A defenseman.
Barn	Arena.
Beat the Defense	To get by the defensemen.
Beat the Goalie	To get a puck past the goalie and score a goal.
Biscuit	The puck.
Blade	The bottom of a player's stick.
Blender	A player who chops the ice around the puck in attempt to either gain or maintain control of the puck.
Blind Pass	Passing the puck without looking.
Blocker	The glove the goaltender wears on the stick side.

Blow a tire	To fall down.
Blue-liner	Another name for a defenseman. It's derived from defensemen lining up on the blue line to start a game, playing near the blue line in the offensive zone and protecting the defensive blue line against opposing forwards.
Blue Lines	The pair of 12-inch wide lines that extend across the ice at a distance of 60 feet from each goal. A blue line lies on either side of the red line, and the area between the two blue lines is the neutral zone.
Boards	The 3 ½ foot fiberglass walls, once made of wood, that surround a hockey rink. Extending from the boards is synthetic glass to protect fans from flying pucks.
Body Check	Use of the body on an opponent. It is legal when the opponent has possession of the puck or was the last player to have touched it. The checking must be done with the hips or shoulders and must only target the opponent between the neck and the knees. Unnecessarily rough body checking is penalized.
Box	A penalty killing setup in the defensive zone where the defensive team forms a "box" in front of their goalie and keeps the opponents on the outskirts of the "box."
Breakaway	When the only opponent between the player with the puck and the opposition's goal is the goalie.
Breakout	The play used by the attacking team to move the puck out of its own zone and up the ice toward the opponent's goal.
"C"	Letter worn on the jersey of the team captain.
Cage	The net.
Calder Cup	The trophy awarded annually to the AHL champion after a best of seven Calder Cup Championship Series.

Catching Glove	A component of the goalie's gear. This is the glove that resembles a baseball mitt that is worn on the non-stick hand.
Cement hands	A poor stick-handler or passer.
Center	In a traditional alignment with three forwards, the center plays between the left and right wings.
Center Line	A red line 12 inches across drawn at the center of the rink and extending parallel with the goal lines and continued vertically up the side of the dasherboard. This line also contains regular interval markings of a uniform design.
Changing On The Fly	When players from the bench substitute for players on the ice, while play is going on.
Charging	Taking more than three strides before deliberately checking the opponent.
Checker	A player who is known for his ability to strip an opponent of the puck or break up plays made by the opposition. Checkers are most valuable while killing penalties.
Checking	Using your hip or shoulder to slow or stop an opponent, must be done above the knees and below the neck.
Checking line	A line of forwards whose primary job is to shut down the opponent's top offensive line.
Cherry picker	A player who waits at the center line for an offensive chance, while the puck is in his defensive zone.
Chippy	Dirty or rough play.
Chirp	Trash talk.
Clutch and grab	A style of play that involves constantly holding the opponent to slow the pace of the game.
Crease	The blue area between the goal posts immediately in front of the net.
Clearing The Puck	When the puck is passed, knocked, or shot away from the front of the goal net or other area.

Coast To Coast	When a player carries the puck from his own end into the offensive end.
Crease	The shaded blue area directly in front of the goal where only the goalie is allowed. It is four feet wide and eight feet long and marked off by red lines.
Crossbar	The horizontal bar that connects the top of the two goalposts.
Cross Checking	Hitting an opponent with the shaft of the stick while both hands are on the stick and no part of the stick is on the ice.
Dance	To fight.
Dead puck	A puck that flies out of the rink or is caught in a player hand.
Defending Zone	When the other team is on the attack, the defending zone is the area between your goal line and your blue line.
Defensemen	Two defensemen usually try to stop the opponent's play at their own blue line. The defensemen block shots and also clear the puck from in front of their goal. Offensively, defensemen take the puck up the ice or pass the puck ahead to the forwards; they then follow the play into the attacking zone and help keep it there.
Defensive Line	Consists of two defensemen.
Deke	A deke is a fake by the puck-handler; it is used to trick a defensemen or to get the goalie out of position.
Delay Of Game	This is called when a player purposely delays the game. Delay of game is commonly called when a player shoots the puck into the stands without the puck deflecting off a skater or the glass. Delay of game also occurs when a player intentionally knocks a goalpost out of its stand (usually in an attempt to prevent a goal from being scored) or when a skater intentionally covers the puck during play.

Delayed penalty	Whistle is delayed until the penalized team regains possession of the puck.
Diamond	A defensive alignment (similar to the box) often used by a team defending against a power play.
Dipsy-doodle	Skating and stick-handling skillfully around the ice.
Directing The Puck	Changing the course of the puck in a desired direction by using the body, skate, or stick.
Dive	When a player exaggerates being hooked or tripped in an attempt to draw a penalty.
Down Low	The area around the net or behind it.
Draw	Face-off.
Dump it in	Shooting the puck deep into the offensive zone, rather than making a play to cross the offensive blue line.
Drop pass	A pass in which the player carrying the puck leaves it behind for a trailing teammate.
Dump And Chase	A style of hockey where a team shoots the puck into one of the corners of the offensive zone and then pursues it. This is opposed to carrying the puck into the zone.
Eggbeater	A player who chops the ice around the puck in a desperate attempt to either gain or retain control of the puck.
Elbowing	Using the elbow to impede or disrupt the opponent.
Empty Net Goal	A goal scored against an opponent that has pulled the goalie.
Enforcer	A player whose main duty is to protect his teammates or intimidate opponents by fighting or using brute force.
Face-Off	The action of an official dropping the puck between the sticks of two opposing players to start play. Face-offs occur at the beginning of each period and after any stoppage of play.

Face-Off Dot	Any of the solid red or blue circles on the ice that designate the location of various face-off areas.
Far side	The side of the net the goaltender farthest from.
Feeding	Passing the puck.
Fisticuffs	Fighting.
Five-Hole	A slang term for the area between the goalie's leg pads.
Flat Pass	A pass where the puck remains on the surface of the ice.
Flip Pass	A pass where the puck is lifted over a player or stick.
Flopper	A goaltender that is constantly dropping to the ice or leaving his feet to make plays.
Fore-check	To check an opponent in his end of the rink, preventing an offensive rush in order to obtain control of the puck.
Forward	The center and the wings are traditionally considered forwards. They are the attacking line.
Forward Line	Consists of two wings and a forward.
Freezing The Puck	To hold the puck against the boards with either the stick or skate to get a stoppage of play.
Foul	Any infraction that results in a penalty.
Game Suspension	When a player, coach, or manager receives a game suspension, that person can't participate in the next scheduled game.
Garbage goal	An easy or cheap goal scored by a player who doesn't deserve most of the credit for scoring the goal.
Getting walked	When a defenseman has an opposing player go around him as though he was simply walking on the ice.

Goal	A goal is achieved when the entire puck crosses the goal line and enters the net. You can't deliberately kick it in or bat it in with a glove, although a goal is counted when a puck deflects off a player (but not off an official). A goal is worth one point.
Goal Judge	A goal judge sits behind each goal (off-ice) and signals when the puck has crossed the red goal line by turning on a red light above his station. The referee can ask the goal judge's advice on disputed goals, but the referee has final authority and can overrule the goal judge.
Goal Line	The red line that runs between the goal posts and extends in both directions to the side boards.
Goaltender	The goaltender's main job is to keep the puck from entering the goal net. The goaltender is also known as the goalie, the backstop, or the netminder.
Grinder	A type of player known for his checking ability and work ethic; often associated with a player who is strong defensively, but who doesn't score many points.
Grinder	A player that skates, hits and checks relentlessly, especially along the boards and in the corners, to gain control of the puck.
Half boards/ Half wall	The area along the dasher boards halfway between the blue line and the goal line in the offensive zone. Many players on the power play often position themselves at the "half wall."
Hash Marks	The straight lines emerging from the two big circles in front of both nets. These lines direct players where to line up for face-offs.
Hat Trick	The scoring of three or more goals by a player in one game. A natural hat trick is when the same player scores three consecutive goals.
Heavy shot	A hard shot that usually hurts the goaltender.
Heel Of The Stick	The point where the shaft of the stick and the bottom of the blade meet.

High Sticking	Any action that brings the blade of the stick above shoulder level.
Holding	Using your hands on an opponent or the opponent's equipment to impede your opponent's progress.
Hooking	Applying the blade of the stick to any part of an opponent's body or stick and pulling or tugging with the stick in order to disrupt that opponent.
Icing	An infraction called when a player shoots the puck from his side of the red line across the opponent's goal line. Play is stopped when an opponent (other than the goalie) touches the puck. The face-off is held in the offending team's end of the ice. A team that is short-handed can ice the puck without being penalized.
Interference	Making body contact with an opponent who does not have possession of the puck. Interference is also called when a player is standing in the crease or otherwise makes contact with the goaltender.
Kneeing	Using the knee in an effort to impede or foul an opponent.
Lamp-Lighter	A goal. The term comes from the red light goal judges turn on behind the net to indicate that a goal has been scored.
Lead pass	A pass that is sent ahead of a moving teammate intended to meet the player at the location he is headed.
Linesman	The two linesmen are used to call a play off-side, off-side passes, icing, and handle all face-offs not occurring at center ice. Although they don't call penalties, they can recommend to the referee that a penalty be called.
Major penalty	(Five-minutes) Called for fighting or when minor penalties are committed with deliberate attempt to injure. Major penalties for slashing, spearing, high-sticking, elbowing, butt-ending and cross-checking carry automatic game misconducts.

Minor penalty	(Two-minutes) Called for tripping, hooking, spearing, slashing, charging, roughing, holding, elbowing or boarding.
Misconduct	(10-minutes) Called for various forms of unsportsmanlike behavior or when a player incurs a second major penalty in a game. This is a penalty against an individual and not a team, so a substitute is permitted.
Neutral Zone	The central ice area between the two blue lines.
Odd-man break	When the offensive team outmans the defensive team during an offensive rush up the ice.
Off-Ice (Minor) Official	These officials include the official scorer, game timekeeper, penalty timekeeper, and the two goal judges. The referee has full control of all game officials and final decision.
Off-Side	A team is off-side when a player crosses the attacking blue line before the puck does. A face-off then takes place just outside that blue line (in the neutral zone). The determining factor in most off-side situations is the position of the skates: Both skates must be completely over the blue line ahead of the puck for the play to be off-side.
Off-wing	The opposite side that a player normally shoots. A player that skates up the right side, but shoots left-handed is on his "off-wing."
One-Timer	Shooting the puck immediately after receiving a pass with the puck's motion is never stopping.
Open Ice	The portion of the ice that is free of opponents.
Paddle	The blade of the stick.
Peeling the banana	When a player comes in on a breakaway and makes a fake that forces the goaltender to open his legs so he can shoot the puck between his legs and score.

Pylon	A player who is such a slow skater that opponents skate right around him, as if he were a stationary obstacle on a race course.
Penalties	A team plays short-handed when one or more of its players is charged with a penalty. However, no team is forced to play more than two players below full strength (six) at any time. When a third penalty is assessed to the same team, it is suspended until the first penalty expires. When a penalty is called on a goalie, a teammate serves the goalie's time in the penalty box.
Penalty Box	The area opposite the team benches where penalized players serve time.
Penalty Killing	When a team is short-handed and attempts to prevent the oppositions from scoring, this activity is shown as "penalty killing."
Penalty Killing Unit	The group of players brought in by a short-handed team in order to defend against a power play.
Penalty Shot	A penalty shot is awarded to an offensive player who - on a breakaway - is illegally checked or impeded or when a defensive player covers the puck in the goal crease. The puck is placed at the center face-off spot, and the player has a free try at the opposing goal with no other defenders on the ice besides the goalie.
Pipe	The goalposts or the crossbar.
Pitchfork	Attempting to spear an opposing player with the stick by thrusting it toward him at waist-level and swinging it upward.
Plumbing	The goalposts or the crossbar.
Point	The area near the blue line from where shots or passes are made. There is a left point and a right point.
Poke Check	Trying to knock the puck away from an opponent by stabbing at it with the blade of the stick.

Possession Of The Puck	The last player or goalie to make contact with the puck is the one who has possession. This definition includes a puck that is deflected off a player or any part of his equipment.
Power Play	A power play occurs when a team has a one-man or two-man advantage because of an opponent's penalties.
Pulling The Goalie	Replacing the goalie with an extra skater. This occurs when a team trails, usually by one goal in the last minute of the game. It is a high-risk attempt to tie the game.
Ragging the puck	Stick-handling skillfully with the puck all over the ice.
Rearguard	Defenseman,
Red-Lighter	A goal. The term comes from the red light goal judges turn on behind the net to indicate that a goal has been scored.
Red Line	The line that divides the rink into two equal parts. This area is center ice.
Referee	The referee supervises the game, calls the penalties, determines if goals are scored, and handles face-offs at center ice at the start of each period and after goals. The referee has the final decision over all other officials.
Roughing	A penalty called when a player shoves another player or is involved in a minor altercation.
Rush	When an offensive team or an offensive player carries the puck up the ice at the opposing net.
Saucer	An aerial pass that lands flat on the ice.
Save	A shot blocked by the goaltender, which would have been a goal if not stopped.
Screened Shot	The goaltender's view is blocked by players between the goaltender and the shooter.
Shadow	When a player covers an opponent one on one everywhere on the ice in order to limit the effectiveness of the opponent.

Shift	The time period a player or players are on the ice before going back to the bench.
Short-handed	A short-handed team is below the numerical strength of its opponents on the ice. When a goal is scored against a short-handed team, the penalty that caused the team scored against to be short-handed is terminated, and both teams are again at equal strength.
Short side	The side of the net the goaltender is closest to.
Sieve	A goaltender that allows so many goals it's as though he has holes in himself.
Sin bin	The penalty box.
Slap Shot	A hard fast shot that occurs when a player swings his stick back and strikes the puck forward.
Slashing	When a player swings the stick at an opponent. Slashing merits a penalty, whether contact is made or not.
Smoking section	The area just inside the blue line where defensemen wait eagerly for the puck to come back so they can shoot it hard toward the goal.
Slot	The area immediately in front of the net between the two face-off circles, extending from the bottom of the circles up to the top of them. It is from this zone that most goals are scored.
Smothering the Puck	When a goalie or another player falls on the puck. Smothering is legal when done by the goalie or accidentally by another player.
Sniper	A player with an incredibly accurate shot who can score from anywhere in the offensive zone.
Soft goal	A goal that the goaltender should have prevented.
Spearing	Poking or attempting to poke an opponent with the tip of the blade of the stick while holding the stick with one or both hands.

Splitting The Defense	When a player in possession of the puck goes between two opposing defenders while attacking.
Stick-Handling	To control the puck along the ice.
Sweater	Another term used to describe a hockey jersey.
Sweep Check	Using the entire length of the stick with a sweeping motion along the surface of the ice in order to dislodge the puck from an opponent. A team that is short-handed on a power play often employs a sweep check.
Top Shelf	Term used to describe when an offensive player shoots high in an attempt to beat the goalie by putting the puck in the top part of the net.
Trailer	An offensive player that is following right behind his teammate with the puck.
Trap	Traps are defensive formations designed to minimize the opposition's scoring opportunities and keep its offense from functioning. The idea is to trap the puck in the neutral zone, halting the opponents and regaining control of the puck.
Tripping	Using a stick, arm, or leg to cause an opponent to trip or fall.
Turnover	A turnover is caused by losing control of the puck to the opposing team.
Two-hander	Swinging the stick with both hands in order to hurt an opponent.
Two Line Pass	A two-line pass occurs when a member of the attacking team passes the puck from behind the defending blue line to a teammate across the center red line. If the puck precedes the player across the red line, the pass is legal. Also, an attacking player may pass the puck over the center red line and the attacking blue line to a teammate if the puck precedes that teammate across the blue line. The face off after a two-line pass takes place at the spot where the pass originated.

Umbrella	A formation - resembling an open umbrella - used by a team that is on the power play to take advantage of its numerical superiority.
Wash-Out	The motion the referee makes when a goal or a penalty is waved off.
Wheels	Skates.
Wraparound	A player skates around behind the opposing goal and tries to wrap the puck around the goal post and under the goalie.
Wrist Shot	A shot made using a strong flicking of the wrist and forearm muscles, with the stick blade kept on the ice.
Zamboni	The brand of machine used to clean the ice.

Stats Explained

Have you ever wondered what all those stats meant or how they were calculated? Here's a key to help you out!

Games Played	GP	The total number of games a player has participated in.
Goal	G	Number of goals scored. A player credited with a goal receives one point in the scoring record.
Assist	A	Number of assists made. Each player credited with an assist will receive one point in the scoring record.
Point	PT	Goals + Assists = Total Points
Plus/ Minus	+/-	A player receives a + if he is on the ice when his team scores. A player receives a – if he is on the ice while the opposing team scores.
Penalties in Minutes	PIM	Penalty minutes accumulated.
Power Play Goal	PP	When a player scores a goal while his team is on the power play.
Shorthanded Goal	SH	When a player scores a goal while his team has fewer men on the ice than the opposing team.
Game Winning Goal	GW	The goal that puts the winning team one point ahead.
Shot on Goal	S, SOG	A shot that would have been a goal had the goaltender not been there to stop it.
Shooting Percentage	PCT	Divide a player's total number of goals by the number of shots he has made.
Overtime Loss	OTL	Worth one point in the standings.
Games Played In	GPI	How many games a goaltender has played in.

Goals Allowed	GA	Number of goals a goaltender surrenders.
Goals-Against Average	GAA	How many goals, on average, the goaltender gives up. Multiply the goals allowed (GA) by 60 and divide by the minutes played (MIN).
Save Percentage	SV%	Subtract the total goals from the total shots against to get the total number of saves made. Then divide the total number of saves made by the total number of shots against.
Penalty Killing Percentage	PK %	Subtract the total number of power play goals from the total number of power play opportunities to get the total number of power plays killed. Then, divide that number by the total number of shorthanded situations.
Power-Play Percentage	PP%	Take the total number of power play goals and divide them by the total number of power play opportunities.
Team's Winning Percentage		Divide the total number of points by the total number of possible points (two points per game).

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