

**Basic Rules**

Generally, physical education hockey follows the rules of the National Hockey League.

1. Play the puck or ball – not the opponent
2. Sticks must be carried and used below the waist, never raised above
3. Checking is forbidden
4. Players should anticipate the movement of the puck or ball
5. Play is continuous. Players should be constantly moving.

**Playing Area**

The playing area should be twice as long as it is wide and the boundary lines should be clearly marked. A line or markers should be used to indicate the centerline. The goal area should be no more than five feet wide.

**Teams**

Two teams participate in a game, each with six players. The positions are as follows: a center, two forwards, two defensemen and one goalie.

**Play**

The game begins at the center line with a face-off. In our face-off, a representative from each team meets in the center and they meet for 3 taps of the stick, before the ball becomes active. After a goal is scored, play stops and there is another face-off. The ball/puck may not be caught or held in the hand, except in by the goalie. ( you can knock down an airborne ball/puck). You may not use your feet to dribble or advance (kick) the ball. The ball may be stopped, but cannot be held, passed or advanced with your feet.

**Periods**

A regulation game consists of three, 15-minute periods. (A game not played in physical education class)

**Goals**

A goal is scored when a player hits, sweeps or pushes the puck or ball into the net with his stick directly, or deflects it off one of his teammates or a defensive player into the goal. A player may advance the puck or ball with his feet but he cannot kick it directly into the net to score. If a player kicks the puck or ball and it deflects off a defenseman into the goal, the goal is allowed. If a defenseman shoots or kicks the puck or ball into his own net, the opposing team shall be awarded a goal. The puck or ball may not be thrown into the net to score.

**Goalie**

The goaltender is the sole player permitted to catch the puck or ball and can do so only when he is in the crease. When he catches or stops the puck or ball, he must be given room to either throw or pass it to one of his teammates.

**Out of Bounds**

If the ball or puck crosses the boundary lines of the playing surface, the last team having contact with it loses possession. This applies to side and goal lines. Play resumes where the ball or puck went out of bounds.

**Puck or Ball Behind Net**

If the ball or puck becomes stuck in the netting of the goal, or travels more than ten feet behind the goal, the defending team begins play at their goal line.

## Infractions or Penalties

### 1. Loss of possession is assessed for:

- Catching or carrying the ball or puck in the hand, except by the goalie
- Throwing the ball or puck, except by the goalie
- Offside – the ball or puck must precede all forwards playing across their side of the centerline. This prevents “Goal hanging”.
- Out of Bounds – the last team to touch the ball or puck before it leaves the playing area loses possession.

### 2. Penalties

When a penalty is called, the offending player must leave the game for two minutes, or until the other team scores.

- High sticking – whistle stops play. Results are a one minute power play for the opposite team. Face off in the defensive zone starts play. The player may not enter the game until notified by the teacher. Three offensives will result in an ejection from the game.
- Rough Play – intentional contact that will result in an extended penalty period depending on the severity of the infraction.
- Other infractions
  - Hitting another player’s stick or body with any part of their stick or body
  - Hinder the progress of an opponent
  - Use of feet or hands to pass puck or ball to a teammate or shoot a goal.
  - Use of hands to catch the puck or ball.

The instructor may award a penalty shot instead of removing a player for two minutes. Play is stopped and one player is chosen to take a single shot. An intentional infraction of the rules is a major penalty. Either the offending player leaves the game for four minutes, or two penalty shots to make one goal are awarded.

## Strategies

- Never pass in front of your own goal on defense.
- Be responsible for covering your area or person. (Make sure everyone is being guarded.)
- Move to the puck using stick handling to evade defenders rather than just clearing the puck away.
- If no one is defending you, stick handle and possess the puck or ball towards the opponent’s goal until you become guarded.
- Keep moving to create passing lanes and open shots.
- Always look to pass before shooting. Dribble to create space.

## Important Terminology

- **Assist** – a pass from a teammate that leads to a goal.
- **Blade** – the curved end of the stick, front and back, used to hit the puck.
- **Body or Shaft** – the main part of the stick, used to hold and stickhandle.
- **Butt or End** – the end knob used for better grip, to keep the hand from sliding off the stick.
- **Centering the puck** – to pass to a spot (the point) in front of the opponent’s goal.
- **Goalie Crease** – the area where no player’s feet or stick, except for the goalie, is allowed during play. (This area is designated by the teacher. Yellow tape.)
- **Hat Trick** – when one player scores 3 goals in one game.
- **High Stick** – a foul, when the blade of the stick is higher than the player’s knees.

- **Face-Off** – starts play by either an official dropping of the puck or by students tapping sticks 3 times and then beginning play.
- **Give and Go** – used to allow the offensive team to work together to beat the defense. An easy controllable pass is given to a teammate; they receive it and pass it back to their teammate, out in front and on an angle.
- **Power Play** – a one-man advantage due to a foul (i.e. high sticking) deemed by the teacher. The player leaves the floor for a specific time and may not reenter until notified.
- **Screen Shot** – a shot on goal where another player is in front of the goalkeeper which blocks their vision.