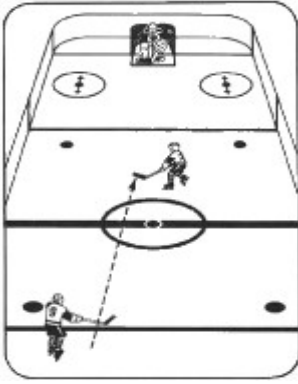

OFFSIDE PASS (TWO LINE PASS)

When a player passes the puck from his defending zone to a teammate beyond the center red line (thus crossing the blue line and the red line) it is an offside pass. The position of the puck (not the player's skates in this case) is the determining factor in deciding from which zone the pass was made.



THE OFFICIALS

REFEREE: He supervises the game, calls penalties, determines goals and handles face-offs at center ice to start each period.

LINESMEN: Two are generally used. They call offsides, offside pass, icing the puck and handle all face-offs except those at center ice. They do not call penalties but can recommend to the referee that a penalty be called.

GOAL JUDGE: One sits off-ice behind each net and indicates when a goal has been scored by turning on the red light just above his station. The referee can ask his advice on disputed goals, but the referee is the final authority and can overrule the goal judge.

PENALTIES

A team plays shorthanded when one or more of its players is charged with a penalty. No team is forced to play more than two men below full (six player) strength at anytime. Whenever a third penalty is called, it is suspended until the first expires. On penalties called on the goaltender, a teammate serves his time in the penalty box.

MINOR PENALTY: (Two minutes) Called for tripping, hooking, spearing, slashing, charging, roughing, holding, elbowing or boarding.

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, butt-ending and cross-checking carry automatic game misconducts. :

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.

PENALTY SHOT: A free shot, unopposed except by the goalkeeper, given to a player who is illegally impeded from behind when in possession of the puck and with no opponent between him and the goal except the goalie. The team which commits the offense is not penalized beyond the penalty shot, whether it succeeds or not.

DELAYED PENALTY: Whistle delayed until penalized team regains possession of puck.

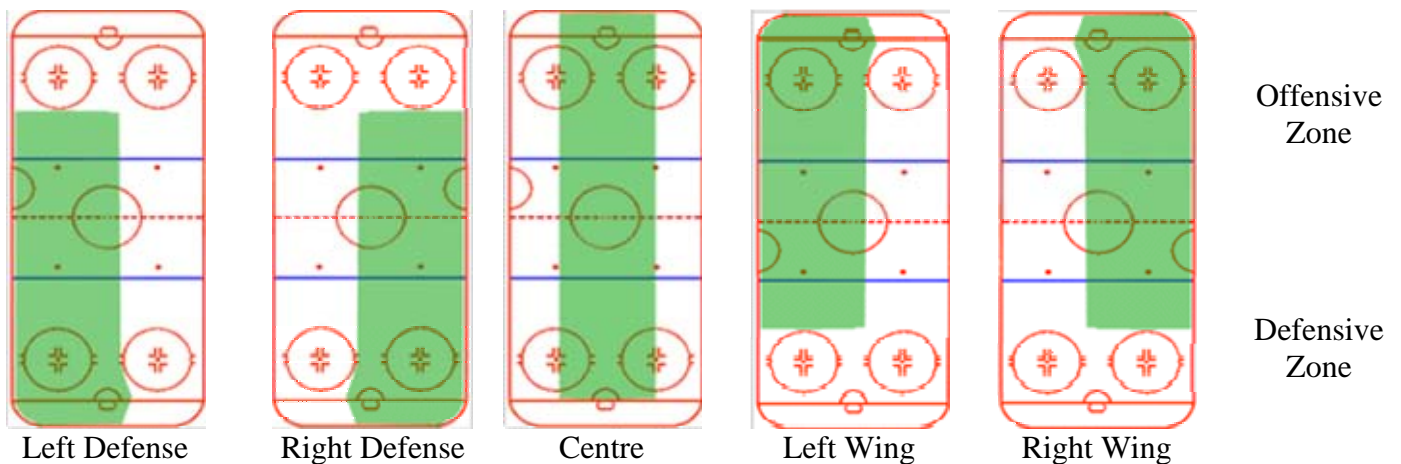
GENERAL POSITIONING – Part 1

L = left wing R = right wing C= Center LD= left defense RD= right defense



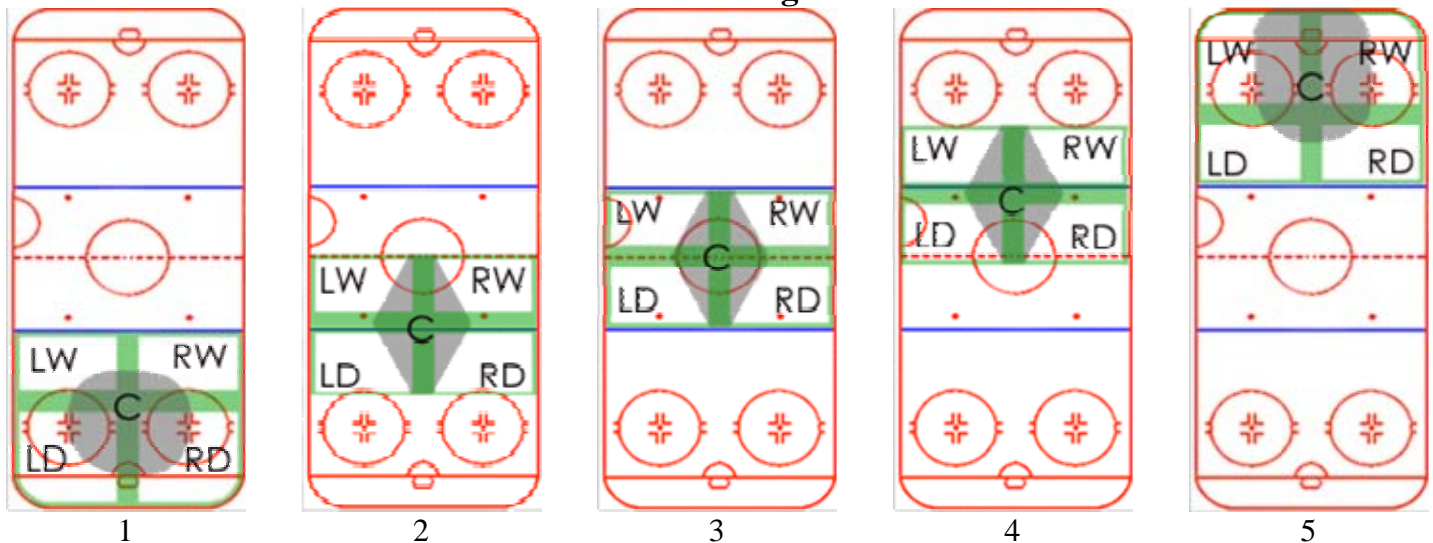
- The top third of the rink represents the offensive zone.
- The opposing players are violet circles.
- We are labeled in blue according to where every player should be when our Left Winger has the puck near the boards.
- The black outlined rectangles represent the general area that each defenseman should occupy.
- The area between the blue lines represents the Neutral Zone.
- The bottom third of the rink represents the defensive zone.
- The opposing players are violet circles.
- We are labeled in green according to where every player should be when the other team's Right Winger has the puck near the corner.
- The black outlined rectangles represent the general area that each Winger should occupy to cover their defense women.

General Positioning - Part 2



The above 5 diagrams show, in a very general way, the zone of responsibility of each position, as shown in green.
 So, as an individual player on the ice you only have to concern yourself with one of the zones shown above.
 Similarly, each of your teammates does the same thing for their zone.

General Positioning - Part 3



The above 5 diagrams show, in a very general way, how the players should be distributed on the ice.

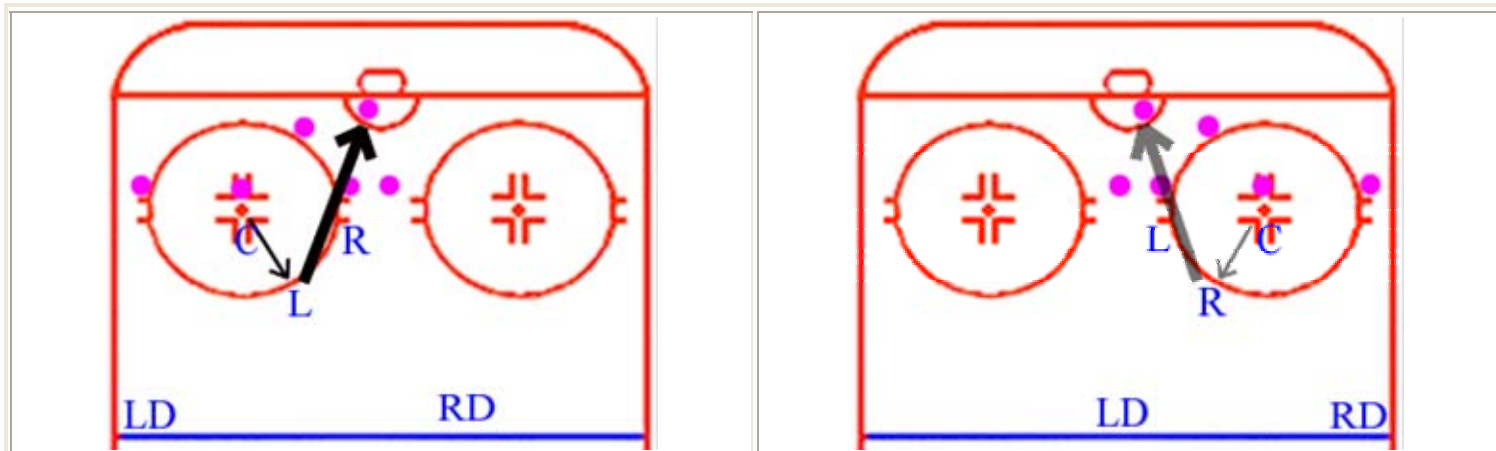
Things to notice:

- the center occupies the grey area, the other 4 players occupy the rectangles as outlined in green.
- the thick green lines are areas of overlapping responsibility. Note that the center's area overlaps all the other player's areas.
- all 5 players occupy an area (the entire green rectangle) that's about 1/3 the length of the ice.
- although the 5 positions are labeled, any player could be in any of the 5 positions, as long as there is only one player in each region
- Consider the sequence from left to right (1 to 5), and that any of the forwards are carrying the puck up the ice and into the offensive zone:
 - In #2 the defense are approaching our blue line as the forwards are approaching the red line.
 - In #3 the defense have crossed our blue line as the forwards are approaching the other blue line.
 - In #4 the defense are approaching the other blue line as the forwards have crossed the other blue line.
 - In #5 the defense have crossed the other blue line as the forwards are deep in the offensive zone.
 - Special note: if we have control of the puck deep in their end (#5) this is the perfect time to sub off.
- Consider the sequence from right to left (5 to 1), such that the other team is bringing the puck into our end:
 - First, this is a bad time to sub off.
 - The puck carrier is between the LW and LD for example.
 - The defense simply back up and make sure everyone stays in front of you (conversely: nobody gets behind you).
 - The forwards are skating as fast as you can to back check and hopefully disrupt the other team advancing toward our end.
 - If the puck gets into our end, the first forward back over our blue line will become the Centre, the other two forwards will become wingers and cover the other team's defense.

Generally, the defense should stay at defense and the forwards should stay at forward, however, given the nature of the game, positions can change quickly and you should be comfortable occupying any position on the ice. You should also be constantly observing where everyone on your team is, and where the puck is, so that you can ensure that every player region is occupied.

If your defenseman skates up the forward on that side should fall back & help in that position until they return.

Offensive Zone Face Off



These are the two face off positions our team will use.

L = left wing, R = right wing.

The centre will pull the puck back to the winger lined up behind him, and that winger will SHOOT the puck on net.

The other winger will get to the net for the rebound (if there is one).

Defensive Zone Face Off

<p>A</p>	<p>Prior to dropping the puck (fig. A):</p> <ul style="list-style-type: none"> • In the centre of the ice, our LD is lined up along the face off circle and will cover their right winger. • In the centre of the ice, our LW is lined up so he can skate unimpeded towards their defenseman • Our RD is lined up along the circle to the right of the goalie such that he does not screen the goalie (i.e. does not block her view) when the puck is dropped. • Our RW is lined up along the boards opposite their winger.
<p>C</p>	<p>After the puck is dropped (fig. C):</p> <ul style="list-style-type: none"> • Our LD covers their winger in front of the net. • Our C covers their centre. • Option 1 - They have the puck (fig. C): <ul style="list-style-type: none"> ○ If we do not gain control of the puck, our RD will cover their left winger as he comes closer to the net. ○ Each of our wingers skates to cover the opposing defenseman
<p>D</p>	<ul style="list-style-type: none"> • Option 2 - We have the puck (fig. D): <ul style="list-style-type: none"> ○ If we gain control of the puck in the grey area (shown in fig. B), it is the RD job to go get it. At the same time the LD, C and RW covers the opposing players so that our RD has a chance to either pass the puck to our LW, or, can skate behind our net with the puck and assess his options from there. ○ If our RD skates behind the net (fig. E) our LD should be skating towards one of the corners (as an outlet pass for the RD), our C should be skating up and across the ice to the far boards, our RW should be skating up along the boards and our LW will continue skating up the ice and cross the blue line.
	<p>Execute the BREAKOUT PLAY after gaining control of the puck.</p>

SHIFTS

Shifts should be about 90 seconds.

- When to sub off:
 - the puck is in the offensive zone and your team has control of the puck.
 - the puck has been shot deep into the offensive zone (particularly important in the 2nd period).
 - there is a whistle (don't be afraid to get a whistle somehow).
 - ice the puck.
 - do an intentional offside.
 - goalie holds on to the puck.
- Once you have decided to sub off, at the proper moment, you need to ignore the play on the ice and **skate as fast as you can to the bench**. Raising your hand as you skate to the bench... call out the position you need a replacement for; makes for a more efficient substitution.