

## Ice Hockey: History and Rules

Read the short text about the history of ice hockey and answer the questions:



### The Origins of the Game

Most historians place the roots of hockey in the chilly climates of northern Europe, specifically Great Britain and France, where field hockey was a popular summer sport more than 500 years ago. When the ponds and lakes froze in winter, it was not unusual for the athletes who fancied that sport to play a version of it on ice. Articles in London newspapers around that time mention increasing interest in the sport, which many observers believe got its name from the French word “hoquet”, which means a “bent stick.” A number of writers thought this game should be forbidden because it was so disruptive to people out for a leisurely winter skate.

### Hockey Comes to North America

Not surprisingly, the earliest North American games were played in Canada. British soldiers organized contests on frozen ponds in Halifax in the 1870s, and about that same time in Montreal students from McGill University began facing off against each other in a downtown ice rink. Hockey became so popular that games were soon being played on a regular basis between clubs from Toronto, Ottawa, and Montreal. The English Governor, Lord Stanley of Preston, was so impressed that in 1892 he bought a silver bowl with an interior gold finish and ordered that it would be given each year to the best amateur team in Canada. That trophy, of course, is known as the Stanley Cup and is awarded today to the winners of the National Hockey League playoffs.

### Discussion point:

- What do you know about ice hockey history?
- Where did the game emerge?
- What is the origin of the word “hockey”?
- In which Canadian cities were the first ice hockey clubs founded?

### True or false:

- The word “hoquet” is of Spanish origin.
- The first ice hockey games were organized in Canada by British soldiers.
- The Stanley Cup is a golden bowl with an interior silver finish.
- The Stanley Cup is awarded to the winners of the British Hockey League playoffs.

The world's greatest and most exciting game is easy to follow once you know a few basic rules and practices. Here is a brief guide to the essential ice hockey rules.

Choose the appropriate title for each of the sections. The titles are listed below.

**The teams, the face-off, the playing surface, the equipment, the penalties**

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- The ice sheet is commonly known as the rink.
  - The rink is divided into zones by a **red line** at center ice and two **blue lines**.
  - A standard North American rink measures 200 feet by 85 feet.
  - European ice surfaces are slightly larger.
  - The ice surface is divided into three zones.
  - The area where the goal net is located is the "defending zone" for the team defending that net.
  - The middle of the rink, between two blue lines, is the "neutral zone."
  - The area where the opposing net is located is the "attacking zone" or "offensive zone."

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- The puck is made of black, vulcanized rubber.
  - A standard puck measures one inch thick and three inches in diameter, and weighs between 5.5 and 6 ounces.
  - The puck can be moved with the hockey stick or the feet, but picking it up with the hands is illegal.
  - A stick held by each player is used to retrieve, control, carry, pass and shoot the puck.

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- Each team has six players on the ice, one goaltender and five "skaters" ).
  - The five skaters have assigned positions: three forwards and two defensemen.
  - Regardless of assigned positions, all players except the goaltender can go anywhere on the ice.
  - The goaltender cannot cross the center ice red line that divides the rink in half.

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- The game begins when the referee drops the puck between two opposing forwards.
  - During the faceoff all other players are positioned on the defensive side of the puck.
  - The faceoff is used to resume play following any stoppage in the game.
  - There are nine designated faceoff spots painted on the ice.

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Infractions in ice hockey include include:

- Tripping (with the stick or knee)
- Holding (with stick or hands)
- Hooking (with stick)
- Interference (checking or impeding a player without the puck)
  
- A player charged with a major penalty is sent off the ice for five minutes.

- The most common major penalty is fighting. If both fighters receive five-minute penalties, substitutions can be made.
- At the referee's discretion, an infraction commonly deemed a minor penalty can be increased to a major. This usually occurs if an opponent has been seriously injured, or if the referee believes there was a deliberate attempt to injure.
- A player charged with a major penalty involving serious injury or attempt to injure is ejected from the game.
- If a penalized player is ejected, a teammate is assigned to serve his major penalty. No substitution is allowed.

<http://proicehockey.about.com/od/learnthegame/a/ice-hockey-rule.htm>

Video: icing

<http://www.youtube.com/watch?v=OF2PZWY2I0Q&feature=related>

Watch the video and answer the following questions:

What is icing? (icing happens when one team shoots the puck across the red line, the blue line and the goal line without the puck being touched by players of any team)

What can be the reasons for icing? (a team is stuck in the defensive and it is an opportunity to reset the game layout and get organized)

What is the difference between ECHL (East Coast Hockey League) and NHL icing? (the rules differ, it is non-touch icing for ECHL (the referee blows the whistle although the puck is not touched) and touch icing for NHL (the referee blows the whistle when the puck is touched))

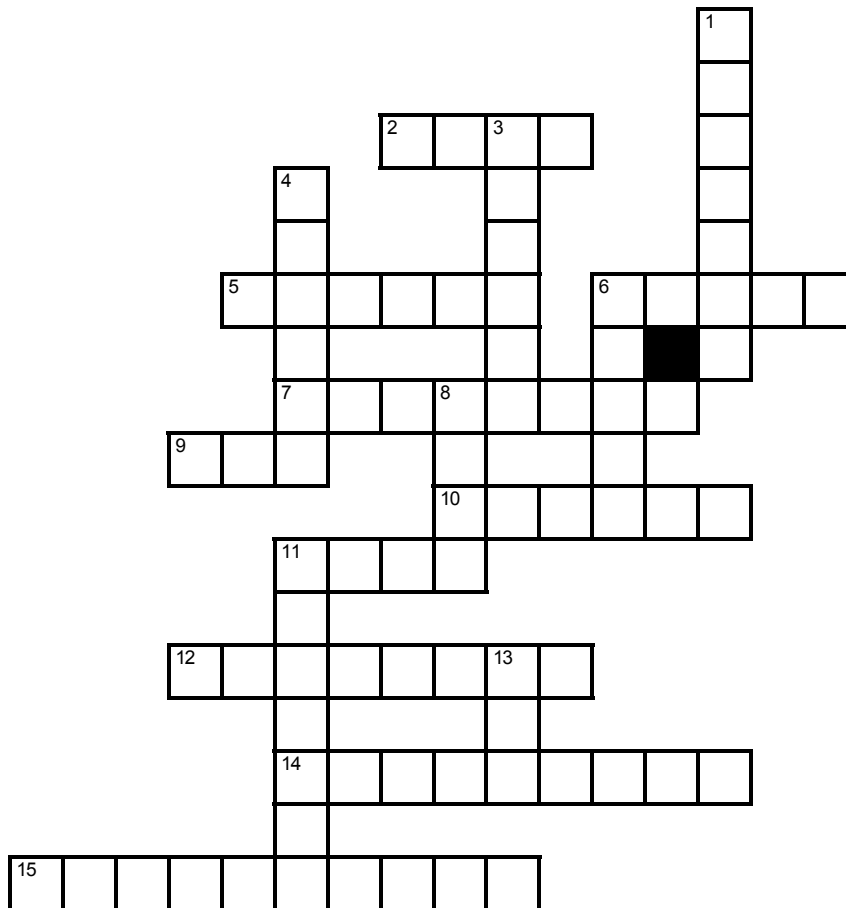
### Ice hockey vocabulary

**Match the following words and definitions:**

puck	player who wears protective gear and defends the goalmouth
hockey stick	playing area directly in front of the goal
goalkeeper	a disc-shaped object made of hardened rubber
defender	line which divided the rink into two halves
dangerous play	long piece of wood, curved at one end, that each player carries and uses to hit the ball
pass	play that could cause injury
crease	to hit the puck to a teammate
center line	player whose main role is to prevent the other team from scoring



# Ice Hockey



## Across

2. Move the puck from one player to another.
5. Something that protects a hockey player's head.
6. What hockey players carry in their hands.
7. A very hard shot.
9. Something that covers the ground in a hockey rink.

10. A position in hockey.

11. Place where hockey games are played.

12. A position in hockey.

14. A position in hockey.

15. Person who makes saves.

## Down

1. The player who wears a C on his or her jersey.

3. What hockey players wear on their feet.

4. Area in front of the net.

6. Try to score.

8. Small black disc that is used instead of a ball.

11. The person who blows whistles and calls penalties.

13. What the goalie guards.