



WHAT TO EXPECT AT AN ICE HOCKEY MATCH

AIM OF THE GAME

The aim is to push a puck into the opposing teams net using a hockey stick. A point is awarded each time this occurs and the team with the most points wins. If at the end of the game the score is tied, it goes to overtime where the first team to score wins. If neither team score the game is decided on penalties

THE RINK

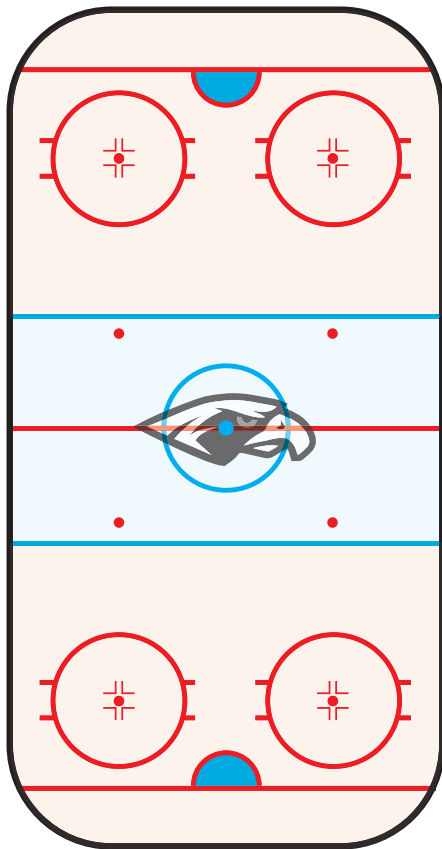
The rink is divided into three zones,

1. The Defence zone
2. The Neutral zone
3. The Offence zone

The rink includes five face-off circles. One in the neutral zone and two in offensive and defensive zones.

THE TEAM

A team usually consists of around 17-22 players, with only 6 being allowed on the ice at a time. This is made up of 1 netminder and 5 skaters, usually containing 2 defence players and 3 forwards. The players are switched regularly throughout the game although the netminder usually remains unchanged. A coach may decide during the game to swap the netminder for a 6th skater if they believe it will give them a chance to score. This is often done towards the final minutes of a close game.



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THE GAME

The game is started with a face-off in the neutral zone. This is when the referee drops the puck between the sticks of 2 opposing players. A game consists of three 20 minute periods with 15 minute breaks. The game is officiated by 2 referees and 2 linesmen. The puck remains live unless the referee blows the whistle or it is sent outside the rink. The puck can be stopped by any body part but it must only be pushed forward by a skate or stick. After a stoppage in play the game is restarted by a face-off.

The whistle will be blown if a player makes a punishable offence and will then be sent to the penalty box for a period of time. Most penalties are minor ones resulting in a 2 minute time out, however 5 or 10 minutes may be given for major offences. If a team has a player in the penalty box they are not allowed to replace the player so they go on the 'penalty kill' and the opposing team has a 'power play' with the game continuing 5 v 4 players.

TO ENSURE EVERYONE ENJOYS THE GAME, PLEASE:

- Remain seated while the puck is in play
(there are usually plenty of breaks in play should you need to get up)
- Keep your eyes on the puck at all times, they do occasionally leave the ice
- Stand back from the glass while the game is in play
- Please sit anywhere (block A,C,D,F) but not in a seat marked with a Seahawk sticker or red disk as these are reserved for Season Pass holders

**WE HOPE YOU ENJOY THE MATCH
AND HOPE TO SEE YOU AGAIN SOON!**

