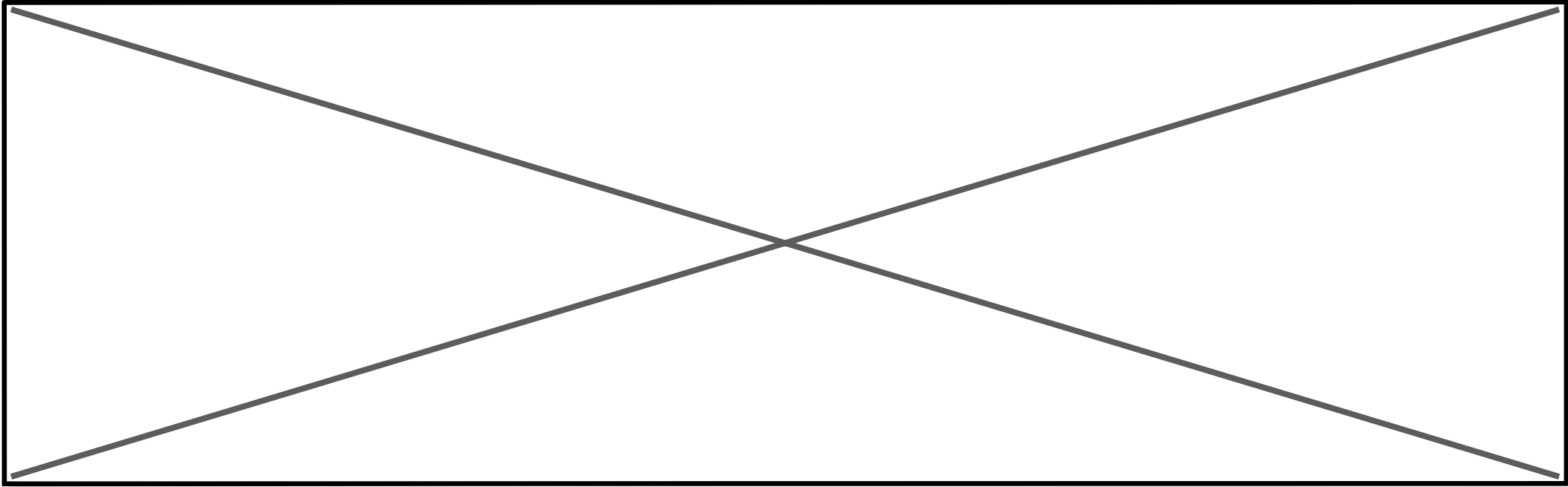


Ice Hockey

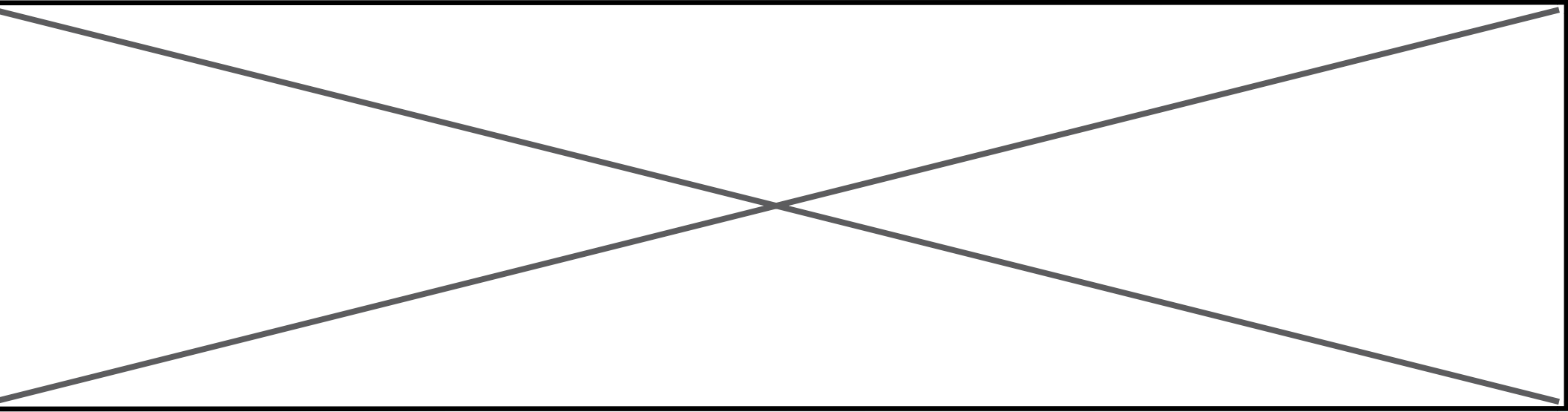


What Is Ice Hockey?

Ice Hockey is a fast paced, full-contact team sport played on ice covered hockey-like surface. It's part of the hockey family of sports. In this game, two teams compete against each other using sticks and a rubber disc known as a "puck." The aim is to shoot the puck into the other team's goal, with each goal being a point and the team with the most goals winning.

Where is Ice Hockey Played?

Ice Hockey is a truly globally played sport. Though the main areas where Hockey is most popular are North America and in Northern and Eastern European countries like Sweden, Russia, Finland and Czech Republic, countries in Asia such as Pakistan and the U.A.E, Africa such as Algeria and Morocco and Australasia such as New Zealand and Australia are some of the 64 countries or region which have national Ice Hockey teams and programs.

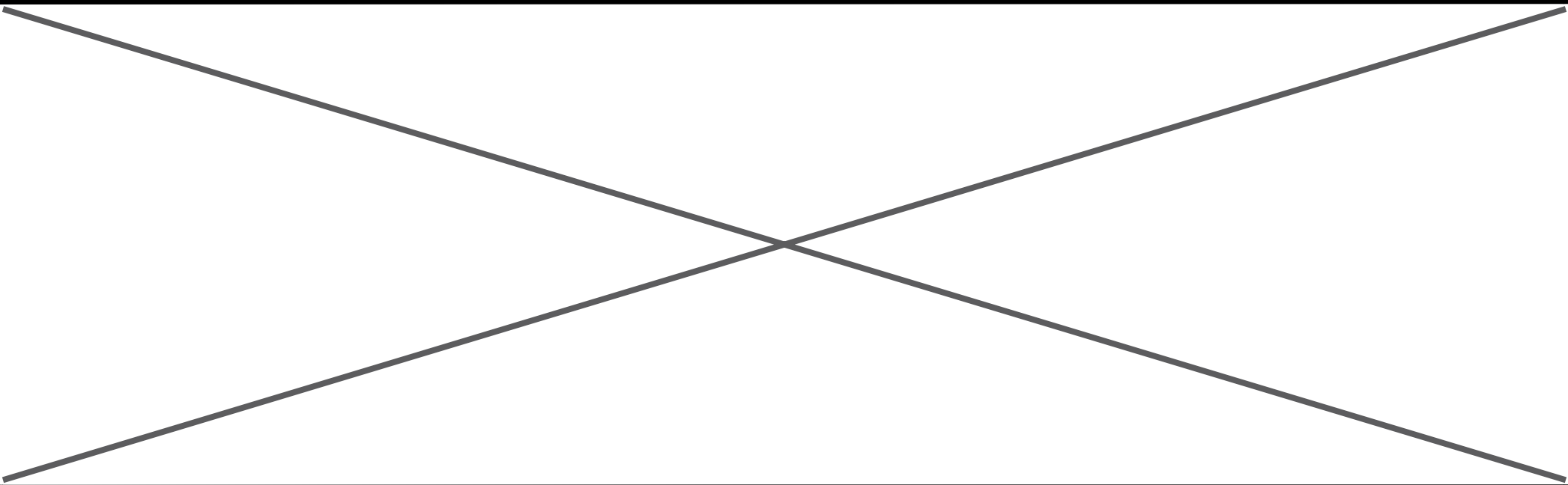


When Did Ice Hockey Begin?

It is widely believed that the chief inspiration for Ice Hockey as it is known today is a game called Bandy, originally played in Britain in the 18th and 19th Century. It is also believed that when Bandy was brought to North America by British soldiers stationed in Eastern Canada in 1850's, rules from the game Lacrosse were incorporated into Bandy giving the main foundation for what is now Ice Hockey.

Is ice Hockey Popular?

Due to the increase in exposure, it has received from TV and the internet, Ice Hockey has had its popularity increase massively. There are currently more than a million registered players in the world competing in either professional or amateur leagues. The biggest Ice Hockey league in the world the NHL also recorded revenues of \$5.2 Billion for the 2021/2022 season making it the 6th highest-grossing sports league in the world.



Rules

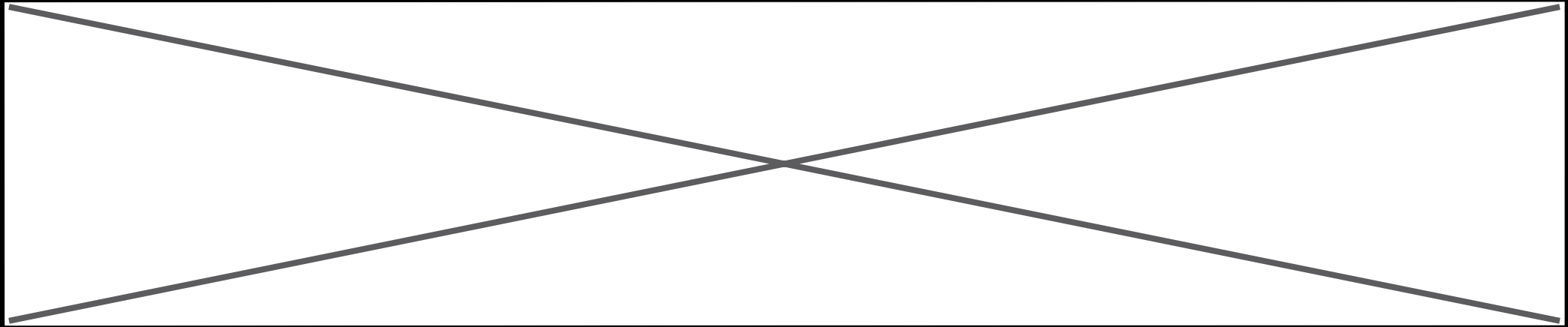
BASIC RULES
THE TEAMS:
Each team is allowed a bench of between 20-23 players, with six players on the ice simultaneously. These usually consist of a goaltender, two defenders and three attackers, however, this lineup can change depending on the current situation in the game. For example, attacking players can be swapped for extra defenders if a team is winning or vice versa if they are losing and in some situations, the goaltender can be removed altogether to allow for an extra "outfield" player. The only time this isn't the case is when a team is killing a penalty, they will then be down by either one or two players depending on how many penalties are being sat. At all points, players are allowed to be subbed on and off as long as a team has no more than five active outfield players.

THE GAME:
Games are split into three 20-minute periods. The clock will keep running at all times unless there is either a penalty, a goal, the puck leaves the field of play or the goaltender freezes the puck, which is when they either catch the puck in their glove, to their body or apply controlled downward pressure when the puck is under their leg pads. When one of these happens the game is restarted with a faceoff in the designated zone. If after the 60 minutes there is a tied game, then there is a five-minute 3-Vs-3 (three outfield players and the goaltender) sudden death period. If the game is still tied then it will go to a penalty shootout. The only exception to this is in the Stanley Cup where there are no shootouts, the game keeps going till there is a winning goal.

THE OFFICIALS:
Each game has four officials officiating it. They will always be dressed in black and white striped shirts and black trousers, so players and fans will know who they are. There are two referees and two linesmen, one of each type in the two halves of the rink. The referee's main role is to watch the plays for any penalties, whilst the linesmen's main roles are to watch the blue lines for offsides and watch the goal lines during attacking plays to check if a puck fully crosses the line for a goal.

THE RINK:
An average hockey 60 metres long end board to end board and 30 metres wide and is divided into three zone, an offensive/defensive zone for each team as well as a neutral zone in the centre. These zone divisions are represented by thick blue lines on the ice. Each offensive zone is 22.86 metres long which includes a 4 metres area behind each goal, whilst the neutral zone measures 14.28 meters blue line to blue line. There is also a thick red line 30 metres from each backboard to show the halfway line. There are also nine faceoff dots/ areas on the rink, two in each offensive area sat 8.4 meters from the backboard and 13.4 meters apart and five in the neutral zone, two spots 1.52 meters from each blue line and one in the centre of the rink where the game restarts after goals and to start periods.

Please See Diagram Below For Further Clarification



PENALTIES
In Ice Hockey there are several different types of penalties that teams can commit resulting in different levels of punishment. The five main types of penalties are Game Stop, Minor, Major, Game and Team & Misconduct. Apart from Game Stop penalties, all penalties will result in the offending player or players having to sit in the penalty box for the duration of the penalty causing their team to be shorthanded and be on Walled the "Penalty Kill" or PK whilst their opponents are on a "Power Play" or PP. The only exception to this is if a goaltender is penalised, then a player who was on the ice at the time must sit it out for them.

GAME STOP
Game Stop penalties are extremely minor infractions in the game where no player is required to sit out and the only punishment is a faceoff.
Here are the most common Game Stop offences:
ICING: When a player shoots the puck from their half of the rink over the opposing goal line. This results in a faceoff in the offending team's defensive zone. The only time Icing won't be called is if a team is on the Penalty Kill.
OFFSIDE: When either an attacking player enters the attacking zone before the puck on a drive or if the puck leaves the attacking they haven't exited the zone before it re-enters. This will result in a faceoff in the neutral zone by the defending team's blue line.

MINOR
Minor Penalties are the least severe penalties. They are minor or accidental infractions. They usually result in the offending player being in the box for two minutes however some minors can be doubled if multiple offences happen at the same time or if the offence is deemed worthy of a "Double Minor".
Here is a list of the most common Minor penalties:
TRIPPING: When a player uses their stick or part of their body to trip an opponent.
HOOKING: When a player uses their stick as a hook to slow down or impede an opponent.
CROSS-CHECKING When a player hits an opponent with the stick when both their hand and none of the stick is touching the ice.
SLASHING: When a player repeatedly swings the stick at an opponent and makes no contact with the puck.
DELAY OF THE GAME: When a player stalls the game. This is usually by either holding the puck in their hand or playing the puck straight out of bounds during a clearance without the puck making contact with anything on its way out (another player or the plexiglass around the rink). It can also occur if the goaltender takes control of the puck behind his goalline outside of the designated area known as the "trapezoid"
(SEE DIAGRAM FOR MORE CLARIFICATION).
HIGH STICKING: When a player makes contact with the opponent when their stick is over shoulder height. If the player draws blood, the penalty will be deemed a Double Minor and they will have to sit out for four minutes, if it is deemed to be deliberate and/ or malicious it can be upgraded to a Major or even Game penalty.
ROUGHING: Whan a player shoves or pushes an opponent after the whistle or away from the play.
INTERFERENCE: When a player impedes an opponent who doesn't have the puck or impedes any action from the bench like substitutions.
HOLDING: When a player holds an opponent's body or equipment usually to stop them from advancing the play.

MAJOR
Major Penalties are deemed severe penalties. They are serious and deliberate infractions. They usually result in the offending player being in the box for five minutes.
Here is a list of the most common Major penalties:
FIGHTING: Fighting is when two players (usually on opposing teams) will drop their gloves and proceed to fight each other. Though there are no set rules for how they must go, it is most common for them to grab the front of their opponent's shirt whilst punching with the other hand. A fight ends when one participant touches the ice either by taking a knee or being wrestled to the ground. Both participants will usually receive a five minutes penalty but neither team will be down a player. The player who started the fight may receive two minutes Minor penalty for Instigation but this isn't always the case.
BOARDING: When a player checks an opposing player straight into the 1.22 meter high boards surrounding the rink and not the plexiglass.
ELBOWS, HEADS AND KNEES: When a player deliberately strikes another player with their Elbows or Knee or Headbutts them. Each of these can be upgraded to Game penalties if it is believed that the intent was to injure the player.
CHARGING: When a player takes more than three strides or performs a jump before hitting an opponent.
REPEAT OFFENDING: A player can be given a Major penalty if they are repeatedly called for minor penalties throughout a game. The number is up to the officials in charge but it is common that a 4th Minor penalty from a player in a game will be escalated to a Major.

GAME
Game Penalties are the most serious and severe penalties. They are serious, deliberate infractions where it is believed the intent was to injure the opposing player and are commonly escalated from another Minor or Major penalty. They result in the offending player being ejected from the game meaning they will play no further part in the game. They usually also result in their team having a player sit the original penalty.
Here is a list of the most common Game penalties:
SPEARING: When a player stabs an opponent with the stick blade.
GRABBING THE FACE MASK: When a player grabs and holds either the face visor or mask of an opposing player.
GOALTENDER USING THE BLOCKER TO HEAD: When a goaltender uses the protective blocker (found o the hand they use their stick with) to strike a player either in the face or head.
CHECK TO THE HEAD: When a player performs a check but makes full contact with the head of the checked player instead of the body.
ESCALATED PENALTIES: When a Minor or Major penalty is escalated to a Game penalty due to intent and/or severity.

TEAM & MISCONDUCT
Team and Misconduct penalties are infractions that are usually committed outside of the actual game itself and commonly committed after the whistle and during line changes.
Here are a list of the most common Team & Misconduct penalties:
TOO MANY MEN ON THE ICE: This is when a team will have too many active players on the ice at one time. This is usually due to a mix-up during a line change. This results in a two minutes Minor penalty where one of the players that were on the ice at the time sits out the penalty.
ABUSE OF AN OFFICIAL: This is when either a player or coach is deemed to have used abusive language, remarks or actions towards an official. Depending on the severity of the abuse it will result in either a Minor, Major or even Game penalty being called on the offending player or the team.
UNSPORTSMAN-LIKE CONDUCT: This is similar to an "Abuse Of An Official" penalty but the actions are usually directed at either an opposing player, teammate or fan. Again depending on the severity Minor, Major and even Game penalties can be called against the offending player and/ or team.

NHL

What Is the NHL?

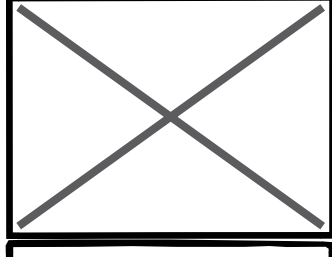
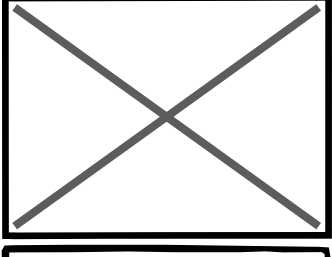
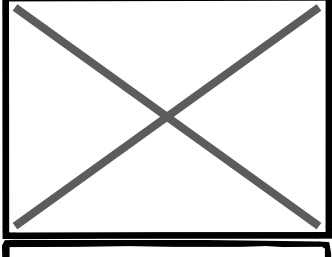
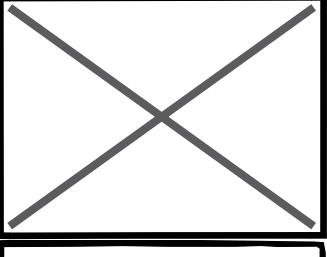
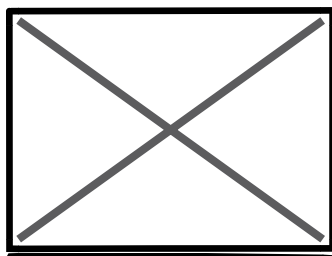
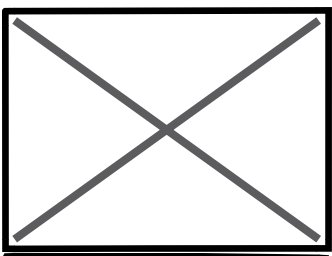
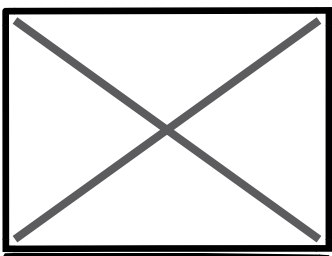
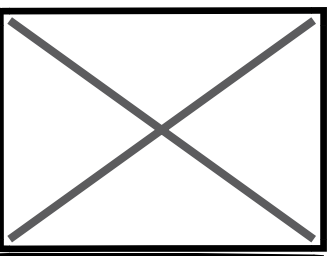
The National Hockey League or NHL is the biggest Ice Hockey league in the world. It consists of 32 teams from across America and Canada, split into four divisions of eight teams, these are then split again into two conferences, each with two divisions. The Eastern Conference is made up of the Atlantic and Metropolitan Divisions whilst the Western Conference is made of the Pacific and Central Divisions.

What is the Stanley Cup

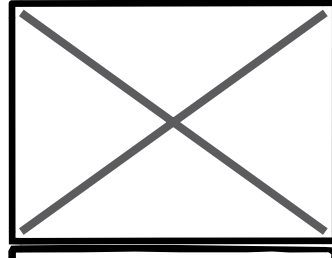
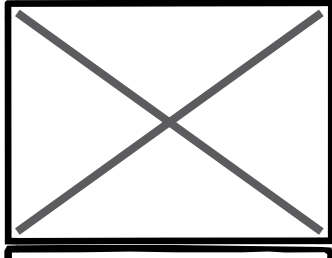
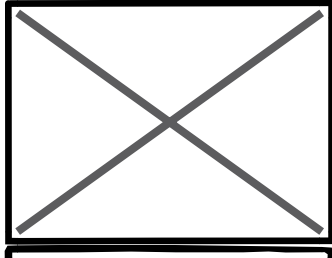
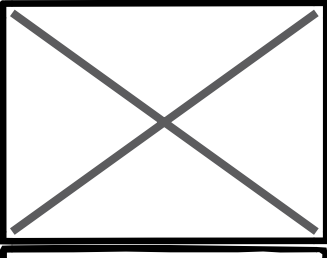
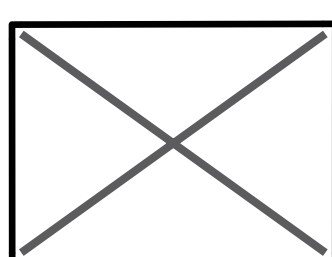
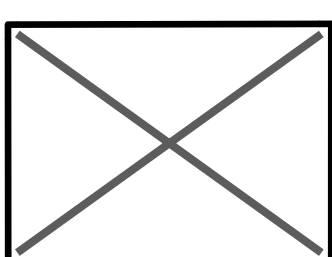
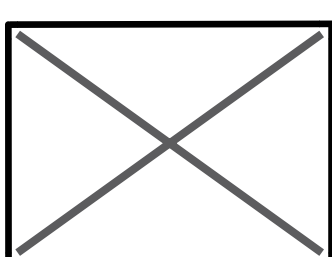
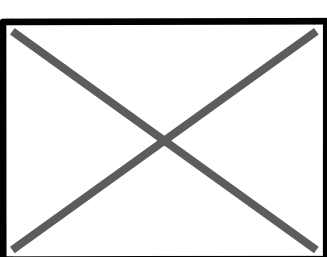
After each team has played their 82 games, 16 teams qualify for the Stanley Cup play-offs. This consists of 8 teams from each conference made up of the top three teams from each division plus two "unranked" teams with the most points from each conference (the Wildcards). They then compete in three round knockout tournament

Eastern Conference

Atlantic Division

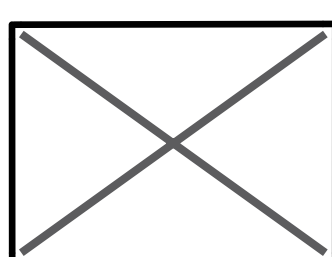
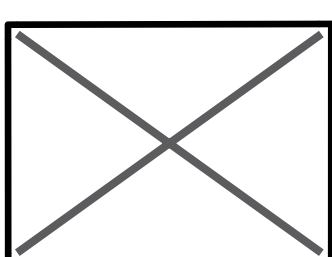
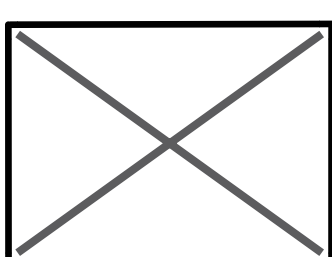
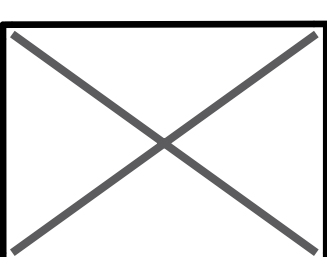
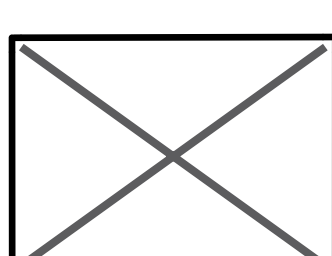
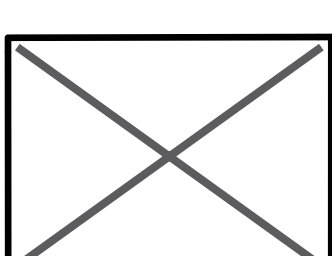
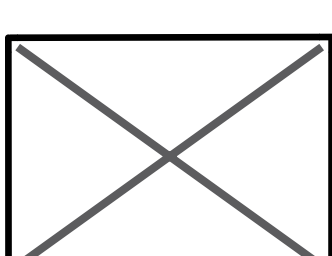
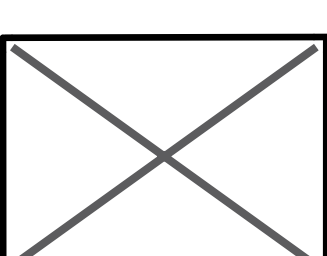
 <div>Team- Boston Bruins Founded- 1924 Stadium- TD Gardens Stanley Cups- 6</div>	 <div>Team- Buffalo Sabres Founded- 1970 Stadium- KeyBank Centre Stanley Cups- 0</div>	 <div>Team- Detroit Red Wings Founded- 1932 Stadium- Little Caesars Arena Stanley Cups- 11</div>	 <div>Team- Florida Panthers Founded- 1993 Stadium- FLA Live Arena Stanley Cups- 0</div>
 <div>Team- Montreal Canadiens Founded- 1917 Stadium- Bell Centre Stanley Cups- 24</div>	 <div>Team- Ottawa Senators Founded- 1992 Stadium- Canadian Tire Arena Stanley Cups- 0</div>	 <div>Team- Tampa Bay Lightning Founded- 1992 Stadium- Amalie Arena Stanley Cups- 3</div>	 <div>Team- Toronto Maple Leafs Founded- 1917 Stadium- Scotiabank Arena Stanley Cups- 13</div>

Metropolitan Division

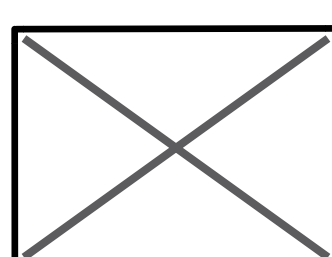
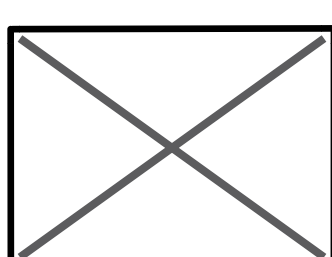
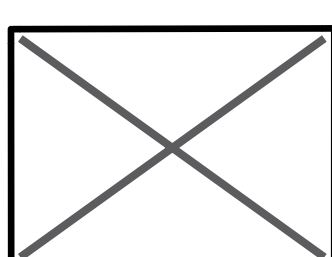
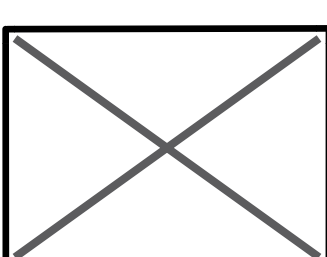
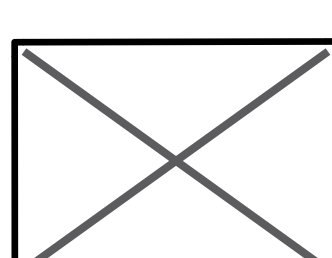
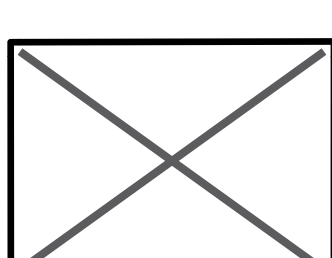
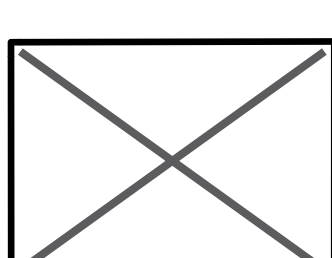
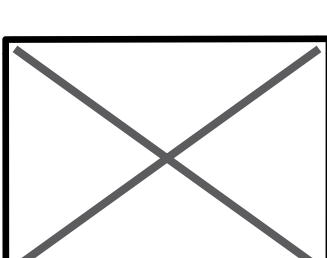
 <div>Team- Carolina Hurricanes Founded- 1972 Stadium- PNC Arena Stanley Cups- 1</div>	 <div>Team- Columbus Blue Jackets Founded- 2000 Stadium- Nationwide Arena Stanley Cups- 0</div>	 <div>Team- New Jersey Devils Founded- 1974 Stadium- Prudential Arena Stanley Cups- 3</div>	 <div>Team- New York Islanders Founded- 1974 Stadium- USB Arena Stanley Cups- 4</div>
 <div>Team- New York Rangers Founded- 1926 Stadium- Madison Square Gardens Stanley Cups- 4</div>	 <div>Team- Philadelphia Flyers Founded- 1967 Stadium- Wells Fargo Centre Stanley Cups- 2</div>	 <div>Team- Pittsburgh Penguins Founded- 1967 Stadium- PPG Paints Arena Stanley Cups- 5</div>	 <div>Team- Washington Capitals Founded- 1974 Stadium- Capital One Arena Stanley Cups- 1</div>

Western Conference

Pacific Division

 <div>Team- Anaheim Ducks Founded- 1993 Stadium- Honda Center Stanley Cups- 1</div>	 <div>Team- Calgary Flames Founded- 1972 Stadium- Scotiabank Saddledome Stanley Cups- 1</div>	 <div>Team- Edmonton Oilers Founded- 1971 Stadium- Rogers Place Stanley Cups- 5</div>	 <div>Team- Los Angeles Kings Founded- 1967 Stadium- Crypto.com Arena Stanley Cups- 2</div>
 <div>Team- San Jose Sharks Founded- 1991 Stadium- SAP Center Stanley Cups- 0</div>	 <div>Team- Seattle Kraken Founded- 2021 Stadium- Climate Pledge Arena Stanley Cups- 0</div>	 <div>Team- Vancouver Canucks Founded- 1970 Stadium- Rogers Arena Stanley Cups- 0</div>	 <div>Team- Vegas Golden Knights Founded- 2017 Stadium- T-Mobile Arena Stanley Cups- 0</div>

Central Division

 <div>Team- Arizona Coyotes Founded- 1972 Stadium- Mullett Arena Stanley Cups- 0</div>	 <div>Team- Chicago Blackhawks Founded- 1936 Stadium- United Center Stanley Cups- 6</div>	 <div>Team- Colorado Avalanche Founded- 1972 Stadium- Ball Arena Stanley Cups- 3</div>	 <div>Team- Dallas Stars Founded- 1967 Stadium- American Airlines Center Stanley Cups- 1</div>
 <div>Team- Minnesota Wild Founded- 2000 Stadium- Xcel Energy Center Stanley Cups- 0</div>	 <div>Team- Nashville Predators Founded- 1998 Stadium- Bridgestone Arena Stanley Cups- 0</div>	 <div>Team- St. Louis Blues Founded- 1967 Stadium- Enterprise Arena Stanley Cups- 1</div>	 <div>Team- Winnipeg Jets Founded- 1999 Stadium- Canada Life Center Stanley Cups- 0</div>