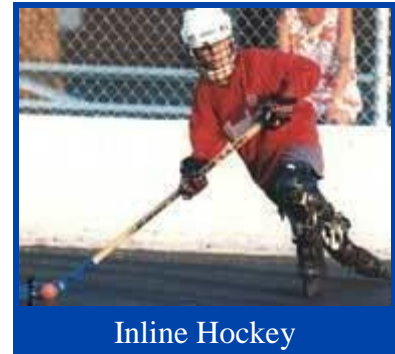


Inline Hockey

A stick, a ball, **some blades** and a fresh piece of concrete and you're **ready to play** inline hockey.

How the Game Started

Inline hockey started in England in 1885 - about 100 years after the first **roller skates** were invented. Back then, it was played with 10 people on each team. Players used walking canes or old umbrellas as sticks.



What You Need

You'll need a stick, a hockey **ball**, inline skates, **a helmet** and pads. It also helps to have several friends to play with.

The Dangers

- ☐ The way most people **get hurt** playing inline hockey is by falling. If you're **just starting out**, don't go too fast or you could end up with roadrash and bruises. Make sure you have a helmet and a good set of pads for your knees, elbows and wrists.
- ☐ **Watch out for cars!** If you can't find a proper rink near your house, use a tennis court or a safe neighborhood street or parking lot - not a main street or the freeway.
- ☐ Shots to the groin! They are really a "pain" for both boys and girls. It always seems funny as long as you're not the one getting hit. So watch out for the ball and always wear a jock. No matter how tough you think you are, a hockey ball to the groin means your afternoon of hockey could be over.

Differences From Ice Hockey

- ☐ Inline hockey is a **non-contact sport**.
- ☐ There are **no offsides or icing** called in inline hockey!
- ☐ Typically, an organized team consists of four players and one goalie and the game is divided into two 20-minute periods.

