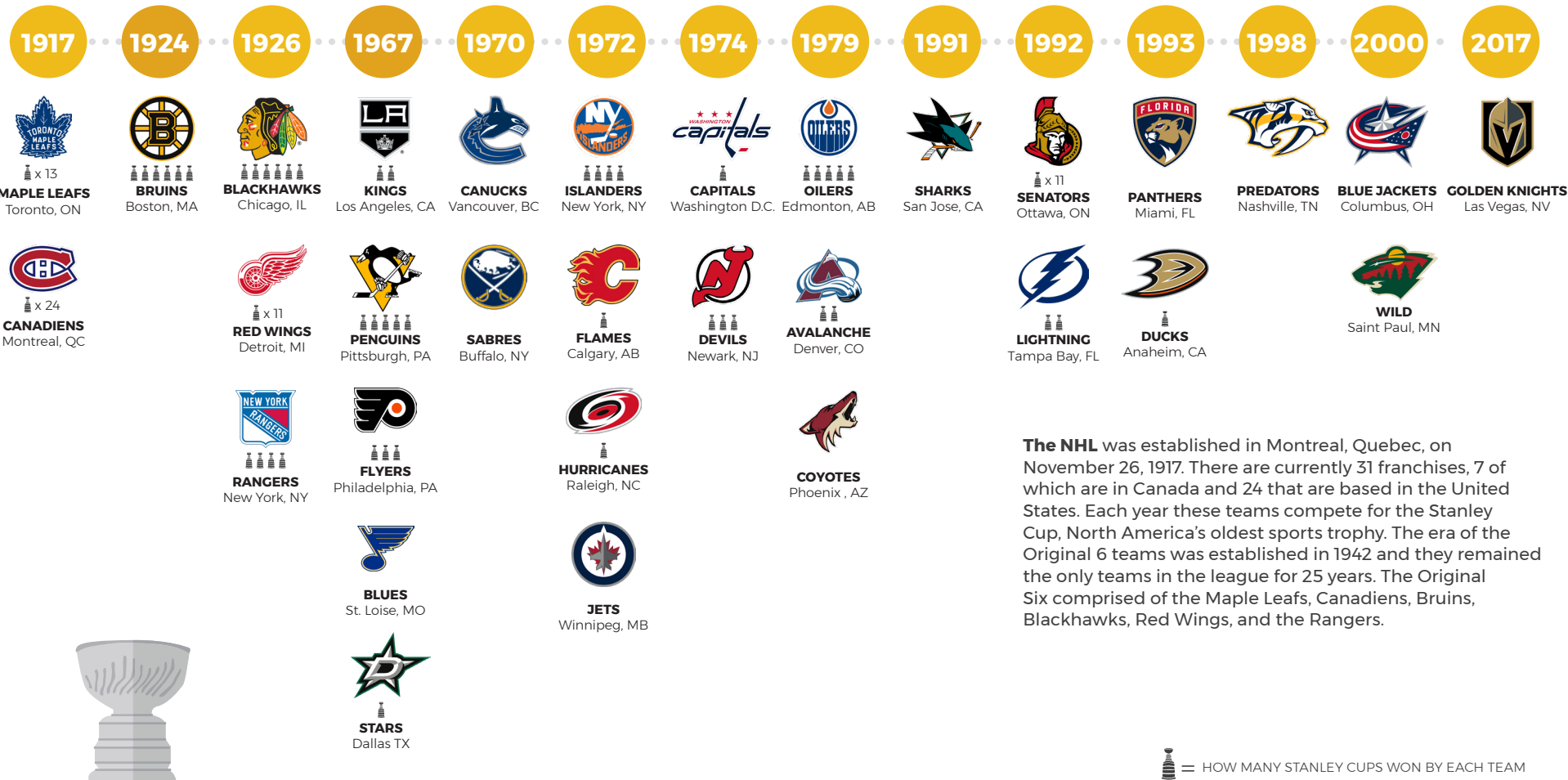


HOCKEY SEASON PRIMER

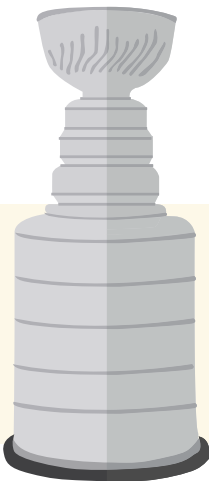
ASHLEY MOREMAN | FOR THE POST

Are you ready for hockey season to start? Here are the basic things that you need to know before you sit down to watch your favorite team fight for a chance to win the Stanley Cup. Below, the hockey basics can be found along with a time line of the history of the current 31 teams playing in the NHL today.

WHEN DID THE 31 TEAMS JOIN THE NHL?



The NHL was established in Montreal, Quebec, on November 26, 1917. There are currently 31 franchises, 7 of which are in Canada and 24 that are based in the United States. Each year these teams compete for the Stanley Cup, North America's oldest sports trophy. The era of the Original 6 teams was established in 1942 and they remained the only teams in the league for 25 years. The Original Six comprised of the Maple Leafs, Canadiens, Bruins, Blackhawks, Red Wings, and the Rangers.



The Stanley Cup was created by Sir Frederick Arthur Stanley, lord of Preston and the 16th earl of Derby. He grew to love hockey and donated a trophy to the Canadian Amateur Hockey Association. The trophy, originally called the Dominion Hockey Challenge Cup, was first presented in 1893. The Stanley Cup is the oldest sports trophy in North America. When a team wins the Cup, they are allowed to keep the

trophy for one year, and the name of every player, coach and front-office employee is engraved onto it. Also, each player and front-office employee of the team is given 24 hours with the Cup, which they can take anywhere they want. The Cup is escorted by it's full time escorts. As of the end of the 2016-2017 season, there are 3,177 names that have been engraved on the cup.

GAME PLAY BASICS

PACING

A hockey game lasts for 60 regulation minutes. This usually takes 2.5 hours to complete.

3 PERIODS

20 min

20 min

20 min

2 INTERMISSIONS

17 min

17 min

1 TIME-OUT

30 sec

OVERTIME

5 min

PENALTIES

- Fighting
- Sparring
- Charging
- Boarding
- Holding
- Cross Checking
- Elbowing
- Hooking
- High Sticking
- Tripping
- Kneeing
- Slashing
- Body Checking
- Boarding
- Butt-Ending
- Interference
- Unsportsmen Like Conduct

INFRACTIONS

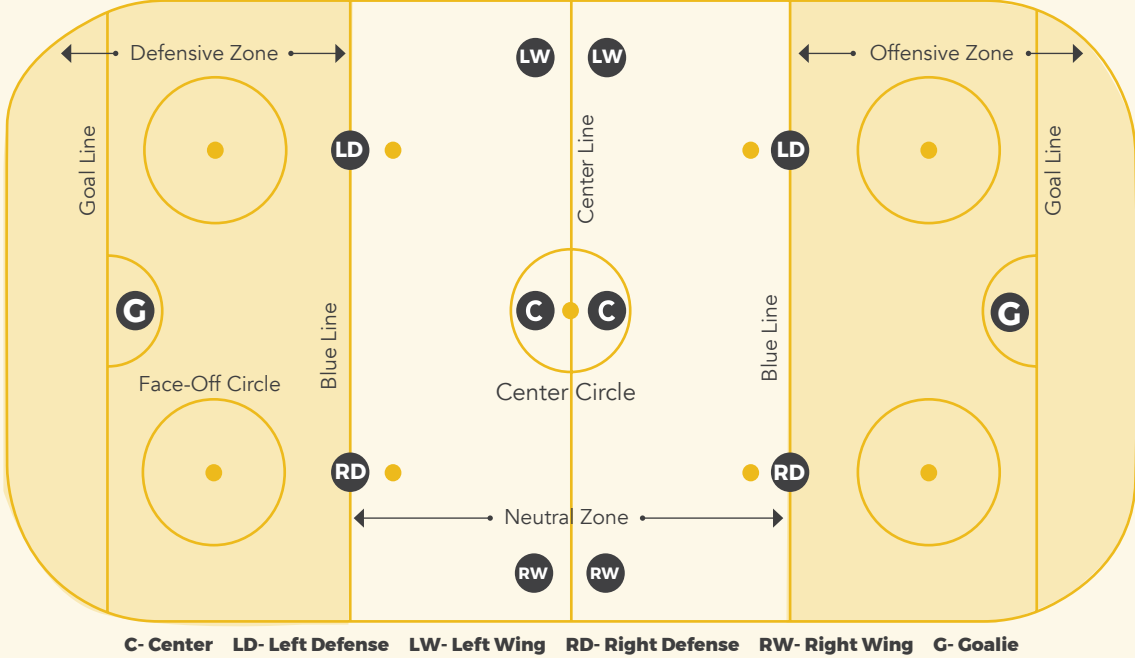
OFF SIDES

A play is considered 'offside' if a player on the offensive team crosses the blue line into the offensive zone before the puck does.

ICING

Icing occurs when a player shoots the puck across the center red line, and the opposing team's goal line and the puck remains untouched.

POSITIONS



INTERVIEW WITH OHIO HOCKEY COACH: SEAN HOGAN

Do you have a favorite NHL team?
Detroit Red Wings

Is there a reason this team is your favorite?
Yes, I am from Detroit, and Jeff Blashill, the current head coach of the Red Wings, was the head coach of WMU when I was there as an assistant coach. Several of the players on the Red Wings were also players at WMU when I was there.

Do you ever take inspiration from the NHL when it comes to your coaching style?
Probably Jeff Blashill

Do you have a prediction of who will be in the Stanley Cup playoffs this year?
None

What is your favorite part about coaching at Ohio?
I enjoy the tradition of OHIO Hockey, 61 years at Bird Arena.

Who is your favorite NHL player?
Don't have one

How long have you been a hockey coach?
This is my 16th season

Who do you think will be OU's biggest competition this year?
Lindenwood, Illinois, Iowa State and Robert Morris-Illinois

