## Helpful H.Xckey Tips



The Goal: the goal area is 6 ft wide between the posts, 4 ft high from the ice surface to the bar, and 44 inches deep at the ice surface level. A goal is scored when the puck fully crosses the goal line. It must be hit into the net by a stick held below shoulder level, or be deflected into the net off a player, their equipment, or skate - but cannot be deliberately kicked in with a skate or handed in with a glove.

## reghesy TERMS

Bender: a player whose ankles bend while they're skating Topshelf: when a player scores a goal into the top of the net Bardown: when a player shoots the puck and it hits the crossbar then goes into the net

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Q. What do a hockey player and a goldfish have in common?
A. Neither pay attention until you tap on the glass.
Q. Why are hockey players good at making friends?
A. They know how to break the ice.

Don't go through life without goals!

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## Did you know...

The Standard North American ice rink is 200 ft long and 85 ft wide.
The original Stanley Cup was only 17.78 cm high. It is now 89.54 cm high.
Prior to the 1927-28 season, forward passes were not allowed in hockey.

## HOCKEY LIFE LESSONS

It is not just an arena. It's our home.
It's not just a shirt. It's our skin. We're not just a team. We are hundreds. We're not just a crowd. We are family. It's not 60 minutes. It's a lifetime. It's not just a passion. It's emotion. HOCKEY
It's not just a game. It's our life!
Roses
Flowers
Love
XOXO

## What is the Answer?

Q. What do you call a machine that resurfaces the ice at record speed?

