

KIDSPORT OIL COUNTRY  
HOCKEY ASSIST PROGRAM

# HOCKEY 101 GUIDE





# WHERE TO BEGIN?

## **THE KIDSPORT OIL COUNTRY HOCKEY ASSIST PROGRAM**

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The Edmonton Oilers Community Foundation (EOCF), KidSport Alberta & Sport Central have teamed up to launch the KidSport Oil Country Hockey Assist Program!

We recognize that hockey can be confusing for new players and families. This guide will serve as a quick reference with the basics about the game of hockey.

There are various forms of hockey for all skill levels and age groups, so let's find the best fit for you and your family!





# AGE GROUPS

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The first step in the registration process is to determine what age group your child will fall into. The age breakdowns are reflective of the child's age as of December 31st of that year.

**Under-7 (U7):** Consisting of 5 and 6 year olds.

**Under-9 (U9):** Consisting of 7 and 8 year olds.

**Under-11 (U11):** Consisting of 9 and 10 year olds.

**Under-13 (U13):** Consisting of 11 and 12 year olds.

**Under-15 (U15):** Consisting of 13 and 14 year olds.

**Under-16 (U16):** Consisting of 15 year olds.

**Under-18 (U18):** Consisting of 15, 16 and 17 year olds.



# HOCKEY MODELS

The second step in the registration process is to determine what model of hockey you would like your child to play. Each season typically begins in September and wraps up in March. Refer to your team specific page for more approximate dates.

## Intro to Hockey Model

All games are played on cross ice/half ice for U7 and U9 participants. These games include 4 on 4 game play and there is typically one ice session per week.

## Minor Hockey Model

Full ice games with standard 5 on 5 game play for groups U11 and older. Options for local city division play, competitive play with minimal travel, as well as elite levels (AA/AAA) that require more travel.

## Recreation Hockey Model

Full ice games with standard 5 on 5 game play. Providing a moderately structured option with a lower time and financial commitment. Local game play and minimal travel.

## Pond Hockey Model

Full ice games, standard 5 on 5 game play with no defined rules or age categories. This is an option with a lower time and financial commitment, with local game play and minimal travel. Players can join a team and enjoy the game regardless of their skill set or commitment levels.

Hockey is for everyone at  
any skill level.



# EQUIPMENT

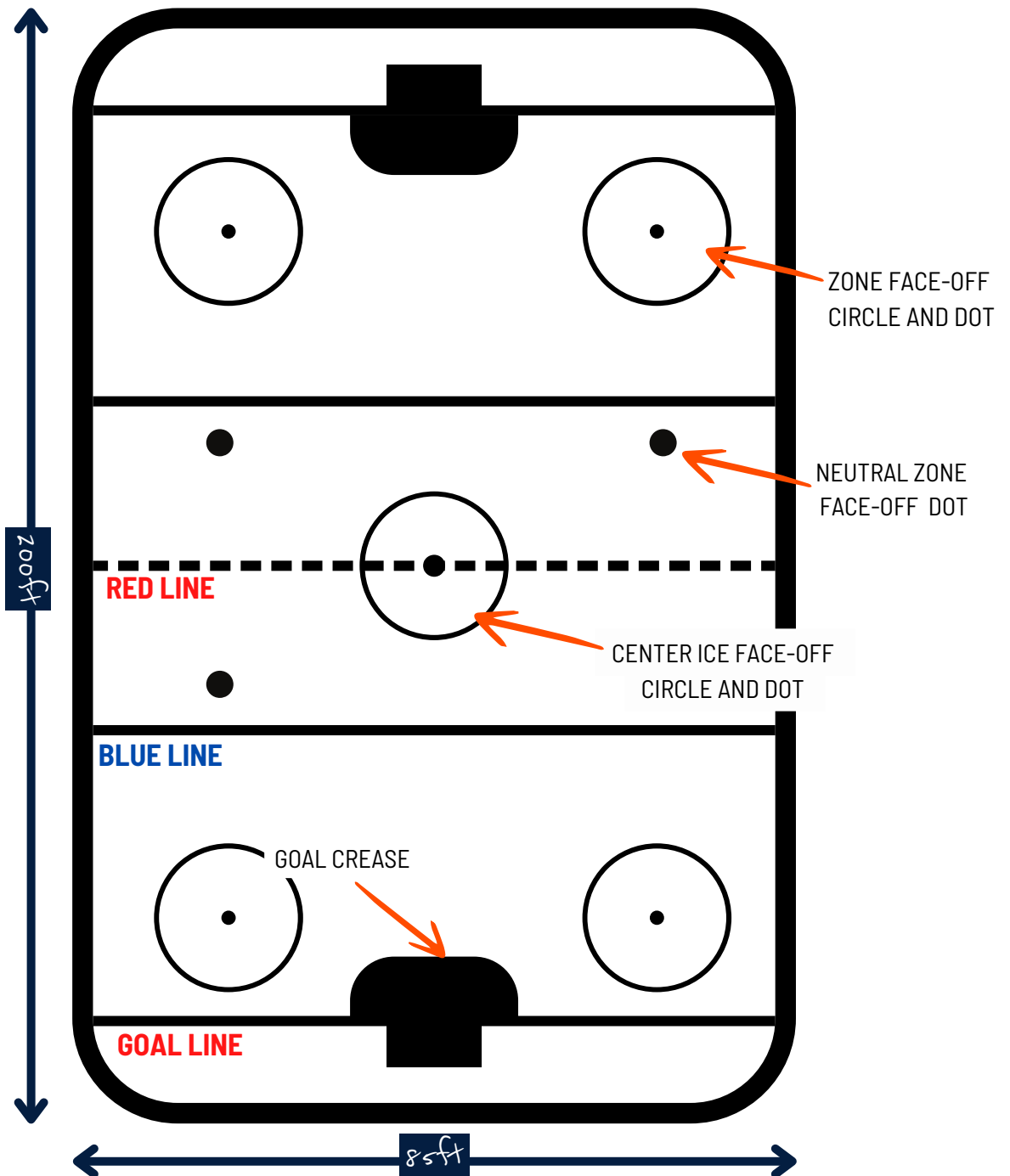


Now that we have determined an age group and hockey model, we will need equipment. Equipment is required with every model, but please refer to your specific team to determine their specific requirements. Equipment that fits properly is incredibly important for safe play.

Our partners at Sport Central can help ensure your equipment is appropriately sized for your hockey season.

# THE RINK

- >>> The hockey rink is an ice surface specifically designed for hockey.
- >>> It is rectangular with round corners and surrounded by a wall called the boards.





# THE POSITIONS

Let's take a look at the different positions in the game.

Each position celebrates different skill sets.

There are 5 players (3 forwards and 2 defence) and 1 goalie on the ice at a time.

## OFFENCE

THE TEAM WITH POSSESSION OF THE PUCK TRYING TO SCORE ON THEIR OPPONENTS

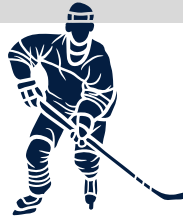
## FORWARD

PRIMARY OFFENSIVE PLAYERS TRYING TO SCORE ON OPPONENTS

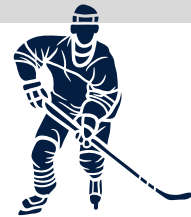
### LEFT WING



### CENTRE



### RIGHT WING



## DEFENCE

THE TEAM WITHOUT THE PUCK TRYING TO DEFEND AGAINST A GOAL FROM OPPONENTS

## DEFENSEMEN

PRIMARY DEFENSIVE PLAYERS, HELPING THE GOALIE DEFEND INCOMING SHOTS

### LEFT DEFENCE



### RIGHT DEFENCE



## GOALIE

PLAYER RESPONSIBLE FOR BLOCKING AND CONTROLLING SHOTS FROM OTHER TEAM AND PREVENTING THEM FROM GOING INTO THE NET



## COACHES

COACHES ARE VOLUNTEERS WHO ARE EXPECTED TO PROVIDE A SAFE ENVIRONMENT, COMMUNICATE IN A POSITIVE WAY, TEACH FUNDAMENTAL SKILLS AND TACTICS AND GIVE DIRECTION DURING GAMES

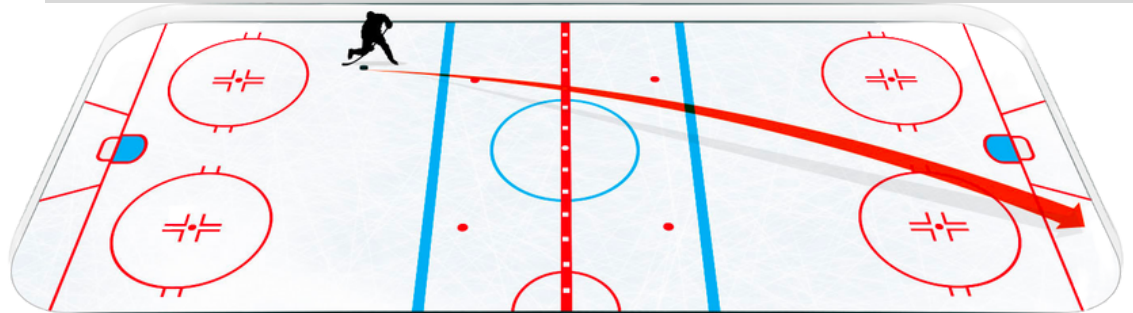
# THE RULES

Depending on age levels, there are different combinations of **referees** and **linesmen** on the ice who maintain a safe environment by penalizing players who break rules and ensure the game follows the appropriate structure.

## ICING

WHEN A PLAYER ON THEIR TEAM'S SIDE OF THE RED LINE SHOOTS THE PUCK ALL THE WAY DOWN THE ICE AND IT CROSSES THE GOAL LINE AT THE OTHER END.

WHEN THIS OCCURS, PLAY IS STOPPED AND THE PUCK IS RETURNED TO THE OTHER END OF THE ICE FOR A FACE-OFF IN THE OFFENDING TEAM'S ZONE.



## OFFSIDE

WHEN ANY MEMBER OF THE ATTACKING TEAM GOES OVER THE OFFENSIVE BLUE LINE BEFORE THE PUCK.



## OVERTIME

A GAME THAT ENDS REGULATION PLAY (THREE 20 MIN PERIODS) WITH A TIE SCORE WILL GO INTO A FIVE-MINUTE, SUDDEN-DEATH OVERTIME PERIOD. IF AT THE END OF THAT OVERTIME PERIOD THE GAME REMAINS TIED, THE GAME WILL THEN GO INTO A SHOOTOUT.



# PENALTIES



BOARDING



BUTT-ENDING



CHARGING



CONTACT TO THE  
HEAD



CROSS-CHECKING



DELAYED CALLING  
OF PENALTY



DELAY OF GAME



ELBOWING



ROUGHING



HAND PASS



HIGH STICKING



HITTING FROM  
BEHIND



HOLDING



HOLDING THE  
STICK



INTERFERENCE



HOOKING



ICING



UNSPORTSMANLIKE  
CONDUCT



TRIPPING



KNEEING



MISCONDUCT



SPEARING



SLASHING

Penalties are typically 2 minutes in length and spent in the penalty box, so their team will have one less player on the ice (5 vs. 4). Depending on the severity of the penalty, they can be 4 minutes, 5 minutes, 10 minutes, and result in a game misconduct.



**BUT MOST IMPORTANTLY...**

**HAVE FUN!**



# WE LOOK FORWARD TO SEEING YOU ON THE ICE THIS YEAR!



For more information about the KidSport Oil Country Hockey Assist Program, visit us at [kidsporthap.ca](http://kidsporthap.ca).



Our Partners

