

Ice hockey

PLAYER PROTECTION

Violent collisions and 225g puck flying at speeds of 160km/h necessitate serious player protection

Shoulder pads:

With chest guards

Elbow pads:

Hard-capped, with slash guards and bicep padding

Skates:

Carbon fibre, stainless steel runners

Gloves

Shin guards

Stick:

All wood or composite

INFRACTIONS

Resulting in face-off

1 Offside pass:

Pass from defence zone across **red centre line**

2 Offside: Player

crosses into **attacking zone** before puck

3 Icing: Shooting

from behind red centre line to point beyond goal line

Face-off: Referee drops puck between sticks of two opposing players in **face-off circle**

ALL-TIME MEDALS

Men / Women

CAN 12 / 1

RUS/URS 12 / 0

USA 9 / 1

Team:

Goaltender plus two defenders and three forwards

Helmet: Carbon fibre/Kevlar
Throat protection

SHOOTING TECHNIQUES



Snap shot



Backhand shot



Slap shot



Wrist shot

PUCK EVOLUTION

1860: Wood disc

1915: Multi-layer leather

1930: Vulcanised rubber



Source: TOROC

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