

PLAYING EQUIPMENT



Puck: Made of vulcanised rubber, can travel at over 150km/h.

Diameter: 7.62cm

Weight: 156-170g

Stick

Composed of wood, carbon composite, graphite or aluminium.

Maximum length: 163cm

Skates: Thick boots with toe protectors. Rounded blades for speed and manoeuvring

Goals

Width: 183cm

Height: 122cm

Goaltenders

Equipped with gloves for blocking and catching, helmet with face mask, and leg guards

Ice hockey

Gloves

Elbow pads

Helmet: Shell made of vinyl nitrile material to disperse force of impacts

Visor

Men wear clear plastic eyeshield. Women must wear full face mask

Shoulder pads

Protect upper body, biceps, sternum and spine

Shin guards

RINK

Length: 61m

Width: 26m

Players: No more than six per team

Face-off circles

Used to start or resume play

Goal line

Centre line

Goal

Blue lines: Divide rink into three zones, used to judge if players are offside