



Hockey 101

Are you new to the sport of ice hockey? Have you ever wondered why the whistles are blown when they are? This Hockey 101 Guide is designed to hopefully help you understand the Palmyra Black Knights Ice Hockey organization, as well as some general information about the greatest game on Earth!

Who are the Palmyra Black Knights (PBK)?

~ The Palmyra Black Knights is a volunteer/parent run, not for profit ice hockey organization that uses Klick Lewis Arena in Palmyra, PA as their home ice. Palmyra Black Knights is not owned, or operated by Klick Lewis Arena. The Palmyra Black Knights organization abides by the guidelines of USA Hockey & is a member of the Delaware Valley Hockey League (DVHL) & the Eastern Junior Elite Prospects League (EJ). The Palmyra Black Knights offers In House hockey, Travel hockey & Sled hockey.

Who is on the PBK Board?

~ The current board members & their positions can be found at this link:
<http://palmyrablackknights.org/Contacts.asp?n=64704&org=palmyrablackknights.org>

Can a parent attend a PBK board meeting?

~ Yes, there is a limited amount of time set aside during each board meeting to address any parent questions/concerns.

What types of hockey does PBK have?

~ The Palmyra Black Knights has 3 types of programs, In House Hockey, Travel Hockey & Sled Hockey. In 2015/2016, within the In House program, we rostered teams at the Mite, Squirt & PeeWee levels. In 2015/2016, within the Travel Hockey program, we rostered teams at the Mite, Squirt, PeeWee & Bantam levels. Also in 2015/2016, we rostered one Sled Hockey team.

*Depending on participation #'s & ages of participants each season, PBK has the ability to field additional levels/teams in the In House, Travel & Sled programs.

What is Sled hockey?

~ Sled, or sledge, hockey was invented at a Stockholm, Sweden rehabilitation center in the early 1960s by a group of Swedes who, despite their physical disability, wanted to continue playing hockey. Players sit in specially designed sleds that sit on top of two hockey skate blades.

There are two sticks for each player to use. One end of the stick has an ice pick for propulsion on the ice while the other end is used for handling the puck.

Who can play Sled hockey?

~ The Palmyra Black Knights program is for both boys and girls ages 6 and up who have a physical disability and cannot play standing hockey.

In advance of starting with the Black Knights, players should be able to propel a manual wheelchair and sit upright in the sled's 'bucket' seat with the attached seat-belt.

All skill levels are welcome.

Coaches teach according to individual abilities. First time players will be taught the basics of ice hockey as well as how to put on their equipment, get into the sled and onto the ice.

There is NO cost to play PBK sled hockey. This program is fully funded and will continue with the help of several fundraisers throughout the year. We are always in the process of applying for grants, sponsorships and other long-term funding.

What is the difference between In House hockey & Travel hockey?

~ In House hockey means you will play the large majority of your games at our home rink, Klick Lewis Arena, against other PBK In House teams within your appropriate level. You may do local travel to Hershey, Harrisburg, Lancaster & York areas to play against some of their In House teams.

~ Travel hockey means you will play teams in the Delaware Valley Hockey League (& possibly the Eastern Junior Elite Prospects League). The DVHL spans from Harrisburg east towards Philadelphia & Allentown areas, occasionally Delaware. You will have away games in these locations, as well as home games at Klick Lewis Arena. It is usually close to a 50/50 split of home vs. away games.

Why does Travel hockey cost so much money?

~ Travel hockey costs more than In House hockey simply because it is a longer season than In House hockey & you receive more practice time & games. Ice time is expensive & that is what you are paying for. Travel hockey costs do NOT include any of the actual travel expenses such as gas, possible food & possible hotel stays. Those costs are the responsibility of each individual family.

What is the difference between AA, A & B Travel teams?

~ Within each Travel level (i.e. Squirt, PeeWee, etc.) there may be more than one team. For example, Squirt A & Squirt B. The players on both of these teams are all Squirt age players, but the teams are broken apart based on player skill level. Not all levels will have multiple teams, but if there is a large number of participants at that level, along with enough skilled players, then there will be multiple teams. The breakdown goes AA (highest level), A & then B.

What type of screening is done for coaches & special instructors?

~ Child Abuse Clearance, Criminal Background Check, Fingerprinted, USA Hockey Clearance, USA Hockey Code of Conduct, Coaching Modules, Safe Sport Training & Concussion Training

How long is the PBK hockey season?

~ Travel hockey: practices usually start in July, games start end of September/beginning of October & run through February, playoffs are usually at the end of February/beginning of March

~ In House hockey: practices usually start in October, games start in November & usually run through the end of February

Does everyone need to attend evaluations?

~ Yes, if you plan to play Travel hockey then you must attend evaluations in April. If you plan to play In House hockey then you must attend evaluations which are usually in August.

How do I become involved in PBK?

~ If you are interested in getting involved in PBK, please send an email to the PBK secretary (contact information can be found on the Board of Directors page). The secretary will then forward your email to the appropriate board member.

Additional PBK Information

The Palmyra Black Knights prides itself on being a fun, family friendly organization! We strongly encourage relationships between our players & coaches at ALL levels, not just within their individual team. We have 2 special events each year that everyone looks forward to. An Opening Ceremony is held in the Fall where each team & individual player is announced on the ice. Our 2nd event is the Blackout. This usually occurs on a Saturday in January & is a day where ALL PBK teams (In House, Travel & Sled) have home games at Klick Lewis Arena. The rinks are wall-papered with "blackout" posters of the players, there is a gift basket raffle, 50/50 raffle, Chuck A Puck contests & we can't forget about the awesome Chili Cook-Off! It is a fun filled day full of cheering on all the PBK teams, while socializing & raising money for the Caring Cupboard (a local food bank). If you ask any person in the PBK community, they will most likely tell you the Blackout is the best day of the hockey season!

Community Service

~ The Palmyra Black Knights is not only concerned with grooming good players on the ice, we want our players to be considerate, responsible members of the community they live & play in. Therefore, PBK requires each team to do a community service project. This project is coordinated by each team's manager.

VARIOUS HOCKEY TERMS

Back Check – To hinder an opponent heading toward and into the defending zone.

Blue Lines – The two one-foot wide blue lines which extend across the ice at the distance of 60 feet from each goal. These lines break up the ice into attacking (offensive), neutral, and defending zones.

Body Check – Use of the body on an opponent. It is legal when the opponent has possession of the puck or was the last player to have touched the puck.

Butt-Ending – To hit an opponent with the end of the stick farthest from the blade. It is illegal and results in a penalty.

Crease - The area directly in front of the goaltender. It is four feet wide and eight feet long and marked off by red lines and is painted light blue. Offensive players who do not have possession of the puck may not enter.

Deke - To fake an opponent out of position.

Faceoff - The dropping of the puck between one player from each team to start or resume play.

Forecheck - To check an opponent in his end of the rink, preventing an offensive rush.

Freezing the Puck - To hold the puck against the boards with either the stick or skate to get a stoppage of play.

Goal Line - The red line which runs between the goal posts and extends in both directions to the side boards.

Goal Mouth - The area just in front of the goal and crease lines.

Hat Trick - The scoring of three or more goals by a player in one game. A natural hat trick occurs when a player scores three consecutive goals.

One-Timer - Shooting the puck directly after receiving a pass. The offensive player starts his backswing while the puck is on its way to him and tries to time his swing with the arrival of the puck.

Penalty Box - The area opposite the team benches where penalized players serve time.

Power Play - A power play occurs when a team has a one- or two-man advantage because of the opponent's penalties.

Pulling the Goalie - When one team replaces its goaltender with an extra skater. This can occur when a team trails, usually by one goal, in the final minutes of a game. It is a high-risk attempt to tie the game.

Save - A shot blocked by the goaltender, which would have been a goal if not stopped.

Screened Shot - Occurs when a goaltender's view is blocked by players between him and the shooter.

Slap Shot - Hitting the puck with the blade of the stick after taking a full backswing.

Slot - A prime scoring area located between the faceoff circles and in front of the goal.

Splitting the Defense - The player with the puck attempts to squeeze between the opponent's defensemen.

Stick Handling - To control the puck along the ice.

Top Shelf - Term used to describe when an offensive player shoots high in an attempt to beat the goaltender by putting the puck in the top part of the net.

Wraparound - When a player skates from one side to the other of the goal, from behind the goal, and tucks the puck into the other side of the goal before the goaltender recovers to be in position.

Assist - An assist is awarded to the player or players (maximum of two) who touched the puck prior to the goal, provided no defender plays or possesses the puck in between.

Game Played - A player receives credit for playing in a game if: a) he steps on the ice during time played or; b) serves any penalty.

Game-Winning Goal - After the final score has been determined, the goal which leaves the winning club one goal ahead of its opponent is the game-winning goal. Example: If Team A beats Team B 8-3, the player scoring the fourth goal for Team A receives credit for the game-winning goal.

Game-Tying Goal - The final goal in a tie game.

Goal - A goal is awarded to the last player on the scoring Club to touch the puck prior to the puck entering the net.

Goals-Against Average - Multiply goals allowed (GA) by 60 and divide by minutes played (MINS).

Goaltenders - A goaltender receives a win, tie or loss if he is on the ice when either the game-winning or game-tying goal is scored.

Penalty-Killing Percentage - Subtract total number of power play goals allowed from total number of shorthanded situations to get total number of power plays

killed. Divide the total number of power plays killed by the total number of shorthanded situations.

Plus-Minus - A player receives a "plus" if he is on the ice when his Club scores an even-strength or shorthand goal. He receives a "minus" if he is on the ice for an even-strength or shorthand goal scored by the opposing Club. The difference in these numbers is considered the player's plus-minus statistic.

Power Play Goal - A goal scored by a Club while it has a manpower advantage due to an opponent's penalty. Following are some examples of what is and is not considered a power-play goal:

- if a Club has an advantage on a minor penalty starting at 2:02 of the period and it scores at 4:02, the goal is not a power-play goal.
- if a Club scores on a delayed penalty, the goal is not a power-play goal.
- if a Club has an advantage due to a five-minute major or match penalty, that Club is always credited with having one more advantage than the number of power-play goals it scores during that advantage, because the penalty does not expire. A new advantage begins after each power-play goal. For example, if Team A scores three goals during a major penalty, it is credited with four advantages.
- if a Club is on a power-play for any length of time, it is considered to have had an advantage.
- if a minor penalty is incurred by a Club on a power-play due to a major penalty, a new advantage is given to that Club when its minor penalty expires, provided the opponent's major penalty is still in effect.

Power Play Percentage - Total number of power-play goals divided by total number of power-play opportunities.

Save Percentage - Subtract goals allowed (GA) from shots against (SA) to determine saves. Then divide saves by shots-against.

Shooting Percentage - Divide the number of goals scored by the number of shots taken.

Shorthanded Goal - A goal scored by a Club while it is at a manpower disadvantage. The same cases apply for shorthand as for power-play goals, but in the opposite manner.

Shot On Goal - If a player shoots the puck with the intention of scoring and if that shot would have gone in the net had the goaltender not stopped it, the shot is recorded as a "shot on goal."

Shutout – Is when a goaltender successfully stops the other team from scoring during the entire game.

COMMON PENALTIES & PENALTY TYPES

Boarding – Checking an opponent into the boards when his back is facing the offending player.

Charging – When a player takes multiple strides leading up to heavy body contact, often to the head/neck area.

Delay of Game – When a goalie or skater purposely delays the game by means of either purposely shooting the puck out of play, closing a hand on the puck (skaters only), or intentionally knocking the net off of its moorings.

Diving – When a player is deemed to have embellished a fall or other action in an effort to draw a penalty for his team, he may be called for diving, a form of unsportsmanlike conduct.

Double Minor – Normally reserved for high sticking infractions where a player's high stick has drawn blood or an injury to an opponent. Incurs a four minute penalty. If an opponent scores within the first two minutes of the penalty, they continue to have two minutes of power play time.

Fighting – A fight between two players, which results in a major penalty for each participant.

Game Misconduct – Not to be confused with misconduct, a punishment levied by an official to a player who caused serious harm or injury to an opponent (at the official's discretion).

Goaltender Interference – The act of an attacking player contacting or impeding a goaltender from being able to play his position. By rule, the goaltender is entitled to his goal crease area at the official's discretion.

High Sticking – When a player clips an opponent with his stick lifted above his waist (often striking the opponent in the head or neck).

Holding – When a player impedes an opponent's progress by grabbing him with an arm or hand, or pinning him against the boards.

Hooking – When a player uses the blade of his stick to tug at an opponent's stick or jersey to impede his progress.

Interference – When a player impedes the progress of an opponent who is not in control of the puck and is pursuing the puck. Can also apply to body checks away from the puck in some instances.

Major – A 5 minute penalty that is called (normally for fighting) for an action that, at the referee's discretion, was an attempt to cause injury to an opponent. Sometimes a major also incurs a game misconduct. For non-fighting majors (i.e. one player commits a major penalty such as boarding), the team that commits the penalty has to skate a man down for the duration of the penalty. The opposing team can also score as many power play goals as possible during this time, as the offending player is not released upon the scoring of the first power play goal.

Minor – A 2 minute infraction for a penalty that did not cause injury but did impeded an opponent from making a play. The offending team has to skate one man short during the duration of the opponent's 2 minute power play. If a power play goal is scored, the penalized player is immediately released from the penalty box.

Misconduct – A player may be given a misconduct (not to be confused with a game misconduct), which is a 10 minute penalty that does not affect man power (i.e. if a player earns a misconduct while the teams are skating 5 on 5, the game remains 5 on 5 after the penalty begins to be served). Players can receive misconducts at the referee's discretion, often for instigating fights or verbally abusing an opponent or official.

Penalty Shot – When a player is tripped, hooked, or impeded on a breakaway in a way that prevents him from getting a good shot or scoring chance off he is awarded a penalty shot. The player starts with the puck at center ice and gets a free shot at the goalie, unimpeded.

Roughing – When minor altercations or scuffles, i.e. pushes/shoves, are deemed to not be worthy of a major penalty, a roughing minor may be called.

Slashing – When a player strikes an opponent's stick, arm, hand, leg, or other body part with a violent swing of his stick.

Tripping – When a player trips an opponent with his stick, skate or any part of his body. When done with a skate, it also is referred to as slew-footing.

Unsportsmanlike Conduct – Any action deemed to be unsportsmanlike or not tolerated on the playing surface. Can range from verbal attacks to diving & throwing objects, among other offenses.

Basic Ice Hockey Positions Explained

An ice hockey team is made up of six players, each with a specific position and job. The job of offense is to score goals, and the defense is there to protect the goal. The following list describes each of the hockey positions:

- **Goalie:** Perhaps the toughest position in all of sports, the goalie is the one player who can control a team's confidence. His job is to keep the puck out of the net, and if he's good, he can take his team a long way. Good goalies win championships.
- **Defensemen:** A team at full strength has two — one on the left side and another on the right. Nowadays, there are three primary kinds of defensemen. One is creative and offensive-minded; he likes to handle the puck and lead the team up ice, but is not too physical. Another is defensive-minded, a stay-at-home bruiser who plays a physical game and doesn't often venture out of his zone with the puck. And there are those rare athletes who are a combination of the two.
- **Right wing:** He works the right side of the ice for the most part. He needs to be a physical player who is good along the boards and in the corner. He is responsible for the opposition's left defenseman in the defensive zone.
- **Left wing:** Traditionally a left-handed shot, but the NHL is seeing more right-handers playing this position now, a practice picked up

from the Europeans. A right-hander has a better angle to shoot from when he's coming in on his wing. Like the right wing, he needs to be able to dig out the puck from the corners and battle in front of the net.

- **Center:** He quarterbacks his club at both ends of the ice. Must be good at face-offs and passing, and it doesn't hurt if he's a good shot as well. Coaches want a lot of creativity in this position — and a lot of hockey smarts.

Tips for Becoming a Better Hockey Player

Understanding the rules of ice hockey is only the first step toward becoming a great hockey player; you also need to know how to play safely and to show good sportsmanship:

- Learn to skate properly, even if you're playing goalie. You can't do anything in hockey if you can't skate.
- Make sure your equipment — whether it's your skates, your stick, or your sweater (that's what the pros call a hockey jersey) — fits well.
- On the bench, be alert. Watch what the opposing team is doing, and be prepared to play both ways, offensively and defensively.
- Don't be a puck hog; pass to your teammates.
- Don't stay out on your shift for too long. If you're working hard, an average shift on the ice should last no longer than a minute. Come off when it's your turn.
- Be ready when it's your turn to go onto the ice.
- Be careful with your stick. Just because everybody wears headgear, don't think they're invincible either.

- Don't check people from behind.
- Keep your head up when you're going into the boards. If it's tucked in, the chances of a serious head injury rise if someone hits you from behind.
- Don't yap at the ref or the other team. It's okay to be emotional and pull for the people on your team, but don't give the ref or the opposing players a hard time.
- Get yourself in good physical shape.
- Practice your shooting and passing.



How to Talk Like a Hockey Player

Apple: an assist.

Bar Down: a type of shot that hits the bottom of the crossbar and shoots right down into the net. All beauties (see below) attempt to go bar down whenever possible, as it is seen as a very impressive shot. Just listen to the sound as the puck hits the bar and goes in below.

Barn: rink or arena.

Barn Burner: used to describe a game that is high scoring, fast paced, and exciting to watch.

Beauty: a player on the team that's talented both on the ice and off and loved by the rest of the team. Typically has great flow, great hands, can wheel ladies off the ice (see below), and always has some good locker room stories.

Biscuit: the puck.

Breadbasket: term that describes the goalie's chest. Typically used when describing that you put a shot right in the goalie's logo.

Bucket: a helmet.

Celly: a celebration after a goal is scored. Depending upon the score, stakes, and opponent, varying levels of cellying is acceptable.

Chiclets: teeth, usually used when describing the lack thereof for certain players.

Clapper: a slapshot, in reference to someone with a powerful slapshot or a slapshot that results in a goal.

Fishbowl: a helmet with a full plastic shield instead of a cage.

Flow: great hockey hair, typically long that flows out of the helmet when the player skates.

Lettuce: a great head of hockey hair. See also: flow, salad.

Mitts: refers to a player's hands, often described as silky when a player has great skill. Also refers to a player's gloves, as in "dropping the mitts" in a fight.

Plumber: a player that loves to do the dirty work in the corners and go to the dirty areas. Not the most skilled player, but a hard worker.

Salad: beautiful hockey hair. See also: flow, lettuce.

Sauce: a well-executed saucer pass (a pass that goes in the air and hits back on the ice right before getting to the recipient) that sits flat on the receiving player's tape.

The Show: the NHL, used in the context of "making it to The Show".

Sieve: an awful goalie that has many holes to shoot through.

Snipe: a powerful or well-placed shot that results in a pretty goal. Every bar down shot is a snipe, but not every snipe goes bar down.

Top Cheese: used to describe a shot that goes in off or right below the crossbar.

Twig: hockey stick, even though none are made from wood anymore.