

Name That Call

Here's what to look for after the referee blows his whistle:

The Sin Bin, The Cooler, The Box, The Gate - Call it what you will but almost every player will spend at least a few minutes in the Penalty Box - some more than others. Often players will give the "what, me?" look to the refs before they go, but like a bad child sent to their room, they must go and "serve their time."

Penalty Box Trivia:

In the early days of hockey, players had to share the same penalty box. Can you imagine what it would be like if they did that today?

Remember, *referees* are the guys with the orange bands on their arms; *linesmen* are the ones with no bands. *Referees* call penalties, *linesman* monitor icing and off-sides and help break up fights.



Boarding

Checking (shoving) an opponent so that he is thrown violently against the boards.

Official Signal: Pounding the closed fist of the non-whistle hand into the open palm of the other hand.



Charging

Taking more than three skating strides prior to checking an opponent.

Official Signal: Rotating clenched fists around one another in front of chest.



Cross-Checking

Hitting an opponent with both hands on the stick and no part of the stick on the ice.

Official Signal: A forward motion with both fists clenched extending from the chest.



Delayed Penalty

When a referee signals that he is about to penalize a player, but will not stop play until the team to be penalized touches the puck.

Official Signal: The non-whistle hand is extended straight above the head.



Elbowing

Using an elbow in any way to foul an opponent.

Official Signal: Tapping the elbow of the whistle hand with the opposite hand.



Hand Pass

Called when a player uses his hand to direct the puck to another player from the same team in the offensive or neutral zone. Hand passes are allowed in the defensive zone.

Official Signal: The non-whistle hand (open hand) and arm are placed straight down alongside the body and swung forward and up once in an underhand motion.



High Sticking

Striking your opponent while carrying the stick above shoulder level.

Official Signal: Holding both fists, clenched, one immediately above the other, at the side of the head.



Holding

Holding an opponent from moving with hands or stick or any other way.

Official Signal: Clapping the wrist of the whistle hand well in front of the chest.



Hooking

"Hooking" a stick around an opponent to try to block his progress.

Official Signal: A tugging motion with both arms, as if pulling something toward the stomach.



Icing

Intentionally shooting the puck from behind the center red line over your opponent's goal line. Not technically a penalty, icing results in a faceoff in the offending team's zone.

Official Signal: The instant that the conditions required to establish "icing the puck" have occurred, the referee will blow his whistle to stop play, and raise his non-whistle hand over his head. The back official will move to the resulting face-off spot and give the icing signal.



Interference

Illegal body contact with an opponent who is not in possession of the puck, or knocking an opponent's fallen stick out of his reach.

Official Signal: Crossed arms stationary in front of chest with fists closed.



Penalty Shot

When an attacking player has been clearly pulled down preventing a breakaway shot on the goalie.

Official Signal: Crossed arms stationary in front of chest with fists closed.



Slashing

Hitting an opposing player with the stick or swinging the stick at an opposing player.

Official Signal: One chop with the non-whistle hand across the straightened forearm of the other hand.



Spearing

Stabbing an opponent with the point of the stick blade while the stick is being carried in one or both hands.

Official Signal: A single jabbing motion with both hands together, thrust forward from in front of the chest, then dropping hands to the side.



Tripping

Using a stick, knee, foot, arm, hand, or elbow to cause an opponent to trip or fall.

Official Signal: Strike the side of the knee (non-whistle side) and follow through once, keeping the head up and both skates on the ice.



Washout

When used by a referee it means the goal does not count; when used by a linesman, it means there is no icing or off-sides.

Official Signal: Both arms swung laterally across the body at shoulder level with palms down.



CHECKING FROM BEHIND

A forward motion of both arms, with the palms of the hands open and facing away from the body, fully

extended from the chest at shoulder level.