



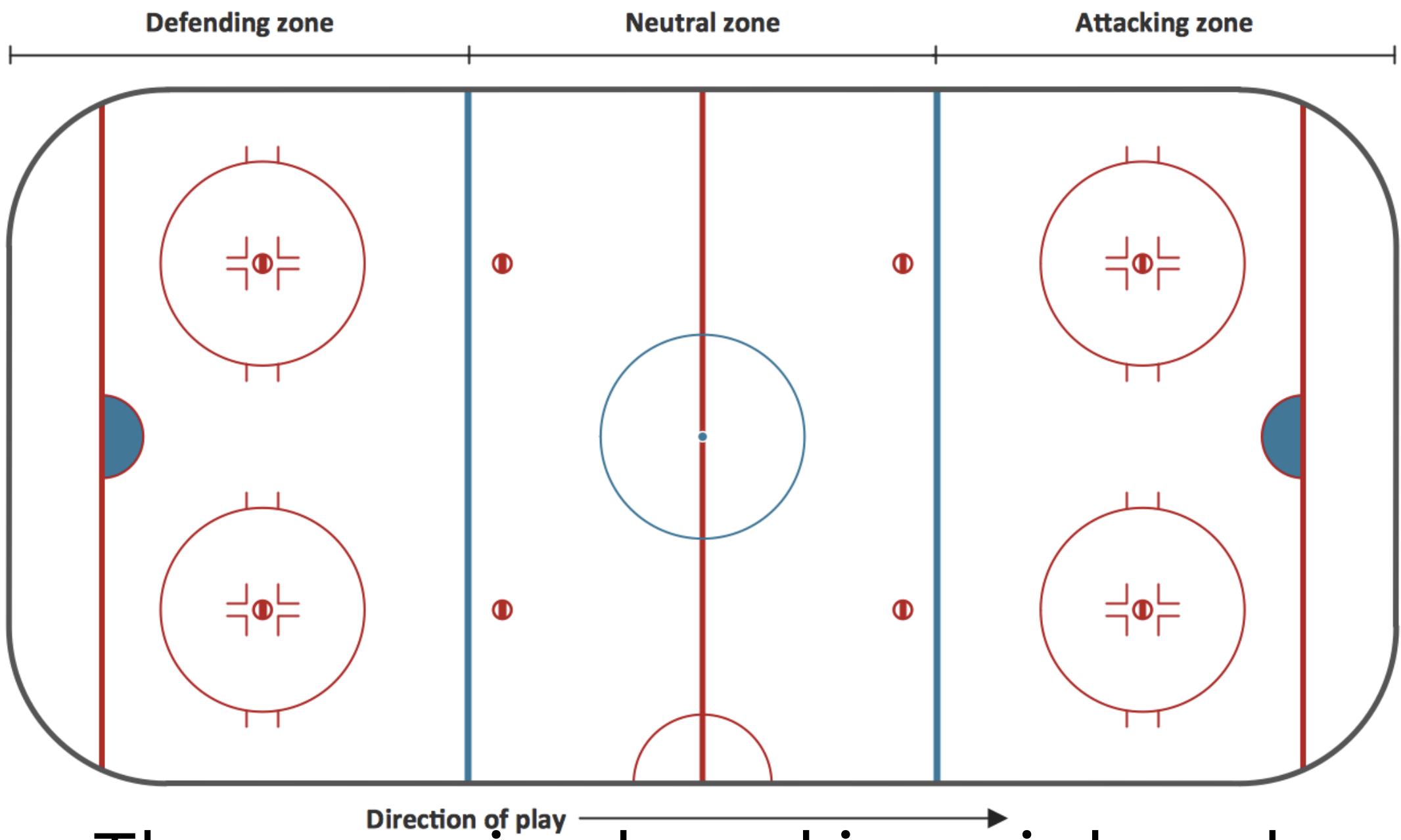
# Becoming A Hockey Official

Becoming an official in the game of hockey is both a challenging and rewarding way to give back to the game.



Since the organization of hockey into a league format in 1917, the sport has required referees to govern the game. It will be your job to carry on this long standing tradition by keeping the game both fair and safe for everyone involved.





The game is played in a rink and on ice of course. Positioning in the zones shown above are important to be able to see the play and help is available at [refcoach.ca](http://refcoach.ca)

You will be required as a referee to follow the flow of the play and call penalties if and when they occur.

Knowing and understanding the rule book in your regions governing body will be your number one priority.

Hockey is fast paced and full of surprises. Here are the skills you will require to be successful at officiating.

## **Skating**

Being a good skater will allow you be where you need to be to make calls but also will allow you to get out of situations that can arise so you don't interrupt the flow of the game.



## Confidence

Officiating requires you to make calls and stick by your decisions. Be confident in your knowledge of the rules.



## Mindset

How you approach each game will determine how the game will go for you. Be professional and stay calm no matter the situation.



Refereeing will require you to have some equipment to stay protected while on the ice from mainly the puck but also from player collisions and sticks. Here is a rundown of the equipment you will need.



## Skates

Skates are of course how you will get around on the ice. Go to a professional to get fitted with the right skate for your feet as comfort is equally as important as performance. You will be on these a lot as you progress as an official so don't go cheap here.

# Helmet

This is another piece of equipment that it is best not to go cheap on. You don't need to go top of the line as they can go as high as 500 dollars but remember this is your brain you are protecting and it is the most important tool you have!





## Officials Jersey

You will need to look the part with a hockey referee's jersey. Most sports stores with a focus on hockey will carry these and there are many brands and styles. I suggest that you opt for a jersey with snaps so you can move from referee to linesperson easily when asked. Referees wear red arm bands and linespeople do not.



## Referee Pants

There are specific pants for refereeing hockey.

Most sports stores focusing on hockey will carry these. There are many styles available from many different brands. They will always be black in color and pleated in the front. Talk to a professional and find what works for you.

While this is a personal preference I also recommend a paddle girdle as well as elbow and shin pads. Trust me you won't regret it!



There you have it,  
everything you need to  
get started in officiating  
the fastest game in the  
world! I appreciate you  
reading this ebook and I  
hope you found it helpful.  
Checkout more tips and  
coaching options at  
**[www.refcoach.ca](http://www.refcoach.ca)**