

FLORIDA PANTHERS
HOCKEY 101



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WHAT IS HOCKEY?

HOCKEY IS AN EXCITING TEAM SPORT THAT REQUIRES SKILL, STRENGTH AND TEAMWORK.

Versions of hockey include: **ice hockey, ball hockey, roller hockey, and floorball.**



ICE HOCKEY

Ice hockey is a fast, contact sport that requires players to wear ice skates and pads. Ice hockey is played on a sheet of ice including ice rinks or frozen ponds with a frozen rubber puck. Ice hockey was first developed in Canada in the 19th century.



BALL HOCKEY

Ball hockey, or street hockey, requires players to wear athletic shoes and can be played on almost any indoor or outdoor surface. Outdoor rinks, empty parking lots, blacktop playgrounds, basketball courts and indoor gyms can all become street hockey “rinks.” Ball hockey is most often played with a plastic ball.



ROLLER HOCKEY

Roller hockey is very similar to street hockey, except it requires players to wear roller blades. Roller hockey is often referred to as “inline hockey” and can be played indoors or outdoors on very similar surfaces as street hockey. Roller hockey can be played with either a plastic ball or a plastic puck.



FLOORBALL

Floorball is typically played indoors on a rubber or wooden floor and requires players to wear athletic shoes. Floorball is very different from the other versions of hockey that it uses a unique, short, and thin fiber glass stick with a vented plastic blade. Floorballs are made out of plastic and look similar to whiffle balls or pickleballs, making them significantly lighter and more aerodynamic.

OBJECT OF THE GAME

The object of the game is to score more goals than the other team by shooting the puck or ball into the opposing team’s net.

TEAMS AND PLAYERS ▶ WHAT YOU NEED

12 PLAYERS

IN THE GAME at any given time (6 per team).

The positions are ▶ **3 FORWARDS**

1 CENTER

1 LEFT WING

1 RIGHT WING

2 DEFENSEMEN

1 GOALIE

GAME FORMAT

Regulation

A regulation NHL game consists of three 20-minute periods of gameplay, including two 18-minute intermissions alternating between the periods. The team who scores the most goals in the full 60-minutes of regulation time wins.

Overtime

In the NHL, if the score is tied at the end of regulation time, the game proceeds to overtime. NHL overtime follows the “golden goal” rule—whichever team scores first wins the game immediately. During the regular season, a five-minute overtime period of 3v3 hockey is played. In the playoffs, if the game remains tied after regulation, 20-minute sudden-death overtime periods are played at 5v5 until a goal is scored.

Shootout

If neither team scores during overtime in the regular season, the game proceeds to a shootout to determine a winner. In a shootout, players from each team take alternating penalty shot attempts—one-on-one against the opposing goaltender—until one team outscores the other after three rounds. If the shootout is still tied after three rounds, then it goes to sudden death until there is a winner.



FLORIDA PANTHERS HISTORY

The Florida Panthers are the southernmost team in the National Hockey League (NHL) and play their home games in Sunrise, Florida. The Florida Panthers moved out of their first home, Miami Arena, in Miami-Dade County in 1998 and into Broward County, becoming the primary tenant of what is now known as Amerant Bank Arena.

The Panthers experienced early success, most notably during the 1995–96 season, when they made a run to the Stanley Cup Final in just their third year of existence. That season became famous for the “Rat Trick” phenomenon, in which fans threw plastic rats onto the ice in celebration, a tradition that still holds strong today.

They earned their first Presidents’ Trophy in the 2021–22 season, awarded to the team with the NHL’s best regular-season record, and claimed division titles in 2011–12, 2015–16, 2021–22 and 2023–24. The Panthers earned a trip to the Stanley Cup Final for 3 consecutive seasons (2023, 2024 & 2025) and have reached the postseason in a club-record six consecutive campaigns (2019–20 - 2024–25).

The Florida Panthers won their first Stanley Cup championship in their 30th anniversary season in 2023–24 following a thrilling seven-game Stanley Cup Final series with the Edmonton Oilers. The following season, the Panthers became just the third team in the salary cap era to win back-to-back Stanley Cups. Defeating the Oilers in a Stanley Cup Final rematch in 6 games to win their second Stanley Cup in franchise history.



FLORIDA PANTHER FUN FACT

The Florida Panther is the official state animal of Florida.

Breakaway

OFFICIAL PUBLICATION OF THE FLORIDA PANTHERS



ALL THE HOCKEY THAT'S NEWS TO PRINT

THE RAT TRICK

THE YEAR OF THE RAT BEGINS.

An unexpected visitor sparked an unlikely legend.

The 1995–96 season marked the Florida Panthers' third year in the NHL. The team was a gritty mix of seasoned journeymen and eager rookies, anchored by All-Star goaltender John Vanbiesbrouck. On October 8, 1995, as the Panthers prepared for their home opener against the Calgary Flames, an unexpected visitor sparked an unlikely legend. A rat scurried into the locker room, startling several players. Scott Mellanby reacted instinctively, whacking the rat with his hockey stick and sending it flying across the room. He then stepped onto the ice and scored two goals in a 4–3 victory—Florida's first win of the season.

After the game, Vanbiesbrouck recounted the bizarre pre-game moment to reporters, joking that while Mellanby didn't score a hat trick (three goals in one game), he did manage to score a "rat trick."

At the Panthers' next game, a fan—amused and inspired by the story—tossed a plastic rat onto the ice after a Florida goal. The tradition caught fire. As the team surged up the standings, thousands of plastic rats began raining down in celebration after every goal. Riding the wave of fan enthusiasm and the energy of the "rat trick," the Panthers qualified for the playoffs for the first time in franchise history, capping the season off by making an electrifying run all the way to their first-ever Stanley Cup Final.

Decades later, the legacy endures. The rats continue to fly at Amerant Bank Arena, fueling the crowd, sparking the players, and keeping the legend of the rat trick alive. Winning back-to-back Stanley Cups. They defeated the Oilers in a Stanley Cup Final rematch.



NHL HISTORY

The National Hockey League (NHL) was founded in 1917 with the dissolving of its predecessor, the National Hockey Association (NHA). Between 1917 and 1942, the league fluctuated between three and ten teams before stabilizing with the formation of the "Original Six" in 1942—a pivotal moment in shaping the modern NHL. In 1947, the NHL reached an agreement with the Stanley Cup trustees, gaining full control of the Cup to serve as the league's official championship trophy starting in 1948. From 1967 to 1979, the NHL underwent rapid expansion. In 1967, the league doubled in size, growing from 6 to 12 teams. By 1980, continued growth had increased the number of teams to 21. Expansion continued again in the 1990s, particularly into the southern United States. During this era, 9 new teams were added to the NHL, including the Florida Panthers.

Today, the NHL consists of 32 teams across the United States and Canada, making it the fourth most-watched professional sports league in North America.

NHL DIVISIONS

EASTERN CONFERENCE

WESTERN CONFERENCE

ATLANTIC DIVISION

- BOSTON BRUINS
- BUFFALO SABRES
- DETROIT RED WINGS
- FLORIDA PANTHERS
- MONTRÉAL CANADIENS
- OTTAWA SENATORS
- TAMPA BAY LIGHTNING
- TORONTO MAPLE LEAFS

METROPOLITAN DIVISION

- CAROLINA HURRICANES
- COLUMBUS BLUE JACKETS
- NEW JERSEY DEVILS
- NEW YORK ISLANDERS
- NEW YORK RANGERS
- PHILADELPHIA FLYERS
- PITTSBURGH PENGUINS
- WASHINGTON CAPITALS

CENTRAL DIVISION

- CHICAGO BLACKHAWKS
- COLORADO AVALANCHE
- DALLAS STARS
- MINNESOTA WILD
- NASHVILLE PREDATORS
- ST. LOUIS BLUES
- UTAH MAMMOTH
- WINNIPEG JETS

PACIFIC DIVISION

- ANAHEIM DUCKS
- CALGARY FLAMES
- EDMONTON OILERS
- LOS ANGELES KINGS
- SAN JOSE SHARKS
- SEATTLE KRAKEN
- VANCOUVER CANUCKS
- VEGAS GOLDEN KNIGHTS

BEFORE YOU START

HOCKEY STANCE

The hockey ready stance is an offensive and defensive posture assumed to prepare for situations and quick reactions in hockey.

Knees Bent

Bend your knees, keeping your lower body closer to the floor.

Stick Position

Hold your hockey stick with both hands, positioning the stick in front of you with the blade on the floor.

Head Up

Position your head up with your eyes focused on the play.

Center of Gravity

Keep your center of gravity low, leaning forward from the waist.



GO CATS FUN FACT

The Panthers became the third team in the salary cap era to win back-to-back Stanley Cups.

WINNING IN 2023-24 AND 2024-25.



USING YOUR DOMINANT HAND

You will want to hold a hockey stick with both hands, shoulder width apart and keep a firm but relaxed grip on the stick.

Top Hand - Dominant Control

Grip the top of the stick and have it stay in place at all times. Usually with your dominant hand.

Bottom Hand - Support and Power

Usually with your non-dominant hand, grips the middle of the stick and can slide up and down depending on where the puck/ball is located. Your palm should face your body.

*IMPORTANT TIPS FOR BEGINNERS

Everyone's different. If your hand placement feels awkward, don't be afraid to switch it up. Comfortability is most important, the correct grip is whatever works for YOU!

Hand Placement

Hands should be placed shoulder width apart.

Stick Length - With a Traditional Hockey Stick

When standing upright, the top of your hockey stick should reach somewhere between your chin and nose level.

Stick Length - With a Floorball Stick

When standing upright, the top of your floorball stick should come to or just below your sternum.



HOW TO PASS

Passing the puck/ball is a simple forehand or backhand motion with two hands on the stick and the puck/ball near the center of the blade on your hockey stick.

Body Positioning

Have a balanced stance with your feet shoulder-width apart and knees bent.

Passing Technique

Pass the puck/ball with proper force and timing, to do so you must consider the position of your teammate.

Accuracy and Follow-Through

Transfer your weight from back foot (foot on the side of your blade) to front foot, pushing the puck/ball forward. To aim your pass, lead with the blade of your stick, pointing it toward the target.

HOW TO SHOOT

In hockey there are four types of shots that can be used; wrist shot, snap shot, slap shot, & backhand. All types of shots require technique, positioning and aiming.

Winding Up

Bring the stick behind your body and your weight on your back foot.

Follow Through

Swinging your stick forward, shift your weight onto your front foot, following through bringing the stick all the way through the front of your body.

Aim

Aim for a specific spot on the net and release the puck/ball towards that spot.



HOW TO STICKHANDLE

Stickhandling is the skill of controlling and maneuvering the puck/ball while using your hockey stick.

Puck/Ball Control

Use the blade of your stick to make controlled movements to guide the puck/ball.

Stick Movements

Roll your wrists back and forth to keep the puck/ball moving and changing directions.

Awareness

Keep your head up, avoid staring at the puck/ball. Keeping your head up you can anticipate the movement of teammates and opponents.

PASSING

OBJECTIVE

The objective of passing in hockey is to get the puck/ball from one place to another. Body position, accuracy and follow-through are all essential components to making a good pass.

BASICS

Stance

The player should have their feet shoulder-width apart. The knees should be slightly bent, and the player should be leaning slightly forward. You should always be facing the person or target you are trying to pass towards.

Grip

The player should grip the stick firmly with both hands, with the top hand near the top of the stick and the bottom hand lower down, about shoulder-width apart.

The Pass

The player should bring the stick back behind their body, keeping their eyes on the person or target they are intending the pass for. The puck/ball should stay on stick blade.

Follow-Through

The player will glide the puck/ball from the back of the body, forward, releasing the puck/ball. The passer's arms should come fully out in front of their body and almost point to where their pass is heading towards. This will help to maintain accuracy and generate more power.

Catching The Pass

The opposite player should be facing the passer with their feet shoulder-width apart. They should have both hands on the stick also shoulder-width apart. The player receiving the pass must have their stick on the floor to give a target for the passer. When you receive the puck/ball, you will glide the puck/ball back into your body to gain control.

TECHNIQUES

Forehand Pass

The desired result is a sweep and follow-through toward the intended target with the front (curved) part of the stick blade. The puck/ball should begin near the heel of the stick and roll down the blade as the stick is swept forward.

Backhand Pass

The desired result is a sweep and follow-through toward the intended target with the back part of the stick blade. The puck/ball should begin near the heel of the stick and roll down the blade as the stick is swept forward.

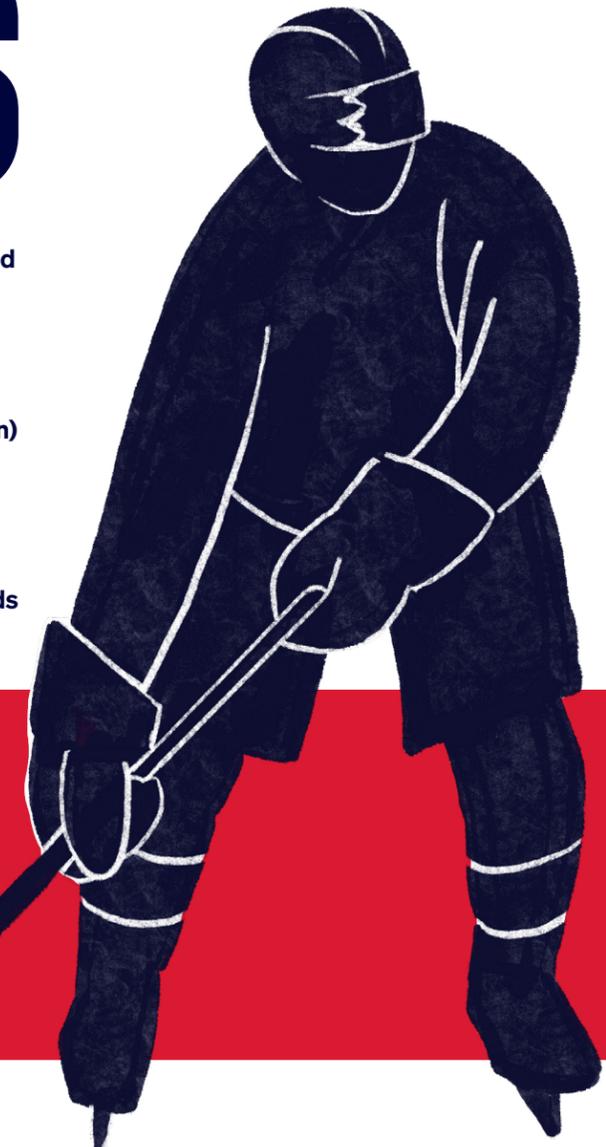
Off the Boards/Wall Pass

The desired result is a sweep and follow-through toward the wall/boards with the intention that the puck/ball will reach the target you are trying to hit. First, you need to find a point on the wall/board that you are wanting to hit. Then proceed to have the puck/ball begin near the heel of the stick and roll down the blade as the stick is swept forward, hitting the intended point on the wall. The result should be the puck/ball hitting off the board/ wall, redirecting to the player you were wanting to pass towards.

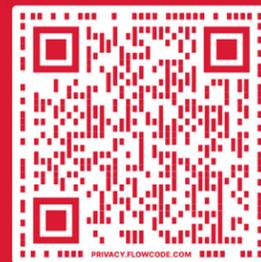
BODY POSITION, ACCURACY AND

PASSING TIPS

- ☀ The head is up with the eyes focused on the target.
- ☀ The blade of the stick should “cup” the puck/ball.
- ☀ Use a sweeping (not slapping action) to pass the puck/ball.
- ☀ The puck/ball moves from the heel to the toe of the blade.
- ☀ Follow through low, pointing towards the intended target.



NEED
DRILLS?



FOLLOW-THROUGH
ARE ESSENTIAL

STICKHANDLING

OBJECTIVE

The objective of stickhandling in hockey is to maintain possession of the puck/ball while you navigate around the rink and other players. Body position and control are essential components to feeling confident stickhandling.

BASICS

Stance

The player should have their feet shoulder-width apart. The knees should be slightly bent, and the player should be leaning slightly forward.

Grip

The player should grip the stick firmly with both hands, with the top hand near the top of the stick and the bottom hand lower down, about shoulder-width apart. The top hand should be slightly more gripped than the bottom.

Stickhandling

The top hand should be slightly more gripped than the bottom. The bottom hand should be looser to allow your wrists to roll with the puck/ball and give you a wider range of motion. The player should begin with the puck/ball as close to the blade as possible, in front of the body. The player will then move the puck/ball side to side, alternating from the front of the blade to the back of the blade.

TECHNIQUES

Forehand Stickhandling

Begin in the starting hockey stance with the stick and puck/ball in front of your body. Dribble the puck/ball at the heel of your blade with the toe of your blade moving in a windshield wiper motion. The puck/ball should not leave your shoulder-width stance.

Side Stickhandling

Begin in the starting hockey stance with the stick and puck/ball at either side of your body. Dribble the puck/ball at the heel of your blade with the toe of your blade moving in a windshield wiper motion. The puck/ball should not leave the side of your body. When you have finished one side, move to the other side.

Wide Stickhandling

Begin in the starting hockey stance with the stick and puck/ball in front of your body, your hands will not be shoulder-width apart. Dribble the puck/ball at the heel of your blade with the toe of your blade moving in a long windshield wiper motion. The puck/ball should move from side to side of your body with your arms extending out as far as they can go, creating the widest distance between your movements.

STICKHANDLING TIPS

- Start slow, it is important to focus on the technique first.
- Loosen the grip on the bottom hand allowing for more free range of motion.
- Work on keeping your head up and not looking down at the puck/ball.
- Try to incorporate different objects to stickhandle around.

NEED DRILLS?



SHOOTING

OBJECTIVE

The objective of shooting in hockey is to score goals by shooting the puck/ball past the opposing team's goaltender and into the net. Shooting accuracy, power, and speed are essential components of a successful hockey shot.

BASICS

Stance

The player should have their feet shoulder-width apart. The knees should be slightly bent, and the player should be leaning slightly forward.

Grip

The player should grip the stick firmly with both hands, Top hand at the top of the stick and bottom hand lower down, about shoulder-width apart.

Wind-up

The player should bring the stick back behind their body, keeping their eyes on the puck/ball. The wind-up should be smooth and controlled, with the player using their arms and upper body to generate power and shifting their weight to their back foot as they prepare to shoot.

Follow-through

After releasing the puck/ball, the player should follow through with their shot, extending their arms and stick toward the target. This will help to maintain accuracy and generate more power.

TECHNIQUES

Wrist Shot

To execute a wrist shot, the player should keep their arms close to their body and as they prepare to shoot, keep their eyes on the puck/ball. They should also transfer their weight from their back foot to their front foot and follow through with the shot to maintain accuracy. Once they begin to release, they should look up at their intended target to accurately aim their shot.

Snapshot

To execute a snapshot, the player should keep their arms close to their body and snap their wrists quickly to release the puck/ball. They should also transfer their weight from their back foot to their front foot for power.

Slap Shot

To execute a slap shot, the player should take a long wind-up and swing the stick down to strike the puck/ball. They should also lean into the shot and transfer their weight from their back foot to their front foot for maximum power.

POWER AND SPEED

SHOOTING TIPS

- Remember your stick and hand placement.
- Use your body.
- Focus on your stance and footwork.
- Shoot from different angles.



NEED DRILLS?

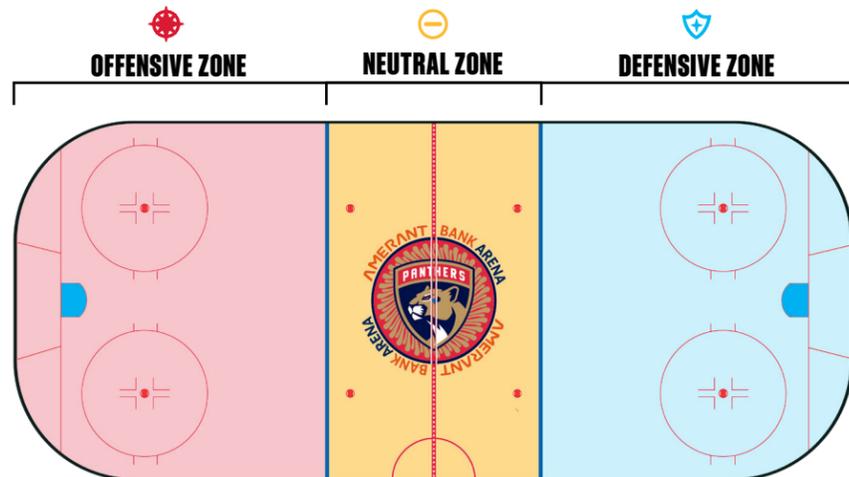


ACCURACY, POWER AND

PLAYING SURFACE

A HOCKEY RINK IS DIVIDED INTO THREE DISTINCT SECTIONS OR ZONES.

These areas are referred to as the **offensive zone**, the **neutral zone**, & the **defensive zone**.



OFFENSIVE ZONE

The offensive zone is the area from the opposing blue line to the end of the boards where your team is attacking to score goals.



NEUTRAL ZONE

The neutral zone is the middle of the rink from your blue line to the opposing blue line.



DEFENSIVE ZONE

The defensive zone is the area from the end of the boards to your blue line where you are defending your goalie.



FLORIDA PANTHER FUN FACT

The Florida Panther is classified as an endangered species with just over **200 left in the wild**.

AN OFFICIAL NHL RINK IS

200 FEET LONG

85 FEET WIDE

with rounded corners



THREE FEET HIGH PLASTIC BOARDS with shatterproof glass extending from the top surrounded the ice to keep the puck in play and protect fans.

OFFENSIVE ZONE

NEUTRAL ZONE

DEFENSIVE ZONE



THE STICK

Skater sticks are each unique to every player's individual preference. Common customizations include handedness, overall length, the curve of the blade, and the level of flex, all of which affect how a player handles the puck and takes shots. Goalie sticks are shorter than the average player stick and have a wide paddle as goalie sticks are designed primarily for blocking pucks and not shooting and passing.

THE PUCK

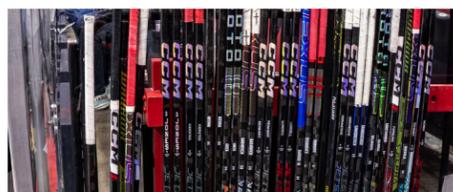
Hockey pucks are five ounces of solid vulcanized rubber, they are three inches in diameter and one inch thick. The puck is frozen before games to make it bounce resistant.

PLAYER GEAR

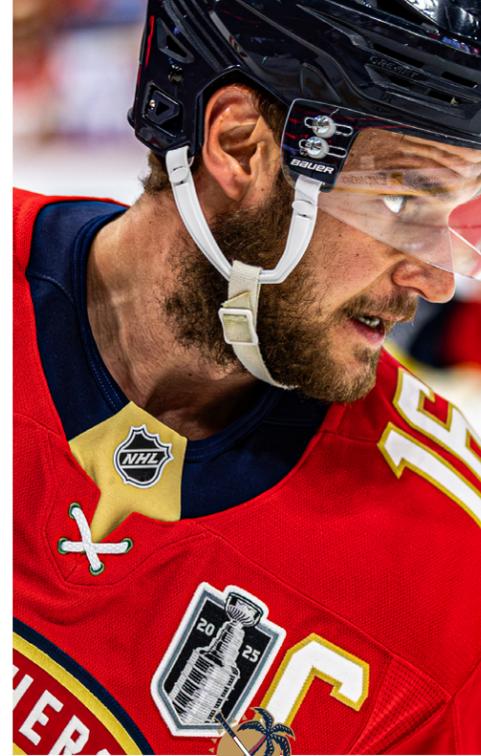
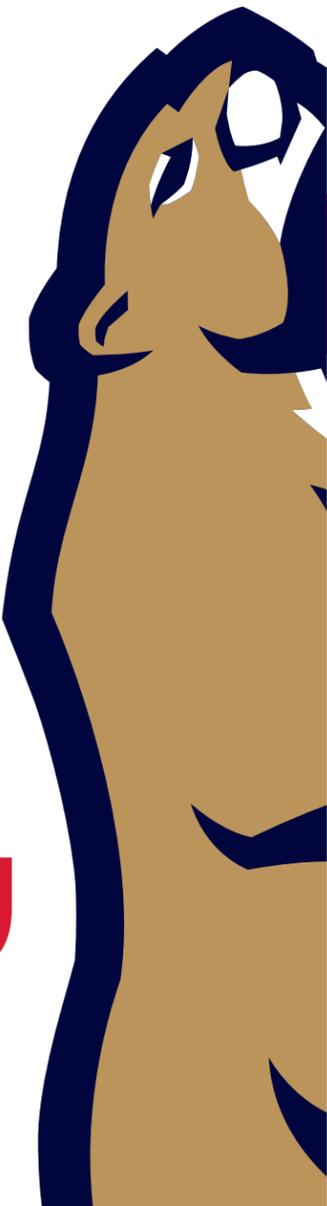
Players are required to wear helmets, shoulder pads, elbow pads, gloves, shin guards, hockey pants, and ice skates.

GOALIE GEAR

Goalies are required to wear a helmet with a full facemask, shoulder pads, arm pads, a chest protector, hockey pants and skates. They are also required to wear a blocker, glove, and leg pads.



FLORIDA PANTHERS



ALEKSANDER BARKOV
ALL-TIME LEADER IN GOALS, ASSISTS, AND POINTS
 (286-496-782) *As of 2024-25 Season

SKATER'S EQUIPMENT



GOALTENDER'S EQUIPMENT



SERGEI BOBROVSKY
MOST WINS IN A SEASON
 39 *As of 2021-22 Season

TIME TO PLAY

FACE-OFFS

Anytime there is a stoppage in play in ice hockey there is a face-off. The only face-off used in ice hockey is the standard face-off, where the referee drops the puck between two centers.

STOPPING PLAY

During a game, play can be stopped for a variety of reasons. Either after a goal, when the puck leaves the playing area, when the referee calls a penalty, when a rules infraction occurs, or to assist an injured player. When the referee blows the whistle that means to stop playing and listen for the call.

SCORING A GOAL

A player is credited with scoring a goal when he/she is the last person on the attacking team to touch the puck before it enters the opponent's net.

GETTING AN ASSIST

An assist is awarded to the players who take part in the play immediately preceding the goal. For example, often times when a player scores a goal they receive help from their teammates in the form of a pass. As many as two players can get credit with an assist of a goal.



GO CATS FUN FACT

The Panthers inaugural season was in 1993-94.



POSITIONS

Center

The center is both an offensive and defensive player. They are responsible for taking face-offs, carrying the puck into the offensive zone, and create scoring opportunities for their wingers. Centers also play a defensive role, covering the center of the ice in all three zones. Centers are the main key skaters who dictate the pace and flow of the game.

Right and Left Wingers

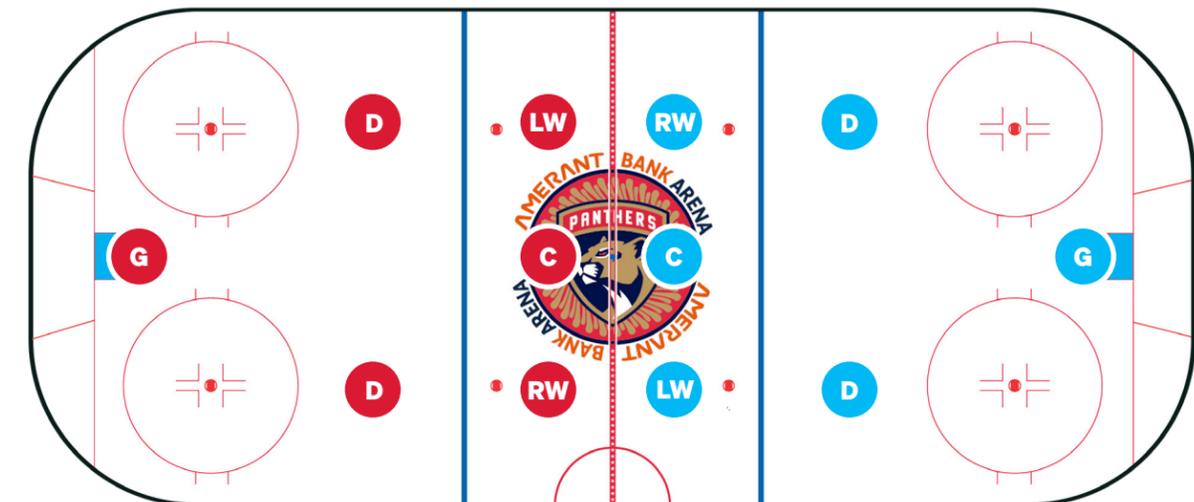
Wingers play on the right or left side of the center. They cover their areas of the ice from deep in the offensive zone, partially into their defensive zone. Wingers work with the center to create offensive opportunities; scoring goals, assists and keeping the puck in the offensive zone.

Right and Left Defense

Defense play on the right and left side of the ice, primarily in the defensive zone. In their own zone, they stay close to the goal and follow the opposing teams wingers and center so that they can help defend the goal from the opposing team. When the puck is in the offensive zone, defenders primarily stay along the blue line to help keep the puck in the offensive zone and allow the offense to try to score.

Goalie

Goalies are the last line of defense for their team. The goalie's sole job is to stay in the crease and stop the puck from going in their net. A goalie is allowed to do most anything necessary to keep the puck out of the net, including catching, grabbing, batting, or kicking the puck away from their goal.



RULES

Icing

A player shoots the puck from behind the center red line across the opponent's goal line and the puck is not reached by an opposing player until it crosses the goal line. **If the opposing team reaches the puck first, icing is called, and a face-off is held at the opposite end.** If the team that shoots the puck reaches it first after it crosses the goal line, icing is not called, and play continues. Icing is not called when the team that shoots the puck is shorthanded.

Offside

An attacking team's player completely crosses the opposing team's blue line and enters the offensive zone before the puck crosses the line. The referee will blow their whistle for a stoppage of play and drop the puck at the nearest face-off circle to where the offsides occurred.

DIFFERENT TYPES OF OFFSIDES

Delayed Offsides

When an attacking player is already in the offensive zone before the puck is, but hasn't yet been touched by them or anyone on their team. The attacking team can then "tag up" by exiting the offensive zone and then re-entering in an attempt to get the puck back, thus negating the stoppage of play.

Immediate Offsides

Occurs when a referee deems that the attacking team made no effort to prevent an offsides call from happening. When this occurs, the referee will drop the puck deep in the attacking team's zone, as opposed to above the blue line.

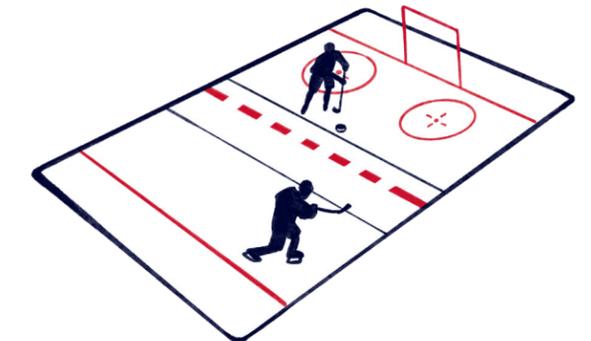
ICING

A PLAYER SHOOTS THE PUCK FROM BEHIND THE CENTER OF THE RED LINE ACROSS THE OPPONENT'S GOAL LINE.



OFFSIDES

BOTH FEET OF A PLAYER MUST CROSS THE OPPOSING TEAM'S BLUE LINE BEFORE THE PUCK CROSSES THE LINE.



PENALTIES

If you commit a penalty, you go to the penalty box for a set amount of time while your team plays with one less player. This is known as a power play for the team with one extra skater. The team playing with fewer players is on the penalty kill and they're considered shorthanded. As the shorthanded team, you are allowed to ice the puck. If a goal is scored against the team with fewer players during a minor penalty, the penalty ends immediately. If a goal is scored against the team with fewer players during a major or the first half of a double minor penalty, then the penalty does not end.

Minor Penalty

A player who receives a minor penalty must sit in the penalty box and remain off the ice for two minutes. A double minor penalty requires a player to sit in the penalty box for four minutes.

Major Penalty

A major penalty is a stronger degree of penalty for many of the same infractions that apply to minor penalties. A player who receives a major penalty must sit in the penalty box and remain off the ice for five minutes.

Misconduct Penalty

A misconduct penalty is the strongest degree of penalty. A penalty to this degree would result in the player being removed from the game for 10 minutes. An additional non-penalized player would also have to be removed from the game for a shorter period of time. If a player commits a game misconduct penalty, that player would be removed from the rest of the game entirely, and a non-penalized player would be removed from the game for a shorter period of time as well to serve their penalty.



IF YOU DO IT...

PENALTY DESCRIPTIONS



Boarding

Aggressively checking, tripping, or pushing an opponent into the boards.

Charging

Taking more than two strides or traveling an excessive distance before checking an opponent or jumping before checking an opponent.

Cross-Checking

Hitting an opponent with both hands on the stick and then extending the arms and stick while the check is being delivered.

Delay of Game

Imposed when a player or goalkeeper purposely delays the game in any way.

For example, knocking the net off or clearing the puck over the glass in the defensive zone.

Elbowing

Extending or leading with the elbow to strike an opponent.

Fighting

A punch or an attempted punch thrown by any player in the direction of an opponent.

High-Sticking

The action where a player carries their stick above shoulder height and makes contact with an opponent. If play results in an injury, the penalty can be increased.

Holding

Using your hands to grasp an opponent or his/her equipment, or otherwise preventing them from moving forward.

Hooking

Impeding the forward progress of an opposing player by "hooking" him/her with the blade of the stick.

Interference

Impeding the progress of an opponent who does not have the puck or who is trying to gain possession of the puck.

Kneeing

Leading with or extending their knee outwards for the purpose of making contact with the opponent.

Misconduct/Unsportsmanlike Conduct

Using abusive language or gestures or failing to follow a referee's orders.

Roughing

Shoving or being involved in a minor altercation or scuffle, a less severe form of fighting.

Slashing

The act of a player swinging their stick at an opponent, whether contact is made, or not.

Spearing

The act of poking, stabbing, or attempting to poke or stab an opponent with their stick.

Tripping

Tripping is the act of placing a stick, knee, foot, arm, hand or elbow in such a manner that causes their opponent to lose balance or fall. Other more severe forms of tripping include clipping and slew-footing.



IT'S A PENALTY
IF YOU DO IT

OFFICIAL'S ROLES & SIGNALS

LINESMAN ROLE

Responsible for enforcing rules that primarily involve the flow of play, face-offs and other infractions not related to penalties.

REFEREE ROLE

Responsible for enforcing the rules, maintaining game control and ensuring fair play. Referees are responsible for calling all penalties on the ice and goals. Referees have orange arm bands on their uniforms while Linesmen do not.

LINESMAN'S SIGNALS



Icing
Lineman's arms folded across the upper chest.



Unsportsmanlike Conduct
Use both hands form a "T" in front of chest.



Slow Whistle
Use the arm in which the whistle is not being held and extended it above the head. If play returns to neutral zone without stoppage of play, arm is drawn down the instant the puck crosses the line.



Wash-Out
Both arms swung laterally across the body with palms down. When used by the Linesman, it means no icing or offsides.

REFEREE'S SIGNALS



Boarding
Pounding the closed fist of one hand into the open palm of the other hand.



Charging
Rotating each of the clenched fist round one another in front of the chest.



Cross-Checking
A forward and backward motion with both of the fists clenched extending from the chest.



Delayed Calling of Penalty
Referee extends arm and points to penalized player.



Elbowing
Tapping the elbow of the "whistle hand" with the opposite hand.



High-Sticking
Holding both fists clenched, one above the other at the side of the head.



Holding
Clasp the wrist of the "whistle hand" well in front of the chest.



Hooking
A tugging motion with both arms, as if pulling something toward the stomach.



Interference
Crossed arms stationary in front of the chest with fists closed.



Kneeing
Slapping the knee with palm of hand while keeping both skates on the ice.



Misconduct
Place both hands on hips.



Roughing
A thrusting motion with the arm extended from the side.



Slashing
A chopping motion with the edge of one hand across the opposite forearm.



Spearing
A jabbing motion with both hands thrust out in front of the body.



Tripping
Strike the right leg with the right hand below the knee keeping both skates on the ice.



Wash-Out
Both arms swung laterally across the body with palms down. When used by the Referee, it means no goal or violation so play shall continue.





FLORIDA PANTHERS YOUTH & HOCKEY PROGRAMS

FAN CLUB

 **Panthers Kids Club**

For more information and to register visit floridapanthers.com/kidsclub

SCHOOL HOCKEY PROGRAMS

 **School Floorball Program**
MSAA Floorball League

BALL HOCKEY PROGRAMS

-  **Try Ball Hockey For Free**
-  **Learn To Play Ball Hockey**
-  **Next Step Clinics**
-  **StreetCats Scrimmage Series**

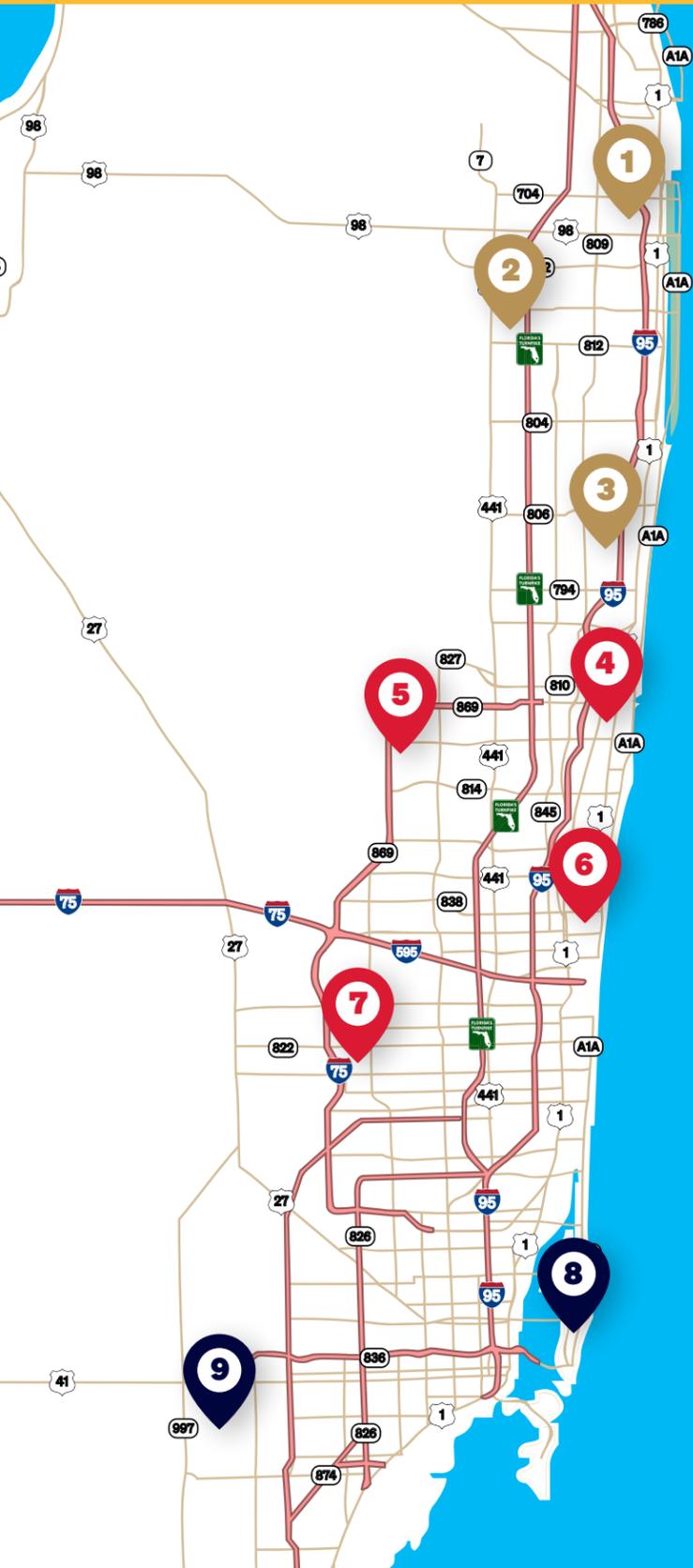
For more information and to register visit floridapanthers.com/ballhockey

ICE HOCKEY PROGRAMS

-  **Try Hockey For Free**
-  **Learn To Play**
-  **Girls & Women Learn to Play**
-  **Adult Learn to Play**

For more information and to register visit floridapanthers.com/hockeyprograms

ICE RINKS OF SOUTH FLORIDA



ICE RINKS LEGEND

- 1 Palm Beach IceWorks LLC
- 2 PALM BEACH SKATEZONE
- 3 BOCA ICE
- 4 THE RINK ON THE BEACH
- 5 PANTHERS ICE DEN
- 6 Baptist Health ICEPLEX
- 7 PINES ICE ARENA
- 8 MIAMI BEACH BARBARA MEDINA ICE RINK
- 9 MIAMI ICE ARENA

PALM BEACH COUNTY

PALM BEACH ICE WORKS
1590 North Florida Mango Rd.
West Palm Beach, FL 33409
561-656-4046 | pbiw.org

BOCA ICE
900 Peninsula Corp Cir,
Boca Raton, FL 33487
561-217-5283 | bocaice.com

PALM BEACH SKATE ZONE
8125 Lake Worth Rd.
Wellington, FL 33467
561-963-5900 | pbskatezone.com

BROWARD COUNTY

THE RINK ON THE BEACH
4601 N Federal Hwy,
Pompano Beach, FL 33064
954-943-1437 | rinkonthebeach.com

FLORIDA PANTHERS ICEDEN
3299 Sportsplex Dr.
Coral Springs, FL 33065
954-341-9956 | panthersiceden.com

BAPTIST HEALTH ICEPLEX
800 NE 8th St,
Fort Lauderdale, FL 33304
954-835-7080 | ftlwarmemorial.com

PINES ICE ARENA
12425 Taft St.
Pembroke Pines, FL 33028
954-704-8700 | pinesice.com

MIAMI DADE COUNTY

SCOTT RAKOW YOUTH CENTER
2700 Sheridan Ave,
Miami Beach, FL 33140
305-673-7767 | miamibeachfl.gov

MIAMI ICE RINK
10355 Hammocks Blvd,
Miami, FL 33196
305-386-8288 | miamiicearena.com

FLORIDA PANTHERS TEAM TROPHY SHELF

BACK-TO-BACK STANLEY CUPS

STANLEY CUP
CHAMPIONS



2024

STANLEY CUP
CHAMPIONS



2025

PRINCE OF WALES TROPHIES



1995-96



2022-23



2023-24



2024-25

PRESIDENT'S TROPHY



2021-22

MOST POINTS IN
THE ENTIRE LEAGUE

DIVISION TITLE BANNERS



SOUTHEAST
DIVISION
CHAMPIONS
2011-12



ATLANTIC
DIVISION
CHAMPIONS
2015-16



ATLANTIC
DIVISION
CHAMPIONS
2021-22



ATLANTIC
DIVISION
CHAMPIONS
2023-24



FLORIDA PANTHERS PLAYER TROPHY SHELF



MAURICE "ROCKET" RICHARD TROPHY
PAVEL BURE
(1999-00, 2000-01)



FRANK J. SELKE TROPHY
ALEKSANDER BARKOV
(2020-21, 2023-24, 2024-25)



BILL MASTERTON MEMORIAL TROPHY
JAROMIR JAGR
(2015-16)



CONN SMYTHE TROPHY
SAM BENNETT
(2024-25)



CALDER MEMORIAL TROPHY
JONATHAN HUBERDEAU
(2012-13)
AARON EKBLAD
(2014-15)



LADY BYNG TROPHY
BRIAN CAMPBELL
(2011-12)
ALEKSANDER BARKOV
(2018-19)



KING CLANCY MEMORIAL TROPHY
ALEKSANDER BARKOV
(2024-25)





FLORIDA PANTHERS HONORED PLAYERS



BILL TORREY
HHOF CLASS OF 1995 • BUILDER



ROGER NEILSON
HHOF CLASS OF 2002 • BUILDER



IGOR LARIONOV
HHOF CLASS OF 2008 • PLAYER



DINO CICCARELLI
HHOF CLASS OF 2010 • PLAYER



ED BELFOUR
HHOF CLASS OF 2011 • PLAYER



JOE NIEUWENDYK
HHOF CLASS OF 2011 • PLAYER



PAVEL BURE
HHOF CLASS OF 2012 • PLAYER



ROBERTO LUONGO
HHOF CLASS OF 2022 • PLAYER



MIKE VERNON
HHOF CLASS OF 2023 • PLAYER



RETIRED NUMBERS

FOREVER IN THE RAFTERS

HUIZENGA
37



TORREY
93



LUONGO
1





GO CATS FUN FACT

The Panthers are one of three teams with two official mascots, along with the Islanders and Jets.



