



@alireza_akbari_photographer

Iran Hockey. Newsletter

August, 2022

Issue#11

HOPE, PEACE, EQUALITY... WE LIVE THE DREAM OF THE FUTURE

IN THIS ISSUE

Another The FIRST!

The first international inter-companies ice hockey tournament in Iran

by Iran Mall Sport

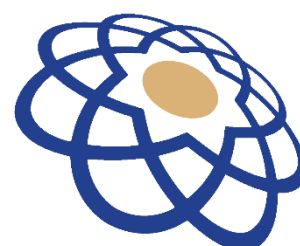
The first International Ice Hockey Tournament in Iran will be held in Tehran, in two days from Oct 26th 2022 to 27th in Iran Mall, which is the biggest brand-new shopping center in Iran. In this tournament, Iran Mall IceBox will be hosting the first ice hockey tournament in Tehran, the capital of Iran.

This tournament is organized by Federation of Amateur and Workers Sport of I.R. Iran, Iranian Association for Companies Sport, and IFITPRO Sports Holding.

Participated teams in the tournament is two teams from Russia, one from Belarus, and one team from Iran.



IRAN ASSOCIATION
FOR COMPANY SPORTS



IranMall®

ICEBOX
IRAN MALL

IFITPRO
WORLD CLASS FITNESS SOLUTIONS



ICEBOX
IRAN MALL



Looking to the future!

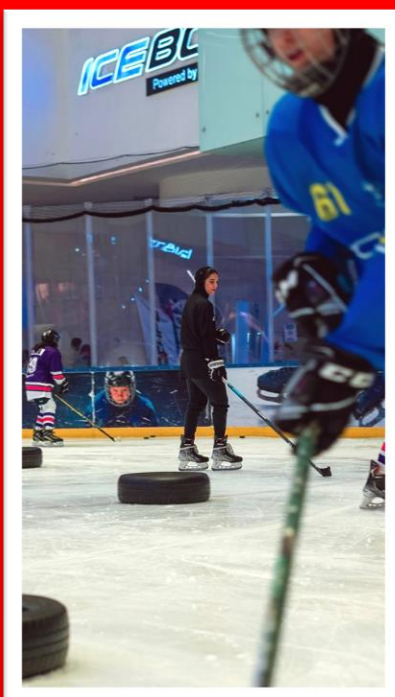
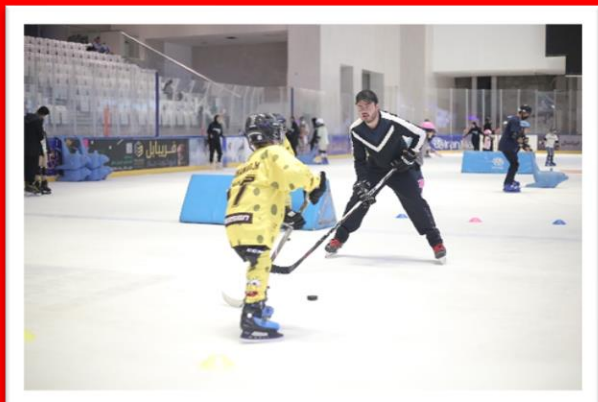
Iran Mall IceBox second anniversary

These days, many ice hockey training classes are held in Iran Mall's Icebox. After the success of the Iran national ice hockey team in the world championships, the fans of this field have multiplied in Iran, and the Iran Mall ice rink, as the only standard ice rink in the country, witnesses the attendance of fans of this exciting sport every day. Children and teenagers have a more colorful presence and the players of Iran's women's and men's national teams share their experiences with them. These kids will make the future of ice hockey in Iran!

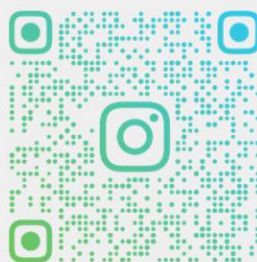


ICEBOX

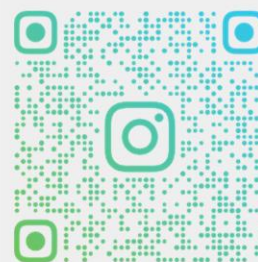
IRAN MALL



For more information, please scan QR Codes



POST SHARED ON JUN 16, 2022
BY @ICEBOX_IR



REEL SHARED ON AUG 12, 2022
BY @NEGARKHORRAMMM

Winter Sports World

Fifth Edition: Sponge Hockey

by Iran Mall Sport



Sponge Hockey - Spongee is Hockey played on foot, not skates, using a standard Hockey stick, a sponge puck, and soft soled footwear. Spongee takes the best of football, basketball, and ice Hockey in an effort to make its unique brand of Hockey. A cult sport played almost exclusively in Winnipeg, Manitoba, Canada by thousands of players in dozens of leagues. It gets its name from the puck that is used: instead of the hard vulcanized rubber puck that is used in regular ice Hockey, a soft sponge puck is used.

It is generally played on outdoor rinks and differs from ice Hockey in a number of significant ways, the most important and obvious being that instead of skates, players wear soft-soled shoes. Broom ball shoes are normally used. Players generally do not wear helmets or padding, except for goalies. Some players wear volleyball knee pads, elbow pads and/or shin pads, wearing slippery footwear on ice means that game play and strategy and skills are also different than those required in Hockey. There are usually two twenty-minute periods.



One of the original leagues was the Robertson League, named after its founder, John Robertson, who adapted Spongee Hockey and made sure that there is no contact involved. In spongee

Hockey, icing occurs only the last three minutes of the game unless the winning team is shorthanded.

Hockey sticks must be safe and can only be used if said so by the referee. No spikes or tacks on the bottom of shoes, only soft-soled rubber shoes are allowed. Broom ball shoes are normally used. Players are not allowed to use any product on the soles of their shoes that would create greater grip on the ice. Goalies are allowed to wear anything necessary when playing their position. Helmets, masks and protective eye wear are recommended. Each team must have the same color uniform with a number written on the back that is visible. The captain must have the letter "C" on front of their jersey. There is only allowed one alternate and he/she has to be identified by the letter "A" on their jersey.



Rules

Only the captain and alternate may talk to the referee while the game is in session for any clarifications. The goalie must stay in their area, they are not allowed to go past the center.

There is absolutely no body checking or any form of physical contact allowed. A warning will be issued if a player has their Hockey stick above waist level.

The key is a 20' by 20' marked box in front of the net. A player may not stand in the opposition's key for longer than three seconds. Violations of the key are not called if the puck is in the key, if the offensive team does not have control of the puck, or if the puck is on the opposite side of center.

A double minor penalty is a result of six minutes, a minor penalty is a result of three minutes, a major penalty is also six minutes plus a free shot for the other team. Players may not go back and play on the ice unless they served their penalty fully. If one of the players receives three penalties, he/she will be taken out of the game. If a team receives seven penalties it results in a penalty shot for the opposing team. The player who was on the ice while the penalty was taking place will be able to take this shot.

All faceoffs when a penalty is called will go in the defensive zone of the team taking the penalty, except when there are coincidental penalties, then faceoff is at closest faceoff circle.

If the score is tied at the end of the game, they will have a five-minute sudden victory. If the winner is still not determined there will be a shootout. The first shooters must be different and will participate until a winner is determined. If a winner is still not determined, a one for one shoot out occurs. This means that after the first team shoots, the other team has to match it, or they will automatically lose.



Equipment

It is generally played on outdoor rinks and differs from ice hockey in a number of significant ways, the most important and obvious being that instead of ice skates, players wear soft-soled shoes, also called broomball shoes (D-gel or Aacia brand). Players generally wear less protection aside from hockey helmets (visor or cage use is roughly 10-20% of players), jocks or jills, and gloves.

Most players wear lightweight D-gel branded knee pads, elbow pads, and shin pads. Extra protection such as padded shirts or roller hockey girdles have been slowly gaining popularity with grinder types of players. Some players add extensions to their sticks to allow for greater reach due to the limited mobility compared to skates. Goalies typically wear the same equipment as ice hockey with the exception of broomball shoes in place of skates.



Hockey sticks must be safe and can only be used if said so by the referee. No spikes or tacks on the bottom of shoes, only soft-soled rubber shoes are allowed. Broom ball shoes are normally used. Players are not allowed to use any product on the soles of their shoes that would create greater grip on the ice. Goalies are allowed to wear anything necessary when playing their position. Helmets, masks and protective eyewear are recommended. Each team must have the same color uniform with a number written on the back that is

visible. The captain must have the letter "C" on front of their jersey. Up to two alternates are allowed and they must be identified by the letter "A" on their jersey.

Team composition

Each team can have a maximum of six people playing at a time. You can play in multiples of six, five, four, three or two. If there are six players against each other, seven are allowed on the ice, having one the goalie. If there is a limited number of players on a certain team, one player must become the goalie.

History

Spongee is an adaptation of road Hockey. It originated in Winnipeg, Manitoba at River Heights Community Centre, probably in the 50's. Originally, a tennis ball was used, and players wore standard winter boots. The game's appeal was twofold. First, in very cold weather feet in skates are subject to frostbite, whereas boots allowed for much longer exposure. Second, skating skills were not required, so poor, or non-skaters could play. The spongee puck originated when someone took a red, white and blue ball and cut out the center, leaving a rude approximation of a standard Hockey puck.

End result

If the score is tied at the end of the game, a five-minute sudden victory

overtime will be played. If a winner still cannot be determined, the game will be decided by a three-round shootout. The shootout consists of each team taking three penalty shots on the opposing goalie. A single player may not take more than one of the initial three shots (i.e., three different players must be selected by each team). If a winner is not determined after each team has taken three shots, the shootout proceeds to the "one for one" stage. In this stage, each team puts forth one shooter to take a penalty shot. This stage repeats until one team scores and the other does not. Shooters are permitted to be repeated in the "one for one" stage.





FAST FACTS

Play as a musician!

New York Rangers' player, 29-years-old Mika Zibanejad has one hand in the music industry as a DJ/Producer when he is not on the ice scoring anywhere from 37 to 56 points. Although He's originally from Stockholm, Sweden but has an Iranian father and a Finnish mother. In 2020, Mika scored 5 goals in one game and he's the latest player to do so...

After 112 Years

We became a member of the:
**International Ice Hockey
Federation**

FOR MORE INFORMATION

Contact Iran Mall IceBox:

https://www.instagram.com/icebox_ir/

+9821 28424862

WhatsApp: +989339062383

It's not necessarily the
amount of time you spend
at practice that counts;
**it's what you put
into the practice.**

– Eric Lindros





Mohammad SHAHIDI

Born: Wednesday, August 23, 1989

Birthplace: Tehran, IRI

H: 184 Cm

W: 88 Kg

1. Please introduce yourself?

I am Mohammad Shahidi, Iran's NT Speed Skating player

3. Does anyone else in the family follow sports seriously?

My elder brother is one of the country's champions in judo and kickboxing

4. When did you start your sports activities?

I started playing professional sports when I was 7 years old. I started speed skating with Behrouz Mohammadzadeh, and started playing hockey under supervision of Ramin Atiqechi

5. How many days a week do you exercise?

Every single day. In my opinion, speed is the result of effort, and we should be able to reach speed for any sport field before it.

9. Which competitions have you participated in and what ranks have

Fast as an avalanche!

An interview with Mohammad Shahidi

Iran's Men Speed Skating National Team member

by Iran Mall Sport

you obtained? Where have you traveled to?

China, Korea, Taiwan, Japan, Colombia, Germany, France, Italy, Russia, Malaysia, Cyprus, and Turkey, I participated in free travel and competitions.

10. What things or who do you owe your success?

Mr. Atiqechi, as a coach and supporter of my own personal efforts and continuing on my path by his motivation along with using my father's experiences and recently, the support of Mr. Sedghi to starting this new project, which motivated me to continue with strength again.

11. Do the available facilities in your field meet the needs of those interested?

We have only one ice rink in Tehran, Iran Mall, which is our dreams came true after many years

12. What deficiencies do you feel in your field of activity that hinder the progress of athletes?

For now, it is acceptable, but moving forward, I promise, we must think about much more facilities

13. What do you expect from the top officials of Iranian sports authorities?

Have the courage to make a decision and at the moment of making a decision consider themselves and their children as the athletes and if they did not have a problem with the decision then do it.

14. What would you do if you were the president of the federation?

I would never accept this position and I would like to be with the federation as an active member and supporter

15. What are your plans for the future? We know that you are a coach now. How serious do you take coaching?

I am constantly thinking and deciding to become a coach

16. What is the role of parents and coaches in encouraging children to play sports? How much time did your parents spend on sports?

Obviously, the role of them is very important. My parents rarely spent time for my sport and I struggled with this issue myself. They only supporting me mentally.

17. If you go back to being a child once again, would you follow this way?

I will definitely and one hundred percent make the same choice again. Thanks God for putting me into this path

18. Does the income of a national ice hockey player cover his expenses?

If the income can be achieved wisely, it can be enough, but we cannot have this idea for the public, only we can say that usually professional sports cannot be a suitable provider for them.

19- What would you be doing now if you didn't become an athlete?

I am active in commercial business and currently engaged in economic consulting for various businesses.

20. Until what age do you want to continue the championship sport?

At least 40

21. How much injury do you get?

Injuries in professional sports are inevitable, but if we follow the codes, we can minimize it

22. If you have a child, what sports field would you like him to play?

Definitely skating and definitely the speed skating discipline

**23. Do you do other sports?**

Yes, skiing, cycling, and running are also part of my life routine

24. Did sports not hinder your education progress?

Vice versa. In my opinion, education hurt my sport, and I don't know why education is very important in our society. I believe that skills and personal development are much more important than just having a degree.

25. Good and bad memories from sports?

The worst memory was in 2006, when my passport was lost before the tournament, and of course it was found after the

national team returned. My good memory is signing an important contract for the expansion of professional sports in China with Sign Spot and their all-round support for me.

28. Which of the current players do you see with a brighter future?

There are many good talents in skating. One of my students, Mohammad Soroush Mehr is one of the famous champions in the country and I personally have a deep belief in his success.

30. Popular city in Iran and the world?

Rasht in Iran and Tokyo in the world

30. Sport or Food?

Food after exercise is great

31. Popular player in Iran and the world?

Bart Swings, Belgian long track speed skater

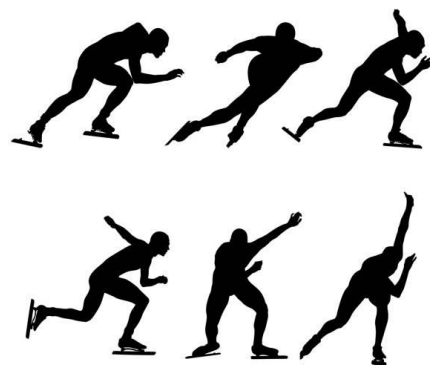
33. How much are you interested in cinema or other arts? Favorite artist?

I watch all the movies in the cinema and I watch almost all the foreign movies. My favorite actors are Mohammad Reza Golzar and Mehran Madiri.

34. The last word?

I hope those who are active in this sport consider honesty and honor and try to develop this sport.

Thank you for giving me this opportunity and I hope to see speed skating in its real position.



Iran Hockey. Newsletter

Iran Mall IceBox
Tehran, Iran



ICEBOX
IRAN MALL

