# Skills Competition- Rules and Regulations

#### **GENERAL RULES**

- NO PLAYER CAN PARTICIPATE IN MORE THAN ONE EVENT, MEANING EACH TEAM WILL PROVIDE A TOTAL OF FIVE SKATERS AND ONE GOALIE.
- PLAYERS MUST WEAR FULL PROTECTIVE EQUIPMENT, INCLUDING NECK GUARDS AND MOUTH GUARDS FOR ALL COMPETITIONS.
- All decisions made by the on-ice skills coordinator are final.

## FASTEST SKATER RELAY RACE

- EACH TEAM WILL SELECT THREE SKATERS TO PARTICIPATE IN THE FASTEST SKATER RELAY RACE.
- SKATERS WILL START AT THE CENTRE ICE LINE, AND COMPLETE ONE FULL LAP OF THE RINK CARRYING A HOCKEY STICK.
- AS THEY COMPLETE ONE LAP, PLAYERS WILL HAND OFF THE STICK TO THEIR NEXT TEAMMATE, WHO WILL COMPLETE THE NEXT LAP.
- SKATERS MUST COMPLETE THE LAP WITH THE STICK IN THEIR HAND (NO THROWING THE STICK TO THE NEXT SKATER).
- THE TEAM THAT COMPLETES THEIR RELAY THE FASTEST WILL BE DECLARED THE WINNER.

#### **PUCK HANDLING CHALLENGE**

- EACH TEAM WILL SELECT ONE SKATER TO PARTICIPATE.
- PLAYERS WILL START AT THE GOAL LINE, AND WEAVE THROUGH PYLONS AND OBSTACLES.
- IF A PLAYER LOSES THEIR PUCK, THEY MUST RETRIEVE IT AND COMPLETE THE OBSTACLE WHERE THE PUCK IS LOST BEFORE MOVING ON TO THE NEXT OBSTACLE.
- THE PLAYER THAT COMPLETES THE COURSE IN THE FASTEST TIME IS DECLARED THE WINNER.

## SHOOTOUT CHALLENGE

- EACH TEAM WILL SELECT ONE SKATER AND ONE GOALIE TO PARTICIPATE.
- THE PLAYER THAT SCORES THE MOST GOALS IS AWARDED TOP SHOOTER.
- THE GOALIE WITH THE MOST SAVES IS AWARDED TOP GOALIE

#### **U9**

- EACH SKATER GETS THREE SHOOTOUT/BREAKAWAY ATTEMPTS ON EACH GOALIE (NINE TOTAL). DO NOT SHOOT ON OWN GOALIE
- IN THE EVENT OF A GOALIE TIE, THE GOALIES WILL FACE FOUR MORE SHOOTERS (TWO PLAYERS SELECTED RANDOMLY TAKING TWO SHOOTOUT ATTEMPTS AGAINST EACH GOALIE).
- IN THE EVENT OF A PLAYER TIE, THE PLAYERS WILL RECEIVE THREE MORE SHOOTOUT ATTEMPTS (DON'T SHOOT AGAINST YOUR OWN GOALIE).
- IF STILL TIED AFTER THE THREE ADDITIONAL ATTEMPTS, THE SKATERS WILL CONTINUE WITH AN ADDITIONAL SHOT IN SUDDEN DEATH UNTIL A WINNER IS DECLARED.

## U11

- EACH SKATER GETS ONE SHOOTOUT/BREAKAWAY ATTEMPT ON EACH GOALIE (ELEVEN TOTAL). DO NOT SHOOT ON YOUR OWN GOALIE.
- IN THE EVENT OF A GOALIE TIE, THE GOALIES WILL FACE SIX MORE SHOOTERS (EACH PLAYER TAKING ONE MORE SHOOTOUT ATTEMPT). THE SHOOTERS WILL BE CHOSEN AT RANDOM BY THE ON-ICE COORDINATOR.
- IN THE EVENT OF A PLAYER TIE, THE PLAYERS WILL RECEIVE THREE MORE SHOOTOUT ATTEMPTS. GOALIES WILL BE SELECTED AT RANDOM.
- IF STILL TIED AFTER THREE SHOTS, THE GOALIES WILL SWAP AND THE PLAYERS WILL GET THREE MORE SHOTS.
- IF STILL TIED, TWO GOALIES WILL BE SELECTED AT RANDOM.
- IF STILL TIED, ONE GOALIE WILL BE SELECTED AT RANDOM.
- IF STILL TIRED, THE SHOOTOUT WILL CONTINUE SUDDEN DEATH UNTIL A WINNER IS DECLARED.