

ICING ANXIETY SIMULATION GAMES



RULES OF THE GAME

REFEREE(S)

To be a referee, one does not need to have much experience at this position, but you should understand basic hockey rules. **Please wear a watch so you can help us adhere to the Game Outline timing at the end of this document.**

These **Icing Anxiety** games are about two things:

1. For everyone, including you, to have fun, smile, laugh, and make it a day to remember.
2. Ensure everyone (kids and adults alike) understand basic rules like off-side, icing, and general positioning during faces-offs and during play. Feel free to give pointers and encouragement as you see fit using your experience of play and refereeing.

No slapshots or checking are allowed. Some of the adults are not wearing full gear so also remind players to do their best to ensure the path is clear before raising the puck.

Call off-sides or icing as you see them, a penalty if you spot one even if it looks like it was in fun, but nobody will get upset if an offside or icing is missed, or any number of calls are missed.

Also, if you are able to remember who scored and assisted on goals, you can report that info to the score keepers but it's not critical. Especially if we only have one referee. It's more for fun. Having a referee or two is just about ensuring the game is as close to real-life as possible.

We hope you will laugh and carry on with us, provide any feedback as to your experience at **Icing Anxiety** and any tips you might have to make future events even more successful.

We hope you'll consider joining us next time and even refer your referee friends.

Thank you for your participation.

Please print your name on the score sheet as part of the memory of who took part in this game.

COACHES

To be a coach, the most important experience you need is patience and compassion with people. You must also know the basic rules, but mostly you will ensure everyone changes up every 1.5-2 minutes, give them encouragement after every shift, and watch to make sure everyone is engaged and enjoying themselves and escalate to other volunteers if any issues arise like injuries, disengagement or self-doubt.

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2. Ensure everyone (kids and adults alike) understand basic rules like off-side, icing, and general positioning during faces-offs and during play. They should also feel at ease coming on and off the ice, where to sit on the bench, and changing on the fly. Feel free to give pointers and encouragement as you see fit using your experience of being a player, coach, and/or fan.

Encourage players boost their teammates on the bench, to cheer loudly for their teammates on the ice and to tap those sticks off the boards when their team scores or their goalie makes a big save.

Also, encourage them to huddle up with their on-ice team members quickly after a goal for a quick high five, and when they are around their goalie, give him or her a tap on the pads with their stick after a good save or a tough goal and let them know how great they are playing.

Having coaches for this game is meant to help everyone get a sense of what it's like on the bench and what to expect from coaches and teammates alike.

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We hope you'll consider joining us next time and even refer peers that may enjoy trying coaching on for size in a relaxed, non-competitive atmosphere.

Thank you for your participation.

Please do print your name on the score sheet before you leave as part of the memory of who took part in this game.

PLAYERS

To be a player, no prior experience is necessary. We do require that all youth under 18 wear full equipment and a full face mask, and we encourage adults to do the same although stick and CSA approved helmet will suffice. Hockey gloves and knee/shin pads are also recommended.

No slapshots or checking are allowed. Please also remember that some of the adults are not wearing full gear so also do your best to ensure the path is clear before raising the puck.

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2. Ensure everyone (kids and adults alike) understand basic rules like off-side, icing, and general positioning during faces-offs and during play. They should also feel at ease coming on and off the ice, where to sit on the bench, and changing on the fly. Feel free to give pointers and encouragement as you see fit using your experience of being a player and/or fan.

We welcome both the first time player and the professional, and ideally a good mix of the two so that new players have peers to learn from, and more experienced players can remember what it was like to be new to the game and feel good spreading on their experiences and tips to new players.

It's important to continue to have new players and volunteers to keep our leagues sustainable, but it is equally as important to ensure everyone feels welcomed, of equal value to the team, and most of all, human for the effort they put in and mistakes they may make as they learn the game as we've all made some big errors and will continue to for as long as we are involved in this great game.

Share what you love about being part of a team, the friendships you've made, memorable moments over the years, and in general try to start a conversation with the person next to you on the bench or across from you at the faceoff circles. Not everyone has an easy time starting

conversations but all it takes is a 'Hi.', 'Did you watch the game last night?', 'Do you like playing a musical instrument?', or any such ice breaker.

We hope you will laugh and carry on with us, provide any feedback as to your experience at **Icing Anxiety** and any tips you might have to make future events even more successful.

We hope you'll consider joining us next time and even refer your friends.

Thank you for your participation.

Please print your name on the score sheet before, during, or after the game as part of the memory of who took part in this game.

SCORE KEEPER(S)

We have created our own score sheet to be used as a souvenir for anyone who would like us to email them a copy, but filling it out beyond the visiting and home team rosters is not critical. Track penalties and goals for fun if reported to you and if you have time with running the clock, etc., but what's most important is the roster itself.

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1. For everyone including you, to have fun, smile, laugh, and make it a day to remember.
2. Ensure everyone (kids and adults alike) understand basic rules like off-side, icing, and general positioning during faces-offs and during play. They should also understand the basics of what the score clock tells them from what period it is, how many periods, home vs. visitors, penalty time tracking, when to go on after a penalty, etc. Feel free to give pointers and encouragement as you see fit using your experience of being a player, score keeper and/or fan.

If you can ensure everyone's name is on the sheet from yourself, the referee(s), coaches, and players that would be great.

Having a score keeper(s) is mostly to be able to simulate a real game as best we can with the score clock running, goals and penalties marked on the board, change the ends of the goalies, and the penalty box experience.

If you forget to mark a goal, change what period it is, or anything like that please don't sweat it. This should be fun for everyone including you.

We hope you will laugh and carry on with us, and provide any feedback as to your experience at Icing Anxiety and any tips you might have to make future events even more successful.

We hope you'll consider joining us next time and even refer your friends.

Thank you for your participation.

Volunteers

All that we ask of our volunteers is that you have a lot of patience to work with people. We always want our guests to feel welcomed, valued, listened to, respected, understood, appreciated, and eager to both come back and share their experience with others in a positive and memorable way.

Game Outline

4pm Volunteers will be ready to register players, accept any monetary or equipment donations, and help with the free hockey equipment bin as well.

4:30 3 dressing rooms should be available. **1. Woman/Girls, 2.Boys,** and **3.Adults.** Ensure someone in each room has a charged Bluetooth speaker to simulate the pre-game dressing room experience. *(Actual room numbers will be marked on the chalk board immediately to your right as you enter the arena area.)*

4:45 **2. Boys** dressing room will be the gathering place for the Dragons team, and the **3.Adults** dressing room will be the gathering place for the Warriors team to go over the rules above for players before the game, as well as a summary of the general game outline at the end of this handout. Make sure everyone in these rooms is decent before bringing the whole team together. Do some brief introductions of one another including a favorite pastime, food, etc. if there is time.

- 5:05** Have your team lined up at their perspective gate but make sure nobody steps on the ice before the Zamboni doors have been closed and remind players if they do, their team can get a penalty.
- 5:10** Take to the ice. Skate around your half of the ice twice, and then split your team into two and have each group take a corner beside your goalie. Take turns having one player go up to the red face-off dot in the neutral zone, turn back towards their goalie, accept a pass from the adjacent corner from where you started, and then take a shot on your goalie. Go back to the end of your line after you take a shot. Have the two corners take turns until the whistle blows or everyone has had one shot on net – whichever is faster. When the referee blows the whistle or when everyone has had their shot, quickly make sure all pucks are brought back to your coach.
- 5:15** The referee will blow the whistle at this time or when he/she sees both teams lined up and ready at centre ice, and ask that both teams line up in line with the two nets, shake hands, and wish everyone a good game, followed by doing the same with the bench coaches of the opposite team.
- 5:20** Face-off time. (or sooner if the above events occur in less time) Everyone takes the bench except the first lines from each team. If in doubt, ask your coach anything.
- 5:50** Have players gather at centre ice in front of the scorekeeper box facing the stands, to have all players, coaches, scorekeepers and any other volunteers huddle together for a photograph to capture this memory. The referee will take this picture from the centre ice circle. Then, have the players and the referee all gather at the centre face-off circle with their backs facing the fans, to capture the audience as well. This photo can be taken by a coach or a scorekeeper.
- 5:55** If any time remains, players can continue to play until the Zamboni operator asks us to leave the ice. Perhaps a simultaneous shootout could occur at both ends until time is called.
- 6:00** After the Zamboni asks everyone to clear the ice, everyone gather in the dressing room they were in just before the game to have a quick post game chat including ensuring everyone had a fun time, what it meant to have so much support today, thank them for joining us and to stay tuned for future events. Please also welcome and encourage feedback from the players as well.

Once this chat is done, everyone goes back to their dressing room to get changed. Please check to make sure you or anyone else doesn't leave anything behind. If they do, please return any items to an **Icing Anxiety** volunteer and we will reach out to find its respective owner.

Please pick up any garbage, shin pad balls, broken sticks, etc. and throw them in the provided garbage bins in each room before you leave.

Periods

All 3 periods will be 10 minutes of running time. If time still remains in the 3rd period by 5:50, ensure the photographs are taken and then complete the game if time permits.