

FROST CUP SKILLS SHOWDOWN!

LETHBRIDGE, ALBERTA

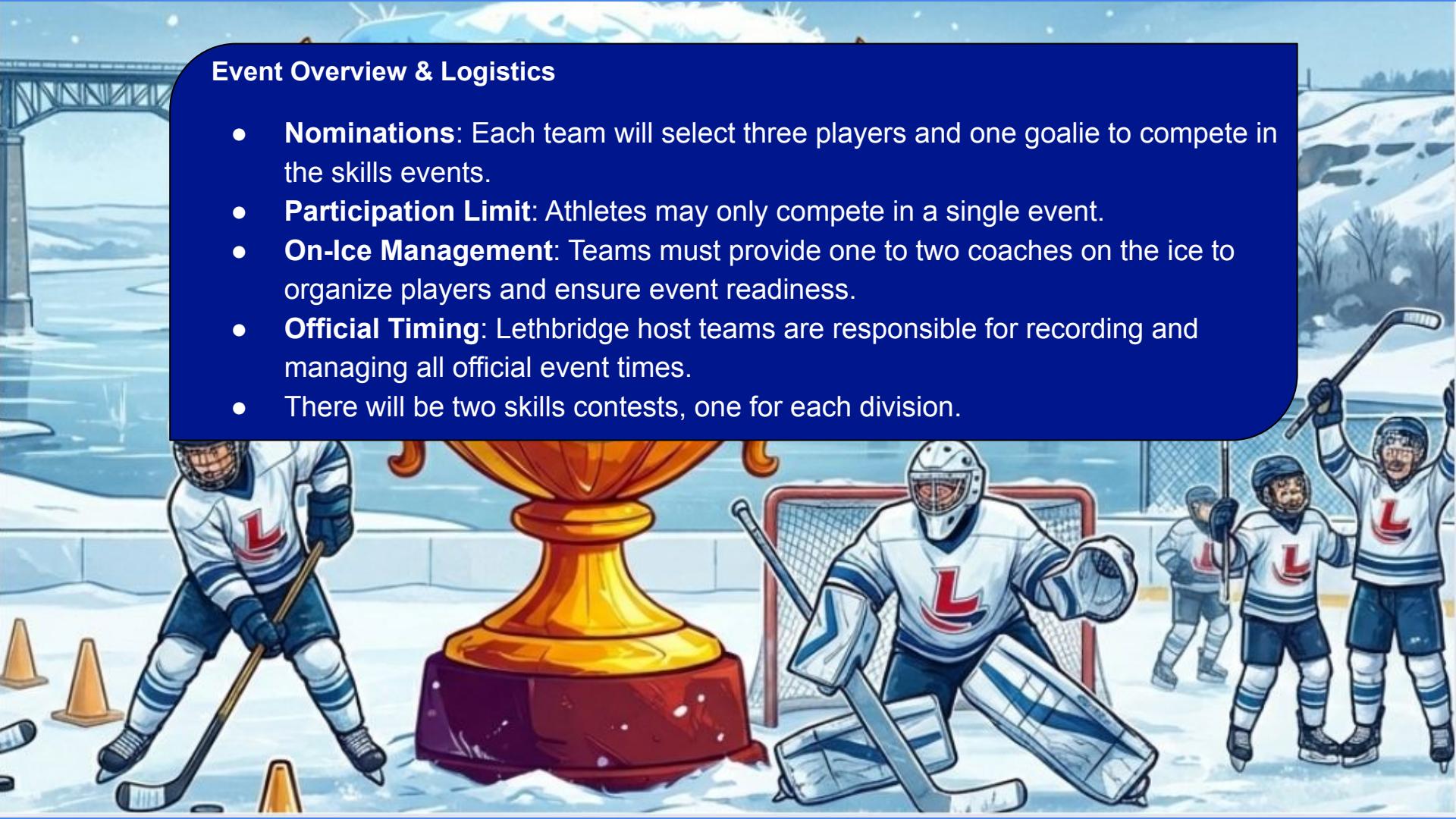


YOUTH HOCKEY

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Event Overview & Logistics

- **Nominations:** Each team will select three players and one goalie to compete in the skills events.
- **Participation Limit:** Athletes may only compete in a single event.
- **On-Ice Management:** Teams must provide one to two coaches on the ice to organize players and ensure event readiness.
- **Official Timing:** Lethbridge host teams are responsible for recording and managing all official event times.
- There will be two skills contests, one for each division.



Important Details & Deadlines

- **Team Selection:** It is recommended that teams host an internal skills competition prior to the tournament to select their representatives.
- **Registration:** Final player lists by event must be submitted to Imha.stevensample@gmail.com by **February 6th, 2025**.
- **Team Spirit:** Teams are encouraged to wear their jerseys and cheer loudly for their teammates from the stands.
- **Awards:** Winners in every age group will receive the **Frost Cup Award**.



Fastest Skater

- **The Course:** Players start at the red line, skate around the pylons, and finish at the designated marker.
- **Round 1:** Every player completes one timed lap, with the top two skaters advancing to the finals.
- **Recovery:** In Round 1, a player may restart their attempt once if they fall.
- **Final Showdown:** The two finalists compete head-to-head; the first to cross their finish marker is the winner.
- **Regulations:** Skaters must remain within the cones, and no restarts are allowed in the final except for a false start.



Agility Skater

- **The Course:** Players accelerate from the finish lane to the goal line, pick up a puck, weave through the agility course, and finish with a straight sprint.
- **Round 1:** Athletes complete one timed run; the two fastest times advance to the Final Showdown.
- **Final Showdown:** The finalists compete in a head-to-head match to determine the winner.
- **Handling Errors:** If a puck is lost, the player must retrieve it and continue from where they lost control.
- **Cone Navigation:** If a cone is missed, the player must return to complete that specific cone before continuing.



Shootout – Player Rules (Round 1)

- **Grouping:** Players are divided into two groups, ensuring teammates are placed in different groups.
- **Format:** Every player gets one shot on each goalie assigned to their side.
- **Execution:** Athletes must maintain continuous forward motion with the puck in motion at all times.
- **Technical Saves:** If the puck stops, the player skates backward, or the shot misses the net, it is recorded as a save.
- **Advancement:** Sudden-death shootouts are used if players are tied after initial rounds.



Goalie - Shootout (Round 1)

- **Goalie Workload:** Each goalie faces approximately five to six total shots—one from every player on their side of the ice.
- **Scoring:** The goalie with the most saves (including missed shots) wins their group.
- **Goalie Tie-Breaker:** Tied goalies alternate facing shooters until one goalie fails to make a save, there is one goalie left in each group!



Final Showdown

- The top goalie from the group stage goes head-to-head with the top player in a sudden-death shootout, played as a best-of-three. The shooter alternates attempts between the two goalies, beginning with the goalie from the opposite side.
- **Fairness Rule:** Players are never allowed to shoot against their own team's goalie. If the top player and top goalie come from the same team, all shootout attempts will be taken against the opposing goalie only, with no alternation.

