

Hockey Nova Scotia

FHA Provincial Championship Skills Competitions

A Guide For Association Hosts

Revised January 2024



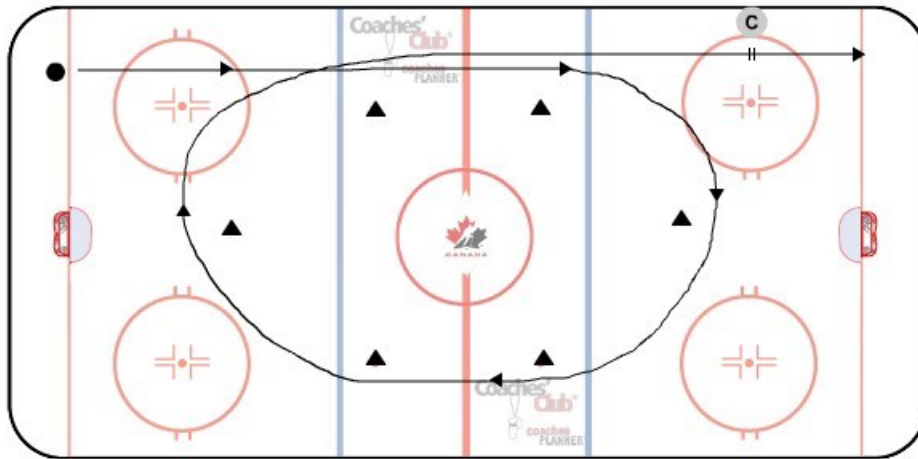
Skills Competition Guidelines

- Host associations are requested to forward a copy of this guide to each of the participating teams as soon as they are identified to enable each to conduct their own competition to determine the players who will represent their team in the Skills Competition. While each participating team may use varying processes to identify their representatives, each is strongly encouraged to enable all their players to participate in this opportunity by competing against teammates in a practice competition.
- Participating teams are required to identify one player for each competition and a player may only participate in one competition during the event.
- The timing for the Skills Competition within the overall Provincial Championship schedule can be found in the FHA Provincial Championships Hosting Guide. This guide can be found on the nsfhl.ca website under Provincials. It is strongly recommended that each host adhere to this guidance, as the timing of the event will have the least impact upon participating teams in terms of scheduling.
- Hosts should have a small group (4-5 people) of personnel who are responsible for coordinating and conducting the competition. This is necessary to ensure that all aspects of the competition are addressed and that you can complete all competitions within the prescribed timeframe.
- Players must wear full protective equipment, including neck guards, for all competitions. They must also always carry their stick during competitions.
- Hosts should enlist the help of an older player who can demonstrate each skill competition for the participants before each event.
- When conducting the competition, hosts should have a starter at the start line who signals for the participant to start by a whistle or the drop of the arm. Hosts should also have a timer at the end of the course who will accurately clock the time for each participant. The timer starts the watch when the player begins movement. The timer stops the watch as soon as the first skate crosses the finish line. Finally, it is important to have a marshal to keep the other participants organized and ready for their turn.
- When using pylons to set up a course, use a permanent Magnum Marker to mark the exact location of the pylon. This is important in the event the pylon becomes dislodged during the competition.
- If a player falls or loses the puck the first time, let them repeat. If a player falls or loses the puck a second time, they must get up and continue the competition. Make sure the player starts properly and does not start to slow down until after they have crossed the finish line.
- Hosts are responsible for providing awards for each Skill Competition event for a total of five (5) as a minimum. Hosts may choose to offer awards for runners-up at their discretion.
- To ensure uniform accuracy, time should be recorded to hundredths of a second. For this reason, it will be important to have capable timing devices on hand.
- Hosts are requested to have a program of who is participating in each event and have an announcer available to announce each player and their results as well as their score. This will add excitement to the event and make it highly enjoyable by all.

Equipment Required

- Whistles / stopwatches (have spares in case your doesn't work)
- Pylons / 100 foot measuring tape
- Shooter tutor / permanent Magnum Marker
- Clipboards / pencils for recording scores
- Skills Competition Result Worksheet for each competition - to be forwarded to HNS

Competition #1: Forward Skating



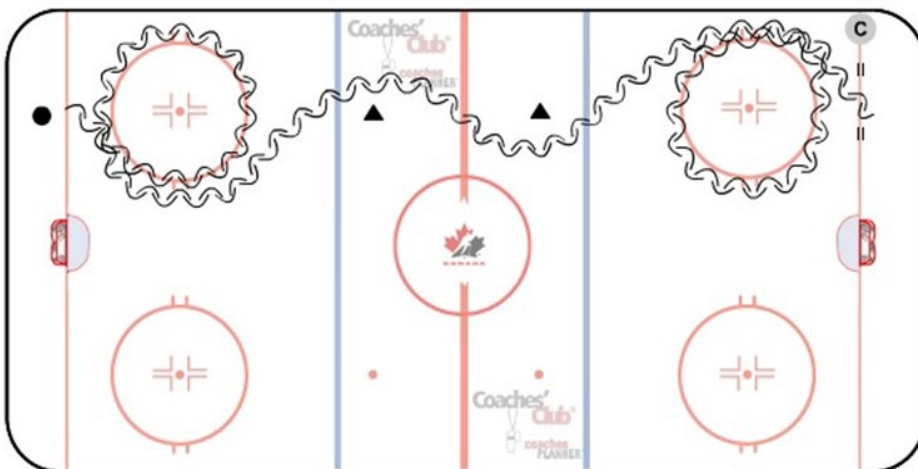
Course Instructions

- Pylons are placed on the four dots in the neutral zone as well as one at each end in the middle of the ice to create an oval. Be certain to ensure pylons are reset to their original position after each participant.
- Place the timer at the finish line with the stop clock.
- Other participants stand behind net at end of start line, waiting for turn.

Competition Instructions

- Players start behind the goal line at one end with the goal line being the clock start point.
- Players skate down the side and around the pylons in a circular clockwise direction.
- Players should stay as close to pylons as possible without going inside the circular route.
- The players skate hard to the far Hack mark which will act as the clock finish line.
- Player with best time is the winner.

Competition #2: Backward Skating



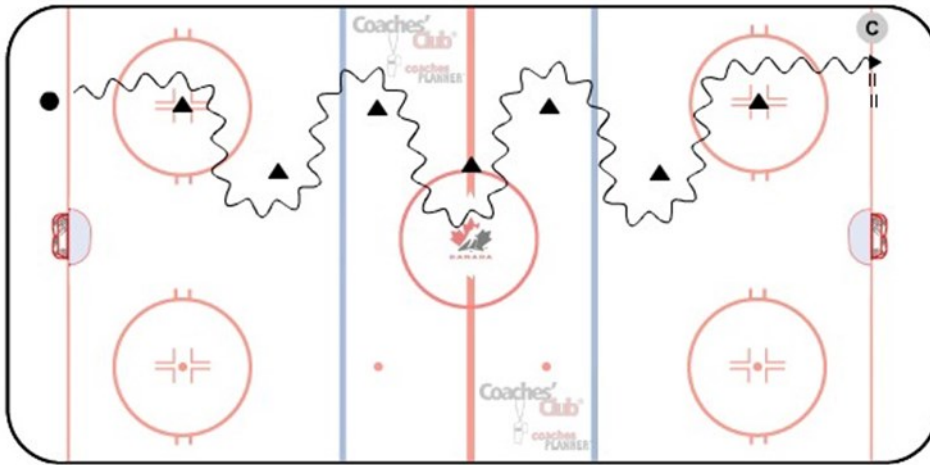
Course Instructions

- Pylons are placed on the two dots (one side) in the neutral zone. Be certain to ensure pylons are reset to their original position after each participant.
- Place the timer at the finish line with the stop clock.
- Other participants stand behind net at end of start line, waiting for turn.

Competition Instructions

- Player starts behind the goal line at one end with the goal line being the clock start point. Ensure each player starts backward facing the end boards. Do not allow player to start facing forward or sideward.
- Players skate backwards through entire course. Players skate around first circle in clockwise direction. Ensure the players stay outside the circle line and do not cut inside.
- Players skate backward through two cones in neutral zone.
- Players skate backwards around second circle in a counter clockwise direction and then across the goal line, which will act as the clock finish line.
- Player with best time is the winner.

Competition #3: Puck Handling



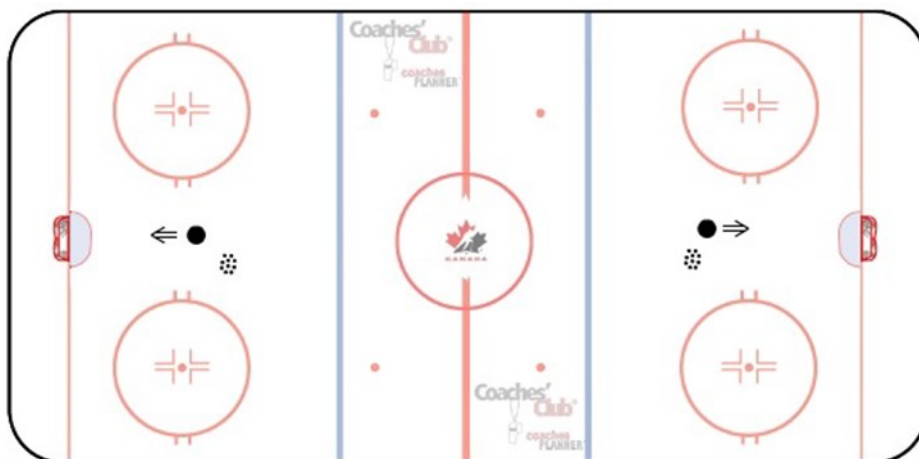
Competition Instructions

- Players start behind the goal line at one end with the goal line being the clock start point. Ensure the puck is also behind the goal line.
- Players skate through the course as shown carrying the puck on their forehand making tight turns at each cone.
- Players are not permitted to push puck ahead of themselves and must handle the puck at all times.
- Players skate across the goal line, which will act as the clock finish line.
- Player with best time is the winner.

Course Instructions

- Pylons are placed on the four dots on one side with offsetting pylons placed approximately ten (10') feet apart from the dot pylons. Be certain to ensure pylons are rest to their original position after each participant.
- Place the timer at the finish line with the stop clock.
- Other participants stand behind net at end of start line, waiting for turn.

Competition #4: Shooting Accuracy



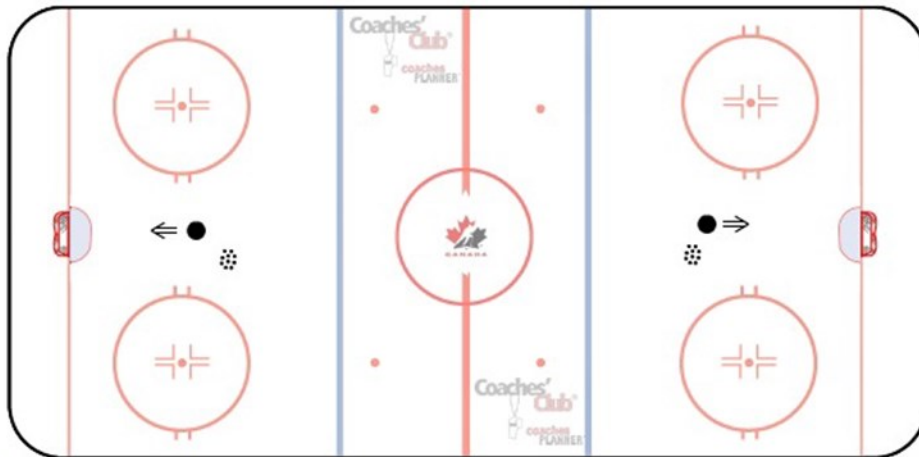
Competition Instructions

- Players are placed in slot twelve (12') feet in front of net (For varying age groups, this may be altered but must be consistent for each participant).
- Players get six (6) pucks and must shoot pucks through the top two holes or the middle hole of the shooter tutor. Shots taken along the ice will not count in lower holes.
- Allow players ten (10) seconds to compose themselves after each shot.
- Player with most shots through top holes is the winner. In the event of a tie, allow the tied players to shoot three (3) additional pucks. Continue until a winner is decided.

Course Instructions

- Pucks are placed in slot in a position so they do not interfere with participant as they shoot.
- Other participants stand at centre out of sight of the shooter and wait for turn.

Competition #3: Showdown



Course Instructions

- Five pucks are set up across the blue line.
- Other participants stand at centre out of sight of the shooter and wait for turn.
- In determining who will shoot against which goalie, a draw is conducted prior to the Skills Competition.
- In the event of a tie, the ties shooters and goalies continue another round. If no goalies are tied but shooters are, the winning and runner up goalie shall act as the goalies until the tie is broken. If no shooters are tied but goalies are, the top two shooters shall act as shooters until the tie is broken

Competition Instructions

- Players start outside the blue line at one side. Five pucks are placed across the blue line.
- Players carry the puck in and take shot on goalie. The Goalie may stay in crease until the player has crossed the blue line after which they may challenge the shooter.
- After each shot (or deke) the players skate back out and retrieve the next puck in the line and go in for next shot with five shots in all.
- It is important that the player shooting maintains continuous movement and do not stop to take a break.
- It is important that the player shooting maintains continuous movement and do not stop to take a break.
- The assigned Goaltender attempts to stop each shot and recovers for next.
- The shooter with the most goals is the winner. The Goalie with the least goals against is the winner.

NOTE: These skills competitions are a guide to assist associations. Associations may alter these competitions slightly to meet the conditions that exist at each event. It is important, however, that the following skill events and participants are included:

- Forward skating - Any skater including goalie, defence, or forward.
- Backward skating - Any skater including goalie, defence, or forward.
- Puck handling - Any skater including goalie, defence, or forward.
- Shooting accuracy - Any skater including defence or forward.
- Shootout/showdown - Any skater including defence or forward and a goalie.

In the Shooting Accuracy event, when a shooter tutor is not available, hosts should develop another method of identifying shooting accuracy (i.e. hanging targets, markings against the boards, etc.).

Some competitions may be run simultaneously or two participants may compete in the same competition at same time with courses on both sides of the ice. It is important when doing so that each course is identical to each other. Hosts will also require additional on-ice personnel when using this approach.



Provincial Championships - Skills Competition Participating Team Registration Form

Team name _____

Association _____

Coach _____

Phone _____

e-Mail _____

Participating Players

Competition Event	Name	Sweater #
Forward skating	_____	_____
Backward skating	_____	_____
Puck handling	_____	_____
Shooting accuracy	_____	_____
Showdown shooter	_____	_____
Showdown goalie	_____	_____

Signed _____

Date _____

Please forward to the Provincial Championship Tournament Chair one week prior to the tournament.



Provincial Championship Skills Competition - Results Form

Host Association _____ Division _____ Rink _____ Date _____

Player's Name	Team	Competitions				
		#1	#2	#3	#4	#5
		Forward Skating	Backward Skating	Puck Handling	Shooting Accuracy	Showdown
<i>Please print</i>	<i>Please print</i>	<i>Time/Standing</i>	<i>Time/Standing</i>	<i>Time/Standing</i>	<i>Goals For</i>	<i>Goals For/Against</i>

Signed (Coordinator) _____ Name (please print) _____ Phone _____

