

Rams Exchange		March 16th 2019			Cedar Rock Sports Plex									
		Zamboni End			Concession End									
10:25	10:30	On Ice & Position Teams												
10:30	11:00	Rams 1	vs	Rams 2		Rams 3	vs	Rams 4						
11:00	11:05	Hand Shakes & Position Teams												
11:05	11:20	Shoot Out			Shoot Out									
11:20	11:25	Hand Shakes, Position Teams, Change Teams												
11:25	11:55	Rams 2	vs	Rams 1		Rams 4	vs	Rams 3						
Exchange Guidelines					Locker Room Assignments									
<ul style="list-style-type: none"> <li>- Games will start at their scheduled times</li> <li>- Teams will shake hands during 3 minute break between games</li> <li>- After a goal is Scored: <ul style="list-style-type: none"> <li>- Scoring team goes back and touches their own net</li> <li>- Scored against team takes puck behind their own net</li> </ul> </li> <li>- No Score will be kept</li> <li>- Horn will sound every 90 seconds for line changes</li> <li>- Coaches will be on ice to facilitate play</li> <li>- Dangles and Cellys are mandatory during the shoot out</li> <li>- FUN is mandatory for everyone!</li> </ul>					<table border="1"> <thead> <tr> <th>Club</th> <th>Room</th> </tr> </thead> <tbody> <tr> <td>Rams 1 and 2</td> <td>1</td> </tr> <tr> <td>Rams 3 and 4</td> <td>2</td> </tr> </tbody> </table>				Club	Room	Rams 1 and 2	1	Rams 3 and 4	2
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