



**CCM**

**MINNESOTA HOCKEY  
HIGH PERFORMANCE 14  
DEVELOPMENT CAMP**





## **CONGRATULATIONS!**

You have been chosen **either as a selectee or an alternate** to attend the CCM Minnesota Hockey High Performance 14 MN Hockey Development Camp. The festival will be held at St Cloud State University, St Cloud, MN June 13th-17th, 2021.

**Please read the contents of this booklet carefully. Call or email Jenna Traut if you have questions.**

**TUITION:** The tuition for attending the camp is \$650 per player. Players must have been born in 2007 and played on a youth or high school team during the 2020-21 seasons. The Development Camp registration deadline is May 25th at [www.minnesotahockey.org](http://www.minnesotahockey.org). Alternates **do not** register until you are called as a replacement player. If a player leaves the camp prior to its conclusion or is dismissed there will be **no refund of tuition**.

**ROOM KEYS AND DAMAGES TO ROOMS OR FACILITIES:** Please note that St Cloud State University charges \$50 for the replacement of a lost key. It is important that your player keep track of their dorm room key at all times. Also, your player will be responsible for any damage to the dorm room or any other campus facilities. Lost key and damage charges must be paid before leaving the camp. Unpaid balances will result in a player deemed not in good standing with MN Hockey and ineligible for future programs until payment is received.

This camp is organized and conducted by administrators of Minnesota Hockey. It is through their efforts and countless hours of dedicated planning that makes this development camp a reality. **All players must be registered with Minnesota Hockey and USA Hockey.**

**DURING THE DEVELOPMENT CAMP YOU WILL BE CAREFULLY EVALUATED BOTH ON AND OFF THE ICE**

**Best of luck to each of you! Have fun!**

**Jenna Traut**  
**Program Director**  
**(320)293-1894 (c)**  
[jennatraut@gmail.com](mailto:jennatraut@gmail.com)

**Katie Windschitl**  
**Program Manager**  
**(320)492-9348 (c)**  
[kwindschitl@sfx61.org](mailto:kwindschitl@sfx61.org)

**CONDUCT:** Please consider your opportunity to participate in this camp an honor and privilege, therefore, conduct yourself accordingly. We are guests of the university and must treat all property with respect including no spitting on the floors. Keep your area clean including the dormitory, cafeteria, and arena dressing room. Do not litter anywhere on campus.

- **Be kind, courteous, and patient with all university personnel and students.**
- **All players must have their ID tags displayed at all times.**

**FAMILY CONTACT:** Your family may contact you through one of the following phone numbers.

**Shoemaker Hall 320-308-2615**

**Herb Brooks National Hockey Center 320-308-3327**

**Campus Security 320-308-3333**

**MESSAGES:** Check the bulletin board in the dormitory regularly.

**HOUSING:** All players and staff will be housed at Shoemaker Residence Hall.

**MEDICAL HISTORY:** The medical history form was completed online and will be printed by the Program Manager and used in the event of a medical situation during the camp.

**CODE OF CONDUCT POLICY:** Each player and parent were made aware of the player “Code of Conduct” during the registration process for the summer camp. Contact the Program Manager if you have any questions regarding this policy.

**FESTIVAL REGISTRATION/CHECK-IN:** Check-in will be held at Shoemaker Residence Hall Sunday, June 13, 2021 using the following schedule. **For the players a sandwich bar including beverages will be provided at the arena.**

\*\*\*\*\* **TEAM CHECK-IN** \*\*\*\*\*

- 9:30 - 10:00 a.m. Teams Royal & Sky Blue
  - 9:45 - 10:15 a.m. Teams Red & Green
  - 10:00 - 10:30 a.m. Teams Gold & White

## GENERAL INFORMATION

All participants are responsible for knowing and complying with the following.

1. **DORMITORY:**
  - a) There will be two players assigned to each room and grouped by team.
  - b) **Players will not change rooms or roommates to which you have been assigned.**
  - c) Players will inspect their rooms at check-in. A form will be provided that you must return to the check-in area after the inspection.
  - d) If damage occurs in your room report it promptly to the camp Director. Any costs involved for damage will be your responsibility.
  - e) **Do not move furniture from room to room.**
  - f) **Flush toilets and urinals, Keep your room clean, Do not litter**
  - g) Radios, etc. must be kept at room level volume.
  - h) **Sunflower seeds are not allowed.**
  - i) Dormitory doors will be locked at 10:00PM. Lights out means be in bed.
  - j) Keep room keys and ID tags on your person at all times.
  - k) **USE OF ELEVATORS IS A PRIVILEGE NOT A RIGHT. DO NOT ABUSE THIS PRIVILEGE OR THE ELEVATORS WILL BE PLACED OFF-LIMITS FOR ALL PLAYERS.**
  
2. **DAILY SCHEDULE:**

Check the daily schedule frequently as changes may occur.
  
3. **YOU MAY NOT LEAVE THE CAMPUS FOR ANY REASON!  
PARENTS PLEASE SUPPORT THIS RULE.**
  
4. **ON/OFF ICE ACTIVITIES:**
  - a) Wear all protective equipment, including mouth guards, or no ice time.
  - b) Wear your assigned jersey, socks, and caps.
  
5. **MEALS:**
  - a) You will have approximately 30 minutes each for breakfast and lunch. These meals will be served in Garvey Commons Cafeteria. **PLEASE BE PUNCTUAL** The dining area will be busy.
  - b) All players, coaches, counselors, officials, and administrators will have dinner together each evening in Garvey Commons.

- b) **COME TO DINNER AS A TEAM.** All team members must be present before a team will eat.
  - c) **WE DO NOT WEAR CAPS WHILE EATING!**
  - d) **DO NOT SKIP MEALS** Lay off the junk food. Drink good amounts of water, milk, and sport drinks. Consume moderate amounts of soft drinks.
  - e) **NO OUTSIDE FOOD ALLOWED IN THE DINING HALL OR THE RINK**
6. **INJURIES/ILLNESS:**  
We will have a Certified Athletic Trainer on our staff for your benefit. Report all injuries/illness promptly no matter how minor.
7. **GAMBLING:**  
Absolutely no gambling in any form will be allowed.
8. **IMMEDIATE DISMISSAL:**  
Any disrespect displayed toward a staff member, university personnel or another player may result in your immediate dismissal.
9. **ZERO TOLERANCE POLICY:**  
We have a zero tolerance policy in regard to behavior that is deemed to be detrimental to this camp. Use and or possession of a controlled substance including drugs and alcohol, firearms or any device that may be used to inflict bodily harm are strictly prohibited. Abusive language, fighting, or other forms of poor sportsmanship, on or off the ice, will not be tolerated.
10. **ATTENDANCE/TARDINESS:**  
Attendance at all sessions is mandatory. Excused absences will be allowed only upon the recommendation of our Athletic Trainer or an attending Medical Doctor. It is expected that you will be present at all sessions at the designated time.
11. **DO NOT BRING THESE ITEMS WITH YOU:**
- ROLLER BLADES OR SKATE BOARDS
  - PERSONAL TVs, REFRIGERATORS
  - MOTOR VEHICLES, MOTORCYCLES, ETC.
    - You are not allowed to ride in a vehicle on campus except with your parents/legal guardian on the day of arrival and departure.

12. **PRO SHOP/SUPPLIES:**

Pro-shop in the arena will be open daily for skate sharpening, purchase of tape, and SCSU hockey clothing.

13. **OFFICIAL CAMP APPAREL:**

Signature Concepts, the official Clothing vender of Minnesota Hockey, will have apparel online. All orders will be shipped to the participants homes prior to the start of camp.

## **EQUIPMENT AND PERSONAL ITEMS CHECKLIST**

### **PROTECTIVE EQUIPMENT**

- Bring all of your protective equipment
- Helmets with full-face mask must be HECC approved.
- Mouth guards are mandatory.
- All players bring sufficient sticks for the entire week.
- Minnesota Hockey will provide team colored jersey, socks, and string bag.

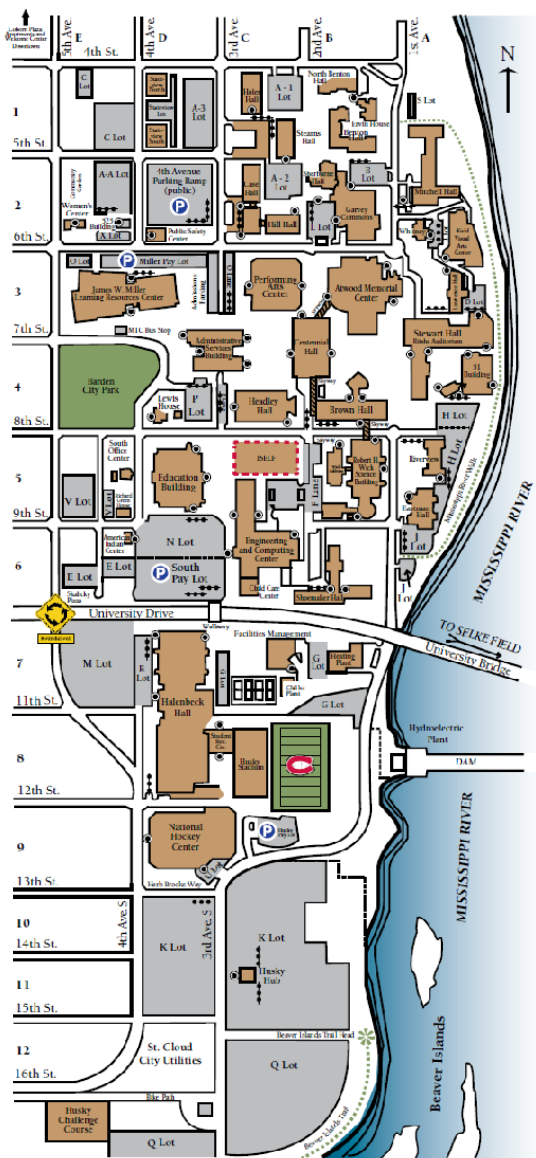
### **PERSONAL ITEMS**

- Toiletries, socks (several pair), casual pants, walking shorts, bath towels (three or four), face cloths, tennis shoes, underwear (several pair), casual shirts, alarm clock, bar soap, shampoo, deodorant, etc.
- Money. It is recommended that you bring a limited amount of cash, perhaps \$50. Use your own discretion.
- The weather will be unpredictable so bring a light jacket and sweatshirt for those chilly days. Rain is possible so rain gear is not a bad idea.
- The university will furnish the following items. Sheets, pillowcase, pillow, blanket, one towel and one face cloth.
- Cell phones are allowed but they **MUST** be turned off during classes, meetings, and meals.

- Cell phones or cameras are **NOT** allowed inside the locker rooms during the summer camp according to USA Hockey and Minnesota Hockey policies. Phones or cameras will be confiscated if found inside the locker rooms.
- **SECURITY!!!** Always be conscious of keeping your personal items and yourself safe and secure at all times whether within a building or walking on campus.



# CAMPUS MAP



## ST. CLOUD STATE UNIVERSITY CAMPUS MAP

Visit: [www.StCloudState.edu/campusmap/](http://www.StCloudState.edu/campusmap/)

### TO REACH THE CAMPUS

- **From Interstate 94:** Take Exit 171. Drive north into St. Cloud on Stearns County Road 75. At 22nd Street South turn east. At Clearwater Road turn north. Follow the signs to campus.
- **From U.S. Highway 10:** Exit west of the Granite City Crossing Bridge. Cross the Mississippi River on the Granite City Crossing Bridge. At Fifth Avenue turn south. Follow the banners to campus.
- **From the southwest (Minnesota Highways 15 and 23 and Stearns County Road 75):** All routes link with Division Street. Turn south at Fifth Avenue. Follow the banners to campus.
- **From the east (Minnesota Highway 23):** Follow Minnesota Highway 23 into St. Cloud. Cross the Mississippi River at the Granite City Crossing bridge. Turn south on Fifth Avenue. Follow the banners to campus.

### LEGEND

AS	Administrative Services, 720 4th Ave S	C4
AIC	American Indian Center, 901 4th Ave S	E6
AMC	Atwood Memorial Center, 651 1st Ave S	B3
B1H	Benton Hall, 445 1st Ave S	B1
BH	Brown Hall, 131 9th St S	B4
CPA	Coborn Plaza Apartments, 500 3rd St S	E1
CPW	Coborn Plaza Welcome Center, 355 5th Ave S	E1
CG	Community Garden	I2
CSH	Case Hall, 550 3rd Ave S	C2
CH	Centennial Hall, 201 8th St S (Husky Bookstore)	B4
ECC	Engineering & Computing Center, 910 3rd Ave S	G6
FF	Eastman Hall, 850 1st Ave S	A5
EB	Education Building, 840 4th Ave S	D3
ERH	Ervin House, 425 1st Ave S	B1
HLD	Husky Field	B8
FMB	Facilities Management, 211 11th St S	C7
GC	Garvey Commons, 577 1st Ave S	B2
HaH	Halenbeck Hall, 1000 4th Ave S	D7
HH	Headley Hall, 225 8th St S	C4
HHH	Health Center, 550 3rd Ave S	C2
HF	Heating Plant, 1025 1st Ave S	B7
HH1	Hall 1 Hall, 590 3rd Ave S	C1
HH2	Hall 2 Hall, 400 3rd Ave S	C2
Hub	Husky Hub, 1420 3rd Ave S	C11
HS	Husky Stadium, 1111 3rd Ave S	C8
ISEF	801 7th Ave S (under construction)	C5
KVAC	Kiehle Visual Arts Center, 580 1st Ave S	A2
LH	Lawrence Hall, 650 1st Ave S	A3
LEH	Lewis House, 724 4th Ave S	D4
MC	James W. Miller Learning Resources Center (library)	D3
	400 6th St S	D3
MH	Mitchell Hall, 566 1st Ave S	A2
NHIC	National Hockey Center, 1204 4th Ave S	D9
PA	Performing Arts Center, 670 3rd Ave S	C3
PR	Public Parking Ramp, 516 4th Ave So	D2
PSC	Public Safety Center, 526 4th Ave So	D2
RC	Richard Cron House, 877 4th Ave So	F5
RCH	Ritsche Auditorium (Stewart Hall)	A4
	826 1st St S	A5
R	Riverside, 826 1st St S	A5
SBH	Sherburne Hall, 525 1st Ave S	B2
SMH	Shoemaker Hall, 915 1st Ave S	B6
SOC	South Offices Center, 809 4th Ave S	E5
SVN	Stateview North, 410 4th Ave S	D1
SVS	Stateview South, 422 4th Ave S	D1
STH	Stearns Hall, 410 3rd Ave S	C1
SH	Stewart Hall (Ritsche Auditorium), 702 1st Ave S	A4
SRC	Student Recreation Center, 1111 3rd Ave S	C8
WH	Whitney House, 576 1st Ave S	A7
WSB	Robert H. Wick Science Building (Planetarium), 825 1st Ave S	B5
WC	Women's Center, 520 5th Ave S	E2
51B	51 Building, 51 8th St S	A4
525	525 Building, 525 4th Ave S	E2

Handicapped Parking  
Wheelchair Accessible Entrance  
Skyway  
Under Construction  
Public Parking



# 2021 CCM/MN HOCKEY HP 14 DAILY SCHEDULE

## SUNDAY, JUNE 13th

8:30 am Staff Check-In & 9:00 am Staff Meeting -Shoemaker Hall

### SKATERS CHECK-IN BY TEAM AT SHOEMAKER HALL

9:30– 10 am Royal & Sky Blue,

9:45–10:15 am Red & Green,

10:00 –10:30 pm Gold & White,

*Lunch provided at the rink*

### SKATERS CHECK-IN ARENA BY TEAM

10:00 – 10:15am Royal & Sky Blue

10:15 – 10:30 am Red & Green

10:30 – 10:45 am Gold & White

### PLAYERS MEET COACHING STAFF

11:00-12:30 am Lunch at the rink for players and staff

### CCM SCHEDULE

11:00-11:30 AM- Royal

11:30- 12:00 PM- Sky Blue

12:00-12:30 PM Red

12:30 - 1:00 PM Green

1:00-1:30 PM Gold

1:30 - 2:00 PM White

### SMALL AREA GAMES

12:30– 1:30 pm Royal & Sky Blue (Practice Arena)

1:45 – 2:45 pm Red & Green (Practice Arena)

3:00- 4:00 Gold & White (Practice Arena)

### GOALIE PRACTICE

4:45-5:45 pm

### DINNER (Garvey Commons)

6:00 pm - Royal and Sky

6:10 pm - Red and Green

6:20 pm - Gold and white

7:30 pm Intro mtg with team (counselors & player questionnaire)

Team Buildings

ALL PLAYERS IN THEIR ASSIGNED ROOMS 9:30pm LIGHTS OUT 10:00pm

# 2021 CCM/MN HOCKEY HP 14 DAILY SCHEDULE

## MONDAY, JUNE 14th

### WAKE UP

7:15 Everyone

### BREAKFAST – GARVEY COMMONS CAFETERIA

7:40 am - White and Royal

7:50 am - Green and Gold

8:00 am - Sky and Red

### Team Practice (White and Royal)

8:30 – 9:15 am (Dynamic Warm-up) Run by Coaches

9:30 am -10:30am Practice Rink

### Team Practice (Green and Gold)

9:30 – 10:15 am (Dynamic Warm-up) Run by Coaches

10:45-11:45 am Main Rink

### Team Practice (Sky and Red)

9:30 – 10:15 am (Dynamic Warm-up) Run by Coaches

10:45-11:45 am Practice Rink

### LUNCH – GARVEY COMMONS

11:45 am- White and Royal

11:55 am - Green and Gold

12:05 pm - Sky and Red

### TEAMS WHITE & ROYAL

12:45 – 2:15 pm Game 1 (Practice Arena)

2:30 – 4:00 pm Watch Game 2 (Practice Arena)

4-4:30 pm Dryland

### TEAMS GREEN & GOLD

12:30 - 1 pm Dryland

2:30-4:00 pm Game 2 (Practice Arena)

4:15 – 5:45pm Watch Game 3 (Practice Arena)

### TEAMS SKY BLUE & RED

12:45-2:15 Watch Game 1 (Practice Arena)

1:45 - 2:15 pm Dryland

4:15 – 5:45pm Game 3 (Practice Arena)

### DINNER 6:00 pm at Garvey Commons Cafeteria

6:00 pm - White and Royal

6:10 pm - Green and Gold

6:20 pm - Sky and Red

Goalie Practice @ 7:30-8:15 pm

ALL PLAYERS IN ASSIGNED ROOMS 9:30pm

ALL ROOM LIGHTS OUT 10:00pm

# 2021 CCM/MN HOCKEY HP 14 DAILY SCHEDULE

**TUESDAY, JUNE 15th**

**WAKE UP @ 6:30 AM Everyone**

**BREAKFAST - GARVEY COMMONS 7 :00– 7:45 am**

7:00 am - White and Green

7:10 am - Sky and Red

7:20 am - Royal and Gold

## **CCM HP 14 3 on 3 Tourney-Practice Rink**

Rules:

3 minute warm up, 10 minute halves with one minute in between

All games run on the same clock, goals scoring is kept on paper

Start playing right after a goal (official must signal goal)

Penalties-the penalized player must go for a change

If seeded games go into a tie-it's a one person sudden death shootout to determine a winner

If teams in the pool are tied, tie breaker is wins, goals for, goals against, coin flip

<u>Pool A</u>	<u>Pool B</u>	<u>Pool C</u>	<u>Pool D</u>
<u>1 = White 1</u>	<u>4= Red 1</u>	<u>7 = White 2</u>	<u>10 = Red 2</u>
<u>2 = Royal 1</u>	<u>5 = Green 1</u>	<u>8 = Royal 2</u>	<u>11 = Green 2</u>
<u>3 = Sky 1</u>	<u>6 = Gold 1</u>	<u>9 = Sky 2</u>	<u>12 = Gold 2</u>

**ALL PLAYERS IN THEIR ASSIGNED ROOMS 9:30pm**

**Lights out at 10pm**

	<u>East Side Rink</u>		<u>West Side Rink</u>	
<u>Time</u>	<u>Team 1</u>	<u>Team 2</u>	<u>Team 1</u>	<u>Team 2</u>
<u>8:15 - 8:45 AM</u>	<u>White1</u>	<u>Green1</u>	<u>White2</u>	<u>Green2</u>
<u>8:45 - 9:15 AM</u>	<u>Sky1</u>	<u>Red1</u>	<u>Sky2</u>	<u>Red2</u>
<u>9:15 - 9:45 AM</u>	<u>Royal1</u>	<u>Gold1</u>	<u>Royal2</u>	<u>Gold2</u>
<u>9:45-10:00 AM</u>	<u>ZAM</u>		<u>ZAM</u>	
<u>10:00-10:30 AM</u>	<u>Sky2</u>	<u>Gold2</u>	<u>Sky1</u>	<u>Gold1</u>
<u>10:30-11:00 AM</u>	<u>White2</u>	<u>Red2</u>	<u>White1</u>	<u>Red1</u>
<u>11:00-11:30 AM</u>	<u>Royal2</u>	<u>Green2</u>	<u>Royal1</u>	<u>Green1</u>
<u>11:30-12:30 PM</u>	<u>Lunch Garvey Commons</u>			
<u>12:45-1:15 PM</u>	<u>White1</u>	<u>Gold1</u>	<u>White2</u>	<u>Gold2</u>
<u>1:15-1:45 PM</u>	<u>Royal1</u>	<u>Red 1</u>	<u>Royal2</u>	<u>Red 2</u>
<u>1:45-2:15 PM</u>	<u>Sky1</u>	<u>Green 1</u>	<u>Sky2</u>	<u>Green 2</u>
<u>2:15-2:30</u>	<u>ZAM</u>		<u>ZAM</u>	
<u>2:30 - 3:00 PM</u>	<u># 3 Seed A v D</u>		<u># 3 Seed B v C</u>	
<u>3:00-3:30 PM</u>	<u>#2 Seed A v D</u>		<u># 2 Seed B v C</u>	
<u>3:30 - 4:00 PM</u>	<u># 1 Seed A v D</u>		<u># 1 Seed B v C</u>	

<u>Dinner @ Garvy Commons</u>	<u>4:15 - 5:15 PM</u> <u>*Head Counselor assist with</u>	<u>4:15 - 5:15 PM</u> <u>taking teams to dinner</u>
<u>5:30 - 6 PM</u>	<u>#3 seed winners</u>	<u>#3 seed losers</u>
<u>6 - 6:30 PM</u>	<u>#2 seed winners</u>	<u>#2 seed losers</u>
<u>6:30 - 7 PM</u>	<u>#1 seed winners-Champions</u>	<u>#1 seed losers-3rd/ 4th</u>

# 2021 CCM/MN HOCKEY HP 14 DAILY SCHEDULE

## WEDNESDAY, JUNE 16th

**WAKE UP** 7:45am Everyone

**BREAKFAST - GARVEY COMMONS CAFETERIA**

8:15: Breakfast Defense    8:25 Breakfast Forwards

### **Defensive Training- All Teams**

9:30 – 10:30 am (Practice Arena) (Sky 1, Gold 1, Green 1, Red 1)

10:45-11:30 am Yoga

### **Offensive Training – Sky, Gold & Royal Teams**

9:30-10:15 am Yoga

10:30-11:30 am Main Arena (Sky 30, Gold 30, Royal 1, 30)

### **Offensive Training – Green, Red & White Teams**

9:30 – 10:15 am Yoga

10:45 – 11:45 am (Practice Arena) (Green 30, Red 30, White 1, 30)

### **LUNCH – GARVEY COMMONS**

11:45 Sky and Gold

11:55 Royal and Green

12:05 Red and White

### **TEAMS SKY BLUE & GOLD**

12:45 – 2:15pm Game 7 (Practice Arena)

2:30-4:00 pm Watch Game 8

4:15-5:45 pm Watch Game 9

### **TEAMS ROYAL & GREEN**

12:45 – 2:15pm Watch Game 7

2:30-4:00 pm Game 8 (Practice Arena)

4:15-5:45 pm Watch Game 9

### **TEAMS RED & WHITE**

12:45 – 2:15pm Watch Game 7

2:30-4:00 pm Watch Game 8

4:15-5:45 pm Game 9 (Practice Arena)

### **Dinner-Garvey Commons**

6PM- Sky and Gold

6:10 PM- Green and Royal

6:20pm- Red and white

Exit Interviews with coaches    8:00 PM- Pizza Party

**Goalie Practice @ 7:30-8:15 pm**

**ALL PLAYERS IN THEIR ASSIGNED ROOMS 9:30pm**

**ALL ROOMS LIGHTS OUT 10:00PM**

# 2021 CCM/MN HOCKEY HP 14 DAILY SCHEDULE

## THURSDAY, JUNE 17th

### WAKE UP

7:45am Everyone

### BREAKFAST GARVEY COMMONS CAFETERIA

8:00 am Everyone

Exit Interviews with coaches

### PACK/CLEAN ROOM TEAMS

**CHECKOUT OF DORMITORY BEFORE GAME**

9:45 – 11:15 am TEAMS Pool A #3 vs Pool B #3 Game 10  
(Practice Arena)

### PACK/CLEAN ROOM TEAMS

**CHECKOUT OF DORMITORY BEFORE GAME**

11:30 - 1:00 pm TEAMS Pool A #2 vs Pool B #2 Game 11  
(Practice Arena)

11:30 – 1:00 pm TEAMS Pool A #1 vs Pool B #1 Game 12  
(Main Arena)

If teams in the pools are tied, tie breaker is:

- 1) wins
- 2) goals for
- 3) goals against
- 4) coin flip

## 2021 CCM/MINNESOTA HOCKEY HP14 DEVELOPMENT CAMP GAME RESULTS

GAME #	DAY	TIME	ARENA	HOME	SCORE	VIS.	SCORE

4	Mon	12:45	Prac	White		Royal	
5	Mon	2:30	Prac	Green		Gold	
6	Mon	4:15	Prac	Sky		Red	

4	Wed	12:45	Prac	Sky		Gold	
5	Wed	2:30	Prac	Royal		Green	
6	Wed	4:15	Prac	Red		White	

#3	Thurs	9:45	Prac				
#2	Thurs	11:30	Prac				
#1	Thurs	11:30	Main				

### Pool Play

**Thursday Games will be #3 seed in both pools will play, #2 seed in both pools will play and #1 seed in both pools will play.**

	<u>Gold</u>	<u>Royal</u>	<u>Red</u>	<u>White</u>	<u>Green</u>	<u>Sky</u>
<b><u>Game 1</u></b>						
<b><u>Game 2</u></b>						
<b><u>Total</u></b>						



# **Girl's HP 14 Mn Hockey High Performance**

## **CAMP Game Format**

• **5- minute pre-game warm-up**

• **Two 24 minute halves**

• **3- minute warm-up before 2nd Half**

• **Teams start at opposite end of the Team bench**

• **Goalies play only one half and alternates halves in the next game**

• **Minor Penalties are 1 minute**

• **In the instance of a Major or Misconduct, the player serves Full penalty**

• **No Special Teams let lines roll equally**

• **If tied at the end of regulation, one person sudden death shootout for the W**