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| Rams Exchange | February 23rd 2019 | Cedar Rock Sports Plex |
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|----------------|-------------|------------------------------|----|-------------|----------------|-------------|----|-------------|
| 830-855 set up | Zamboni End | | | | Concession End | | | |
| 8:57 | 9:00 | On Ice & Position Teams | | | | | | |
| 9:00 | 9:30 | Blades 1 | vs | Hawks Black | | Fox Green | vs | Rams 1 |
| 9:30 | 9:33 | Hand Shakes & Position Teams | | | | | | |
| 9:33 | 10:03 | Blades 1 | vs | Rams 1 | | Hawk Black | vs | Fox Green |
| 10:03 | 10:06 | Hand Shakes & Position Teams | | | | | | |
| 10:06 | 10:36 | Fox Purple | vs | Blades 2 | | Hawk Blue | vs | Rams 2 |
| 10:36 | 10:51 | Hand Shake ICE CUT | | | | | | |
| 10:51 | 10:54 | On Ice & Position Teams | | | | | | |
| 10:54 | 11:24 | Fox Purple | vs | Hawks Blue | | Fox Lt Blue | vs | Blades 3 |
| 11:24 | 11:27 | Hand Shakes & Position Teams | | | | | | |
| 11:27 | 11:57 | Rams 2 | vs | Blades 3 | | Blades 2 | vs | Fox Lt Blue |
| Clean up | | Hand Shakes & Off Ice | | | | | | |

- | Exchange Guidelines |
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| <ul style="list-style-type: none"> - Games will start at their scheduled times - have your teams ready to go - Teams will shake hands during 3 minute break between games - After a goal is Scored: <ul style="list-style-type: none"> - Scoring team goes back and touches their own net - Scored against team takes puck behind their own net - No Score will be kept - Horn will sound every 90 seconds for line changes - Coaches welcome on ice - Referees: <ul style="list-style-type: none"> - Will drop the puck to start each game - Will move puck to neutral ice during line changes (when possible) - In the event of "blatent" rules infraction (body check, using stick etc) referee will return player to bench for "teaching moment" with coaches. - FUN is mandatory! |

| Locker Room Assignments | |
|-------------------------|-------------|
| <u>Club</u> | <u>Room</u> |
| Fox | 1 |
| Hawks | 2 |
| Blades | 3 |
| Blades | 4 |
| Rams | 5 |