

## Adult "Pick Up Game" Hockey Nights

### Friday Nights.....

- Dec. 4 8PM
- Dec. 11 8PM
- Dec. 18 9PM\*
- Jan. 1 None
- Jan. 8 8PM
- Jan. 15 9PM\*
- Jan. 22 8PM\*
- Jan. 29 9PM\*
- Feb. 5 8PM
- Feb. 12 9PM\*
- Feb. 19 None
- Feb. 26 8PM

(\*starting immediately after scheduled game.)

General Rules: **Register at the rink (must be 18 or older to play):** Cost \$10 donation for the season payable at the concession stand. Pay before you play!

1. The proper hockey attire must be worn for safety. Helmets are required. Full Goalie gear may be borrowed.
2. You are skating at your own risk. The Benson Civic Center and the Benson Hockey Association is not responsible for accidents or injury.
3. NO slap shots.
4. NO checking. These are non-checking nights.
5. Violation of the rules will result in dismissal from the event. For more information contact Barb Schwarz 843-4412 or 320-766-8787.

6. Most pick-up hockey nights go relatively smooth. Whether you are an old timer at pick up games or relatively new there is always some standard rules to follow. Consider the following 10 tips from HockeyDirt.

1) *Pass the puck.* You might be the best player on the ice. You might be able to stick-handle through the other team at will and score, but nobody likes a puck-hog. Give it up – think of yourself as the next Gretzky, not the next Ovechkin.

2) (a) *Don't kill the goalie: The Warmup.* No goalie ever asks to have his head warmed up. Nor do they need to work out kinks in their neck or collarbone. There is no need to shoot the puck above the goalie's belly button. If you want to wire a few high hard ones, or test out your new composite stick, do it against the glass. Injuring the goalie during warmup is a big no-no.

2) (b) *Don't kill the goalie: The Game.* When the goalie puts his glove or pad on the puck stop hacking & poking. Assume the play is dead & skate away. If you are driving the net and have to choose between Bertuzzi'ing the goalie (and scoring) and going around the net (and not scoring), opt for the latter.

3) *Don't kill anybody else.* If you get the puck at the point, resist the temptation to shoot for the top corner. Ripping a shot past the ears of the guys standing in front of the net won't win you any friends.

4) *Pay up.* Some shmuck got suckered into being the guy who collects the money needed to pay for the ice – you need this person more than he needs you. Don't make him chase you down for money.

5) *Get off the ice.* If you are tired, get off ice. If you are resting your stick on your knees & sucking for air, get off the ice. If you've been on the ice for more than 2 minutes, get off the ice. If your linemates head for the bench, get off the ice. When in doubt, get off the ice.

6) *Keep it clean.* Assume the NHL rules apply to you – stop hooking, holding and water-skiing. If you trip somebody, apologize. If somebody trips, hooks or holds you, assume it was an accident.

7) *Air out your equipment.* When you were 13 it was cool to bring tears to your teammates' eyes just by opening your bag. That time has passed. Keep it clean.

8) *Don't whine about the teams.* Usually there is a wildly unbalanced talent pool so don't get bent out of shape if you do not always win. If the odd game is a little one-sided just shut-up and play harder. Consider it an opportunity to work on your defensive play.

9. *Give up your dream.* You are not going to the show. You will not be discovered by an NHL scout while playing pick-up hockey at 8PM on Friday or Sunday night.

10) *Be like Mike (Bossy).* Despite being a deadly, highlight-reel goal-scorer, Mike Bossy was always humble. Any time he scored, which was very often, he deflected attention away from himself by crediting his teammates with great plays and great passes. Be like Mike - if you score, no matter how beautiful you *think* the goal is, resist the temptation to blow an Ovechkin kiss to the (non-existent) crowd or give a Jagr salute to your (non-existent) fans. Skate over to the guy who passed you the puck, tap his glove, and get on with it.

Follow these simple rules and you will fit in right away. You will be invited back, the puck will be passed to you and you'll be invited out for a post-game refreshment. Follow these rules and you will be you will be accepted as one of the gang, even if you are a Flames fan.