

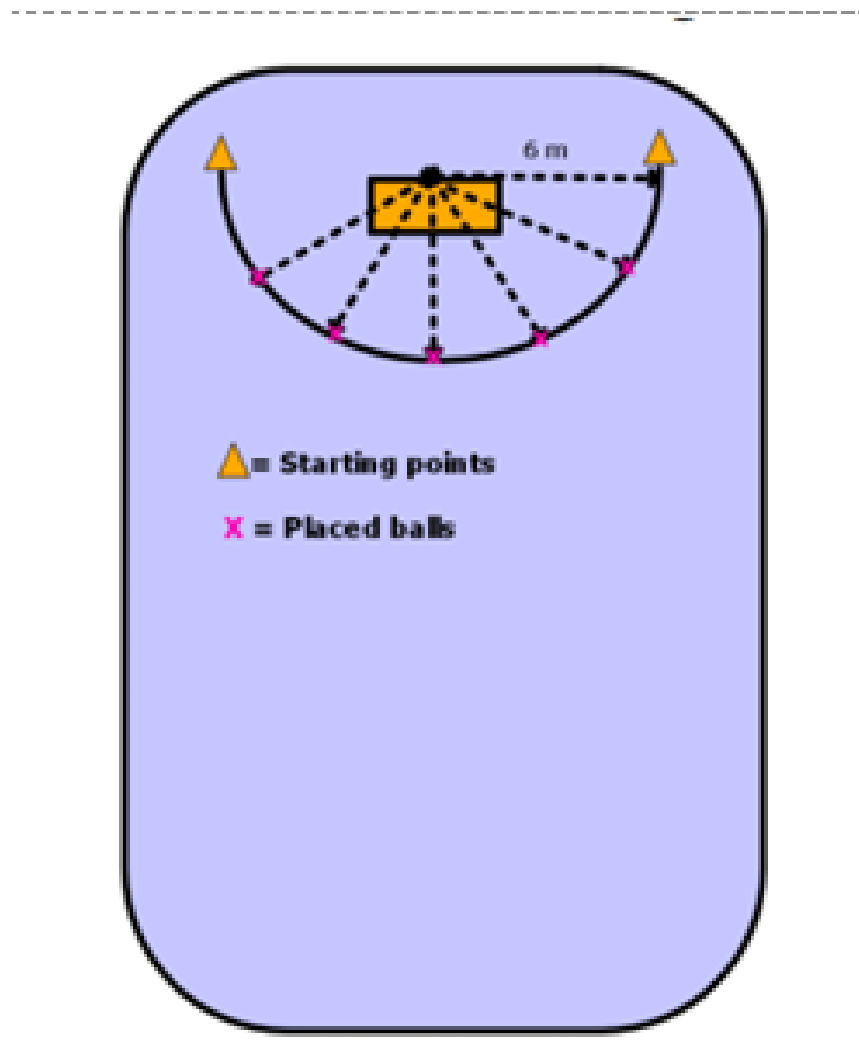
## Shoot Around the Goal:

1 round: athletes will have 15 seconds to shoot all pucks into goal

- Mark ending time for each round for tie breaker

Scoring: Place ribbons will be given by:

- Scoring: Each ball which completely crosses the goal line into the goal is worth five points. The score is the total of the five shots; 25 points maximum. (If a ball is deflected from entering the goal by a previously shot puck and the official believes it would have been a goal, then the full 5 points may be awarded).
- How many balls make it into the goal by 15 seconds

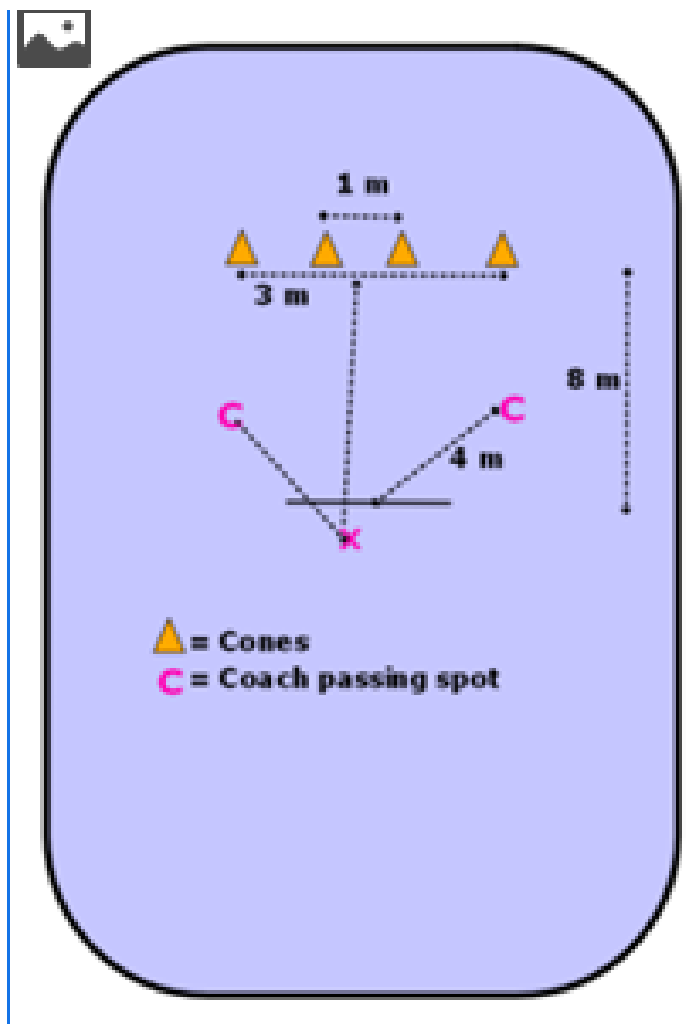


## Receiving and Passing:

Description: Athlete receives the ball from a coach, who passes the ball from the 4-meter mark, from either the left or right sides. The Athlete then makes a pass from behind a line. Athlete tries to pass the ball between cones which are placed eight meters from the passing line. 5 attempts at the skill with a maximum point value of 25 points total.

Scoring:

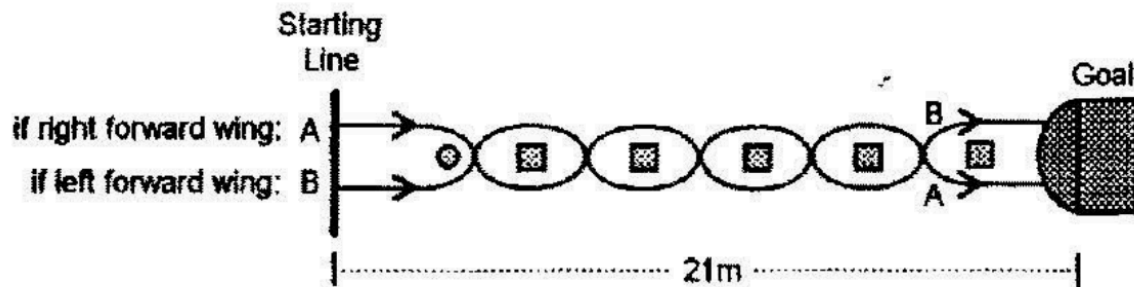
- 5 points: Control Receiving and Pass the ball in the 1-meter zone (between the center cones).
- 4 points: Control Receiving and Pass the ball in the 3-meter zone (between the two outside cones, but not in the 1-meter zone).
- 3 points: Control and Pass the ball outside of the 3-meter zone. 2 points: Control the ball, but no pass.
- 1 point: Contact or Receive but no control of ball.
- 0 points: No contact with the ball and no pass.



## Stickhandling:

Description: An Athlete stickhandles the ball from a starting line through a course defined by cones, and shoots the ball at the goal. The distance from the start line shall be 21 meters (approximately 70 ft.) . The cones shall be placed in a straight line at intervals of 3 meters (approximately 9 feet). The clock stops when the puck passes the goal line.

Scoring: The time consumed stickhandling is subtracted from 25. For any cones missed, subtract one point each. Five bonus points are given if the athlete scores a goal.



## Shoot for accuracy:

Description: Athlete takes five shots on goal from behind a line that is 15 feet from and directly in front of the goal. Six sections are defined within the goal by rope or tape as shown in the diagram. The vertical ropes or tapes are hung 45 centimeters in from each goal post. The horizontal rope or tape is strung 30 centimeters above the floor.

The goal is divided into point sections as follows:

- 5 points for any shot entering the goal in either of the upper corners.
- 3 points for any shot entering the goal in either of the lower corners.
- 2 points for any shot entering the goal in the upper middle section.
- 1 point for any shot entering the goal in the lower middle section.

Each shot must completely cross the goal line into the goal for the athlete to receive any points, except if the rope or tape stopped the ball from crossing the goal line. In this case, give the point total for the lesser section. The score is the total of these five shots; 25 points maximum. 2 rounds will be completed.

5 pts.	2 pts.	5 pts.
3 pts.	1 pts.	3 pts.

## Flip Pass over an obstacle:

Description: From a stationary position the athlete attempts to flip pass the ball for accuracy, over an obstacle (between 25-30 cm in height and a minimum of 3 m in length). The athlete is attempting to pass the ball onto a target that is set up 8 m in distance away (based on diagram). The athlete's total score is the sum of the scores from the five flip passes over an obstacle; 25 points maximum.

Scoring:

- 5 points: Flip Pass the ball, over the obstacle, into the 1 m zone (between the center cones).
- 4 points: Flip Pass the ball, over the obstacle, into the 3 m zone (between the two outside cones, but not in the 1 m zone).
- 3 points: Flip Pass the ball, over the obstacle, outside of the 3 m zone.
- 2 points: Flip Pass the ball, over the obstacle, but short of the scoring zones.
- 1 point: ball hits the obstacle but does not pass over the obstacle.
- 0 points: No contact with the ball.

