



# Polar Bear Girls Youth Hockey

## 2015 Tournament Registration Form:



Palouse Care Cup Girls Hockey Tournament    Feb. 6<sup>th</sup> – 8<sup>th</sup>, 2015    \$600

### Register:

Please complete the information below and return with a team roster and check, money order or call in credit card payment to: Palouse Ice Rink attn.: Care Cup Tournament. PO Box 8023, Moscow, ID 83843 (208)882-7188

Tournament registering for:

Women's Competitive     Women's rec     Girls U19     Girls U14

Team Name: \_\_\_\_\_

Team Contact: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email address: \_\_\_\_\_

Questions? Please contact Joanne Tirocke at [nocitymouse@yahoo.com](mailto:nocitymouse@yahoo.com) or call 208.301.0443  
Or Laura Wold at [palouseicerinkstaff1@gmail.com](mailto:palouseicerinkstaff1@gmail.com) or 208.597.1126

# *Tournament Format and Rules:*

## **PBGHA 2015 Palouse Care Cup** **Rules and Regulations**

1. All teams must be registered and in good standing with USA Hockey. This is a house level tournament. No tiered teams please.
2. Approved USA Hockey Rosters are required prior to the tournament.
3. Games will consist of three 16-minute running clock periods. There will be a 5 minute warm up and 1 minute between periods. No stop clock. Ice will not be resurfaced between periods. If schedule is running behind periods may be shortened to maintain a 1 hr curfew.
4. Teams will be awarded 2 points for a win and 1 point for a tie. The round robin portion of the tournament will not have tie-breakers (shoot outs or overtime). In the event that teams are tied in the scoring system at the end of the round robin portion, the tie-breaking criteria will be:
  - Head to head competition
  - Fewer penalty minutes
  - Shutouts
  - Goal differential
  - Spelling contest
5. Play-off & Championship games that end in a tie will be decided with a 3-player shoot out. If still tied then there will be a 1-player shoot out using players that were not part of the original 3-player shoot out group until there is a winner.
9. No protests allowed on officials' judgment calls. Only infractions of USA Hockey rules and tournament rules will be heard. Protests must be filed with the tournament director within 15 minutes of the conclusion of the game. A judgment will be rendered within 90 minutes of receipt of the protest.
10. All games are governed by USA Hockey rules and regulations and officiated by USA Hockey certified referees. In accordance with these rules, mouthguards are required in this tournament and a mouthguard check may be conducted.
11. Trophies will be awarded to the top competitors. During the weekend Money will be donated in the Palouse cup and will be donated a local organization of the winner's choice!

# *Be sure to join us at the Palouse Ice Rink for the Friday Evening Social and Pot Luck & Saturday BBQ!*

*Pot Luck – Bring a Dish or donation! – Taco Bar!  
Tournament T-Shirts \$13*

*There will also be a raffle and silent auction throughout the entire tournament.  
Other events include 50/50, & Chuck the Puck!*

## *Lodging:*

- *Best Western: 208-882-0550 <http://www.uinnmoscow.com/>*
- *Fairfield inn & Suites: 208-882-4600  
<http://www.marriott.com/hotels/travel/puwfi-fairfield-inn-and-suites-moscow/>*

*2<sup>nd</sup> Annual Care Cup Benefit Tournament*  
*Waiver, Release and Assumption of Risk Agreement*

In consideration of me being permitted to participate in any way in the 2<sup>nd</sup> Annual Care Cup Benefit tournament, I agree to the following conditions:

\_\_\_\_\_ I understand the nature of said activities and believe I am qualified to participate in such activity. I further acknowledge that I am aware the activity will be conducted in facilities open to the public during the activity. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity

\_\_\_\_\_ I FULLY UNDERSTAND that: a) these activities involve risks and dangers of SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH (“risks”); b) these Risks and dangers may be caused by my own actions, or inaction’s, the actions or inaction’s of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE “RELEASEES” NAMED BELOW; c) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES incurred as a result of my participation in the activity .

\_\_\_\_\_ I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS THE Idaho Polar Bears HOCKEY TEAM AND THE Palouse ICE RINK, their respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place (each considered one of the “Releasees” herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the “Releasees” or otherwise, including negligent rescue operations and further agree that if, despite this release, I, or anyone on my behalf makes a claim against any other Releasees named above, I WILL IDEMNIFY, SAVE AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE OR COSTS ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

\_\_\_\_\_ I understand that it is the policy of the Polar Bears Hockey team and the Palouse Ice Rink that anyone on the ice must have read and signed an even waiver. I understand that I must sign this waiver before I participate in any activity on the ice.

\_\_\_\_\_ I recognize the risk of injury from the activities involved within this event are potentially significant and while particular rules, equipment, and personal discipline may reduce the risk of serious injury to me, the risk does exist. Therefore, I knowingly assume all risks, both known and unknown, even if arising from the negligence of others, and assume full responsibility for my participation.

\_\_\_\_\_ I will abide by the guidelines set by the Palouse Ice Rink during the tournament. Following these guidelines will be my responsibility, and I recognize that failure to do so may lead to my disqualification from the tournament.

\_\_\_\_\_ Absolutely *NO FIGHTING* will be tolerated.

\_\_\_\_\_ I understand that adverse actions may lead to my ejection from the tournament.



# **Polar Bear's Ice Hockey** ***Care Cup Skills Competition***

When: Saturday- Feb. 7th -2014



Welcome to the Polar Bear's 1<sup>st</sup> annual skills competition. Please indicate the name of the player who will be competing in each event on behalf of your team. Please select a different player for each event. Please turn this in when you check in at the tournament.

**Team name:** \_\_\_\_\_

**Events:**

Goalie Skills: \_\_\_\_\_  
(One Goalie per team)

Best Skater: \_\_\_\_\_  
(Two players per team)

Best Shooter: \_\_\_\_\_  
(One player per team)

**Winners in each category will receive a trophy!!!!**

## **Schedule of Skills Competition**

At \_\_\_\_ pm all skill competition competitors will be summoned to meet at rink doors. The Goalie skill event will be first.

- Time TBA - Participants take the ice (5 Minute Warm-up)
- Time TBA- Goalies obstacle course
- Time TBA - Skaters obstacle course
- Time TBA - Shot accuracy (Shooters)
- Time TBA - Station Shots (Goalies)
- Time TBA - Fastest Lap (Skaters)
- Time TBA – Breakaways (Shooters & Goalies)

## **Rules of Skills Competition**

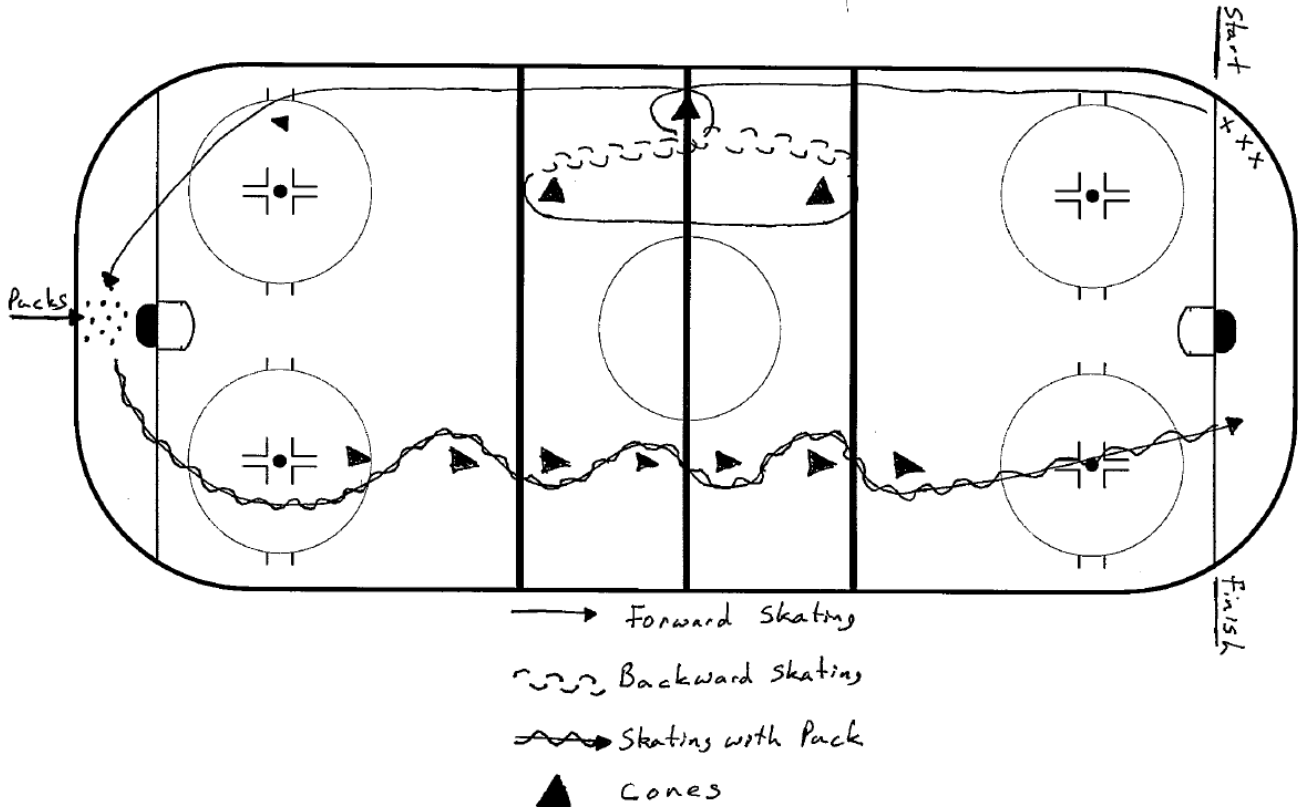
- All participating players will have to wear full protective gear including:
  - Shin Guards
  - Breezers
  - Shoulder Pads
  - Elbow Pads
  - Helmet
  - Gloves
- Missing a cone in the obstacle course will result in a 5 second penalty.
- Shots taken past shot line will be counted as a missed shot. (Shot Accuracy)
- Missing a cone in the fastest lap will result in a 5 second penalty.
- There are no rebound shots in the breakaway. Once the first shot is made the play is over.
- Each team must have a different person for each event.

\*\* Remember this is a fun event so please HAVE FUN! \*\*

# Description of Events

## Obstacle Course

- On the whistle the time will start.
- Players will navigate obstacle course shown below.
- Time will stop as player crosses goal line.



## Shot Accuracy

- Shooters will receive 5 pucks at the hash marks.
- Players will shoot on net with shooter tutor.
- Players will receive 1 point for pucks scored in lower corners and 2 points for pucks scored in upper corners.

## Station Shots

- Goalies will face 5 shots from different spots on the ice.
- Shooter will be same person for all 4 goalies.
- If shooter misses net from a station the shot will be retaken.
- Goalies will receive 1 point for each save made.