



COMPETITIVE THREAD

STANDARD HOCKEY EVALUATION GUIDE



Rules and Regulations

- **All** athletes are requested to be ready and equipped at least five minutes before their scheduled session to ensure timely group starts. We will not accommodate delays, and any missed drills will result in a score equivalent to the minimum for that specific test.
- Upon arrival at the rink, **All** athletes will be assigned uniquely numbered wristbands by a designated association member. A manifest correlating each athlete's name with their wristband number will be available. Please verify the accuracy of your name and number on the wristband prior to preparing for your session.
- **All** Athletes are required to affix their assigned wristbands to their right wrists or helmets depending on instructions at the event. Following the conclusion of the final test, please return these wristbands to the CT staff.



- **Each** athlete will be provided two attempts to complete each test, with their **BEST** score factored into the overall rankings. A CT staff member will demonstrate each drill, and no extra attempts will be granted. Failure to complete the test in two attempts will result in a score equivalent to the lowest for that test.
- **All** athletes are required to start each test with their front foot on the designated line to ensure fairness. Scores obtained through line violations will be disqualified.
- Please note that waving your stick in front of the sensor **will not** enhance your score. The body core detection sensors (BCDS) register time based on the passage of the largest object, which, in this case, is the player's body.
- Please be advised that, barring instances of severe injury, parents, family members, or friends are **strictly prohibited** from accessing the bench, opening any gates, or interacting with the players on the ice surface in any way.



Preparation

- We strongly advise **ALL** participating athletes to ensure they have skated at least two to three times prior to their testing session. This precaution is to guarantee that athletes are familiar with their skates and not attempting them for the first instance during the testing. Furthermore, we recommend having your skates sharpened and used at least once prior to the session to preemptively address any potential problems with blade sharpness.
- The evaluation of each athlete will be based on a total of **SIX** scores for those in the U9 category and **SEVEN** scores for those in the U11 to U18 categories. These scores will all be time-based. Athletes are highly encouraged to familiarize themselves with the specific protocols pertinent to their age category ahead of the event.