

2010 NORTH STARS



MONDAY NIGHTS ADULT 3 ON 3 IRON MAN

FOR FUN, FASTER PACED ADULT HOCKEY

ADULT 3 ON 3

IRON MAN HOCKEY

16 WEEK PROGRAM

12 WEEK SEASON *PLUS* PLAY-OFFS

WITH A SHOT AT THE **CHAMPIONSHIP** GAME.

MONDAY NIGHTS

Starting Jan. 4th, 2010

Team fees - \$1500.

(4 skaters & 1 goalie per team = \$300 per player)

sign-ups **due** by 12/21/09

6 teams per division - 2 divisions offered

Bronze - Silver

Gold - Platinum

(we have available **CA NORTH STARS** practice team jerseys at \$35.00 ea. in pro shop)

Let's have fun!

Sorry, no one under the age of 18!

Mondays game times (6 team layout per division)

G 1: 7:00 PM G 2: 7:40 PM G 3: 8:30 PM G 4: 9:10 PM G 5: 10:00 PM G 6: 10:40 PM

Please note the following:

USA Hockey insurance is MANDATORY by all participants and available on line at:
www.usahockey.com/registration. Full hockey gear is highly recommended.

Sorry, no partial payment plan is available at this time.

Our home ice is at **Sacramento's Iceland Skating Rink**, 1430 Del Paso Bl.
1/2 Block west of Arden Way, Sacramento, CA. Phone: 916-925-3121.

FOR MORE INFO CONTACT **JOHN THOMPSON** AT: 707-318-1687 OR VISIT US ON THE WEB AT: WWW.CNSHOCKEY.COM
CNS HOCKEY, INC. IS A 501 (C) NON-PROFIT YOUTH SPORTS ORGANIZATION

GO NORTH STARS!

GO NORTH STARS!

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2010 NORTH STARS

CALIFORNIA NORTH STARS 2010

ADULT 3 ON 3 HOCKEY REGISTRATION FORM

PROGRAM FEES - \$1500.00 PER TEAM
(\$300.00 PER PLAYER)

SESSION - PLEASE CIRCLE ONE:

FALL
(SEPT-DEC)

WINTER
(JAN-APR)

SUMMER
(MAY-AUG)

TEAM NAME _____ TEAM COLOR _____

PLAYER' NAME _____ BIRTH DATE ___/___/___

ADDRESS _____ CITY _____ STATE _____ ZIP _____

HOME PHONE _____ WORK PHONE _____

CELL PHONE(S) _____

E-MAIL(S) _____

PLEASE CIRCLE LEVEL PLAYED IN 2008 - 2009

NONE

LEARN-TO-SKATE

IN-HOUSE

TRAVEL

ADULT

HOCKEY CLUB / TEAM PLAYED FOR IN 2008 - 2009 _____

USA HOCKEY INSURANCE / REGISTRATION NUMBER _____

NOTICE OF WAIVER

The player listed herein, acknowledges and fully understands that each participant will be engaging in activities that involve risks of serious injury or death which might result from their own actions, inactions, or negligence of others, the rules of play, or the condition of the premises or any equipment used. In addition, that there may be other risks not known to CNS Hockey Inc., J&T Designs, TAG Sports Graphics, Iceland Skating Rink, or any of its representatives, board members, officers, volunteers, or others not reasonably foreseeable at this time. I (the under signed) assume all risks and hazards incidental to such participation, including transportation to and from the activity and do hereby release, waive, discharge, absolve, indemnify and agree to hold harmless, covenant not to sue, CNS Hockey Inc., J&T Designs, TAG Sports Graphics, John Thompson and family, Iceland Skating Rink, its affiliated corporations or partnerships, clubs, their respective administrators, board members, directors, officers, agents coaches and other employees of the organization, other participants, sponsors, and if applicable, owners and lessees, and lessors of the premises used to conduct the event, all of which are hereinafter referred to as "releasees", from demands, losses and or damages on account of injury caused or alleged to be caused, in whole, or in part, by the negligence of the releasees or otherwise. I also give consent to administer first aid and emergency transportation to the nearest available medical facility. It is further understood, that my signing of this registration form indicates that I have read this registration form and fully agree with the statements contained within. I understand that I have given up substantial rights by signing it and sign it voluntarily.

MUST ATTACH A COPY OF YOUR CURRENT USA HOCKEY REGISTRATION TO BE ACCEPTED

PRINT NAME _____

SIGN NAME AND DATE _____

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GO NORTH STARS!

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RULES

- **3-ON-3 HOCKEY WITH ONE (1) SUBSTITUTE ON BENCH AND ONE (1) GOALIE.**
- **EACH GAME WILL BE PLAYED WITH ONLY THE ROSTER & USAH REGISTERED PLAYERS.**
- **THERE WILL BE THREE 8 MINUTE RUNNING CLOCK PERIODS WITH A 1 MINUTE BREAK BETWEEN PERIODS.**
- **THERE WILL BE NO ICING OR OFF-SIDES.**
- **ANY GAMES ENDING IN A TIE WILL BE DECIDED BY A TEAM SHOOTOUT (BEST OF 3, THEN SUDDEN DEATH SHOOTOUT ALTERNATING TEAMS).**
- **ALL MINOR PENALTIES WILL RESULT IN A PENALTY SHOT (TAKEN AT THE END OF THE GAME). REFEREE & SCORE KEEPER WILL KEEP TRACK.**
- **ALL MAJOR PENALTIES WILL RESULT IN A SUSPENSION FOR THE SEASON OF THE OFFENDING PLAYER!**
- **FIGHTING WILL RESULT IN A SUSPENSION FOR THE SEASON FOR THE OFFENDING PLAYER(S).**
- **ABSOLUTELY NO CHECKING! CHECKING WILL BE A MINOR PENALTY. IF A PLAYER REPEATEDLY CHECKS (3 OR MORE TIMES) HE/SHE WILL BE SUSPENDED FROM THAT GAME.**
- **NO REFUNDS FOR SUSPENDED PLAYERS. NO SUBSTITUTIONS FOR SUSPENDED PLAYERS!**
- **EACH GAME WILL CONSIST OF 1 REFEREE.**
- **EACH GAME WILL CONSIST OF 1 SCORE KEEPER / TIME KEEPER.**
- **AT END OF 12 WEEK SEASON PLAYOFFS POSITION ASSIGNMENTS WILL BEGIN BASED ON TEAM PLACEMENT.**
- **TIES WILL BE DETERMINED 1ST BY HEAD TO HEAD, 2ND LEAST NUMBER OF PENALTIES ACCRUED DURING REGULAR SEASON, 3RD BY A SINGLE COIN TOSS WITH BOTH TEAM CAPTAINS PRESENT.**

LET'S PLAY SOME PUCK!

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