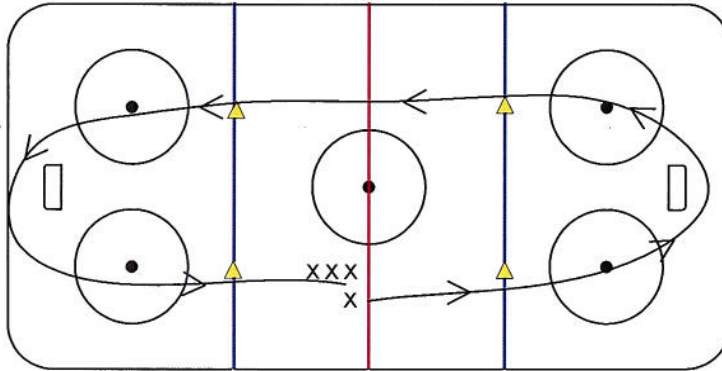


# Atom Skills Competition

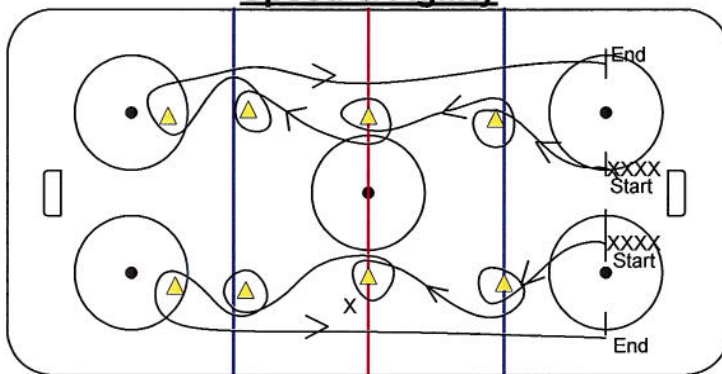
## Relay Race



4 skaters and goalie perform relay around the ice. Skater must cross the red line before the next skater starts.

Moving or upsetting the pylons will result in a one second penalty.

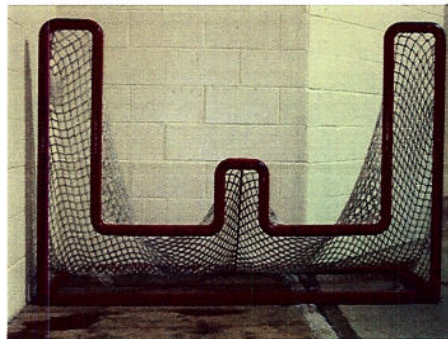
## Speed & Agility



4 skaters will stick handle through the pylons and carry the puck straight back to the finish line. When the player crosses the hash marks, the next player begins.

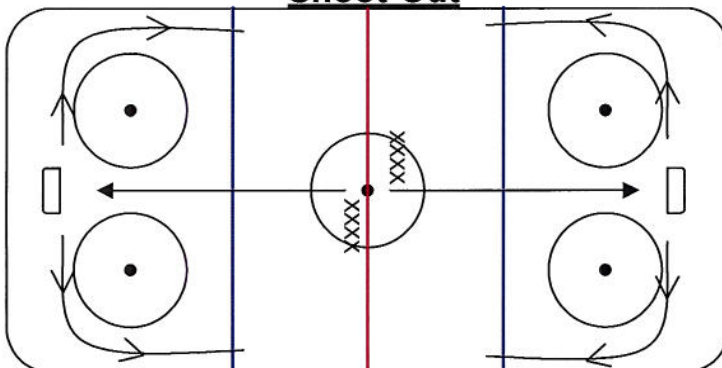
Moving or upsetting the pylons will result in a one second penalty.

## Shooting Accuracy



4 skaters will each shoot 5 heavy ten ounce pucks into the specially designed net. Total number of scoring shots per team will be tallied.

## Shoot-Out



Players from each team will shoot in penalty shot format on random goalie. Each team has 120 seconds for shots on goal.

Goalies will not face their own team. Players must skate back over the blue line before the next player advances.