

Iron Man Tournament – Although, the format of the tournament itself can vary, in most cases, an Iron Man tournament consists of 24 players and 6 goaltenders. The goaltenders pick numbers (1-6) and then draft through the 24 players. Completion of the draft will result in the formation of 6 teams in which each will play at least 3 round robin games, progress to playoffs, with the remaining two teams competing in the championship game. All games are 15 minutes, run clock. All penalties are penalty shots. There is no mercy rule. The cost for the event varies, depending upon the prize. Sometimes we do a low entry fee (\$15 and no prize), sometimes we offer a \$20 entry fee and the winner get's their money back, or sometimes we do a \$25-\$30 Iron Man with the Winner getting \$300. In most cases, we require all players to be at least 16 years of age or older.

Skills and Drills – A 1 hour long subset of time allotted for players of all ages to enhance their skills in a fun, laid back manner. The first half of the session is dedicated to developing skill fundamentals in a small group format with the aid of a professional instructor. For the remainder of the session, 2 team captains will be selected and teams will be formed, allowing the participants to test their skills in a scrimmage.

Open Hockey – Open Hockey is a more individualized approach at developing skill fundamentals, without the overhead of an instructor. The concept behind open hockey is to allow each player an opportunity to build their skill set at their own discretion of time, on the basis of rink availability, and what they feel needs improvement. The cost is \$7 per session or you can purchase a season pass (season pass prices vary per session). Depending on the number of participants, at times, players divide into teams and engage in a scrimmage to further their development.

Adult Leagues – We have many different Adult Leagues and Divisions, with individual or team registration available.

#### **BEGINNER-**

*Tin Division* - for true beginners to the sport or for players that have taken many years off from playing

#### **INTERMEDIATE-**

*Aluminum and Iron Divisions* - players with some experience and play the game mostly for exercise and fun

#### **ADVANCED-**

*Copper and Bronze Divisions* - For teams or players that have played together and have a good competitive level and have a good deal of ice or roller experience

#### **EXPERIENCED-**

*Silver, Gold, And Elite Divisions* - For teams and players that have a very high competitive desire and that have years of roller or ice experience

Most divisions offer multiple nights to play on; please review our registration section for registration information. All games are 3, 15 minute periods (run clock) with each team getting one time out. If the game is within 2 goals in the last 2 minutes, we switch to stop clock. If the game ends in a tie, we proceed directly to a 3 man shoot-out. All games are entered into a live, web based stat system easily

access on our website for individual tracking of game play. At the end of each session, the 1st and 2nd place teams will be awarded prizes, with individual award recognitions handed out throughout the duration of the session.

Youth Leagues – One of the most focused portions of our organization is our Youth Leagues. We offer divisions from 10u- 12u, and 14u-16u, with individual registration available. All Youth players receive a complimentary jersey as part of their registration fee. Every youth team is required to have a coach; coaches will be decided once teams are picked. Please review our Youth section for registration information. All games are 3, 12 minute periods (run clock) with each team getting one time out. If the game is within 2 goals in the last 2 minutes, we switch to stop clock. If the game ends in a tie, we proceed directly to a 3 man shoot-out. All games are entered into a live, web based stat system easily access on our website for individual tracking of game play. At the end of each session, the 1st and 2nd place teams will be awarded prizes, with individual award recognitions handed out throughout the duration of the session.

Learn to Play Program – The WNY Hockey League’s Learn to Play program was officially launched in the summer of 2009. With tremendous help and efforts from Gina and Wendell Smith, the program has seen tremendous growth and popularity. We accept kids aged 3 - 16 year olds in this program. The program is FREE and only requires you to obtain WNY Roller Hockey Membership (\$30). Learn to skate, stick handle, shoot, stop and more. Our experienced and caring staff provides a great learning atmosphere for your children.

Beginner League – The Beginner league has been used as a progression to the Learn to Play program. Once players have participated in the LTP program, they are eligible to advance to this league.