

WELCOME TO

# SHINNY

**Shinny is CO-OPERATIVE, UNSTRUCTURED and open to ALL AGES.**

Participants are expected to include everyone and play together. Only small nets will be available and played without goalies.

**Rules:**

- Keep pucks and sticks ON THE ICE. (no slap shots)
- No body contact

**Equipment Required:**

- CSA Approved Helmet with cage.
- Hockey Gloves
- Skates
- Hockey Stick

It is recommended that full equipment is worn by younger players or beginners.

