SHINNY RULES

Shinny is informal, drop-in hockey. There are no organized teams, referees or league play. Players divide into teams, rotate shifts and share the ice, with the focus on fun, fitness and fair play.

Required Equipment

All players must wear:

- Skates
- Hockey gloves
- Long pants
- Long sleeves
- A CSA-approved hockey helmet

Full hockey equipment, including facial protection, is strongly recommended. Goalies must wear appropriate full goalie equipment.

On-Ice Rules

- No body checking or intentional body contact.
- No slap shots.
- No fighting, aggressive play or dangerous behaviour.
- Players must keep sticks under control at all times.
- Players must respect different skill levels and play in a safe and controlled manner.
- Players must rotate shifts fairly so everyone has an opportunity to play.
- No organized teams, practices or coaching sessions are permitted during drop-in Shinny.
- There are no referees, timed periods or official scorekeeping.
- Players are responsible for bringing their own stick and other required equipment.
- Follow all instructions from Twin Rinks staff.

Fair Play

Shinny is intended to be recreational and welcoming. Respect other players, staff and the facility. Unsafe, aggressive or disrespectful behaviour will not be tolerated.

Anyone who endangers another participant, repeatedly ignores the rules or fails to follow staff instructions may be removed from the ice or facility.

Age Requirements

Participants must meet the age requirement for the scheduled Shinny session. Please check the Twin Rinks schedule before attending.