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PLANET ICE,
MILTON KEYNES
1 SOUTH ROW, ELDER GATE
MK9 1DL



3 X 20 MINUTE PERIODS
2 X 15 MINUTE INTERVALS
TOTAL: APPROX 2 1/2 HOURS
INCLUDING STOPPAGES IN PLAY



MORRISONS CAR PARK
(DO NOT PARK UNDER THE STORE)

NEXT TO RINK: ARGOS &
OLD TOYS R US CAR PARKS
PLEASE CHECK LOCAL SIGNS



ENJOY HOT, SOFT, AND
ALCOHOLIC DRINKS FROM
YOUR SEAT, PLUS FOOD
FROM OUTLETS AROUND
THE RINK. A FULL BAR IS
ABOVE BLOCK 2.

*NO OUTSIDE FOOD OR
DRINK TO BE BROUGHT IN
TO THE RINK



SITUATED BETWEEN BLOCKS 3
AND 4. OPEN BEFORE
AND THROUGHOUT
THE GAME

MATCH NIGHT GUIDE



OFFICIAL MK LIGHTNING MERCHANDISE
AVAILABLE FROM THE SUPPORTERS CLUB STAND
- LOCATED BETWEEN BLOCKS 14 & 1.

MATCH NIGHT GAMES AND RAFFLES

50/50

TOTAL PRIZE IS SPLIT
50% TO THE WINNER,
50% TO THE CLUB

RAFFLE TICKET
50/50

Per ticket: **£1**

Look for sellers in **GREEN** hi vis jackets

CHUCK A DUCK

CLOSEST DUCK TO THE PRIZE WINS!

THROW YOUR DUCKS DURING
THE 2ND PERIOD BREAK

£1 Per Duck

Look for sellers in **SKY BLUE** hi vis jackets

OLLIE'S GRID

PICK A SQUARE FOR
£1 AND 1 SQUARE
RANDOMLY PICKED
WILL WIN A JERSEY

£1 Per Square

Look for Ollie in the **DARK BLUE** hi vis jacket

SHIRT OFF HIS BACK

Per Ticket: £1

Look for sellers in **PINK** hi vis jackets

IMPORTANT: PLEASE KEEP YOUR EYES ON THE PUCK AT ALL
TIMES! DO NOT WALK UP OR DOWN THE STAIRS WHILE THE
GAME IS IN PLAY - WAIT FOR A WHISTLE.



LOCATED NEXT TO BOX
OFFICE, IN THE BAR AND
UNDER BLOCK 8



PLEASE SEE SECURITY
OR A STEWARD SHOULD
YOU REQUIRE FIRST AID
ATTENTION



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INFORMATION

THE GAME

The world's greatest and most exciting game is easy to follow once you know a few basic rules and practices. Here is a brief guide to the essential ice hockey rules!



TIMINGS

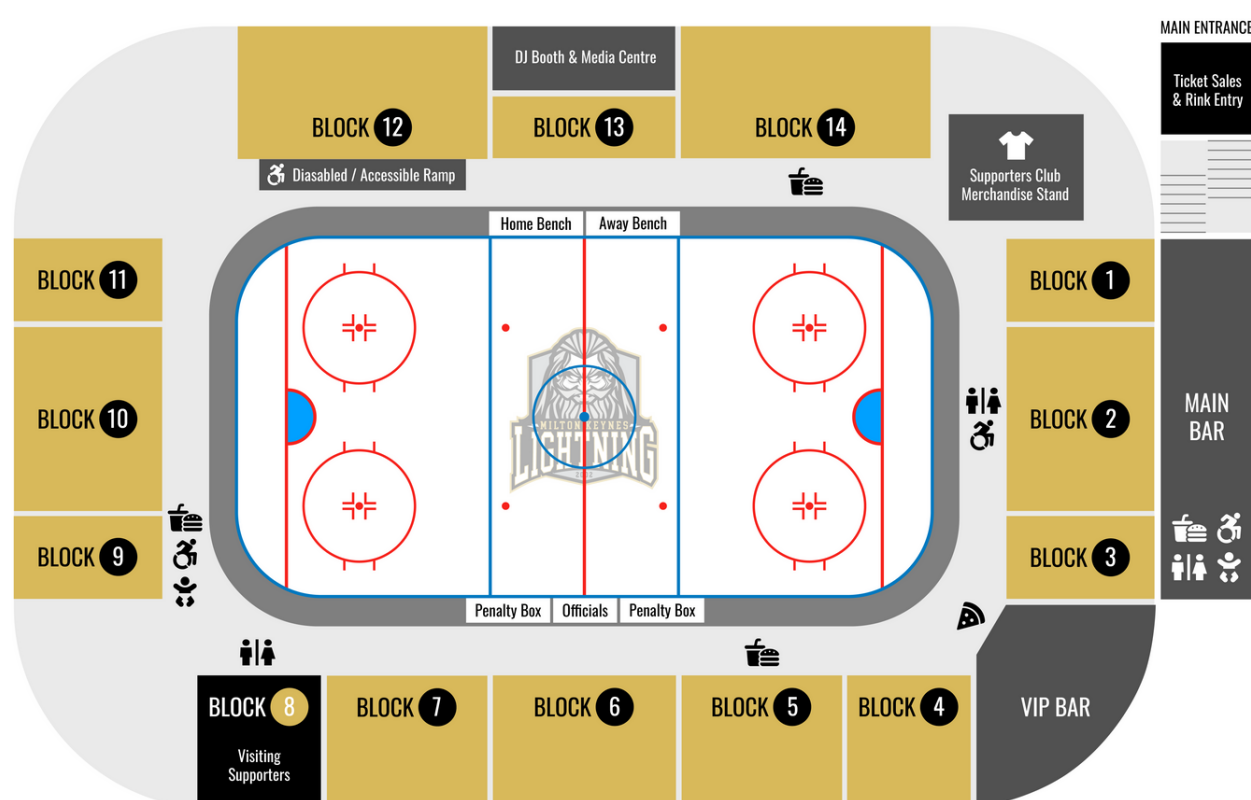
An ice hockey game consists of three 20-minute periods. Including stoppages and intermissions, games usually last about 2 ½ hours. If the score is tied at the end of regular time, the game continues into overtime. Both teams earn at least one point for reaching overtime, and the team that scores the winning goal in overtime earns an extra point. Overtime periods last 5 minutes, with each team limited to 3 skaters (instead of the usual 5). If no winning goal is scored, the game will continue to a penalty shootout to decide the winner.

PENALTIES

Penalties are how players face consequences for improper use of their sticks and bodies. When a player receives a penalty, they must serve time in the penalty box (or "sin bin"), reducing their team's numbers on the ice. Penalties vary in severity:

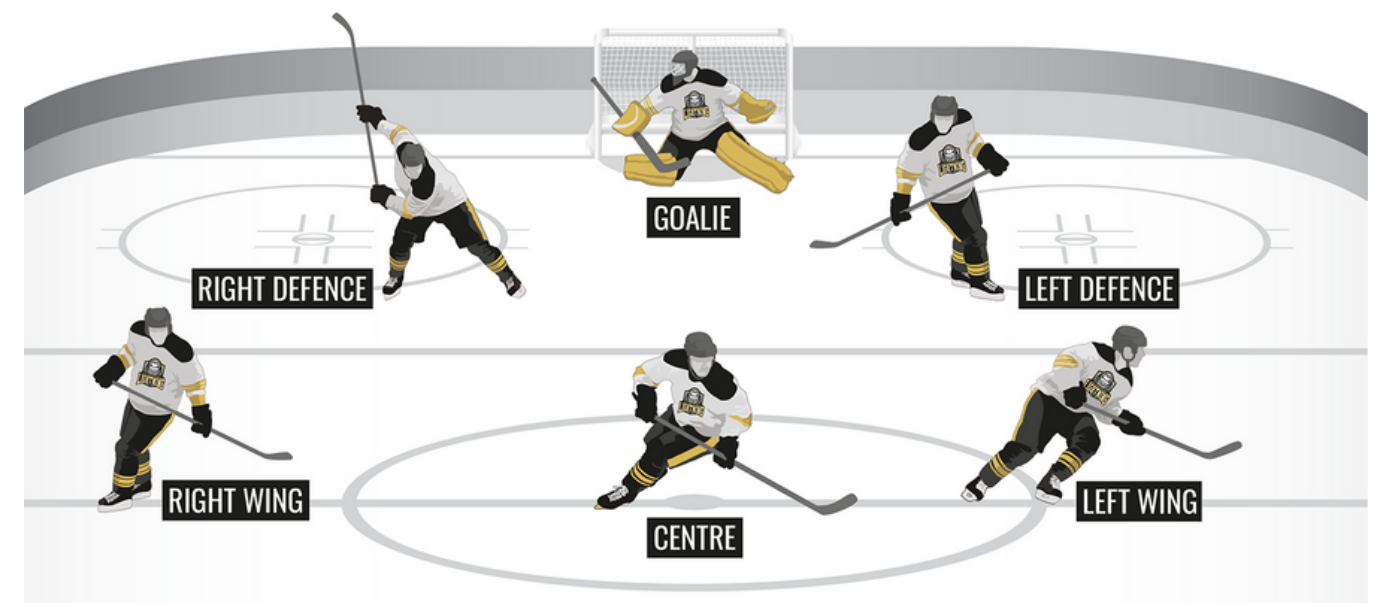
- Minor penalties are the most common and result in two minutes in the box.
- Major penalties and misconducts cover more serious offenses and can lead to 5, 10, or even the entire game off the ice.

While a player serves a penalty, the opposing team gains a temporary man advantage known as a "power play." This advantage lasts for the penalty's duration, although in minor penalties, the power play ends if the opposing team scores.



THE TEAM

Each hockey team is allowed six players on the ice at once, including the goalie (also known as the netminder). A full team typically has around 22 players: 20 skaters and two netminders, with players rotating in and out of the game. Players not currently in play sit on the team's bench, located beside the rink. They enter the ice by hopping over the boards or through a door. Each player usually stays on the ice for just under a minute, in what's called a shift. Shifts are kept short because ice hockey is an intense, high-energy sport - rotating players quickly keeps everyone fresh and ready for action!



ICE HOCKEY REFEREE HAND SIGNALS

