

## East Kootenay District - Exhibition Game play and Rules for U7 Cross-ice Hockey

### Game Set-up

- Cross-ice set-up is required.
- Ice dividers should be placed near the blue lines. Exact position may be adjusted for the bench doors, however, must be placed as close to the blue line as possible.
- Teams can utilize player benches and the neutral zone for players not in play.
- The cross-ice format allows for the area in the neutral-zone to be used for both skills development and staging players.
- To maximize player time on ice, associations should limit team size to 13 players (12 skaters and a player in net) per game.
- It is recommended that games are played 4-on-4 (plus goalie). To maximize ice usage, two games should be played at once with games happening within each cross-ice area.
- Net size
  - Hockey Canada says 3' x 4', and 4' x 6' are all acceptable. 3'x4' is preferred.
- Puck size
  - Consistent with Hockey Canada recommendations games will use a blue puck (4 oz.)

### Goalies

- Full time goalies are not allowed, all players are encouraged to try being the goalie. Full goal tender equipment is **not allowed**. Only the use of a goalie stick is permitted.
- Goalies will be alternated each shift.

### Time Clock

- Continuous time will be used. Line changes signaled by buzzer or whistle ever 2 minutes.
- Running time will be used.
- Associations will book 1 hr ice slots. Games will consist of:
  - 5 minute warm-up and divider set up
  - 24 minute running-time period
  - 2 minute instructional break
  - 24 minute running time period
- Hockey Canada states that Timbit U7 games should not exceed 60 minutes.
- Shift lengths will not exceed 2 minutes

### Game Play

- A minimum of one official is recommended per game, coaches may act as officials if the ref does not show up.
  - It is recommended at least one coach brings their skates to every game in case your Referee does not show up
- Fair and Equal Ice Time

- Coaches must do their best to ensure all players receive fair and equal ice time, regardless of skill or ability.
- Faceoffs
  - Each period will start with a face off at the midpoint between both nets
- Consistent with Hockey Canada recommendations continuous play will be used.
  - When whistles lead to a change in puck possession, the official (or coach) will signal the attacking players to back off three meters. Once the attackers have moved back, play may resume as soon as the possession team has control of the puck.
  - When the goaltender freezes the puck – the official (or coach) blows the whistle to indicate the attacking team backs off three meters and the defending team gets possession.
  - Puck shot out of play – the offending team backs off three meters and the official (or coach) gives the non-offending team a new puck.
- Line changes
  - Running time will be used.
  - If there are fewer than four players on the bench, the active player designated to stay out for the following shift must tag up at the bench prior to playing the loose puck.
  - When the buzzer sounds, players must relinquish the puck immediately and return to their players bench.
  - When the buzzer sounds the new players must enter the ice immediately.
  - Failure to immediately relinquish control of the puck or new players entering the ice surface prematurely may result in a penalty.
  - Players should rotate positions, including goal.
- No score is kept, no game sheet is required.
- All players should line up after the final buzzer and participate in a handshake with the other team.

### Goals

- Hockey Canada recommends continuous play, when the puck enters the goal, the official will blow the whistle and signal a goal, retrieve the puck from the net and allow the team that was scored on to take possession of the puck. The team that scored backs off 3 meters and gives the player with the puck room to start the play.
- We will follow the 3 goal rule. This means after a player scores three goals, no other goals from that player will count. A player who has scored three goals should be encouraged to pass to their teammates instead of scoring themselves.

### Penalties

- Incidental contact may happen, but body-checking is not permitted.
- No icing nor offside.

- Minor penalties will result in a penalty shot for the player the offense was committed against, by the official (or coach) blowing the whistle and raising their arm to indicate a penalty will be assessed.
- The official (or coach) will line up the player taking the penalty shot on the faceoff dot (or halfway between the nets if there is no dot), all players will line up 15 feet behind the player taking the penalty shot. On the whistle, all players will skate towards the net. If the player scores, the rules above for goals will be followed. If the player does not score, play will be live. The players chasing the player taking the penalty shot **cannot** steal the puck
- Should an infraction occur that would normally require a player to be ejected from the game (game misconduct, match penalty, gross misconduct), the player will be removed for the remainder of that game. Even under these circumstances, teams will not play shorthanded

**Additional information for hosting Alberta teams:**

- Alberta Minor Hockey requires U7 players to use a blue puck
- In Alberta, full goal tender equipment is **not allowed**. Only the use of a goalie stick is permitted.

**References**

Last updated August 23, 2021.

1. Set up, game play and rules for Timbits U7 Hockey. Available from:  
<https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/under-7/associations/game-play-rules#rules>
2. Canadian Player Pathway. Timbits U7 Hockey. Available from:  
<https://www.bchockey.net/Files/Timbits-U7-Pathway-e.pdf>
3. Hockey Alberta. Intro to Hockey. Game Play Rules. Available from:  
[https://www.hockeyalberta.ca/uploads/source/Intro\\_To\\_Hockey/2020\\_Division\\_Updates/Game\\_Play\\_Rules\\_2020\\_Update.pdf](https://www.hockeyalberta.ca/uploads/source/Intro_To_Hockey/2020_Division_Updates/Game_Play_Rules_2020_Update.pdf)