



## WEST VANCOUVER MINOR HOCKEY ASSOCIATION

# Cross-Ice Hockey Guide

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Under direction of BC Hockey, the PCAHA and the Lions Gate League have adopted cross-ice hockey for all of Novice Hockey (H2-H3). Note, as per Hockey Canada rules, H1 does not play games.

### Philosophy

Cross-ice hockey has been proven by numerous studies to be the most effective way for young kids to master the skills of hockey in a game environment. Mastery of skills and fun of playing are essential to both development and maintaining interest in the game of hockey.

### Objectives

- Development, participation and fun;
- Graduated program leading to full-ice game play;
- Modify the playing environment to meet the needs of young players;
- Increase opportunities for players to touch and handle the puck;
- Provide a positive environment for learning the fundamental skills of hockey;
- Improve the utilization of ice time.

### Before the Game

#### Roster Sizes

- Team managers **must** contact the opposing team in the days prior to the game to determine the number of players on their roster and the possibility of playing two cross-ice games at once.
- If roster sizes are unbalanced (i.e. one team has many players, the other has few), then the managers/coaches must decide whether to play only one cross-ice game, with one team having many spares, or two cross-ice games, where players from one team may be “loaned” to the other.
- Determine if the visiting team needs to bring two goalies.

### Equipment

#### Dividers and Hockey Nets

- Our rink divider boards can be used to delineate the playing surface (strongly recommended for H4).
- Alternatively, our “blue” padded rink dividers can be used to delineate the playing surface;
- The blue padded rink dividers must be returned to their storage location behind the player’s benches after every use;
- The rink divider boards must be returned to their storage location at the south-east corner of the rink after every use;
- Our smaller, graduated hockey nets should be used for H2 and H3;
- The arena’s “black” padded cushions/dividers can be used as players’ benches in the neutral zone for H2 and H3.

### Players

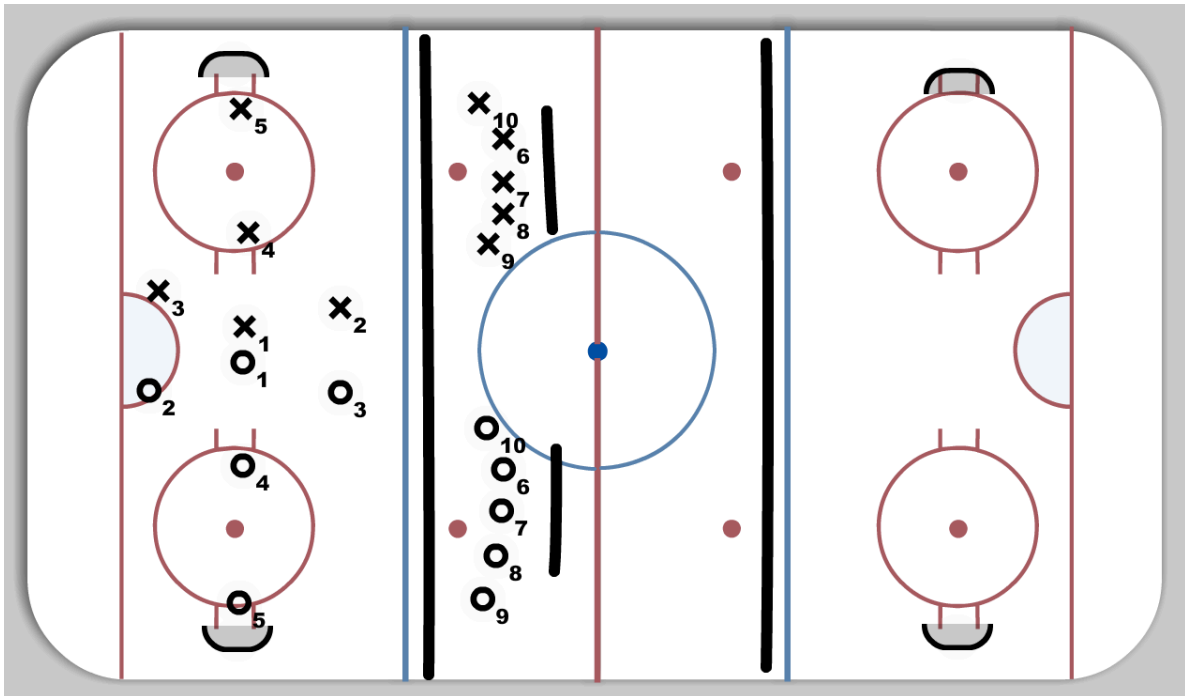
#### Teams

- If possible, teams should be divided into two, so that two cross-ice games are played simultaneously;
- Should the teams be divided, they can be split by the head coaches of each team in accordance to skill level; i.e. the stronger skaters in one rink and the developing skaters in the other rink; or in a “balanced” configuration.
- Divided teams do not require a separate game number.
- Play can be 5v5, 4v4 or 3v3.

## Rink Configurations

### Foam Divider Rink Configuration H2 (can be used for H3 too)

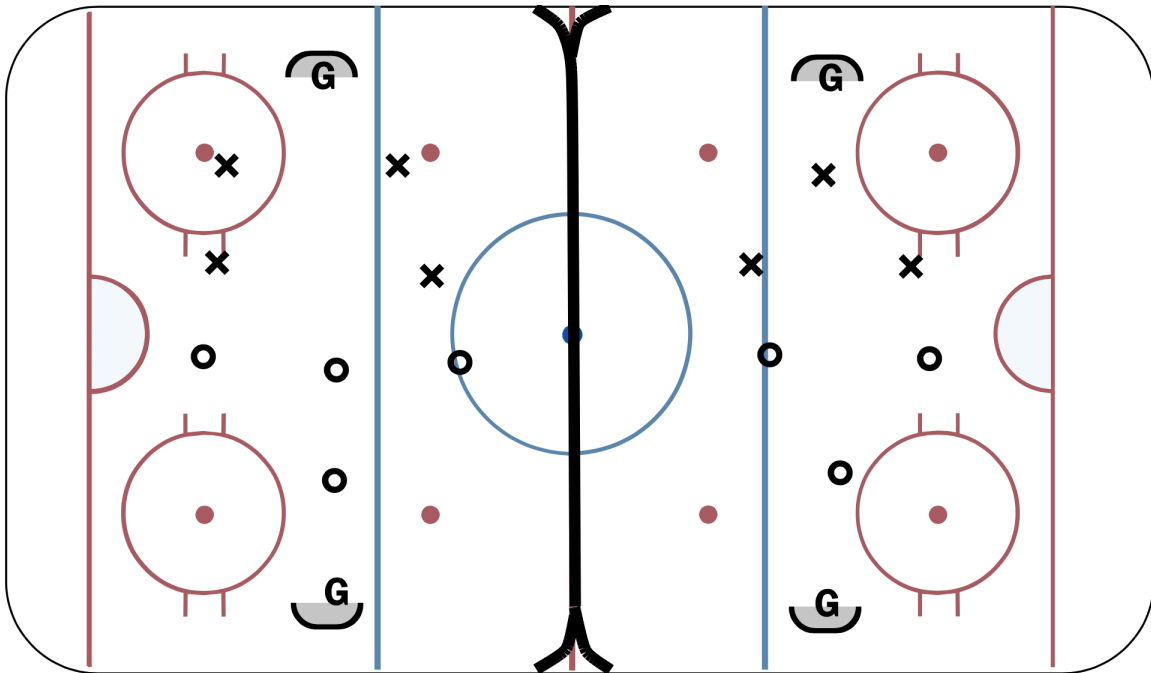
- Rinks should be divided at the blue lines;
- Neutral zone may be used as a player rest/substitute area;
- Benches may be placed in the neutral zone (regular player benches may also be used);
- Play can be 5v5, 4v4 or 3v3;
- Nets should be placed on the hash marks to allow players to skate behind them;



*H2 and H3 Cross Ice*

### Cross-Ice Boards Rink Configuration H3 and H4

- Rinks should be divided at the centre line;
- Divider Boards should be used;
- Play can be 4v4 or 3v3;
- Regular player benches should be used;



*H4 Cross Ice (2 cross-ice games)*

## General Game Play

### Time Clock

- 5 minutes should be allocated at the beginning of the ice time to set up dividers and warm up;
- For H4, running time will be used for a 1-hour game as follows:
  - 5-minute warm-up
  - 25-minute running time period
  - 2-minute break
  - 25-minute running time period (or time remaining in ice time less 2 minutes)
- For H2 and H3, game will be two 16 minute periods with stop-time for 2-minute buzzer (no stop-time for goals);

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- 2-minute buzzer must be used to signify shift changes in H2 and H3.
- H4 is shift on the fly;
- Timings may be adjusted to allow for set-up/tear-down.
- Should there be two games played at once, the games should start simultaneously.

### Score Board

- Scores and penalties are **not displayed** on the score board and **not recorded** on the game sheets (this includes H4).

### Face-offs

- Face-offs should occur at the beginning of each shift;
- **Coaches to determine if face-offs should occur after each goal** has been scored or if play should resume with the team that has been scored on re-introducing the puck into play;

## Team Officials & Parents

### Coaches & Team Officials

- All team officials on the ice **MUST wear helmets and skates**.

### Parents

- Volunteers should be assembled to assist in placing rink dividers on the ice before the game, and should be available to store the rink dividers after the game. These volunteers can be on the ice without skates/helmets so long as **NO PLAYERS are on the ice. Note that they are not insured** and should use crampons.
- Crampons are located in the equipment room;
- Parent volunteers must be available to run the scoreboard and fill in the game sheet.
- No parents allowed on the ice or on the regular players' benches.
- If anyone is on the ice without a helmet and skates while players are also on the ice **no one is insured**.

## Notes Specific to H2 – H4

### General

- Only team officials or designated on-ice helpers are permitted on the ice when players are present;

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- All on-ice officials and helpers are mandated to wear skates and helmets (or nobody on the ice is insured).
- You must designate 2-3 parents to set up the dividers after the Zamboni has finished its ice clean but **BEFORE** players are permitted on the ice. It is a good idea to have these people ready to go before your ice time. These “set-up” people can be on the ice without skates and helmets but **NO PLAYERS** can be on the ice with them. NOTE: there is no insurance when anyone is on the ice without a helmet. We have crampons available in the equipment room. Please use them for your own safety.
- Our blue foam rink dividers should be **stored behind the player benches**. Try to encourage our kids not to play with them.
- Our rink divider boards are stored in the south-east corner of the arena. Return them and secure them in their designated storage area after each use.

### H2

- Scheduled games begin in January;
- Exhibition games against other associations are not permitted until December 1st when an association has more than one team. If only one team, then exhibitions games against other associations with only one team can be scheduled as of October 15;
- We have graduated (small) 5'x3' hockey nets for H2. These should be used for all games/scrimmages;
- The nets should be placed against the boards on the face-off circle hash marks to allow room behind the nets.
- If there are not enough players on either team to play two “games” at once you have the following options: (a) play only one game, (b) one team “loans” players to the other team (the home team can provide away jerseys or pinnies — we have pinnies in the equipment room);
- Shift changes occur on the 2-minute buzzer;
- No score or penalties are recorded or displayed;
- A coach from each team is the ref;
- If a penalty is awarded, the offending player is asked to sit out for the remainder of his/her shift, OR a penalty shot can be awarded.

### H3:

- Scheduled games begin in December;
- Exhibition games against other associations are not permitted until December 1st when an association has more than one team. If only one team, then exhibitions games against other associations with only one team can be scheduled as of October 15;

- We have graduated (small) 5'x3' hockey nets for H3. These should be used for all games/scrimmages. Coaches can decide to use the full-size nets towards the end of the season;
- The nets should be placed against the boards on the face-off circle hash marks to allow room behind the nets.
- Our (blue) rink dividers are to be set up at the blue lines, dividing the arena into 3 sections with 2 “rinks” at either end and a neutral zone in the middle;
- Alternatively, our rink divider boards can be placed at the centre ice red line;
- Teams can be split in two — either with the more proficient players placed in one group to play against the opposing team’s proficient players and the beginner/developing players placed in another group to play against the opposing teams beginner/developing players, or, by balancing the players on each team. Coaches must confirm the arrangement with the other team’s coach prior to the game;
- If there are not enough players on either team to play two “games” at once you have the following options: (a) play only one game, (b) one team “loans” players to the other team (the home team can provide away jerseys or pinnies — we have pinnies in the equipment room);
- Games are to be played 4v4 or 5v5 at the coaches’ discretion;
- Shift changes occur on the 2-minute buzzer.
- No score or penalties are recorded or displayed;
- There are assigned referees (who must be paid — see Manager’s manual);
- If a penalty is awarded, the offending player is asked to sit out for the remainder of his/her shift, OR a penalty shot can be awarded;
- Face-offs after goals are scored are optional.

### H4:

- Scheduled games begin in December;
- Exhibition games against other associations are not permitted until December 1st when an association has more than one team. If only one team, then exhibitions games against other associations with only one team can be scheduled as of October 15;
- Full size hockey nets should be used for all games/scrimmages;
- Our (blue) rink dividers are to be set up at centre ice dividing the arena into 2 sections — play is “half-ice” — not “cross-ice”;
- Teams can be split in two — either with the more proficient players placed in one group to play against the opposing team’s proficient players and the beginner/developing players placed in another group to play against the opposing teams beginner/developing players, or, by balancing the players on each team. Coaches must confirm the arrangement with the other team’s coach prior to the game;

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- If there are not enough players on either team to play two “games” at once you have the following options: (a) play only one game, (b) one team “loans” players to the other team (the home team can provide away jerseys or pinnies — we have pinnies in the equipment room);
- If you play one game only: the **MAXIMUM** width of the rink can be from the red line to end boards;
- Nets must **ALWAYS** be placed cross-ice;
- Games are to be played 5v5, 4v4 or 3v3 at the coaches’ discretion; 4v4 is preferred;
- Shift changes occur “on the fly”;
- Teams use the player benches (divided in half);
- No score or penalties are recorded or displayed;
- There are assigned referees (who must be paid — see Manager’s manual);
- If a penalty is awarded, the offending player is asked to sit out for the remainder of his/her shift, OR a penalty shot can be awarded.

