

ADVANCED HOCKEY CROSS-ICE

Rules and Regulations

Revised 2026-04-15

Game Format - Cross-Ice

Age: U5 - U7

League Rules

4 or 8-Team League – 7 Ice times, 14 Games

- Teams will play a round-robin format.
- An official score will not be kept in these age groups.
- Games will be 4-on-4 cross-ice.
- If a team has fewer than 7 skaters, coaches may agree to adjust the format to 3-on-3 to create the best possible experience for the players.
- For 4 on 4 each team will have 4 skaters and 1 goalie in the playing area, with up to 8 skaters and 1 goalie in total. (See Participants section for details.) Players waiting for their shift wait outside the blue line.
- Each game begins with a faceoff.
- After injury stoppages, the possession team starts with the puck. Decided by the referee.
Note: players should be warned by coaches to be ready.
- Faceoffs occur at the start of each period. After a goal is scored or the goalie freezes the puck, the offensive team must retreat past the halfway mark of the zone. The defensive team retrieves the puck and restarts play as quickly as possible.
- All divisions will have a 2min shift buzzer.
- If the puck goes out of play, the referee will send a new puck into play. Players are not to retrieve the puck out of the playing area. During restarts, defenders are encouraged to allow an appropriate amount of space.

Game Time

- Games are 22 minutes of run time, with no stoppages. Each ice time consists of two games.
 - The timekeeper will start the clock at their discretion based on ice time. Time does not stop.
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Participants

- Each team should have a coach on the ice. League officials and rink supervisors with first-aid training are scheduled to be present. Contact the rink supervisor on duty if there are any concerns.
 - Each team will consist of up to 8 skaters and 1 goalie.
 - Coaches on the ice must wear skates, gloves, helmets, and are recommended to carry a stick. Coaches are expected to maintain player control and may need to enter the playing area to guide players, especially for younger age groups. Helmets are mandatory for all on-ice coaches—no exceptions.
 - Only coaches and league personnel are allowed in the bench and ice area. Exceptions will be made for emergencies, injuries or equipment problems.
 - All players must wear full protective hockey equipment as required by the OHF, OWHA. Neck guards are mandatory. Mouthguards are strongly recommended. Players who choose not to wear a mouthguard do so at their own risk.
 - **No valuables** should be kept in locker rooms. The league is not responsible for lost or stolen items.
 - Any locker room damage may be charged to the responsible coaches and player's family.
 - Abusive behavior in the arena or locker rooms will be investigated and could result in League ejection.
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Conduct

- **No checking** is allowed at any level.
- Abusive language toward officials or referees is strictly prohibited.
 - Coaches and parents are not allowed to discuss calls with referees.
 - Approaching a referee after the game is strictly prohibited and will result in league ejection.
 - Continued and unwarranted communication with a referee during a game may result in an ejection.
 - Concerns about a referee's conduct or performance must be addressed with League Management after a cooling-off period.
- Teams must be on the ice **on time**.

Penalties

Penalties in the U5–U7 divisions are enforced at the discretion of the referee, as well as Advanced Hockey coaches and management. The focus at this age is on teaching the rules to the players while maintaining a safe environment.

Minor infractions will result in a missed shift, teams remain at full strength. Coaches will be notified immediately, the player will be sent to the bench, and it is the coach's responsibility to enforce.

Major infractions may result in ejection and are handled on a case-by-case basis at the discretion of league officials and the referee.