



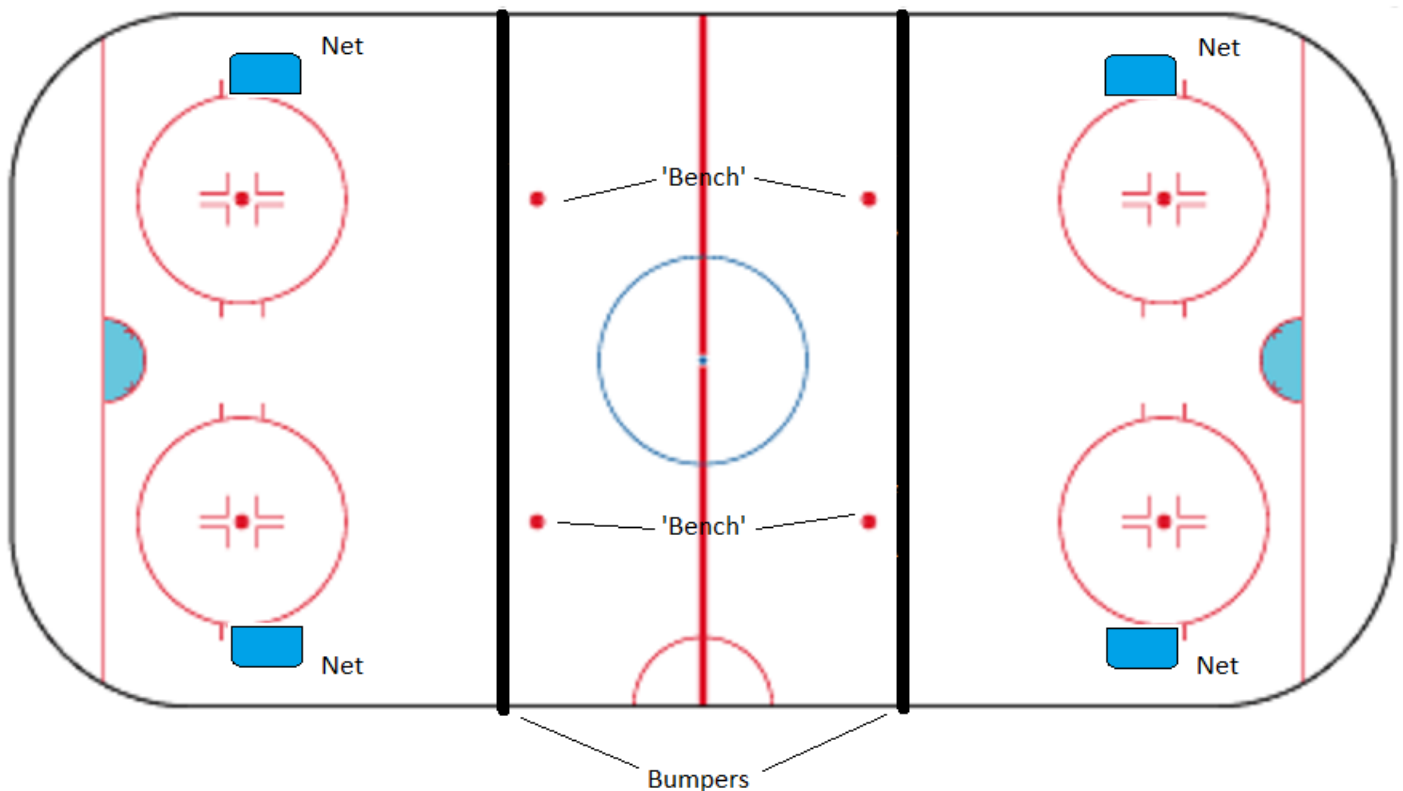
VMHA Cross-Ice Guidelines – Hockey 3/Hockey 4 2016-2017

The introduction of Cross-Ice hockey for all games below the Atom level means that each association and team must implement their version of the program adapted to their conditions. This document describes the guidelines for VMHA home games for Hockey 3 and Hockey 4 for the 2016-2017 season.

Note that this is an extension of the PCAHA Cross-Ice Guidelines and does not replace them; PCAHA and BC Hockey rules and directives will be followed in the games. If these guidelines need to be modified for a game due to a particular condition (e.g. teams being shorthanded) then variations agreed to by both teams can be adopted to improve the game for the players.

Playing Surface

VMHA game setup will follow the basic pattern described by the PCAHA guidelines - two games, one in each end zone, play runs across the ice with a net near each side board approximately half way from the blue line to the end boards:



The playing areas will be defined by soft bumpers placed on the ice along each blue line. The neutral zone will be the 'bench' for the players; imagine that the neutral zone is divided into quadrants with each squad of players staying in one of the quadrants.

In each of the games the playing groups will be expected to stay in the vicinity of the neutral zone faceoff spot in their quadrant. It will be important for players in the 'bench' area to stay alert for pucks, sticks or unguided players leaving the playing area, bumpers do not offer the same protection as regular boards.

Water bottles can be placed on top of the boards adjacent to each squad's quadrant/'bench'.

Teams

The VMHA H3 and H4 teams will typically have 11-13 players at a game. We expect to play Cross-Ice games with two squads of approximately 6 players – 1 goalie and 5 skaters. Each squad will play in one end zone. Games will normally be 3 on 3.

Generally, the VMHA players will be split with the strongest two skaters at one playing area, the weakest two skaters at the other playing area and a fairly even split of the remaining skaters between the two Cross-Ice games. Goalies will be selected by rotation.

Coaches

We expect each team to have at least 3 team officials present for games; one coach on the ice for each playing area and one on the bench for any players that need to leave the ice. In addition to managing their team on-ice coaches will be expected to help the referees keep the game moving by returning pucks to the game after they leave the playing area, repositioning the bumpers along the blue line, etc.

Games

General notes on games:

- Games will be 1 hour in length.
- Squads should reverse their direction of play (i.e. goalies change ends within the playing area/end zone) after half the game so the kids have the boards on their other side for balance. This is recommended for H3 and expected for H4. Squads remain in their original 'bench'/quadrant.
- Coaches will have a supply of spare pucks. Any time a puck leaves the playing area over the bumpers the nearest coach should return a puck to the game. Toss the puck a short distance in from the point it left the playing area, as if it had taken a soft rebound from the bumpers.
- There will be a single referee for each playing area for H4.
- Either coaches or referees may be used to run games in H3. If referees are used then a single referee will officiate in each playing area in H3, as for H4.