

Novice (2017, 2018, 2019) Team Notes:

All games to be played Mondays at 6pm

- The Arena will be divided into 2 Sections. The section closest to the Lobby of the Arena will be Pad A, the section closest to the Zamboni End will be pad B. Teams will alternate between the 2 pads during the season.
- The teams will have a 5 minute warmup and play two 20 minute periods (run time) 4 on 4 with a 5 minute break in the middle.
- The clock will be set to buzz at 2 minute intervals to signal line changes. Both teams on each pad will share the same bench with one team using one door and the other team using the other door.
- Scores will not be put on the board as we want to encourage fun play.
- There is goalie pads, blockers and trappers available. Please leave at the arena after each use as they are needed for other age groups.
- Coaches / Helpers may assist with keeping the play moving and emphasizing the rules of play.

Coaches please emphasize the following rules of play:

1. When a goal is scored the scoring team must move back 1/2 floor and the defending team then will advance the ball to the offensive zone. When the ball crosses the 1/2 floor the offensive players can then advance on the ball.
2. Penalty shots will settle all penalties. The player that was involved with the penalized player will take the penalty shot.

Recommended Equipment:

Running Shoes

Hockey Helmet with Cage

Hockey Stick

Hockey Gloves

Soccer Shin Guards and Socks to cover

Atom (2014, 2015, 2016)/Peewee (2013 and older) Team Notes:

Atom games to be split between Monday (7pm) and Wednesday (6 and 7pm)

Peewee games will be split between Monday (8pm) and Wednesday (8pm)

Teams will play 5 on 5 unless otherwise required based on the number of players at each game.

The teams will have a 5 minute warmup and play two 20 minute periods (run time) with a 5 minute break in the middle.

There is goalie pads, blockers and trappers available. Please leave at the arena after each use.

Referees have been instructed to emphasize the following rules of play:

1. Standard ball hockey rules will apply:

a. Once the opposing team gains the zone (blue line) the zone extends to the redline (centre) until the ball crosses the centre line.

b. Icing and offside will be called.

2. Teams will line up for a face offs in whistles.

3. Penalty shots will settle all penalties. The player that was involved with the penalized player will take the penalty shot.

Recommended Equipment:

Running Shoes

Hockey Helmet with Cage

Hockey Stick

Hockey Gloves

Soccer Shin Guards and Socks to cover

Optional: protective Jock or Jill