



# PACIFIC COAST AMATEUR HOCKEY ASSOCIATION

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## **CROSS-ICE HOCKEY GUIDELINES**

Last Updated: October 2021

*"The BC Hockey Board of Directors mandated the following: that All Minor Hockey Associations are required to operate the Hockey Canada Initiation Program and utilize cross-ice systems for participants below the U11 division. This means that all games and practices for below U11 players must take place on a cross or modified ice surface."*

A standard NHL rink is 200 feet by 85 feet. Olympic ice is 210 feet by 98 feet. Cross-Ice hockey is defined as playing hockey across the 85 (or 98) foot width of the ice surface, as compared to playing lengthways along the full 200 (or 210) foot length of the ice surface. This smaller ice area has been deemed a developmental tool which is in use by many of the leading hockey nations in the world. It has been demonstrated to provide a more positive hockey experience by increasing puck possession time for each player, resulting in quicker development of individual technical skills, increased ice time, increasing the tempo of the game for all players, increased player creativity and improved "hockey sense", or understanding of the principles of the game.

The goal is to improve player development while ensuring an exciting, challenging, learned, fun environment for the players.

This document provides the framework for Initiation development and Cross-Ice Hockey games for P.C.A.H.A. teams and supersedes the P.C.A.H.A. Rules and Regulations, following the directive from BC Hockey's Game Play Best Practices for the U7, U8 and U9 divisions.

### **1. Cross-Ice or Half Ice Playing Surface**

Cross-Ice hockey is used for U7 & Female U7 and Cross-Ice or Half-Ice is used for U8 & U9 & Female U9 games (exhibition, league, jamboree and tournament) when a full size hockey rink is used for the game. U6 follows the Introduction to Hockey Program and no teams are formed or games played, with the exception of one jamboree (at the option of the Association). However, U6 is required to use the cross-ice format if a jamboree is held.

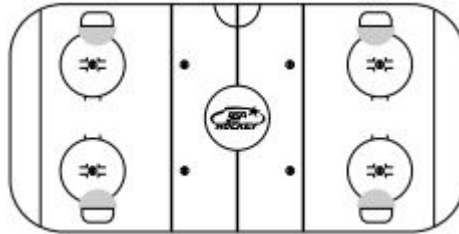
The cross-ice format is NOT used when "training" or "small ice" surfaces (rinks smaller than 160 feet by 60 feet) \*NOTE\* this applies to the U8 and U9 Division **ONLY**. However, the same playing rules as for cross-ice hockey must be used when the "training" or "small ice" surfaces are used.

\*A variance must be applied for through BC Hockey when using "training" or "small ice" surfaces before games can be played on them.

## **2. Dividing the Rink**

For the cross-ice game, the rink may be divided through the use of movable boards, foam pads or cones, depending upon availability at each rink.

The rink may be divided into either 2 or 3 zones, depending upon the number of dividers each rink has. Cross-Ice games should be played in the end zones leaving the center ice area for staging players and coaching individuals.



Regular goal nets, small goal nets, devices limiting the size of the goal nets or cones defining the goal net area may be used. These nets should be placed away from the boards allowing skating room and game play behind the nets.

Half-ice games for U8, U9 & Female U9 are also an option.

Other variances to small ice surfaces should be approved by your league before a game is played on them.

## **3. Team Size**

Ideal team roster size is a maximum of 14 players and not less than 8 players. Although regular rosters as per usual P.C.A.H.A rules could be formed by the Associations to avoid wait lists. Teams within an Association will be balanced as per P.C.A.H.A. rules.

Teams at U7 & Female U7 are formed not earlier than Nov. 1st. Teams at U8, U9 & Female U9 are formed not earlier than Oct. 15th.

## **4. On-Ice Team Size**

When a regular ice surface is divided into two smaller playing areas for either cross-ice or half-ice games, if roster sizes permit, each team should be divided into two groups to allow for playing two games at the same time.

The usual format will be to use from 3 - 5 players plus a goalie for each shift for each team. Some flexibility is allowed to account for variability in roster sizes and attendance at any particular game. Games can be 3 on 3, 4 on 4 or 5 on 5.

If both teams have a small roster and there are not enough players for 2 cross-ice games, then one cross-ice game may be played. Or, if individual leagues want to organize a second game

on the same game slot, they have the option to do so. This would have 4 teams playing at the same time.

Teams should consider the roster size of their opponent when attending games as it will be ideal to match opposing team's roster size.

- **COMMUNICATION** with the opposing team prior to game day should allow teams to have similar size teams for the game(s).

## **5. Games**

U8, U9 & Female U9 may play half-ice or cross-ice games within their Association from October 15th until November 30th. Inter-Association exhibition or league games may be organized starting December 1st.

For Associations only registering one U8 or U9 or Female U9 team in a division, inter-Association exhibition games may be arranged with another Association in that division prior to December 1st, with the approval of the applicable Managing Director.

U7 and Female U7 may play cross-ice games within their Association from November 1st until Christmas. Inter-Association exhibition or league games may be organized starting January 1st.

For Associations only registering one U7 or Female U7 team in a division, inter-Association exhibition games may be arranged with another Association in that division prior to January 1st, with the approval of the applicable Managing Director.

## **6. Game Records and Game Numbers**

Electronic Game Data Management System known as HiSports is to be used for all games. Training will take place at the coach/manager's meeting

Scores are not kept.

## **7. Referees**

For U9 & Female U9, only one coach ("game coach") will be permitted on the ice of each of the half-ice or cross-ice games. One referee per each half-ice or cross-ice game is to be utilized to allow the on-ice officials to use the game(s) as a referee development tool. The presence of a referee is also a player development tool as it will encourage players to learn about boundaries and potential consequences. For new referees and players alike, this will allow a gradual introduction to game situations.

If only one half-ice or cross ice game is played, due to numbers of players present or for any other reason, and two referees are present, the two referees shall referee the one game.

For U7, Female U7 and U8, two coaches (one from each team) will be the "game coach" on the playing surface. No referees are to be assigned.

\*Associations utilizing referees at U8, should refer to the guideline as set out for U9 & Female U9.

When a player violates the rules, the “game coach” or “referee” can stop the game by blowing the whistle and clarifying the reason for the stoppage in play with the player in question. No penalties are given. If necessary and based on the severity of the infraction, the “game coach” or “referee” can remove a player from the game for an extended period with an emphasis to reintroduce the player after a short “time out” from playing.

If a player continuously violates the rules, the coach from the player’s team or the referee may remove him or her for the remainder of the game and allow for a substitute player in his or her place.

**\*\* Puck Drop\*\*** should take place at the approximate center of the playing surface at the beginning of each period, after every goal and after the 2 minute buzzer shift change. For other stoppages of play (i.e. goalie freezes the puck), the referee can drop the puck at a designated location closer to that net where the stoppage occurred.

## **8. Coaches**

At least one coach for each team is required. If the set-up requires the coaches to be on the ice in the neutral zone, the coaches on the ice must wear their skates and helmet as a safety precaution. Coaches are encouraged to not participate in the games other than in a teaching capacity.

## **9. Time Clock**

For all games, running time will be used for a 1 hour game as follows:

5 minute warm-up  
24 minute running time period  
2 minute break  
26 minute running time period (or time remaining less 2 minutes)

For a 1.25 hour game, running time will be used as follows:

5 minute warm-up  
36 minute running time period  
2 minute break  
30 minute running time period or (time remaining less 2 minutes)

For all divisions, the two minute buzzer is to be used. The clock should start at the same time for both half-ice or cross-ice surfaces and run for the full two minutes, for ease of timekeeping.

Period times are as per above.

No score is kept. The goal limitation rule is **not** in effect.

Timings may be adjusted slightly to allow for set-up of the playing surface(s) with equipment.

## **10. Playing Rules**

All other P.C.A.H.A. playing rules are to be followed.

## **11. Concerns or Issues**

- Communication between teams before games is essential (re: size of teams), at least one day in advance.
- Discretion is to be used when determining the number of teams (2 or 4) playing on one ice surface. Including factors such as; dressing room capacity, parking lot issues and spectator comfort.