CONISTON FLAMES / JUNIOR FRIENDLY TOURNAMENT

U7 Jamboree Rules

Cross-ice hockey • Toe Blake Memorial Arena

Team check-in

- All teams and players must register 30 minutes before their first game.
- Have your Hockey Canada Registry (HCR) form and permits available at every game.

Game format

- Games are 20 minutes.
- Up to three cross-ice games run at once. Follow your team's assigned start time and ice zone.
- Play 3-on-3 with no dressed goaltenders. Each team's coaches group their players by ability for game play.
- The clock tracks time only. There are no scores, standings, playoffs or declared winners.

Shifts and supervision

- Change players at the buzzer every two minutes. Rotate players to give everyone as close to equal ice time as possible.
- Each team must have one coach or helper named on the roster to guide players during the modified games. Wait for the on-ice lead's signal before entering the ice.

Face-offs and restarts

- A face-off starts the game. After a goal, send the puck into a corner to resume play. There is no icing or offside.
- If the puck goes out of play, the on-ice lead gives a new puck to the other team and asks the team that sent it out to back away.

Safety and resurfacing

- Body checking is prohibited. The on-ice lead handles infractions. For a minor penalty, the player sits out the next shift and play continues at even strength.
- Clear all three zones for the scheduled 10-minute resurfacing. Return when the on-ice lead signals.