



SECTION 4:

# Requirements & Recommendations



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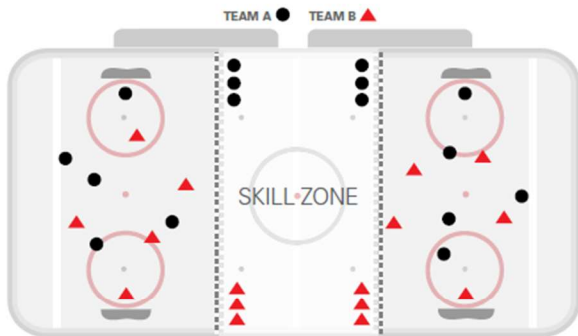
CROSS-ICE

The maximum size of the ice surface is 100 feet by 60 feet.

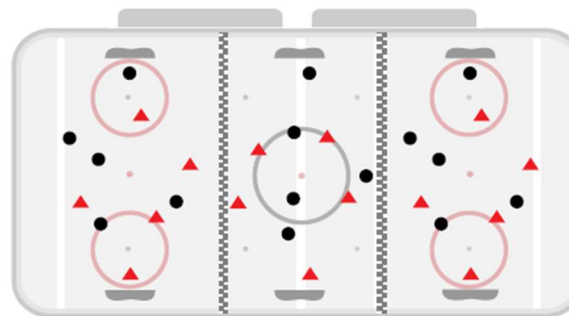
Timbits U7 games will be played cross-ice for the entire season.

## Playing Surface Set-Up

The game play format used in Timbits U7 hockey is the Two-Team, Two-Game Model. Two teams play one another in the two end-zones. Each team is divided into two units. Other set-ups are available depending on team composition.



TWO TEAMS – Two Cross-Ice Games Model with Skill Zone



Three Cross-Ice Games Model

In some communities, team composition may be smaller. If this is the case, the ice is still divided but only one end will be used for game play. The other portion of the ice can be used as a practice surface.



THREE TEAMS – One Cross-Ice Game and One Practice

## Game Set-Up and Flow

### TWO-TEAM, TWO-GAME MODEL

- Each team will consist of up to 18 players (16 skaters plus two players defending the goal) divided into two units of nine players – one player defending the goal and eight skaters. Smaller numbers allow for players to double-shift to ensure there are always four players on the ice. Coaches must make sure all players take turns double-shifting.
- It is recommended that in each half, the centre-ice spot should be marked to indicate where the face-off will take place. This is to be established at the midpoint between both nets.
- Teams will share the player benches or utilize the neutral zone for players not in play.
- The score clock can be used to keep time for both games simultaneously.
- No score is kept, and game sheets are optional.

## Cross-Ice Game Play Rules

- Hockey Canada Playing Rules are followed except as stated below.
- 4-on-4 (plus a player defending the goal) – a player may play goal, but full goaltender equipment is not required.
- Game format: two periods with a run-time clock, not to exceed 60 minutes total.
- Timed buzzer or whistle for line changes:
  - Game does not stop; players change on the fly at buzzer/whistle.
    - If there are fewer than four players on the bench, the active player designated to stay out for the following shift must return to the bench area prior to continuing play.
    - On the buzzer/whistle, players must relinquish control of the puck immediately and vacate the ice. The new players enter the ice immediately. Failure to immediately relinquish control of the puck or new players entering the ice surface prematurely may result in a penalty (*see Penalties*).
- Shift length will not exceed two minutes.
- Incidental contact may happen, but body-checking is not permitted.
- No icing or offside.

## Cross-Ice Game Play Rules

- Face-offs to start each half.
- Change of possession:
  - Continuous play – when whistles lead to a change in puck possession, the official (or coach) will signal the attacking players to back off three metres. Once the attackers have moved back, play may resume as soon as the possession team has control of the puck.
  - Goaltender freezes the puck – the official (or coach) blows the whistle to indicate the attacking team backs off three metres and the defending team gets possession.
  - Puck shot out of play – the offending team backs off three metres and the official (or coach) gives the non-offending team a new puck.
- Net size – 2x3, 3x4, 4x6. (ALL ARE ACCEPTABLE)
- Penalties:
  - Minor penalties are noted, with the official (or coach) briefly raising their arm to indicate a penalty will be assessed. At the conclusion of the shift, the official (or coach) notifies the team of the infraction and the number of the offending player.
  - If the offending team controls the puck, the official (or coach) blows the whistle and calls for a change of possession; the non-offending team is given a three-metre cushion.
  - The offending player will sit out the next shift, but the team will play even strength.
  - Should an infraction occur that would normally require a player to be ejected from the game (game misconduct, match penalty, gross misconduct), the player will be removed for the remainder of that game. Even under these circumstances, teams will not play shorthanded and no game incident report will be required.

### Recommendations

**One official per game;**  
coaches may also act as official  
for games.

**Blue puck (4 oz) is preferred.**



## Fair and Equal Ice Time

- Fair and equal ice time is designed to ensure that all players get the same opportunity to contribute, regardless of skill or ability. A coach's responsibility is to develop all players. Shortening of the bench in an attempt to win games is not permitted. All players should receive fair and as close to equal as possible ice time.
- Goaltender rotation:  
Players can play goal during practices and games with no goaltender equipment required.

### Recommendations

#### Positional rotation:

- All players play all positions – forward/defence/goaltender.
- All players get a chance to start the game or start the second half if numbers allow.

#### Goaltender rotation:

- No full-time goaltenders.
- All players get a chance to defend the goal.

## Focus on Skill Development

- Small-area games in practice / station-based practices / skill-focused drills
- Only 15% of practice time should be spent on individual tactics, with 85% of practice time spent on skills.



## Officiating

While Timbits U7 is not part of the Hockey Canada Officiating Program (HCOP) system, associations can use developing officials in a one-official system. This provides officials with an opportunity to experience several aspects of officiating, while keeping operating costs at a manageable level. **Games may be officiated by team coaches as well.**

There are benefits for officials to build foundational skills. It is a valuable opportunity for newer officials to put on their uniform, get into live action and learn officiating basics in a less formal and positive atmosphere. Basic skills include dropping pucks, skating skills, foundational positioning, spatial awareness, establishing good sightlines, communicating with coaches and making decisions such as goals and minor penalties.

In addition to young officials applying their skills in a game environment, Timbits U7 cross-ice games also provide an excellent opportunity for senior officials to mentor newcomers by shadowing them on the ice or evaluating them from the stands.

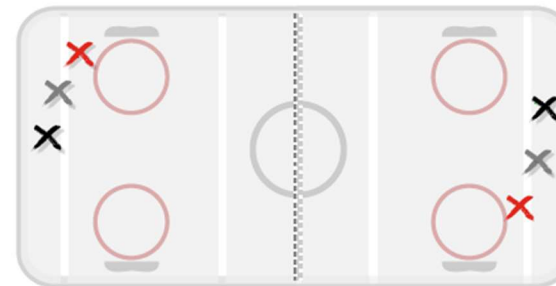
Having an official for cross-ice games provides players with more structure. It also presents a more realistic game environment, while allowing the coaches to keep their focus on the players.

Flexibility is an important component to operating in a one-official system. There is no absolute way to handle every possible scenario. However, game flow and establishing a basic structure to the game is the primary focus.

## Positioning of the Official

Foundational positioning principles will be used. In a cross-ice set-up, general positioning is used to get officials comfortable with their proximity to the goal. Officials should follow the play approximately 2-3 metres behind the puck carrier and remain about one metre from the boards or playing-area perimeters.

Officials are encouraged to move towards the net on goal situations and away from the play towards the boards as play comes towards them, allowing players to pass by; the official can then follow at a safe distance.



Cross-ice positioning of the official

- At the net
- Moving to the net
- Away from the play



SECTION 5:  
**Coach  
Requirements  
& Resources**



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# Head coaches of Timbits U7 teams require:

1. Hockey University  
Online Community Coach training
2. NCCP Coach 1  
Intro to Coach  
(only Trained status needed, not Certified)
3. Respect in Sport  
Activity Leader/Coach

COMMUNITY COACH STREAM

## Coach 1

INTRO TO COACH

Certification is not required at Coach 1 – A coach can stay Trained indefinitely



## Overview

The Coach 1 – Intro to Coach clinic through the **National Coaching Certification Program (NCCP)** provides coaches with the tools needed to work with players in the Timbits U7 program, as well as providing instruction in the delivery of the program itself.

The Community Coach Stream clinic is available through Hockey Canada’s online **Hockey University**.

With a focus on providing a positive experience for young hockey players, the Timbits U7 program builds upon a number of values that provide quality experiences, including:

- Providing a safe environment for the introduction of fundamental skills.
- Developing an understanding of basic teamwork through structured activities and game-like situations.
- Introducing participants to fair and cooperative play.
- Refining basic motor patterns and building self-confidence.
- Providing an environment that challenges individuals positively and rewards the participants.
- Providing opportunities to build a lifestyle of fitness and activity.



# Resources

Resources are available to support local hockey associations and coaches in the design and delivery of a hockey experience that meets the needs of 5-6-year-old players. Coaches should access both the Hockey Canada Network and Drill Hub to ensure they have up-to-date resources to support the Timbits U7 program. A variety of materials can also be downloaded [here](#).

## Ice-Session/Practice Plans

Plans are available through the Hockey Canada Network or Drill Hub as part of the Hockey Canada Skills Manual series, mapping out easy-to-follow ice sessions. Timbits U7 players need to progress throughout the plans to ensure they are exposed to age-appropriate drills and activities that will develop their confidence. The goal is to support the development of a sound skill base so young players will enjoy the game.

The plans consider the needs of young hockey players building their skills and are designed to serve as a model for on-ice delivery. Local hockey associations are not required to follow each ice session exactly as planned. However, coaches should be encouraged to use fundamentals of the plans so players are guided through a skill-development program designed specifically for Timbits U7. Using the direction provided in the skills manuals, coaches will gain the confidence and creativity to begin designing their own practice plans.

## Hockey Canada Network

The **Hockey Canada Network** is an iOS and Android app that contains a wealth of information for coaches and instructors. The entire series of Hockey Canada Skills Manuals and the Skills of Gold instructional videos are available on the Network. It includes the entire series of 32 lesson plans designed specifically for the Timbits U7 program, available to coaches and instructors at no cost. While there is a fee for full access, creating an account on the Network provides free access to all Timbits U7 resources.

## Drill Hub

**Drill Hub** also provides coaches of Timbits U7 players with access to all ice-session plans for free. Coaches can sign up to have free access to Hockey Canada's growing library of drills. Users can create their own practice plans or use suggested plans, which are easy to print or view on most devices.

# Timbits U7 Skills Matrix

The **Long-Term Player Development Model** places Timbits U7 hockey at the Fundamentals 1 stage, with programming focused on fundamental skill development. The Timbits U7 skills matrix identifies the skills players must have the opportunity to develop through progressive and meaningful practice sessions.

## Timbits U7 Skills

LTPD STAGE  
FUNDAMENTALS 1

Balance & Agility	Edge Control	Starting & Stopping	Forward Skating & Striding	Backward Skating	Turning & Crossovers
Basic stance	Inside edge glide	T-start	C-cuts left foot/right foot	C-cuts left foot/right foot	Glide turns
Getting up from the ice	Figure 8's- forward- inside & outside edge	Front v-start	C-cuts alternating	C-cuts alternating	Tight turns
Balance on one foot	Figure 8's- backward- inside & outside edge	Crossover start	T-push	Gliding on two skates backward	C-cuts-around circle- outside foot- forward & backward
Jumping on two feet/ one foot	Slalom	Backward c-cut start	Forward striding	Gliding on one skate backward	Crossovers- forward & backward
Gliding on two skates		One o'clock - eleven o'clock			Backward one-foot stop & t-start
Gliding on one skate- forward & backward		Outside leg stop			Pivots- backward to forward & forward to backward
Lateral crossovers- step and plant/continuous		Two-foot parallel stop			Pivots- open & reverse
		One-leg backward stop			
		Two-leg backward stop			
Stationary Puck Control	Moving Puck Control	Stationary Passing & Receiving	Moving Passing & Receiving	Shooting	
Stance	Narrow	Stationary forehand pass	Moving forehand pass	Forehand- sweep shot	
Narrow	Wide	Stationary bankhand pass	Moving bankhand pass	Forehand- wrist shot	
Wide	Open ice carry- forehand & backhand	Stationary bank pass		Backhand- sweep shot	
Side-front-side	Weaving with puck			Forehand- flip shot	
Toe drag-front & side	Toe drag-front & side				
Individual Offensive Tactics	Individual Defensive Tactics				
Body fakes	Angling				
Stick fakes					



SECTION 6:  
**Frequently Asked  
Questions**



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## Frequently Asked Questions

### 1. What are the core requirements of the Timbits U7 Game Play Model?

The model was designed to maximize the opportunity to get all players into the game. The core elements are running time, continuous play on shift changes, no offside, icing or face-offs after goals, and penalties are called.

### 2. How will player development be affected if there is no offside or icing called during game play?

Learning offside and icing will come in time, but the primary focus on age-appropriate training and programming needs to be on skill development in skating, puck control, passing, receiving and shooting. Concepts like offside, icing, positional play and face-offs can be introduced at a later age when players move to the full-ice model in the transition to U11 hockey.

### 3. Are teams permitted to identify a full-time goaltender?

Timbits U7 hockey has no full-time goaltenders. All players have an opportunity to defend the goal without the requirement of goalie equipment. Players should rotate through the position throughout the season. The Hockey Canada Long-Term Player Development Model encourages a wide range of skill development at a young age, and focusing on a single position may limit the opportunity to practice skills in all areas.

### 4. Are cross-ice games required to be two 25-minute halves?

This is only a recommended timeframe. The game time established for the Timbits U7 Game Play Model is based on a 60-minute ice session, which can be shorter or longer. If this is the case, adjust the ice session accordingly, ensuring there is time for a short warm-up, two halves of play and a short break between the two halves to make any adjustments that need to take place.

### 5. Is the length of a shift limited to 60 seconds?

The shift length of 60 seconds is a recommendation. Shifts may be up to a maximum of two minutes. This is at the discretion of the Member. It is important to reference the core requirements of the game to ensure the spirit of the game is maintained.

### 6. Are Timbits U7 teams permitted to play full-ice games?

No. The focus is on a size-appropriate ice surface, and for five- and six-year-old players that is cross-ice.

### 7. What is the difference between a jamboree and a tournament?

A jamboree is designed to engage players in a fun environment; players come together and are placed onto teams. Games may or may not be competitive and the emphasis is on fun and fair play. A tournament is a schedule of games played among three or more teams, which follows set schedule and leads to a winner.

### 8. Are smaller nets required?

There is no requirement to use smaller nets for Timbits U7 games. Regular nets (4x6) are acceptable; however, smaller nets (2x3, 3x4) are more suitable for this age group.

### 9. Is there a need to draw the crease for the nets?

No. Each net should be placed just inside the face-off circle, which will provide a small marking to aid the goaltender in positioning themselves. If there is no circle, a crease may be drawn on the ice.



## Frequently Asked Questions

### 10. What are the advantages of practicing in small areas and playing cross-ice games?

Small spaces mean more engagement in the play and more activity. Through small-area, station-based practices and cross-ice games, players are closer to the play at all times and have more opportunity for puck touches. Regardless of the skill level or the ability of each player, opportunities to be engaged in the play are doubled when the playing area is smaller. NHL research has illustrated that all skill areas of the game increased substantially when players played in small spaces more suited to their age and skill level.

### 11. What are the dimensions of a cross-ice hockey game?

The average dimensions of a regular ice surface in Canada are 200 feet by 85 feet, with some 200 feet by 100 feet. The cross-ice surface can be a maximum of 100 feet by 60 feet if the dividers are placed at the blue-line.

### 12. Is it a requirement to use a blue puck instead of a black puck, and what are the advantages?

No. The regulation black puck weighs six ounces, while the blue puck weighs four ounces. Scaling down all aspects of practice and game play for Timbits U7 players is very beneficial. The blue puck is an appropriate weight in relation to the height and weight of young players. Use of the blue puck can promote proper mechanics in shooting, passing and carrying the puck.

### 13. Should Timbits U7 hockey be tiered?

Grouping of players of similar ability can set young players up for success and enjoyment. The focus of the Timbits U7 Game Play Model is player development. It is important in both station-based practices and in cross-ice game play that players be grouped by similar ability levels whenever possible. It is recommended that prior to

the start of cross-ice games, coaches may wish to discuss possible line combinations to ensure the skill level of the players on the ice is similar; this will allow more puck touches and fun for all players.

### 14. Do the officials need to be fully registered?

This is at the discretion of the Member, if it chooses to use officials and the one-official system. If the Member chooses not to use officials for Timbits U7 hockey, then properly registered volunteers can oversee game play.

### 15. If you choose to use registered officials, do the officials have to wear the full officiating uniform?

If the Member elects to have officials work the games, all officials need to wear the minimum of an officiating jersey with Member crest, black pants and a black CSA-approved helmet with a CSA-approved half visor.

### 16. If you choose to use registered officials, do the on-ice officiating shadows/mentors have to wear an officiating uniform?

No. In situations where an on-ice shadow/mentor is supporting the official, it is appropriate for them to wear a Member tracksuit. They still must wear a black CSA-approved helmet with CSA-approved half visor.

### 17. How does the official or coach keep game flow and not lose time on shifts when a puck goes out of play?

Officials are encouraged to keep additional pucks in their pocket in the event a puck is shot out of play. The official will simply provide a new puck to the non-offending team and play will resume.

## Frequently Asked Questions

### 18. What support is available for coaches?

The NCCP Coach 1 – Intro to Coach clinic is designed for Timbits U7 coaches who need to understand the proper instructional approach with under-7 players. The Community Coach Stream clinic is part of the new online NCCP Coaching Clinic available through the online Hockey University.

Recognizing the need to provide a positive experience for young hockey players, the Coach 1 clinic builds upon a number of values, which include:

- Providing a safe environment for the introduction of fundamental skills.
- Developing an understanding of basic teamwork through structured activities and game-like situations.
- Introducing participants to fair and cooperative play.
- Refining basic motor patterns and building self-confidence.
- Providing an environment that challenges individuals positively and rewards the participants.
- Providing opportunities to build a lifestyle of fitness and activity.

In addition to coach education, the Hockey Canada Skills Manuals are a set of ice-session plans that are designed for the age-appropriate and skill-specific needs of Timbits U7 players. These plans are available through the **Hockey Canada Network, Drill Hub** and at **HockeyCanada.ca**.

### 19. What guidelines should be followed when storing and setting up equipment at community arenas?

Each facility in Canada is unique and will have its own standard operating procedures when it comes to the storage, set-up and take-down of the portable board system or foam divider system. In many cases, municipalities have developed procedures to apply to all arenas within their jurisdiction.

It will be important to work with facility management to ensure proper protocols are being followed. This will maximize efficiency, ensure safe practices for all and promote a harmonious relationship between the arena staff and members of the local hockey association.

### 20. Where can portable boards or foam barriers be purchased?

There are a number of suppliers for portable boards, foam barriers and small nets. It is advisable to check local sources to ensure best pricing on the shipping of products.

On a national level, two suppliers handle large-volume orders for these products:

OmniSport Inc.  
14 Boulder Blvd.  
Stony Plain, AB T7Z 1V7  
780-968-2344  
[omnisport.ca](http://omnisport.ca)

Athletica Sport Systems Inc.  
554 Parkside Drive  
Waterloo, ON N2L 5Z4  
519-747-1856 / 877-778-5911  
[athletica.com](http://athletica.com)



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