

# 1. GAME FORMAT OVERVIEW

## Summary of adjusted game formats and frameworks

For as many as possible to be active in ice hockey for as long as possible it is an important cornerstone to be able to create a lifelong commitment and a continuous learning process in a good environment for players at all levels. In the project for adjusted game formats we challenge the norm and identity of “what real ice hockey is”, in order to find ways and forms on how we best educate and develop people who play ice hockey. Games in children and youth hockey is an extended learning platform from the training environment and should, of course, be related and setup to how each player has achieved a certain level of development in different areas.

### “ Real Ice Hockey to Children ”

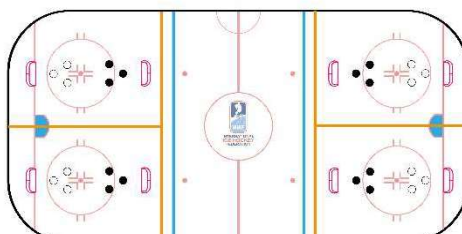
The framework for children and youth hockey is designed for the better good of the participants and with the LTP as a foundation.

All players recorded in the minutes, including goalkeepers, must be played equally in the match.

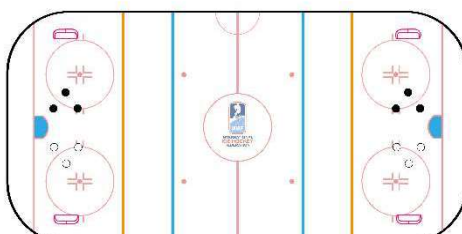
The adjusted game formats could be summarized as below and will work as a tool for player education in the specific situation of playing a game

- SCG + U8 : 3 vs 3 on 1/6 playing surface (15 x 20 m)
- U10 : 3 vs 3 on 1/4 playing surface (15 x 30 m)
- U12 : 3 vs 3 on 1/3 playing surface (20 x 30 m)
- U14 : 5 vs 5 on full ice playing surface (30 x 60 m)
- YOG 3-on-3 format on 1/3 playing surface (20 x 30 m)

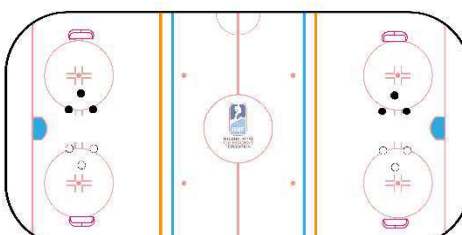
SCG and U8  
1/6 playing surface (15m x 20m)



U10  
1/4 playing surface (15m x 30m)



U12 and YOG 3-on-3  
1/3 playing surface (20m x 30m)



## Overview – Basic equipment for game operations

### Boards/Dividers

The playing area must be limited, for example, by using the surfaces, thick rope, fire hose, painted lines, foam dividers etc.

Demarcation is done according to the playing area (Annex 1)

- 1/6 Playing surface (15m x 20m) – The playing surface is divided by low boards or dividers
- 1/4 Playing surface (15m x 20m) – The playing surface is divided by low boards or dividers
- 1/3 Playing surface (15m x 20m) – The playing surface is divided by low boards or dividers

### Safety net

Regardless the size of the playing surface, it is recommended that a safety net is used behind the goals for protection.

### Puck

- U10 and younger – Blue light puck should be used. Diameter 7,62 cm, weight 120 - 135 gr
- U12 and older – Black puck is used. Diameter 7,62 cm, weight 156 - 170 gr



**Blue Puck**  
120-135 gr



**Black Puck**  
156-170 gr

## Goal frame and goal crease

A normal sized goal frame (122cm x 183 cm) is to be used when playing with goaltenders in the games.

A smaller size goal frame (45cm x 60 cm) is used for games without Goaltenders in the lower age groups. For older age groups shooting targets can be used.

The goal crease\* should be outlined for all categories using the normal size frame (122cm x 183 cm) see image below. The Goal crease is to be drawn with a suitable "ice marker"



Goalie Crease



Ice Marker

## Nets

It is recommended to use nets of different sizes. Goal nets of the same size should be used on the same playing field. There is also the possibility to play without goaltenders, if there are no goaltenders and small nets of the same size are used (Annex 2)



Annex 2

## 2. FRAMEWORK CONDUCTING THE GAMES

## Framework for SCG and U8 – 3vs3 on 1/6 surface

### Rule 1 : Teams

- 1.1 Player** - Each team plays with three (3) skaters and one (1) goaltender per playing surface. If the game is played without goaltenders, each team will still play with 3 skaters. The goaltender can never be replaced by one (1) extra skater.
- 1.2 Coach/Team leader** - Each team shall have at least 1 Coach/Team leader per playing surface that is responsible for his players. The Coach/Team leader is responsible for leading/ coaching his players and to help restore and position the boards/dividers if moved during the game.

### Rule 2 : Game leaders

- 2.1 Game Leader** - For each game, the organizing club shall appoint 1 game leader who oversees one game. The game leader should be (at least) 1 Coach/Team leader from the home and/or the away team. It is recommended that each playing surface has two (2) game leaders, i.e. 1 from each participating team.
- 2.2 The game leader's duties and responsibilities** - The Game leader is responsible to assure that the game is played in compliance with the framework of the games and should have contact with the team's coaches/team leaders, during the game, if something occurs with the players or with the playing surface and its equipment.
- 2.3 Game leader's equipment** - Each Game leader must be equipped with :
- A whistle
  - Helmet
  - Skates

(Extra pucks for each game can be put on top of each Goal)

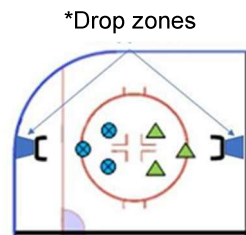
### Rule 3 : Playing time

- 3.1 Timing** - Regardless if 1 or 4 games are played, the same clock is used for all games played.
- 3.2 Playing Time** - A game is conducted through 1 period of 15 minutes.
- 3.3 Signals for start and stop** - A signal should sound when the game starts at 00:00 and to indicate the end of the game after 15 minutes. A signal should also sounding every 90 seconds to indicate a line change procedure.
- 3.3 Other events** – In addition to the above occasions, playing should never be stopped unless :
- A major injury occurs at one of the playing surfaces
  - A major problem arises with the playing surface/ice

## Rule 4 : Starting up the game

**Start of the game** - Generally, when the game is to be started, the main objective is to get started as quickly and safely as possible. The game should be started either by:

- **Face-off:** Two players line up against each other for a face off at the center of the playing surface and with the remaining players in the team behind their teammate.
- **Start-up:** The game leader uses a new puck that is dropped in one of the two drop zones\* behind each goal.



**4.1 Stoppage after a goal is scored** – When a goal has been scored, the team that scored should immediately move towards its own goal and give the opponents an opportunity to obtain puck possession and start playing from, their drop zone. When the team started to play the puck, the opponents can attack

**4.2 Stoppage after an infraction** – When player has been called, due to a penalty, the match leader shall give the offending team the puck by dropping it into their drop zone.

**4.3 Stoppage after goaltender blocking the puck** – if the goalie blocks the puck, the game leader blows the whistle and throws a new puck into the box. The attacking team should immediately move towards their own goal and give the opponents an opportunity to obtain puck possession by their goal frame. When the team started to play the puck, the opponents can attack.

**4.4 Stoppage after the puck left the playing surface** – If the puck is pushed off the playing surface, the game leader should blow off and give non-offending teams puck possession by booting from their drop box. If the puck hits the safety net around the rink and bounces back onto the playing surface, the game should not be stopped.

**4.5 Stoppage for conducting player changes** – Once a player change has been conducted, the game leader shall conduct a face off at center ice. All players should be behind the conducting player at the face off. All playing surfaces should start at the same time.

**4.6 Other stoppages** - If the game is stopped for any reason not mentioned above, the game leader should conduct a face off at center of the playing surface.



## Rule 5 : Physical contact

**5.1 Allowed physical contact** – A player should be using its stick to play the puck and conquer puck possession from an opponent. Physical contact may occur between players in the games and is okay if the contact is not of a character described under 5.2.

**5.2 Not allowed physical contact** – A not allowed physical contact is a contact that occurs when a player;

- Uses his body to stop the opponent without playing the puck with the stick.
- Tackles an opponent with the body or any part of his equipment
- Jumps in too a player
- Pushes a player
- Hits a player or try to hit a player with the stick or hands
- Trips a player with his stick or body
- Hits a player against the boards
- Holds an opponent with his body or hands
- In any way plays dangerously
- Hits or tackles an opponent when the player does not have the puck

## Rule 6 : Player not following the framework

A player who makes a physical contact that is not allowed, plays in a dangerous or negligent manner or through the way it is conducting itself or uses a language that does not follow the outlining for fair- play and respect. The game leaders should blow the whistle and give instructions in direct connection with the offence to the offending player. The game leader should give the opposing team the puck and start playing from their drop-zone.

The game leader is the one who determines whether the player is repeating the actions or the way the player does not play according to the framework. The game leader should have a good connection with both coaches/Team leaders and communicate in all situations.

## Rule 7 : Goals

**7.1 Scoring a goal** - The game leader should indicate the scoring of a goal if a player plays the puck with his stick and the puck crossed completely over the goal line (goal line can be drawn with the same marker we draw the crease)

**7.2 Disallowed goal** - A goal cannot be allowed if:

- The skater uses the stick above the shoulder height
- The skater makes contact or runs over the goaltender
- The skater uses something other than his stick to score
- The goal frame is moved out of position



## Framework for U10 – 3vs3 on 1/4 surface

### Rule 1 : Teams

**1.1 Player** - Each team plays with three (3) skaters and one (1) goaltender per playing surface. If the game is played without goaltenders, each team will still play with 3 skaters. The goaltender can never be replaced by one (1) extra skater.

**1.2 Coach/Team leader** - Each team shall have at least 1 Coach/Team leader per playing surface that is responsible for his players. The Coach/Team leader is responsible for leading/ coaching his players and to help restore and position the boards/dividers if moved during the game.

### Rule 2 : Game leaders

**2.1 Game Leader** - For each game, the organizing club shall appoint 1 game leader who oversees one game. The game leader should be (at least) 1 Coach/Team leader from the home and/or the away team. It is recommended that each playing surface has two (2) game leaders, i.e. 1 from each participating team.

**2.2 The game leader's duties and responsibilities** - The Game leader is responsible to assure that the game is played in compliance with the framework of the games and should have contact with the team's coaches/team leaders, during the game, if something occurs with the players or with the playing surface and its equipment.

**2.3 Game leader's equipment** - Each Game leader must be equipped with:

- A whistle
- Helmet
- Skates

(Extra pucks for each game can be put on top of each Goal)

### Rule 3 : Playing time

**3.1 Timing** - Regardless if 1 or 2 games are played, the same clock is used for all games played.

**3.2 Playing Time** - A game is conducted through 1 period of 15 minutes.

**3.3 Signals for start and stop** - A signal should sound when the game starts at 00:00 and to indicate the end of the game after 15 minutes. A signal should also sounding every 60 seconds to indicate a line change procedure.

**3.3 Other events** – In addition to the above occasions, playing should never be stopped unless:

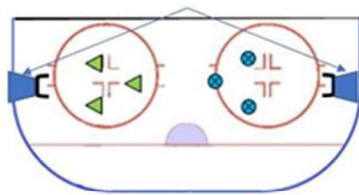
- A major injury occurs at one of the playing surfaces
- A major problem arises with the playing surface/ice

## Rule 4 : Starting up the game

**Start of the game** - Generally, when the game is to be started, the main objective is to get started as quickly and safely as possible. The game should be started either by:

- **Face-off:** Two players line up against each other for a face off at the center of the playing surface and with the remaining players in the team behind their teammate.
- **Start-up:** The game leader uses a new puck that is dropped in one of the two drop zones\* behind each goal.

\*Drop zones



**4.1 Stoppage after a goal is scored** – When a goal has been scored, the team that scored should immediately move towards its own goal and give the opponents an opportunity to obtain puck possession and start playing from, their drop zone. When the team started to play the puck, the opponents can attack

**4.2 Stoppage after an infraction** – When an infraction happens in the game the game leader should indicate a “Hunting penalty” \* to start the game again. The pre-allocated player (the player that was infringed) that puts the puck on and lines up at center of the ice surface. All other players in both teams line up behind the goal behind the penalty shooter.

**4.3 Stoppage after goaltender blocking the puck** – if the goalie blocks the puck, the game leader blows the whistle and throws a new puck into the box. The attacking team should immediately move towards their own goal and give the opponents an opportunity to obtain puck possession by their goal frame. When the team started to play the puck, the opponents can attack.

**4.4 Stoppage after that the puck left the playing surface** – If the puck is pushed off the court, the match manager should blow off and give non-offending teams puck possession by dropping the puck in their drop zone. If the puck hits the safety net around the rink and bounces back onto the playing surface, the game should not be stopped.

**4.5 Stoppage for conducting player changes** – Once a player change has been conducted, the game leader shall conduct a face off at center ice. All players should be behind the conducting player at the face off. All playing surfaces should start at the same time.

**4.6 Other stoppages** - If the game is stopped for any reason not mentioned above, the game leader should conduct a face off at center of the playing surface.

## Rule 5 : Physical contact

**5.1 Allowed physical contact** – A player should be using its stick to play the puck and conquer puck possession from an opponent. Physical contact may occur between players in the games and is okay if the contact is not of a character described under 5.2.

**5.2 Not allowed physical contact** – A not allowed physical contact is a contact that occurs when a player;

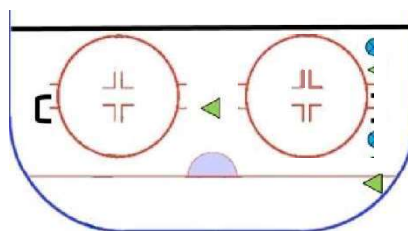
- Uses his body to stop the opponent without playing the puck with the stick.
- Tackles an opponent with the body or any part of his equipment
- Jumps in too a player
- Pushes a player
- Hits a player or try to hit a player with the stick or hands
- Trips a player with his stick or body
- Hits a player against the boards
- Holds an opponent with his body or hands
- In any way plays dangerously
- Hits or tackles an opponent when the player does not have the puck

## Rule 6 : Player not following the framework

If a player is making physical contact as described in 5.2, plays in a dangerous or reckless manner, or through conduct or language does not live up to the spirit of fair play and respect, the game leader shall blow the whistle and stop play and point at the fouling player. The player that was fouled are awarded a penalty shoot that is carried out as a "hunting penalty". The penalty taker takes a position with the puck on the center of the playing surface and the remaining players stand next to the goal frame behind the player conducting the shoot. When the game leader blows the whistle, it is signaled that the penalty taker can start his penalty shoot and the players behind can start following the player and puck. If the skater is not scoring the play continues. If the skater scores on the penalty shoot the team that was scored against should take the puck and start up in their dropping zone.

The game leader is the one who determines whether the player is not playing accordingly to the framework and is responsible for removing players from the game who repeatedly play in a dangerous and disrespectful way.

### \*Hunting Penalty





## Rule 7 : Goals

**7.1 Scoring a goal** - The game leader should indicate the scoring of a goal if a player plays the puck with his stick and the puck crossed completely over the goal line (goal line can be drawn with the same marker we draw the crease)

**7.2 Disallowed goal** - A goal cannot be allowed if:

- The skater uses the stick above the shoulder height
- The skater makes contact or runs over the goaltender
- The skater uses something other than his stick to score
- The goal frame is moved out of position



## Framework for U12 – 3vs3 on 1/3 surface

### Rule 1 : Teams

**1.1 Player** - Each team plays with three (3) skaters and one (1) goaltender per playing surface. If the game is played without goaltenders, each team will still play with 3 skaters. The goaltender can never be replaced by one (1) extra skater.

**1.2 Coach/Team leader** - Each team shall have at least 1 Coach/Team leader per playing surface that is responsible for his players. The Coach/Team leader is responsible for leading/ coaching his players and to help restore and position the boards/dividers if moved during the game.

**1.3 Player changes** – The coach/Team leader of each team in a game is responsible for overseeing the player changes procedure in the game. Players are not allowed to enter the playing surface and participate in the game until the other player has entered the changing area and have made a clap with the changing players hand indicating the change

### Rule 2 : Referee

**2.4 Referee** - For each game, the organizing club shall appoint a licensed youth game official for each game to the role of referee.

**2.5 The referee's duties and responsibilities** - The Referee is responsible to assure that the game is played in compliance with the framework of the games and should have contact with the teams coaches/team leaders, during the game, if something occurs with the players or with the playing surface and its equipment.

**2.6 Referee's equipment** - Each Referee must be equipped with :

- A whistle
- Helmet
- Skates
- 2-3 Extra pucks

### Rule 3 : Playing time

**3.1 Timing** - Regardless if 1 or 2 games are played, the same clock is used for all games played.

**3.2 Playing Time** - A game is conducted through 1 period of 15 minutes.

**3.3 Signals for start and stop** - A signal should sound when the game starts at 00:00 and to indicate the end of the game after 15 minutes. A signal should also sounding every 60 seconds to indicate a line change procedure.

**3.3 Other events** – In addition to the above occasions, playing should never be stopped unless:

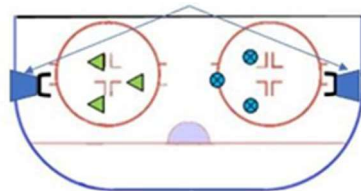
- A major injury occurs at one of the playing surfaces
- A major problem arises with the playing surface/ice

## Rule 4 : Starting up the game

**Start of the game** - Generally, when the game is to be started, the main objective is to get started as quickly and safely as possible. The game should be started either by:

- **Face-off** : Two players line up against each other for a face off at the center of the playing surface and with the remaining players in the team behind their teammate.
- **Start-up** : For goalie blocking the puck and after a goal is scored will the goalie use the same puck to start up the game. The goalkeeper starts the game by passing, with his or her stick, a player in his team from the goal crease. When the puck reaches the first player, the opponents can attack the player after that they been moving towards their own net. If the puck leaves the playing surface the team that did not play out the puck will be given a puck to start playing from their drop zone.

\*Drop zones



**4.1 Stoppage after a goal is scored** – When a goal has been scored, the team that scored should immediately move towards its own goal and give the opponents an opportunity to obtain puck possession and start playing from, their drop zone. When the team started to play the puck, the opponents can attack

**4.2 Stoppage after an infraction** – When an infraction happens in the game the game leader should indicate a “Hunting penalty” \* to start the game again. The pre-allocated player (the player that was infringed) that puts the puck on and lines up at center of the ice surface. All other players in both teams line up behind the goal behind the penalty shooter.

**4.3 Stoppage after goaltender blocking the puck** – If the goalkeeper blocks the puck, the referee blows his whistle and the attacking team should move towards their own net, allowing the goalkeeper to start playing, by using his or her stick, passing to a teammate. When the puck reaches one of the players in the goalkeeper’s team the opponents can pursue the puck.

**4.4 Stoppage after that the puck left the playing surface** – If the puck is shoot out of playing surface, the referee should blow the whistle and give non-offending teams puck possession and let them start playing in their drop zone. If the puck hits the safety net around the rink and bounces back onto the playing surface, the game should not be stopped.

**4.5 After player changes** – No signal will be given to indicate a player change. Skaters will do changes during game time as indicated in 1.3.

**4.6 Other stoppages** - If the game is stopped for any reason not mentioned above, the game leader should conduct a face off at center of the playing surface.

## Rule 5 : Physical contact

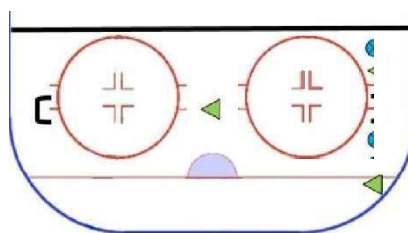
Physical contact and infractions with the stick is described and followed in the same way as in the hockey rules with body contact

## Rule 6 : Player not following the framework

If a player plays in a way that is against the documentation mentioned in rule 5 the referee should blow the whistle and stop play. Awarding the fouled player, a penalty shoot that is taken in the form of a hunting penalty. The player taking the penalty shoot starts with the puck on the center of the playing surface with the remaining players lined up next to the goalframe behind the shooter. When the referee blows the whistle, it is signaled that the penalty shoot has started, and the skater can start his penalty shot and the players behind can start the chase for the puck and player. If the shoot is missed, the game will continue and if the skater scores the procedure will be followed as described after scoring of a goal.

The referee has the right to reject a player from the game if he/she are repeatedly making minor offence or playing in a dangerous or reckless way. A player using profane and abusive language should also be rejected from the game.

\*Hunting Penalty



## Rule 7 : Goals

**7.1 Scoring a goal** - The game leader should indicate the scoring of a goal if a player plays the puck with his stick and the puck crossed completely over the goal line (goal line can be drawn with the same marker we draw the crease)

**7.2 Disallowed goal** - A goal cannot be allowed if :

- The skater uses the stick above the shoulder height
- The skater makes contact or runs over the goaltender
- The skater uses something other than his stick to score
- The goal frame is moved out of position