

## **5 PLAYING RULES FOR PLAYERS UNDER 10 YEARS OLD 60**

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***The Playing Rules for Boys and Girls under 10 Years Old have been tested and developed over time in many countries around the world and have been included in this manual to support you in organizing games for the children. These rules enable the children to develop hockey skills in an environment that fosters fun, learning, participation by all, and mental and physical development.***

## 5.1 *Playing Surface, Cross-Ice Boards, and Child Sized Goal Nets*

### **Cross-Ice Playing Surface**

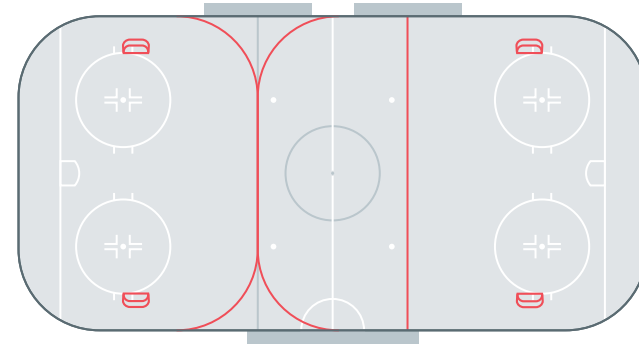
All games will be played across the ice in the end zones on one-third of the rink.

### **Cross-Ice Rink Boards**

The IIHF recommends that every arena construct a light board barrier which:

- Is easy and quick to move on and off the ice surface.
- Is approximately 10 cm high and 5 cm wide.
- Has no support legs to hinder the puck from sliding along the boards.
- Forms a continuous barrier from the boards one side of the rink to the opposite side.
- Uses some form of mechanism to easily hook the boards together.
- Is constructed of, for example, wood, aluminum, fiberglass, or an old fire hose.

To keep the puck in play it is recommended that a “corner board” be constructed. The “corner board” constructions should be the same height and width as the boards which run along the blue line.



Example of the board barrier construction

### Child Sized Goal Nets

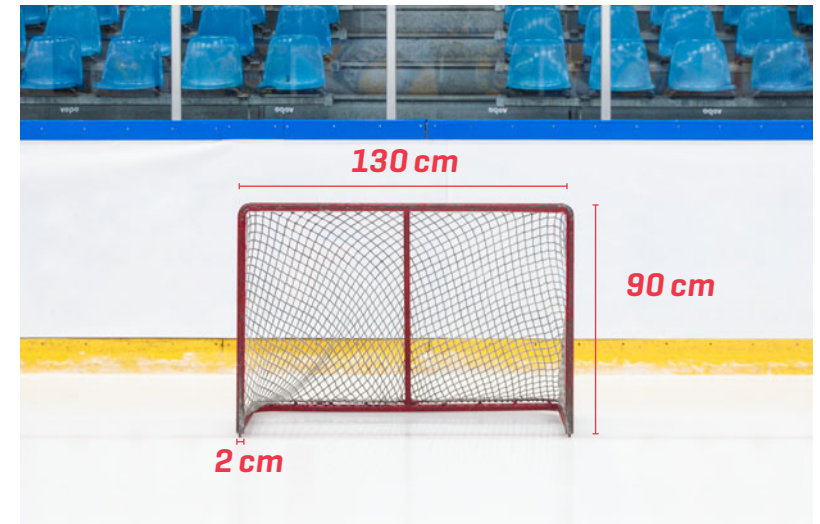
It is recommended that Learn to Play Goal Nets be used to give the goalkeeper a greater chance of success, which will in turn build confidence.

The goals should be located one meter from the sideboards of the rink and half way between the end boards of the rink and the cross-ice rink boards set up on the blue line.

Two Child Size Goal Net construction examples are provided below.

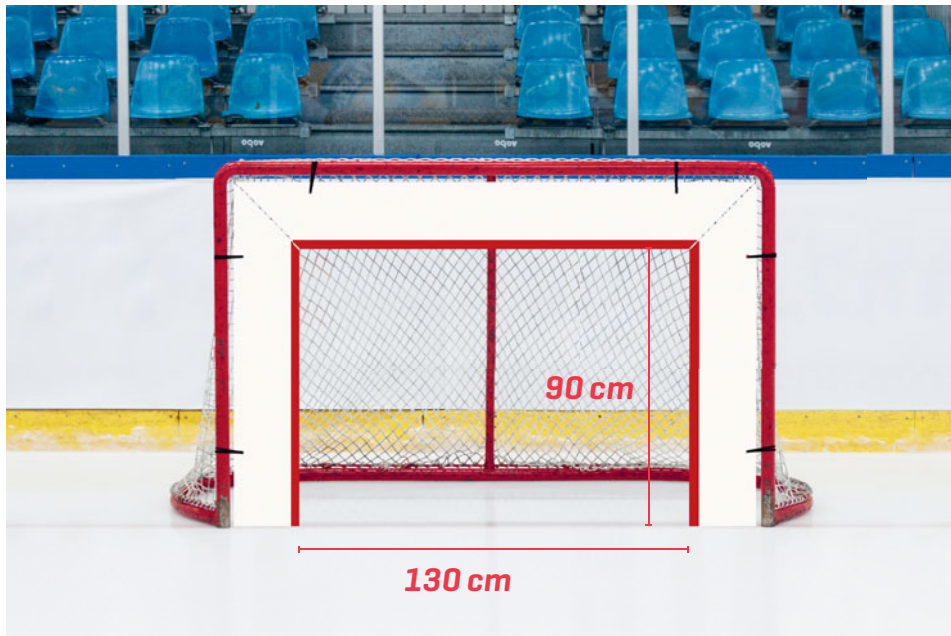
### Lightweight Goal Nets

Lightweight goals, measuring 90 cm high, 130 cm wide and 70 cm deep can be used, constructed of 1.5 to 2.0 cm tubing. The lower end of the goal posts should have small pegs to keep the goal in position.



### Goal Insert

These lightweight goal inserts could be constructed using wood or plastic. The inserts should be made to fit inside the posts of a normal goal net. The insert should have an opening 90 cm high and 130 cm wide. The insert can be fastened to the goal posts and cross bar using straps or hooks.



## 5.2 Equipment

Remember that the children being taught are small and in order for them to achieve maximum enjoyment and optimize their understanding of the skills, junior sized equipment should be used.

### Junior Size Sticks

All players are encouraged to use junior sized sticks. Some benefits of using junior size sticks are:

- enable better puck control
- are lighter, and therefore improve balance
- are less expensive than senior sticks

### Lightweight Pucks

The overall diameter, thickness of the puck should be the same as a normal game puck (minimum weight is 80 grams and maximum is 130 grams). Options for lightweight pucks are outlined below.

### Blue Puck

This is a normal size puck, blue in colour, which is made of a lightweight material.



## 5.3 *Game Organisation*

### **Statistics**

No statistics or league standings are to be recorded; however, a game sheet must be filled out so that the federation has a record that the game took place. Scores are not shown on the game time clock.

### **Game Officials**

Either a coach or referee will act as to the game official for the game.

### **Off-Ice Officials**

The home team should arrange for a timekeeper.

### **Face-offs**

Face-offs will take place in the centre of the playing surface at the beginning of the game and the period, as well as after a goal, after a break in the play (when the goalkeeper freezes the puck), or when changing the players.

### **Playing Time**

The length of the game is to be determined by the amount of time available.

### **Player Participation**

All the players participating must be played evenly in every game.

### **Shift Changes**

At the signal from the timekeeper, at a maximum of 90 seconds running time, the units will change. The units will always play at even strength (5–5, 4–4).

**Length of the playing shifts**

The maximum length of the shift is 90 seconds running time.

**Offside and Icing**

There are no blue line offside, icing, etc.

**Bodychecking**

Bodychecking is NOT allowed.

**Violating the Rules; Penalties**

When a player violates the rules, the game and the official in charge will explain the reason for the stoppage to the player. No penalties are given. If necessary the game official can remove a player from the game for the remainder of the shift.

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

### Centre Zone

For maximum ice use and player development, players that are not playing should participate in drills for skating, stick-handling, passing and shooting in the centre zone. This zone should also be used as the player's bench.

