



NORTH EAST MINOR HOCKEY LEAGUE

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<https://leagues.teamlinkt.com/nemhl>



U7--Basic Rules of Cross Ice Games

6.04.14 - U7

- b) All U7 games and practices must be in the cross-ice format.
- c) There will be no U7 games sanctioned by Hockey Saskatchewan until December 1st annually.
NOTE: All U7 "play" until December 1st is practices.
- d) The maximum number of games a U7 team can play is thirty-five (35) per season. (See 6.04.15 Note)
- For sixty (60) minute ice sessions, use the model of two twenty-four (24) minute halves with two (2) minute shifts
 - NEMHL time slots may not exceed 1.25hr in length
 - There must be a signal at the end of each 2 minute shift
 - Games can be played 5 on 5 or 4 on 4. The number of players will vary depending on each team.
 - There will be NO face-offs after a goal is scored, or after a line change. In both instances a puck will be shot in the corner to resume play.
 - The goal of the NO face-offs during the game is to ensure the players skate and are engaged as much as possible.
 - Each game will be played with a Blue 4oz puck.
 - NO permanent goalies.
 - NO specific skater positions.
 - NO KEEPING SCORE!
 - **PROMOTION OF SAFE & FUN!!**

The NEMHL U7 Division will have a **3 goal cap per player per game.**