



HOCKEY CALGARY

COMMUNITY HOCKEY AND MINOR FEMALE GAME PLAY GUIDELINES 2025-26

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Key Changes (implemented in the 2024-25 season):

- Each team must supply two off-ice officials for all games. The Home Team will be responsible for the Timekeeper and Home Penalty box; the Visiting team will be responsible for the Scorekeeper and Visitor Penalty box.

'Out-of-Town' Definition

- Hockey Calgary has adjusted its definition of an 'Out-of-Town' rink
- The following rinks will no longer count toward the 'Out-of-Town' tournament total and will be considered 'In Town' tournaments:

HOCKEY CALGARY – GAME PLAY GUIDELINES 2025-26



HOCKEY CALGARY

<i>City/Town</i>	<i>Rink Name</i>	<i>Address</i>	<i>Distance from Calgary</i>
Chestermere	Chestermere Regional Community Association	201 W Chestermere Dr, Chestermere, AB	24 KM
Airdrie	Ron Ebbesen Twin Arena	200 East Lake Crescent NE, Airdrie, AB	33 KM
Airdrie	Genesis Place	800 East Lake Blvd NE, Airdrie, AB	33 KM
Airdrie	Plainsmen Arena	320 Centre Ave E, Airdrie, AB	36 KM
Cochrane	Cochrane Arena	609 4 Ave N, Cochrane AB	37 KM
Cochrane	Spray Lakes Sawmills Family Sports Centre	800 Griffin Rd E, Cochrane AB	39 KM
De Winton	Scott Seaman Sports Rink	32156 AB-552, De Winton, AB	40 KM
Indus	Indus Recreational Centre	225155 Range Rd 281A, Indus, AB	41 KM
Okotoks	Murray & Piper Arena	99 Okotoks Dr, Okotoks, AB	45 KM
Okotoks	Okotoks Centennial Arenas	204 Community Way, Okotoks, AB	47 KM
Crossfield	Pete Knight Memorial Arena	920 Mountain Ave, Crossfield, AB	51 KM
Strathmore	Strathmore Family Centre Arena	160 Brent Blvd, Strathmore, AB	55 KM
Diamond Valley	Oilfields Regional Arena	611 3 St SW, Diamond Valley, AB	63 KM
Morley	Stoney Tribal Hockey Arena	Morley, AB T0L 1N0	63 KM
Carstairs	Carstairs Memorial Arena	2100 AB-581, Carstairs, AB	68 KM
High River	Bob Snodgrass Recreation Complex	228 12 Ave SE, High River, AB	68 KM

Game Limits Intro to Hockey (U7 and U9)

- U7 and U9 Game Limits have changed to provide more flexibility and to encourage gameplay at the ideal time of the season
 - U7 Jr
 - 16 Game Maximum up until the end of the Regular Season
 - Post Season – Up to a maximum of 20 Games (includes all games during the season)
 - U7 Sr
 - 18 Game Maximum up until the end of the Regular Season
 - Post Season – Up to a maximum of 24 Games (includes all games during the season)
 - U9
 - 28 Game Maximum up until the end of the Regular Season
 - Post Season – Up to a maximum of 35 Games (includes all games during the season)

Other Intro to Hockey (U7 and U9) Changes

- Highlighted in game play structure in this document

U7 Timbits

U7 Jr. & Sr. Timbits Seasonal Structure

Jr. Timbits – Generally 1st Year Players

- Informal games until November 28th
- **Game Maximum for U7 Jr. Timbits is 16** ‘formal-modified’ games up until Feb 22 and **20 total** ‘formal-modified’ games from Sept-Mar
 - This includes **8 Hockey Calgary scheduled games**, and any additional exhibition and tournament games. **NO EXCEPTIONS.**
- **Tournament /Jamboree Maximum for U7 Jr. Timbits 2** (HC Jamboree Excluded)
 - Only 1 Tournament/Jamboree can be **out-of-town****

U7 Jr. Timbits - Age 5 (2020 born)								
Prep, Evaluation, Development Phase			Game Play Phase			End of Season Phase		
Sept 8 - Nov 27			Nov 28 - Feb 22			Feb 23 - Mar 31		
12 Weeks	16-22 Practices	0 Games	12 Weeks	16-22 Practices	10-12 Games	5 Weeks	2-4 Practices	4-6 Games
Total Practices: 40-50 Total Cross-Ice Games: 16 game max up until Feb 22 20 game max season total (Sept-March)								
Maximum 2 Tournaments/Jamborees (excluding HC Jamboree) Only 1 Tournaments/Jamboree can be out-of-town**								

Sr. Timbits – Generally 2nd Year Players

- Informal games until November 14th
- **Game Maximum for U7 Sr. Timbits is 18** ‘formal-modified’ games up until Feb 22 and **24 total** ‘formal-modified’ games from Sept-Mar
 - This includes **8 Hockey Calgary scheduled games**, and any additional exhibition and tournament games. **NO EXCEPTIONS.**
- **Tournament /Jamboree Maximum for U7 Sr. Timbits 3** (HC Jamboree Excluded)
 - Only 1 Tournament/Jamboree can be **out-of-town****

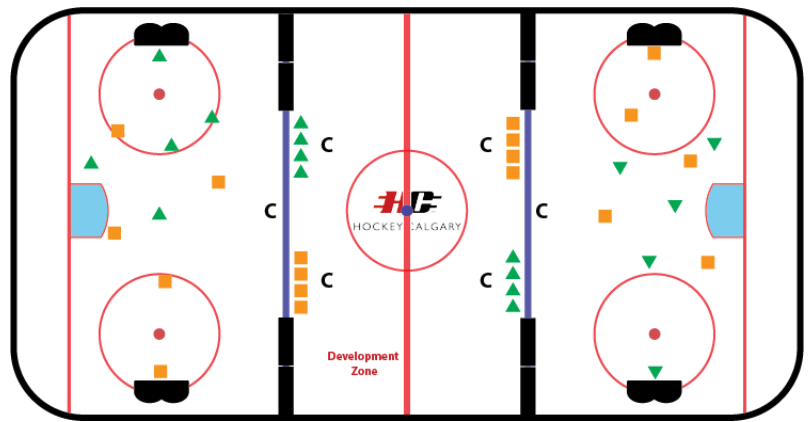
U7 Sr. Timbits - Age 6 (2019 born)								
Prep, Evaluation, Development Phase			Game Play Phase			End of Season Phase		
Sept 8 - Nov 13			Nov 14 - Feb 22			Feb 23 - Mar 31		
10 Weeks	14-18 Practices	0 Games	14 Weeks	18-28 Practices	10-14 Games	5 Weeks	2-4 Practices	6-10 Games
Total Practices: 40-50 Total Cross-Ice Games: 18 game max up until Feb 22 24 game max season total (Sept-March)								
Maximum 3 Tournaments/Jamborees (excluding HC Jamboree) Only 1 Tournaments/Jamboree can be out-of-town**								

Jr. & Sr. Timbits

- ****Out-of-Town** is defined as any rink outside of the Hockey Calgary Boundaries and the 16 additional rinks identified to be in close proximity to Calgary. The reason for this limit is to help reduce the incremental costs associated with traveling to tournaments (hotels, food, gas, etc.)
- **Hockey Calgary Timbits Jamboree does not count towards any of the game limits**
- Any Timbits game hosted by a Hockey Calgary team/association must be played in a **Cross-ice format** (board to board, blueline down or between blue lines). However, teams are **permitted to play in a half-ice (goal line to redline) in games or jamborees hosted by other Minor Hockey Associations** provided they are sanctioned by Hockey Alberta. **Full ice games are not permitted.**

Jr. & Sr. Timbits Game Play

- Games will be played split squad in a **Cross-Ice Format** (board to board, blueline down)
 - Ex. Half red vs. half blue at one end, & the other half of red & blue at the other end
 - Teams will kneel on the blue lines rather than use the benches
- Coaches are permitted, but not required, to split their mini teams into A and B rosters to ensure like abilities play together
 - NOTE:** Consultation should be done with the opposing coach ahead of time
 - NOTE:** In cases like these, teams do not switch ends at the half-way point.
- 4 vs. 4 format plus 2 'acting goalies' (no goalie equipment)
 - "Acting goalies" transition from "acting goalie" to 'player' after their shift
 - Alternate 'Goalie' Option – teams may choose to have a player play in 'goal' for half of a half (12 minutes), then switch to a new player for the 2nd half of a half (12 minutes)
- Two face-offs during the game
 - One to start the game, and one to start the second half
- No official score will be posted
- No off-sides, No icing
- Blue Pucks**
- The main score clock is used as the **time keeping device** for both games simultaneously
- Coaches on the ice with skates.** There will only be a maximum of 4-5 players on each bench so this should be enough communication to players.
- Shifts
 - 1.5 minutes (90 seconds) in length
 - Resting players will take a knee on the blueline
 - When the buzzer/whistle sounds, players must relinquish control of the puck immediately and skate towards the blue line (players kneeling area) **with the exception of the 'acting goalie' who transitions to 'player' for the next shift**
 - 4 new skaters enter the game surface area
 - 3 as 'players'
 - 1 as 'acting goalie'
 - Tag Up Rule:** If there are fewer than 4 players on the bench, the active player designated to stay out for the following shift must tag up at the bench prior to racing to the play the loose puck.
- The '**Developmental Zone**' has been added to allow opportunities to provide **individual instruction** and attention to players. Players and coaches will use the zone to varying levels. Some players will simply enjoy kneeling, taking a rest, drinking some water, and cheering on their teammates, while other's may require some individual coaching.
 - The 'Developmental Zone' is designed for coaches to:**
 - Look for and address 'coachable moments' in games (ex. Coach notices a player's passing is not accurate. Coach can take the player after their shift, correct the error, and execute a couple of repetitions within the 90 second rest)
 - Run an individual activity for a player who isn't tired, who needs an increased challenge, or who has trouble sitting still
 - The 'Developmental Zone' is NOT designed for Coaches to:**
 - Run full drills/activities between shifts
 - Grab each or a single player after every shift to work on skills



- Over coach

U9 - Ages 7-8 (2017-2018 born)		
Prep, Evaluation, Development Phase Sept 1 - Oct 17 8-10 Practices Exhibition Games	Regular Season Phase Oct 18 - Feb 22 26-32 Practices 18 Scheduled Games	End of Season Phase Feb 23 - Mar 31 4-8 Practices Tour./Jamb. Games
Total Practices: 40-50 Total Cross-Ice Games: 28 game max up until Feb 22 35 game max season total (Sept-March)		
Maximum 3 Tournaments/Jamborees (excluding EMHW) Only 2 Tournaments/Jamborees can be out-of-town**		

U9 Seasonal Structure

1. NEW - GAME FORMAT SUMMARY

- Seeding and League Games
 - Sept 1 – Jan 14: **Half-Ice**
 - Jan 15 – Feb 28: **Three-Quarter Cross-Ice**
- Esso Minor Hockey Week: **Half-Ice**
- Exhibition and Tournament Games
 - Sept 1 – Jan 14: **Half-Ice**
 - Jan 15 – Jan 31: **Half-Ice or Three-Quarter Cross-Ice**
 - Feb 1 – Mar 31: **Half-Ice or Three-Quarter Cross-Ice or Full-Ice***
 - Teams will be permitted to play a **maximum of 8 Full-Ice Games**
 - **Full-Ice games must adhere to the playing rules found [HERE](#)**

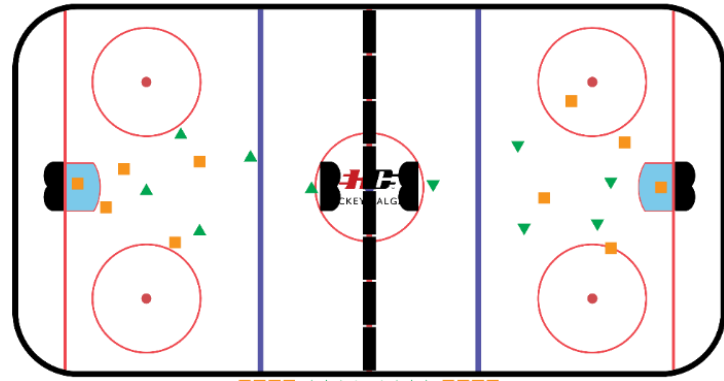
2. Seasonal Structure (# of Games/Tournaments Permitted)

- **Game Maximum for U9 is 28 Games** up until Feb 23, and **35 total games** from Sept-Mar.
 - 6 Seeding (HC Scheduled)
 - 10 Regular Season (HC Scheduled)
 - 2 EMHW (HC Scheduled)
 - 3 Tournament/Jamboree Maximum (approx. 9-12 games)
 - Exhibition Games (approx. 2 games)
- **Tournament/Jamboree Maximum for U9 is 3 Tour./Jamb..**
 - Only 2 Tournaments/Jamborees can be **out-of-town****
 - Out-of-Town is defined as any rink outside of the Hockey Calgary Boundaries and the 16 additional rinks identified to be in close proximity to Calgary. The reason for this limit is to help reduce the incremental costs associated with traveling to tournaments (hotels, food, gas, etc.)
 - **No tournament participation prior to end of seeding round (Nov 18).**

U9 Seasonal Game Play (Up until Jan 15 – All Games)

Two-Four Half Ice Model

- **60 Minute Ice Slot**
 - 5 Mins. - Warm Up/Set Up
 - 24 Mins. – Period #1
 - 3 Mins. – Rest/Change Ends
 - 24 Mins. – Period #2
 - 3 Mins. – Shake Hands/Move Bumpers
- Games will be played split squad
 - Ex. Half red vs. half blue at one end, & the other half of red & blue at the other end
 - At the mid-point of the ice session the **‘visiting’ team** will switch ends
 - Teams will share the benches
- 4 vs. 4 format – each team with 2 goaltenders
- ½ ice game will be played from the goal line (at one end), to the center line
 - The net at center ice will be put on the **center faceoff circle**
- Two face-offs during the game - one to start the game, and one to start the second half
- No official score will be posted
- No off-sides, No icing
- **Blue Pucks**
- The main score clock is used as the **time keeping device** for both games simultaneously
- 1 official at each end, plus an on or off-ice mentor official for developmental purposes.
- **A maximum of 2 coaches per team will be permitted on each bench.**
- Shifts will be 1.5 minutes (90 seconds) in length.
- When the buzzer/whistle sounds, players must relinquish control of the puck immediately and vacate the ice. The new players enter onto the ice surface immediately.
- **Tag Up Rule:** If there are fewer than 4 players on the bench, the active player designated to stay out for the following shift must tag up at the bench. **This is enforced by the coaches, not the officials.**



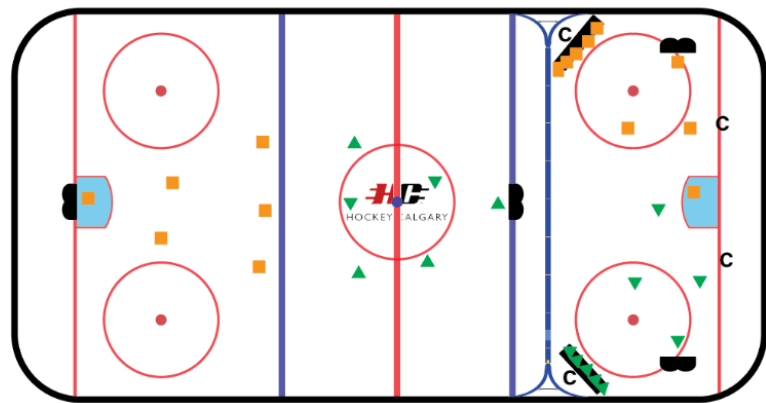
Two-Four Half Ice Model

U9 Seasonal Game Play (After Jan 15 - League Games)

Three-Quarter Cross Ice Model

Both Ends

- **Time/Periods (subject to change)**
 - 60 Minute Ice Slot
 - 5 Mins - Warm Up/Set Up
 - 15 Mins – Period #1
 - 2 Mins – Intermission
 - 15 Mins – Period #2
 - 2 Mins – Intermission
 - 15 Mins – Period #3
 - 3 Mins – Move Boards
 - **Roster Splitting (subject to change)**
 - Roster Splitting
 - Coaches will split their roster into 3 evenly numbered and evenly balanced mini teams. Ex. Team has 18 players, 2 participate as goalies, 16 players split into 3 mini teams (5, 5, and 6)



Three Quarter – Cross Ice Game

- For each period, coaches will place 1 mini team in the cross-ice competition zone and 2 mini teams in the three-quarter competition zone.
 - Each mini team must play 1 period in the cross-ice competition zone and 2 periods in the three-quarter competition zone
- Attendance:
 - If team a team has 16 players or less, they will have at least 1 mini team with only 4 players (excluding goalie). In this event, coaches should rotate an additional player in the cross-ice zone to ensure there are at least 5 players (excluding goalie) in the cross-ice zone for each period. Some players may play 2 periods in the cross-ice competition zone under these circumstances.
- Gameplay Roster Grid
 - Coaches can use the gameplay roster grid (see below) to assist with splitting of players
- **Set Up (subject to change)**
 - Boards/Bumpers Set Up
 - Coaches will set up the boards approximately **6-10 ft past the blue line**. Approximately halfway between the blue line and the tops of the in-zone face-off circles or ringette line.
 - Nets
 - Three-Quarter Game – One net is set up on the goal line while the other net is set up on the far blue line
 - Cross-Ice Game – depending on the rink size, the nets should be set up approximately halfway between the end boards and the rink dividers. Extra room can be created for the players bench areas. The area behind the nets should be approximately 6 feet between the boards at the back of the net.
 - If available, set up 1 bumper in each corner of the Cross Ice Game to act as a bench for players to sit on. In absence of Bumpers, coaches can use a bingo dabber to draw/outline the bench area for resting players
- **Shift Length (subject to change)**
 - The main score clock is used as the **time keeping device** for both games simultaneously.
 - Shifts will be 1.5 minutes (90 seconds) in length.
 - When the buzzer/whistle sounds, players must relinquish control of the puck immediately and vacate the ice. The new players enter onto the ice surface immediately. Tag Up Rule in effect.
- **Equipment**
 - Blue or Black pucks – both coaches must agree in order to use black pucks. The default puck if both coaches cannot agree is the Blue puck
 - Small nets are recommended
- **Other**
 - No official score will be posted

Three Quarter Game

- **Players on the Ice**
 - 5v5 – teams will still be split in even numbers for both games (some players will double shift and receive slightly more ice time in the Three-Quarter Game)
- **Face-offs**
 - Face-off to start each half
 - **Face-off after each goal**
- **Officials**

- Both Referees will work on the Three-Quarter game allowing them to develop and work on positioning in a 2-official system
- **Positions**
 - Coaches are permitted to identify Defense/Forwards for the Three-Quarter game. However, players must rotate between these positions. Focus should not be on positioning and systems, but rather to allow players to experiment and apply the concept of 'support' in a 5v5 setting.
- **Penalties**
 - On a penalty call, the official will raise their arm and blow the whistle immediately signaling a penalty has been called. The official will instruct the player to proceed to their bench and exit the playing area. The official will conduct a change in possession and signal to the offending team to back off 3 meters. A new player will replace the penalized player and play will continue at 5v5. At the conclusion of the shift, the player who replaced the infracting player will remain on the ice for another shift.
- **Other**
 - No off-sides, No icing

Cross Ice Game

- **Players on the Ice**
 - 3v3 – teams will still be split in even numbers for both games (players will receive slightly more rest in the cross-ice game)
- **Face-offs**
 - Two face-offs during the game - one to start each game/half
- **Coaches/Officials**
 - Coaches in the cross-ice game must wear skates and a helmet and should officiate/manage the ice
- **Players' Bench**
 - If available, set up 1 bumper in each corner of the Cross Ice Game to act as a bench for players to sit on per the rink diagram. In absence of Bumpers, coaches can use a bingo dabber to draw/outline the bench area or boundary for resting players
 - **Note:** This location may change

U9 Exhibition and Tournament Games

- All Games played prior to and including January 15 will be played in a half ice structure following the **Two-Four Team Game Play Model** as indicated in this document
- All League Games played after January 15 will be played following the **Three Quarter – Cross Ice Game Play Model** indicated in this document
- Exhibition and Tournament Games played after January 15 can be played following either the half-ice **Two-Four Team Game Play Model** or the **Three Quarter – Cross Ice Game Play Model**. Coaches must agree on which model to operate. If coaches cannot agree, the default model will be the Two-Four Team Game Play Model

NEW - U9 February Gameplay Option

- U9 teams will be permitted to play a maximum of **8 full-ice exhibition or tournament games** starting February 1
- Games must follow all Hockey Alberta and Hockey Calgary rules pertaining to U9 Full-ice Gameplay
 - 60 Minute Ice Slot
 - 5 Mins. - Warm Up/Set Up
 - 24 Mins. – Period #1
 - 3 Mins. – Rest/Change Ends

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- 24 Mins. – Period #2
 - 3 Mins. – Shake Hands/Move Boards
- 5v5 plus a goaltender
 - Only 1 goaltender is permitted to dress for a game
- Face-off to start each half
- Blue or Black pucks – both coaches must agree in order to use black pucks. The default puck if both coaches cannot agree is the Blue puck
- No official score will be posted
- No off-sides, No icing
- The main score clock is used as the **time keeping device** for both games simultaneously.
- Shifts will be 1.5 minutes (90 seconds) in length.
 - A maximum of 5 coaches per team will be permitted on each bench.
 - When the buzzer/whistle sounds, players must relinquish control of the puck immediately and vacate the ice. The new players enter onto the ice surface immediately.
- Small nets are recommended.
- Penalties
 - On a penalty call, the official will raise their arm and blow the whistle immediately signaling a penalty has been called. The official will instruct the player to proceed to their bench and exit the playing area. The official will conduct a change in possession and signal to the offending team to back off 3 meters. A new player will replace the infracting player and play will continue at even strength (5v5). At the conclusion of the shift, the player who replaced the infracting player will remain on the ice for another shift.

U11

The Game Maximum for U11 is 45 Games.

The game count does NOT include Esso Minor Hockey Week (except game 1 of EMHW) and playoff games.

- 6 Games Seeding (HC Scheduled)
 - U11 AA teams will also play 6 games during the seeding round. However, these 6 games will be regular season games and count to the regular season standings because there is no team movement in or out of the AA League.
- 12 Games Regular Season (HC Scheduled)
- EMHW (1 game). **The first game in EMHW is Regular Season game and is counted in the 12 game Regular Season total.**
- Exhibition Games (approximately 4 – 11 games, booked at team's discretion)
- Tournament Games (approximately 12 – 16 games, booked at team's discretion)

Length of Games

Permit/Period Length	Period 1	Period 2	Period 3
1 Hour Permit	13 Minutes	13 Minutes	13 Minutes
1 ¼ Hour Permit	15 Minutes	15 Minutes	15 Minutes
1 ½ Hour Permit	15 Minutes	20 Minutes	20 Minutes

Note:

- All games are stop time.
- No time outs permitted.
- A 3-minute warm-up will begin at the scheduled permit time.
- Players will not leave the ice between periods. There will be a 1-minute intermission between each period.
- No game will exceed the permit time. If undue delays occur for any reason and the game cannot be completed within the permit time, the following procedure will be followed:
 - At the first stoppage of play after time reaches 5 minutes left on the permit, the timekeeper will notify the referee.
 - At this stoppage of play the clock will be reset to 2 minutes and the remainder of the game completed with stop time.

U13, U15, and U18

There is no maximum game limit for the U13, U15, and U18 age categories. However, Hockey Calgary suggests a schedule between 40-50 games in total.

- U13
 - 8 Games Seeding (HC Scheduled)
 - 12 Games Regular Season (HC Scheduled)
- U15
 - 8 Games Seeding (HC Scheduled)
 - 14 Games Regular Season (HC Scheduled)
- U18
 - 8 Games Seeding (HC Scheduled)
 - 16 Games Regular Season (HC Scheduled)

Length of Games

Permit/Period Length	Period 1	Period 2	Period 3
1 Hour Permit	13 Minutes	13 Minutes	13 Minutes
1 ¼ Hour Permit	15 Minutes	15 Minutes	15 Minutes
1 ½ Hour Permit	15 Minutes	20 Minutes	20 Minutes
1 ¾ Hour Permit	20 Minutes	20 Minutes	15 Minutes
2 Hour Permit or Greater	20 Minutes	20 Minutes	20 Minutes

Note:

- i. All games are stop time.
- ii. No time outs permitted.
- iii. A 3-minute warm-up will begin at the scheduled permit time.
- iv. Floods between periods will only occur as follows: 1 ¾ hour permit – between 1st and 2nd periods; 2 hour permit - between 1st and 2nd periods, 2 ¼ hour or greater permit, a flood will occur between both the 1st and 2nd period and between the 2nd and 3rd period.
- v. For games of 1 hour and 1 ¼ hour duration, players will not leave the ice between periods. There will be a 1-minute intermission between each period.
- vi. For games of 1 ½ hours or more, players will not leave the ice between periods when no flood occurs. There will be a 1-minute intermission between each period.
- vii. No game will exceed the permit time. If undue delays occur for any reason and the game cannot be completed within the permit time, the following procedure will be followed:
 - a) At the first stoppage of play after time reaches 5 minutes left on the permit, the timekeeper will notify the referee.
 - b) At this stoppage of play the clock will be reset to 2 minutes and the remainder of the game completed with stop time.