

EAHC Red White & Blue (8U) Guidelines

Mission

The goal of the Rochester Area 8U/House Directors is for all Associations to work together through continuous communication to provide competitive competition for all skill levels in accordance to USA Hockey ADM guidelines. The EAHC committee will meet mid-season to review the guidelines and assess the format performance. The committee retains the right to make changes as deemed appropriate. Any changes would be disseminated in writing to all teams prior to any change(s) taking effect.

General Regulations

Players

The EAHC RWB/8U League shall consist of 3 divisions, Red, White, and Blue. Age eligibility is determined by the current 8U birth year and following year as set forth in the USAH rule book.

Red For the most advanced or experienced players, would be unusual for a 1st year RWB/8U player to be placed here.

White For 2nd year, final year, or advanced younger players

Blue Should be primarily 1st year RWB/8U players who have gone through a Learn To Play Hockey/Initiation (or similar), and/or 6U program the previous year.

League Standings and Statistics **WILL NOT** be kept at the White and Blue level. In accordance with USAH/ADM guidelines, the focus of RWB hockey is fun and skill development, with zero emphasis on winning or team/individual statistics.

Win and Loss counts may be kept at the Red level to determine 2nd interleague game schedule.

Teams

Team size should be 9-12 players, for the intended goal of 2 full lines plus a goalie. Teams without sufficient players should plan accordingly to bring substitute players from a lower level team to facilitate 2 complete, 5 player line changes. USAH & ADM strongly encourage this model to maximize ice time for each player. Additional players reduce the amount of ice time per player, slowing their development and reducing their fun. All EAHC 8U participants **MUST BE USAH REGISTERED** and USA Hockey Rosters submitted to the Division Commissioner.

Level

Organizations shall submit their team count per level by the same date as other team counts mandated by EAHC. EAHC shall hold a pre-season Determination Tournament to ensure teams are appropriately placed, to be held on an agreed upon date by the 8U representatives. A committee consisting of a rep from each EAHC Organization shall review tournament play and make any suggestions for vertical movement. Host for Determination Tournament shall be decided by same Rotation as Championship Hosting, with Orgs having the right to refuse and allow vote of alternate host Org.

Scheduling

Season shall consist of 14 games, 7 Home 7 away, and be scheduled the week following the determination tournament at the earliest available ice provided to either the scheduling entity or body, or presented by a participating Organization at a scheduling meeting.

Scheduling will be done on a half sheet basis, per team. Home associations are responsible for filling both halves of their allocated hour of ice, but each home team will schedule their opponent independently. Example, RYH has White/Jones and Blue/Miller on Saturday XX/XX at 9AM. White/Jones schedules against MCYH/Smith and Blue/Miller schedules against PYH/Buford. **In the event of a single half ice game scheduled, alternate USAH approved and appropriate hockey activities may utilize the other ½ sheet, but RWB/8U teams shall not split or play full ice.**

Equipment

- Cross-ice boards should be used at the redline for all RWB/8U games (Note bumpers are allowed but it is the ultimate goal for every organization to use Cross-ice boards by the 2016-17 season)
- Goals shall be Jr size, measuring 48" X 36".
- Goalies shall wear complete goalie equipment meeting HECC requirements (no street hockey pads) including stick. It is strongly recommended goalies at Blue and White levels be done on a rotation so all players are given an opportunity to play the position, both to identify future interest but also develop a respect for the position.
- Blue Pucks **only** are to be used.

Games

Format

A game is defined as a half ice event between 2 teams. It is expected 2 games will be taking place simultaneously on each half of the ice. However, for clarity in regulations below, a game is only 1 half ice event.

- All RWB/8U games shall be played half ice, red line to end of rink, both sides
- Games shall be 5 vs 5
- 1 Referee per game shall be present pursuant to organizations referee scheduling practices.
- Score will be kept at the Red and White levels via a flip card controlled by a designated home team volunteer.
- Home team(s) shall be responsible for providing **Blue** pucks for each game.

Time Keeping

A time keeper shall be provided by the home team. Game time will be regulated by a single running clock for both games simultaneously.

- The Curfew Clock shall be set at 50 minutes.
- The game clock (scoreboard) shall have a 3 minute countdown for warm-up.
- Immediately following the horn at the end of the 3 minute warm up period, 23 minutes shall be put on the game-clock and started to run continuously.
- The time keeper shall sound the horn every 1.5 minutes to indicate a line change.
- After 23 minutes, there will be a 1 minute break. Teams shall switch ends, with goalies skating to opposite goals during the break.
- In the event of an injury or other delay: If the delay is during the first 23 minute period, the game clock shall stop, and resume once play is ready to start. After the 1 minute break, the game clock shall be set to match time remaining on the Rink Curfew clock and run continuously. If the delay occurs during the 2nd period, no action with regards to the game clock shall be taken, it will continue to run leaving whatever time is left for the remainder of the game once play resumes.

It is the coaches' responsibility to manage their bench and players so as to maximize ice time for game play, for example working at practice to teach players to head to the bench at the sound of the whistle.

Play

These guidelines are to promote a near continuous game flow, with play stoppage only for goals and injuries.

- Each referee shall have 2 Blue pucks on their person throughout game play
- The referee shall indicate a valid goal with **both** a vigorous arm signal and whistle.
- After a valid goal, the referee shall instruct players on the scoring team to move to center ice (of half sheet playing surface), and toss the 2nd puck in his possession **behind** the net, allowing the scored-upon team first possession, then recover puck in net.
- For whistles for goalie covering the puck, the referee shall instruct offensive players to move to center ice (of half sheet playing surface), then toss the puck **behind** the net, allowing defending team first possession. **Coaches are encouraged to demonstrate during practices to minimize non-playing time during games.**
- On a line change horn, the referee shall pick up the puck, and once ALL players have cleared towards their respective benches, the referee shall toss the puck against the boards opposite the benches at the half sheet center line. This will facilitate **continuous play**, as entering players will rush from the bench to the free puck.
- In the event of an injury whistle, all players will be instructed to return to their bench by the referee and remain there until the injured player has left the ice. A face off shall take place at center ice (of half sheet playing surface) after all injury whistles.
- As per USAH/ADM Guidelines, **double shifting is not allowed**. Coaches should work diligently towards balanced and equal ice time for all players during a game, excluding the goalie position.

Penalties

- All USAH rules will be followed with particular emphasis on the following infractions at the RWB/8U level- Tripping, Hooking, Charging and High Sticking with head contact.
- As per ADM guideline, penalties shall be enforced as follows: When a penalty is called by the Referee, the player receiving the penalty shall return to their bench and leave the ice immediately, resulting in a man down situation for the duration of the shift. Any subsequent penalties in the same shift will allow a substitute player for the 2nd and subsequent penalties, resulting in the penalized team never being down more than 1 player. At the next line change teams will return to even strength regardless of number of penalties.
- **NO PENALTY SHOTS WILL BE PERFORMED**