



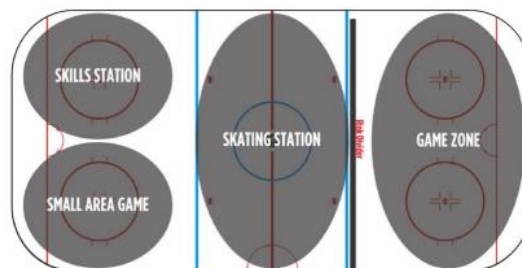
SJAMHA U7 House League Regular Season Format - November and December

Updated November 1, 2021

This plan is subject to change based on Hockey Manitoba Return to Play Guidelines

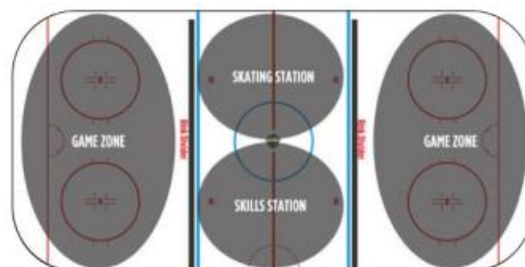
Saturday - Practice Day - Allard Arena

- Schedule - Two teams per ice time, 9th team bye
8:00, 8:45, 9:45, 10:30 starts (45 minutes on ice)
- Practice Plan - Each team can use half-ice to plan and run their own practice or teams can work together to run stations for three or four skill-based groups (red, yellow, blue and if necessary, green) similar to U7 IP program
- 9 minutes warm up with team
- 36 minutes practice or skills stations, 9 minutes per zone



Sunday - Game Day - Camp Manitou

- Schedule - Two teams per ice time, 9th team bye
9:00, 9:45, 10:30, 11:15 starts (45 minutes on ice)
- Warm-Up - 8 minute warm-up/chat with team in end zone
- Game Play - Double whistle at 8 minutes, teams divide into colour groups to begin game play with whistle at 9 minutes
- Colour Groups - 3-5 (ideally 4) players per group: Red (advanced), Yellow (intermediate) and Blue (beginner)
- Rotation - Whistle every 6 minutes (9, 15, 21, 27, 33, 39, 44) for rotating to next zone, emphasize quick transitions
- Game Format
 - 36 minutes cross-ice, games in two end zones
 - 4 on 4 game play (or 3 on 3 using substitutions as needed)
 - Odd Numbers: Based on skill balance and context, coaches can decide to have same number of players on ice (ie. 4 on 4 or 3 on 3) or about adding an extra player on ice (3 vs 4) to avoid substitutions.
 - Nets: Mini nets with no goalies
 - Score: No score kept
 - Continuous play: No face-offs. After a goal, scoring team retreats to their own
 - Penalties: No penalties, but if a player is acting unsafely, have a conversation with them
 - Substitutions: Coaches can manage substitutions as needed
- Development Zone - Neutral zone is used as a development zone station for skill stations run by coaches (each team can use half of development zone or teams can work together) and run one station (repeated twice) or two
- Water Breaks - Players can leave water at bench in neutral zone and get water when in development zone
- Post-Game Salute - At 44 minutes, players line up on blue lines for stick tap salute to other teams and coaches
- Coaches - Need at least 3 coaches on ice per team, one for each zone
- Low Attendance - If teams are short players (8 players total), coaches can run 15-20 minute warmup and 25-30 minute game with substitutions and/or breaks for water, cancelling the development zone
- Player Involvement - Play 3 on 3 or 4 on 4 so all players can be involved in the game. Avoid playing 5 on 5 or 6 on 6, as this will not allow players to have enough time with the puck and develop their hockey skills.



Mike Demidiuk

VP of House League - houseleague@sjamha.com