U7 Christmas in the Valley Tournament Rules 2025

The BVHS U7 Timbits Christmas in the Valley Tournament will follow the Hockey Calgary U7 Timbits Operations Manual Rules and Regulations for the Jr. and Sr. Timbits age groups.

Jr. and Sr. Timbits - Cross Ice - Teams playing one another play cross ice. Teams will be split up into two halves, and 3 cross ice games will take place simultaneously.

Warm Up: 3 minutes

Games: 54 Minutes (60 Minute Game) 70 Minutes (75 Minute Game)

Games: Each team will split their team up into two equal teams. The two teams will be split up and we will have three games being played simultaneously. At the half mark, teams will rotate following the diagram on next page. The teams that are defending the nets closest to the stands will not rotate.

Games: All games will follow the HC Rules and Regs and be played Cross Ice (2 End Zones and Neutral Zone). Each shift will be played 4 vs 4 plus a goalie.

Dividers: Dividers will be spread out across the blue lines. Players not taking part in a shift will sit on the dividers. The players benches will not be used for the Timbits Tournament.

Scoring: No score will be kept. There is no limit to the number of goals a player is permitted to score.

Referees: Their will be no referees. Coaches will all be on ice to help facilitate the games.

Nets: The BVHS Timbits nets will be the official nets for the Timbits Tournament.

Shifts: 2 minutes each.

Face-offs: There will only be one faceoff to start the game. The puck is live during changes (buzzer).

Goals: After a team scores a goal, they must retreat and tag up at centre ice before resuming to play.

Goalies: Goal sticks are permitted but goalie equipment is not allowed.

Jerseys: The Visiting team is responsible to get a different colored jersey from the registration desk for games where teams are wearing the same colored jerseys.