

Bench Helper Instructions:

Each team will need 2 volunteers to open the gates on the player benches. Please help the game to run efficiently by helping to organize the players.

The ice will begin with a timed 4 minute warm up. You can help remind players that they are to complete 2 full ice laps and then start horseshoe drill with their team's goalie. U10 will do 1 lap and then line up at their respective blue lines and take breakaway shots on their own goalie. Please ensure rings are available prior to the start of the evaluation ice and provide them to players, remind them to share.

The game will begin with 5vs5 play. One team will receive the ring at the center ice free pass circle (ring possession should be given to the opposing team at the start of the second half). You will need to ensure that pinnie numbers #1-#5 are on the ice to start the game (or the lowest pinnie numbers available). They may need to be reminded of their position rotation. Position rotation is Center, Forward, Forward, Defence, Defence. Therefore pinnie #1 is the Center, pinnie #2 is Forward ect.

Players on the bench will need to stay in sequential pinnie order. If they are unable to take their on-ice turn for any reason they must rejoin the lineup in the correct pinnie rotation order. The process of the players remaining in sequential pinnie order is required for both position and line rotation. Bench helpers are to clearly indicate to the next 5 players which position they will be playing on the upcoming shift. Please ensure the other players on the bench remain in order.

Players will exit the bench at the gate nearest to center ice. They will return to the bench at the gate nearest their own goaltender (defensive end). Players may go on the ice as soon as the buzzer sounds for a timed shift change. Please attempt to open the gate at the same time as the other team's bench helper. Players returning to the bench need to be reminded to keep their heads up, return quickly to the bench and stay out of game play.

Players are to leave the ring where it lies when the timed shift buzzer sounds. Bench helpers may Not coach players but can remind players of any of the above information. At the U10 level ONLY, a bench parent may remind a player which end of the ice their position is allowed into, for example "you are defence this shift, you are allowed in the end with your own goalie, but you are not allowed in the end with the other teams goalie".

Notes:

- Games will have 2x27 minute periods.
- 3on3 play may be used. Maintain sequential pinnie order but you do not need to allocate positions.
- If 2 goalies are present they will change ends at the half-time.
- Teams will not change ends
- If 3 goalies: rotation is during game play (no stoppage of play) every 9 minutes. Rotation is clockwise and goalies will need to sit on the bench during this part of their rotation.
- If 4 goalies they will rotate every 13 minutes in a clockwise direction..they will need to rotate team benches at this time to ensure they have equal playing time on both teams.
- Please help remind goalies when it is time to rotate
- Shift length will be 60 seconds. U10 may use 60 or 90 second shifts
- When a goal is scored the referee will carry an extra ring and throw this ring into play stating "new ring"
- The referee will raise their hand to notify evaluators that a minor infraction has occurred but no stoppage of play will occur
- The referee will blow their whistle and indicate a player number to the evaluators if a penalty is called. They will return a ring to play with an attempt made to give it to the other team.