



Arnprior Minor Hockey Association  
P.O. Box 372, Arnprior, ON  
K7S 3L9

## AMHA U7 Tournament Rules & Regulations

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1. A team must give both verbal and written notification with a minimum of ten (10) days of their intent to withdraw from a tournament. (This withdrawal also must be due to UNAVOIDABLE circumstances as per HEO Rules and Regulations).
2. All Official Registrar/Player signed, and approved Team Lists (and player cards where applicable) must be presented to our Tournament Convenor prior to your first game.
3. Only players whose names appear on the players list provided by the team may participate in the tournament.
4. Each team **must** arrive at least half an hour before their scheduled starting time and be dressed and prepared to start the game 5 minutes early.
5. Supervision: Players must be supervised by parents or team officials at all times.
6. Please observe our dressing room procedures and remove all equipment within half an hour after the game, unless told to stay in the same room for the duration of the day.
7. There will be ALL WINNERS and NO LOSERS. No standings or scores will be kept. Purpose is to engage players in a fun environment.
8. All rules as per HEO with Code of Discipline in effect.
9. Neck guards are mandatory. Mouthguards are to be worn as per your district rules and regulations.
10. Any player who receives a fighting penalty will be expelled from the tournament.
11. Hockey Canada Playing Rules are followed except as stated below.
12. "A" teams will consist of 5 vs 5 and no player as goaltender. "B" teams will consist of 5 vs 5 plus a player in nets as goaltender.

13. Teams will share the player benches or utilize the neutral zone for players not in play.
14. The score clock will be used to keep time for both scrimmages simultaneously.
15. Game format: Scrimmages will consist of two periods with a run-time clock, not to exceed 48 minutes total.
16. Minimum of one official per game, Coaches may also act as official for games.
17. Timed buzzer or whistle for line changes: Game does not stop; players change on the fly at buzzer/whistle.
18. If there are fewer than five players on the bench, the active player designated to stay out for the following shift must return to the bench area prior to continuing play.
19. On the buzzer/whistle, players must relinquish control of the puck immediately and vacate the ice. The new players enter the ice immediately. Failure to immediately relinquish control of the puck or new players entering the ice surface prematurely may result in a penalty.
20. Shift length will not exceed two minutes.
21. Incidental contact may happen, but body-checking is not permitted.
22. No icing or offside.
23. Face-offs to start each half.
24. Change of possession: Continuous play – when whistles lead to a change in puck possession, the official will signal the attacking players to back off three metres. Once the attackers have moved back, play may resume as soon as the possession team has control of the puck.
25. Goaltender freezes the puck – the official blows the whistle to indicate the attacking team backs off three metres and the defending team gets possession.
26. Puck shot out of play – the offending team backs off three metres and the official gives the non-offending team a new puck.
27. Use of Blue puck (4 oz) is preferred.

28. Penalties: Minor penalties are noted, with the official briefly raising their arm to indicate a penalty will be assessed. At the conclusion of the shift, the official notifies the team of the infraction and the number of the offending player. If the offending team controls the puck, the official blows the whistle and calls for a change of possession; the non-offending team is given a three-metre cushion. The offending player will sit out the next shift, but the team will play even strength. Should an infraction occur, that would normally require a player to be ejected from the game (game misconduct, match penalty, gross misconduct), the player will be removed for the remainder of that game. Even under these circumstances, teams will not play shorthanded, and no game incident report will be required.
29. When team colours are conflicting, the home team will be expected to change sweaters.
30. Players must not go on to the ice until all arena staff have left the ice, and the Zamboni door has been closed. Coaching staff are to enter and exit the benches without stepping onto the ice surface.
31. Zero Tolerance: Taunting or berating of any players, staff or tournament volunteers will NOT be tolerated under any circumstances by parents, team officials or spectators.
32. Arnprior Minor Hockey Tournament committee does not accept teams on a first-come, first-serve basis but follows a criteria aimed to bring in as many teams as possible from as many different Associations as possible.

**Please NOTE: There is no admission at the door!**