	Title	U9 (Novice)
	Policy #	Divisional – 9.2
	Draft Date	December 1, 2019
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	Revised Date	
	Owned By	Executive Committee

1.0 OVERVIEW

This document will give guidance for the U9 (Novice) division and how it will operate throughout the season.

The U9 division's primary focus is still to promote a fun approach to learning the skills of hockey and the basics of the game. The program is based on a curriculum that incorporates all the appropriate skills for the age level.

The main goal of this division is to build on the skills acquired in the U7 program and help develop players new to hockey aged 7 and 8.

2.0 POLICY

2.1 At the U9 division no scores are kept, and no winners are announced as the emphasis is on fun and development.

2.2 U9 Competitive teams will play in CAHL

2.3 U9 City teams will play against other Airdrie U9 City teams.

2.4 Teams will be coached by volunteer/parent coaches.

2.5 Ice sessions are 60 minutes in length with 2 teams on the ice at once.

2.6 All practices are shared ice.

2.7 Games will be played on half ice, with a divider on the centre line and the nets running east and west not cross ice.

2.8 After Evaluations the U9 players will be divided up into Competitive and City parity teams based on their time trial and evaluation rankings. Depending on the number of

registrations every season will determine how many U9 City teams AMHA will create. The total teams will be divided into 2 groups – Blue and Red.

2.9 Based on Hockey Canada and Hockey Alberta recommendations, the Intro to Hockey season will consist of:

INTRO TO HOCKEY SEASONAL STRUCTURE		
Months	September – October	November – March
Phase	Development	Regular Season
Ice Sessions (Maximum)	Development Season	Regular Season
26 Weeks	6 Weeks	20 Weeks
50 Practices	12 Practices	38 Practices
25-30 games including Jamborees	2 Games	23-28 Games
3 Jamborees/Festivals	0 Jamborees/Festivals	3 Jamborees/Festivals
Seasonal Practice to Games Ratio		2:1

3.0 INTRO TO HOCKEY PLAYER DEVELOPMENT

3.1 Teach the basic skills of hockey so players can enjoy the game.

3.2 Assist in the development and enhancement of physical literacy and basic motor patterns.

3.3 Deliver a program that is age appropriate for the size, skill and age of the players.

3.4 Encourage the aspects of fitness, fair play and cooperation while having fun playing the game.

4.0 ABOUT THE PROGRAM

4.1 The program will typically begin around the middle of October and continue until late March.

4.2 Full hockey player equipment is required for all sessions.

4.3 There are two to three sessions per week which may include power skating, mini ice practice, regular practice and a game. Games are normally held on Sunday, usually in the mornings. Players are expected to attend all sessions in order to benefit from the program.

Practices may consist of:

4.3.1 15 minutes of skating and edge control before station-based practice begins.
4.32 Practices will be station based (3-5 depending on # of coaches)
4.3.3 10 – 15 minutes of small area games
4.3.4 Power Skating or mini ice with an external provider

4.4 Team Format

4.4.1 Ideally 18 players per team (8 skaters and 1 goalie per game).

4.4.2 1 Head Coach and 2 to 6 Assistant Coaches and a goalie coach for practices that must have met the Hockey Alberta Coach requirements

4.4.3 Teams are formed after Evaluations, see Policy Intro to Hockey Evaluations (U7 & U9) Policy #8.2 and Team Creation Policy #8.4.

5.0 JERSEYS

AMHA supplies each U9 player with a jersey to wear for the season's games. The jersey's must be worn during all games and tournaments that the team takes part in and will be collected back at the end of the season.

6.0 RULES

We will follow the Hockey Canada and/or Hockey Alberta Game Rules for Intro to Hockey.

6.1 Non-Negotiable:

6.1.1 Playing Surface for games maximum 8500 sq ft (100' x 85')
- Cross ice, with a divider on the centre line and the nets running east and west not cross ice. (1/2 ice surface)

6.1.2 Rules – Hockey Canada Playing rules must be followed

6.1.3 Goaltenders
- Full goalie equipment that will be provided by AMHA
- No player is allowed to be a designated goalie full time
- It is recommended that all players try goalie at least once throughout the season during both a practice and game to a maximum of 6 league/exhibition games.
- During tournaments the goalie must rotate for each game
- No pulling of the goalie at any time during a game to allow for an additional player.

6.1.4 Game Play Rules
- recommended 4 on 4 with a goalie however depending on team sizes can shift to 3 on 3 or 5 on 5, if both coaches agree.
- Continuous play
- Use buzzer for line changes every 90 seconds
- Faceoff only to start halves
- No position specialization
- Regular puck can be used for U9

6.1.5 Game Administration Rules
- No score is kept
- No standing or stats kept
- Game summary or game sheet is required for U9

6.1.6 On-Ice Officials
- 1 official per game for U9
- Official game fee is $20/official
- Officials report required for major penalties

6.1.7 General Administration Rules
- Travel Permits are required
- No Jamboree or Festivals prior to November 1st, maximum of 3 per season.
- Hockey Alberta Coach requirements need to be adhered to

- Players and team officials can be registered as a program or a team
- No affiliations required

NOTE: not adhering to these Non-negotiable items will place AMHA in violation of Hockey Canada Policy and will be subject to disciplinary action.

6.2 Negotiable:

6.2.1 Game Play Guidelines

- Shift length – recommend 1.5 minutes or less for U9
- Blue or Black Pucks can be used, coach's decision
- Game Length – recommended no longer than 1 hr with 2 halves
- Net Size – recommend either 3' x 4' or regulation size 4' x 6' for U9

6.2.2 General Administration Guidelines

- Age groups – one-year or two-year age groups are acceptable
- Grouping players for games
- Seasonal Structure – recommend 2:1 practice to game ratio
- Practice format – recommend station work
- Player Acceleration – determined by AMHA (not allowed)

Please refer to the Hockey Alberta or Hockey Canada websites for the complete listing of information on Intro to Hockey guidelines.

7.0 GAME FORMAT

7.1 Teams will share the respective player benches with each team using the gate closest to the net they are defending.

7.2 The warmup is 3 minutes

7.3 The rink set up: One set of barriers. It is recommended that in each half of the ice, the centre spot should be marked to indicate where the faceoff will take place. This mark is to be established at the midpoint between both nets. 2 coaches, wearing helmets and skates, will assist in getting the bumpers in place for the start of game/practice and removed at the end of the game/practice.

7.4 Game length: 60 minutes total recommended; 2 (24-27) minute halves recommended.

7.5 There will be 2 face-offs during the game: to start the game, and to start the second half. At the start of the game coaches will discuss the best way to divide the teams, if there is talent disparity. For example:

- With 18 player roster (ideal)
  - A side plays 4 on 4 both shifts plus goalie
  - B side plays 4 on 4 both shifts plus goalie
- With 17 player rosters
  - A side plays 4 on 4 both shifts plus goalie
  - B side plays 4 on 4 one shift and 3 on 3 the next shift plus goalie
- With 16 player rosters
  - A side plays 4 on 4 both shifts plus goalie
  - B side plays 3 on 3 for both shifts plus goalie

- With 15 players or less
    - Players change on the fly

7.6 No score is kept; however, a Game summary or Game sheet is required for U9, see link: (https://www.hockeyalberta.ca/uploads/source/Intro_To_Hockey/HA_Novice_Game_Report.jpg) Managers will hold onto the reports for the season.

7.7 Penalties may be called by the Referee and the player will miss their next shift and the team will still play full strength, the penalty should be added to the Game Report.

7.8 Live puck (no face-offs).

7.9 No team will name a captain or assistant captain for any games.

7.10 All positions (defense, forward and goaltender) must be rotated equitably throughout the season, including practices, regular season, exhibition and tournament games.

8.0 CONSEQUENCES OF NOT FOLLOWING THESE POLICIES

In the event these rules are not being followed, it will result in the following disciplinary action.

- 1st Offence
    - Written warning from AMHA office
- 2nd Offence
    - 3-week (21 day) suspension of Head Coach
- 3rd Offence
    - Head Coach being automatically suspended indefinitely until the matter is ruled on by the AMHA Executive Committee.