

	Title	U16
	Policy #	Divisional – 9.6
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	Owned By	Executive Committee

1.0 OVERVIEW

This document will give guidance for the U16 teams that fall under the U18 division and how it will operate throughout the season.

The U16 divisions focus is to continue to promote a fun approach to hockey through focusing on the development of skills and fostering a lifelong passion for the sport.

The division is made up of age 15-year-olds only.

2.0 POLICY

At the U16 division, AMHA offers AAA and AA streams.

- AAA U16 team will play in the Alberta Elite Hockey League (AEHL)
- AA U16 team will play in the South-Central Alberta Hockey League (SCAHL)

2.1 AAA U16 Team – AEHL (AC Avalanche)

- 2.1.1 Team will be coached by a paid non-parent coach if possible.
- 2.1.2 Practices are mainly sole ice practices, with the possibility of some shared practices for development and are 1 hour 30 minutes in length, up to 4 per week.
- 2.1.3 Games are played on full ice.
- 2.1.4 Games are 2 hours 30 minutes stop time with two ice cleans.
- 2.1.5 No drop clock

- 2.1.6 Players choosing to try out for AAA U16 will be evaluated and chosen by the coaching staff. Once released they will move to the AA U16, U16/U18 Competitive and/or City Evaluations.
- 2.1.7 The AAA team is an Airdrie team but is housed out of Cochrane, AB.
- 2.1.8 For more information, game format, specific rules and regulations of the Alberta Elite Hockey League (AEHL) please refer to their website: [AEHL](#)

2.2 AA U16 Team(s) – SCAHL

- 2.2.1 Team will be coached by a paid non-parent coach if possible.
- 2.2.2 Practices are mainly sole ice practices, with the possibility of some shared practices for development and are 1 hour in length, up to 3 per week.
- 2.2.3 Games are played on full ice.
- 2.2.4 Games are 2 hours 15 minutes stop time with two ice cleans.
- 2.2.5 No drop clock
- 2.2.6 Players choosing to try out for AA U16 will be evaluated and chosen by the coaching staff. Once released they will move to the U18 Competitive and/or RHL/City Evaluations.
- 2.2.7 For more information, game format, specific rules and regulations of the South-Central Alberta Hockey League (SCAHL) please refer to their website: [SCAHL](#)

3.0 U16 RULES

Rules follow the Hockey Canada and Hockey Alberta Rules for U16 hockey and specific rules associated with the individual leagues – AEHL and SCAHL.