

	Title	U16 to U18
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1.0 OVERVIEW

This document will give guidance for the U18 division which includes the U17 and U16 teams and how they will operate throughout the season.

The U16 to U18 division's 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 ages 15, 16 and 17 year-old's.

2.0 POLICY

At the U18 division, AMHA offers AAA, AA, Competitive and a City stream.

- U18 AAA team will play in the Alberta Elite League (AEHL)
- U17 AAA team will play in the Alberta Elite League (AEHL)
- U18 AA team will play in the South-Central Alberta Hockey League (SCAHL)
- U16 AA Havoc team will play in the South-Central Alberta Hockey League (SCAHL)
- U18 and U16 Competitive teams will play in the Central Alberta Hockey League (CAHL)
- U18 City teams will play in the Rockies Hockey League (RHL)

2.1 U18 AAA Team – AEHL (CFR Chemicals Bisons)

2.1.1 Team will be coached by a paid non-parent coach.

2.1.2 Team can be made up of 15, 16 and 17 year old players.

2.1.3 Practices are sole ice practices, with the possibility of some shared practices for development and are 1 hour 15 minutes in length. 2 practices are held before school and there are 2 other optional skills practices on alternate days offered through Global Sports 1 hour long.

- 2.1.4 Games are played on full ice.
- 2.1.5 Games are 2 hours 30 minutes stop time with two ice cleans.
- 2.1.6 No drop clock
- 2.1.7 Players choosing to try out for U18 AAA will be evaluated and chosen by the coaching staff.

Once released:

- a 15-year-old can move to the U17 AAA, the U18 AA by coach invitation only, the U16 AA tryouts or to the CAHL/RHL evaluations.
- a 16-year-old can move to the U17 AAA or the U18 AA tryouts or to the CAHL/RHL evaluations.
- a 17-year-old can move to the U18 AA tryouts or the CAHL/RHL evaluations.

- 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 U17 AAA Team – AEHL (Avalanche)

- 2.2.1 Team will be coached by a paid non-parent coach.
- 2.2.2 Team can be made up of 15 and 16 year old players.
- 2.2.3 Practices are sole ice practices, with the possibility of some shared practices for development and are 1 hour 15 mins in length, 2 times per week with up to 5 additional practices on rotation throughout the year. Practices are held in Airdrie during the evenings.
- 2.2.4 Games are played on full ice.
- 2.2.5 Games are 2 hours 30 minutes stop time with two ice cleans.
- 2.2.6 No drop clock
- 2.2.7 Players choosing to try out for U17 AAA will be evaluated and chosen by the coaching staff.

Once released:

- a 15-year-old can move to the U18 AA by coach invitation only, the U16 AA tryouts or to the CAHL/RHL evaluations.
- a 16-year-old can move to the U18 AA tryouts or to the CAHL/RHL evaluations.

- 2.2.8 For more information, game format, specific rules and regulations of the Alberta Elite Hockey League (AEHL) please refer to their website: [AEHL](#)

2.3 U18 AA Team – SCAHL

- 2.3.1 Team will be coached by a paid non-parent coach if possible.
- 2.3.2 Team can be made up of 16 and 17-year-old players.
- 2.3.3 Practices are mainly sole ice practices, with the possibility of some shared practices for development and are 1 hour in length, 2 times per week with up to 4 additional practices on rotation throughout the year
- 2.3.4 Games are played on full ice.
- 2.3.5 Games are 2 hours 30 minutes stop time with two ice cleans.
- 2.3.6 No drop clock.
- 2.3.7 Players choosing to try out for U18 AA will be evaluated and chosen by the coaching staff. Once released they will move to the U18 Competitive and/or RHL Evaluations. If they were an invited 15-year-old they would move to the U16 AA tryout or to the CAHL/RHL evaluations.
- 2.3.8 For more information, game format, specific rules, and regulations of the South-Central Alberta Hockey League (SCAHL) please refer to their website: [SCAHL](#)

2.4 U16 AA Team – SCAHL (Havoc)

- 2.4.1 Team will be coached by a paid non-parent coach if possible.
- 2.4.2 Team can be made up of 15-year-old players only.
- 2.4.3 Practices are mainly sole ice practices, with the possibility of some shared practices for development and are 1 hour in length, 2 times per week with up to 4 additional practices on rotation throughout the year. Practices will be held in Airdrie.
- 2.4.4 Games are played on full ice.
- 2.4.5 Games are 2 hours 30 minutes stop time with two ice cleans.
- 2.4.6 No drop clock.
- 2.4.7 Players choosing to try out for U16 AA will be evaluated and chosen by the coaching staff. Once released they will move to either the U16 or U18 Competitive and/or RHL Evaluations.
- 2.4.8 For more information, game format, specific rules and regulations of the South Central Alberta Hockey League (SCAHL) please refer to their website: [SCAHL](#)

2.5 COMPETITIVE TEAMS – CAHL

- 2.5.1 Teams will be coached by volunteer/parent coaches.
- 2.5.2 Practices are mainly sole ice practices, with the possibility of some shared practices for development and are 1 hour in length, up to 2 per week.
- 2.5.3 Games are played on full ice.
- 2.5.4 Games are 2 hours 15 mins stop time with two ice cleans.
- 2.5.5 In the event a game runs long, the referees may drop the clock at 5 minutes remaining down to 2 minutes.
- 2.5.6 During evaluations the U18 players that choose to try out for the competitive U18 stream will be ranked and placed on tiered teams. Depending on the number of registrations every season will determine how many teams AMHA enters into CAHL. Most 15-year-old players will play on the U16 CAHL team.
- 2.5.7 CAHL will then complete a tiering round to determine where each of our teams fall, anywhere from T1 to T6 generally.
- 2.5.8 Those players that ranked lower than the number of players needed to complete the teams will be released to the U18 RHL league evaluations.
- 2.5.9 CAHL players will be expected to travel outside of Airdrie to games.
- 2.5.10 Competitive/CAHL teams can compete in tournaments outside of Airdrie.
- 2.5.11 For more information, game format, specific rules, and regulations of the Central Alberta Hockey League (CAHL) please refer to their website: [CAHL](#)

2.6 CITY TEAMS – RHL

- 2.6.1 Teams will be coached by volunteer/parent coaches.
- 2.6.2 Practices are shared ice max practices with another team and are 90 minutes in length. (30mins - 1st team, 30mins - both teams, 30mins - 2nd team) 1 practice every week.
- 2.6.3 Games are played on full ice.
- 2.6.4 Games are 120 minutes stop time with one ice clean.
- 2.6.5 In the event a game runs long, the referees may drop the clock at 5 minutes remaining down to 2 minutes.

- 2.6.6 During evaluations the U18 players that were released from the Competitive stream or the players that choose to try out for the RHL U18 stream will be ranked and placed on parity teams.
- 2.6.7 RHL teams are considered non-contact.
- 2.6.8 Depending on the number of registrations every season will determine how many teams AMHA will create. The total teams may be divided into 2 different levels, dependent on RHL.
- 2.6.9 The RHL teams will travel from Airdrie to Banff, Canmore, Chestermere, Cochrane, Foothills, Indus, and Okotoks to compete and more communities could be added in the future.
- 2.6.10 RHL teams can participate in tournaments outside of Airdrie.
- 2.6.11 For more information, game format, specific rules, and regulations of the Rockies Hockey League (RHL) please refer to their website:
[RHL](#)

3.0 U16 to U18 RULES

Rules follow the Hockey Canada and Hockey Alberta Rules for U16 to U18 hockey and specific rules associated with the individual leagues – AEHL, SCAHL, CAHL and RHL.