

	Title	Female U9 to U18
	Policy #	Divisional – 9.8
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	Owned By	Executive Committee

## 1.0 OVERVIEW

This document will give guidance for the Female divisions and how they will operate throughout the season.

The Female 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 within the female program.

Dependent on registrations the female divisions could be made up of:

- U9 (age 7 and 8 year olds)
- U11 (age 9 and 10 year olds)
- U13 (age 11 and 12 year olds)
- U15 (age 13 and 14 year olds)
- U18 (age 15, 16 and 17 year olds)

## 2.0 POLICY

For the female divisions, AMHA offers AA, Competitive and if enough registrations U9 City streams.

- AA Female U18 Elite team plays in the Alberta Female Hockey League (AFHL).

*NOTE: Females wanting to try out for AAA Female U18 team would need to go to Red Deer or Okotoks.*

- Female U18, U15, U13 and U11 will play in the Rocky Mountain Female Hockey League (RMFHL).

*NOTE: Females wanting to try out for the AA Female U15 team would need to go to Olds.*

- Female U9 team will play in the U9 Red City division if there is enough females interested.

### 2.1 AA Female U18 Elite Team – AFHL

- 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 in length, up to 3 per week.
- 2.1.3 Games are played on full ice.
- 2.1.4 Games are 2 hours 15 minutes stop time with two ice cleans.
- 2.1.5 No drop clock
- 2.1.6 Players choosing to try out for AA will be evaluated and chosen by the coaching staff. Once released they will move to the Female Competitive Evaluations.
- 2.1.7 For more information, game format, specific rules and regulations of the Alberta Female Hockey League (AFHL) please refer to their website: [AFHL](#)
- 2.2 Female U18, U15, U13 and U11 - RMFHL
  - 2.2.1 Teams will be coached by volunteer/parent coaches.
  - 2.2.2 Practices are ice max shared practices with another team and are 90 minutes in length (30mins - 1st team, 30mins - both teams, 30mins - 2nd team) 2 per week.
  - 2.2.3 Games are played on full ice.
  - 2.2.4 Games are 2 hours for U18, U15 and U13 and 90 minutes for U11 stop time with one or no cleans.
  - 2.2.5 In the event a game runs long, the referees may drop the clock at 5 minutes remaining down to 2 minutes.
  - 2.2.6 For more information, game format, specific rules and regulations of the Rocky Mountain Female Hockey League (RMFHL) please refer to their website: [RMFHL](#)
- 2.3 Female U9 City – AMHA
  - 2.3.1 If there are enough interested Females to play on a U9 team they will follow the same Policy as the Divisional Policy 9.2 – U9.

### 3.0 FEMALE RULES

Rules follow the Hockey Canada and Hockey Alberta Rules for Female hockey and specific rules associated with the individual leagues – AFHL and RMFHL.