

	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:

- U7 (age 5 and 6 year olds)
- 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 in U7 and U9 City streams all female teams.

- AA Female U18, AA Female U15 and AA Female U13 all play 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](#)).

- Female U9 and U7 teams will play in the U9 and U7 Red City division if there are enough females interested to create a female only team.

2.1 AA Female U18, U15 and U13 – 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 (30 mins - 1st team, 30 mins - both teams, 30 mins - 2nd team) 2 per week for U18, U15 and U13. U11 are shared ice practices with another team and are 60 minutes in length.

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: [RMEHL](#)

2.3 Female U9 and U7 City – AMHA

2.3.1 If there are enough interested Females to play on a U9 or U7 team they will follow the same Policy as the Divisional Policy 9.2 – U9 and Divisional Policy 9.1 - U7.

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.