



SOME AREAS ARE NEGOTIABLE, WHERE AN MHA CAN UTILIZE THESE GUIDELINES TO ADOPT ITS STANDARD:

GAME PLAY AND GENERAL GUIDELINES - U7

- **Shift Length:** recommend 3 minutes or less
- **Blue puck for game play**
- **Game Length:** recommend no longer than an hour with two halves
- **Net size:** recommend 3' x 4'
- **Age groups:** one- or two-year age groups
- **Seasonal Structure:** recommend 2:1 practice to game ratio, ideal season outlined
- **Practice Format:** recommend station work
- **Player Acceleration:** as per MHA policy
- **Player Movement:** determined by the MHA

END OF SEASON TRANSITION PHASE FULL-ICE OPTION GUIDELINES- U9

February 1 to March 30

Maximum of 10 one-time events for MHAs with Major (8 year old) teams

- Games within associations can be controlled scrimmages
- Games played against other MHAs must be considered one-time events, with the appropriate sanction approved by Hockey Alberta

Maximum of 10 one-time events allowed for combined teams (7-8 year olds) and Minor teams (7 year olds)

- Games within associations can be controlled scrimmages
- Games played against other MHAs must be considered one-time events, with the appropriate sanction approved by Hockey Alberta

GENERAL GUIDELINES

- **Shifts:** recommend 1.5 minutes or less
- **Blue or black puck**
- **Game Length:** recommend no longer than an hour with two halves
- **Net size:** 3' x 4' or regulation size (4' x 6')

END OF SEASON TRANSITION PHASE

- **Full ice - 5 vs 5; No score kept.**
- **Penalties:** Instant with no PP. Player goes to player's bench.
- **Officiating:** Coaches for controlled scrimmages; certified officials for one-time events.
- **Goalies:** Rotated, with preference for 8-year-olds
- **After a goal is scored, puck starts from behind the net. Teams back off to top of circles or blue line.**

NEGOTIABLES