



CANMORE MINOR HOCKEY ASSOCIATION

U11-U18 PROGRAMS

Programs Overview

The Canmore Minor Hockey Association (CMHA) offers three streams of hockey for players aged U11 to U18: REP/CAHL, RMFHL, and RHL.

REP/CAHL

The Central Alberta Hockey League (CAHL) is a tiered competitive hockey league. Teams in the U15 and U18 divisions participate in contact hockey (Tiers 1-3), except for those in Tier 4 or lower. These lower tiers are designated as Non-Body Contact (NBC) and include Tiers 1, 2, and 3 within the NBC category. NBC divisions are not guaranteed in the U15 and U18 divisions each season, as their availability depends on whether enough teams across the division choose to participate at that level. In the 2024/2025 season, for instance, there were no NBC teams participating in the CAHL.

Please note: expressing interest in REP/CAHL does not guarantee a roster position. Players not selected for a REP team will be transitioned to another appropriate program. Families will be notified of this transition. This ensures all players continue to have a positive and developmentally appropriate hockey experience.

- Practices: Twice weekly in Canmore, Banff, or both
- Games: 1-2 per weekend (approximately 24 league games)
- Travel: Central and southern Alberta; varies by tier

RMFHL

The Rocky Mountain Female Hockey League (RMFHL) is a competitive, tiered league for female players. Based on registration numbers, divisions may be combined or players reassigned to co-ed leagues.

- Practices: Twice weekly in Canmore, Banff, or both
- Games: 1-2 per weekend (approximately 20-24 league games)
- Travel: Central and southern Alberta. U18 teams may also travel to British Columbia

RHL

The Rockies Hockey League (RHL) is a semi-travel, non-contact league for players of all skill levels. Teams compete in either the Mountain Division (Approximately Tier 4-5) or the Rockies Division (Tier 5-6).

- **No body contact at any level**
- Teams will be formed with a focus on parity, meaning rosters are balanced to ensure fair competition across the league. Player placement considers skill, experience, and team needs
- Practices: Once weekly
- Games: 1 per weekend, sometimes 2 (approximately 18 league games)
- Travel: Banff, Mîîî Thîî, Cochrane, Airdrie, Okotoks, and Chestermere; U18 teams may also travel to Red Deer

GENERAL INFORMATION

U11 Pathway Skates

- Four preparatory skates are provided before evaluations for all U11 players
- These are included in registration and follow [Hockey Alberta's U11 Pathway](#) guidelines
- Full details can be found on the [Camps/Clinics](#) page of our website

Attendance Expectations

- Full attendance is expected for all practices and games across all streams
- Poor attendance may result in reduced playing time, reassignment, or removal from the roster at CMHA's discretion. Disciplinary issues may also lead to reassignment.

Evaluations

- All players must register in the correct age division and attend all evaluation sessions in September.
- CMHA follows a fair, transparent, and unbiased [Evaluation Procedure](#), that will be published online prior to September 1, 2025
- The goal is to place players with similar skill levels to support development

Season Schedule (U9–U18)

- Runs from September 2025 to February/March 2026
- CMHA will run conditioning camps in the Fall, schedule TBD. Check the [Camps/Clinics](#) page for information.
- Practice schedules released once teams and ice are finalized (end of September)
- Teams still active in playoffs or provincials after February 15, 2026, will retain their regular practice allotment
- Additional ice time (e.g., for exhibition games) may be purchased through the Operations Manager
- Schedules are approximate and may change due to holidays, facility closures, other user groups, or Eagles Junior A home games