

EK League Structure for Recreation Teams in U11 and Up

Updated 2025-2026 Season

- Will typically play against the other Cranbrook teams of the same division as well as teams in Kimberley, Creston, Invermere, Golden, Fernie, Elk Valley and possibly even Whitefish (remind parents of this so travel documents can be up to date!)

-In the past there has been a tiering tournament to start the season but this year, there will not be, but there will still be the year end banner tournament in March. The location and costs are TBD by EK League. The cost is usually minimal at around \$400-\$600 ish per team just to cover the ice as there is no swag bags, raffles etc.

-Reps from each association will meet with EK after tiering for a scheduling meeting, usually the last October in Sunday, to determine the season schedule. Please have your blackout dates (i.e. your out-of town tournament dates) available before this meeting.

-Teams can participate in 2 out of town tournaments + the Kimberley tournament.

-League play typically begins in November. You will normally have one practice during the week and one league game on the weekend although sometimes you may have two games on a weekend.

- The 2.25 hours of home ice per week that is provided by CMHA includes practices and any EK home games. Even if the game is not played on home ice, if your team is listed as the home team it counts as home ice and goes towards the 2.25 hours of weekly ice.

-If you do not attend a league game and it cannot be rescheduled, your team may face a fine of up to \$1000. Please make sure your team knows this and makes every effort to attend these games. Ask parents to mark their players availability in advance on the TeamSnap app so you can make sure you have enough players to attend the games and if not, begin the process of borrowing players.

- If multiple players are unable to attend, you can request to borrow players from the other CMHA teams in the same age group. This process can take some time so try to have it sorted out a few days in advance. See the next page for how this process works

***If no one is available in your age group you may also request to borrow from the age group below, please contact your division head to discuss this option

Rules and “How to” for Borrowing Players

- 1) You need to be at 12 or fewer skaters before you are allowed to borrow
- 2) You can borrow up to your full roster amount (for example if your full roster is 15 skaters and you are down to 11 you can borrow up to 4)
- 3) A player cannot be a borrowed player on any team more than 4 times per season as this process is not meant to stack a team.
- 4) Ask the other teams in your age group who is available/willing and which positions you'd ideally need (if you are down a forward or defence etc.)
- 5) Once the player(s) are selected, their coach/manager needs to email you a player release. For example, the email should read like this *“Please let this email serve as release for WAYNE GRETZKY DOB Jan 1, 2000, from the U13 Red Bucks to join the U13 Blue Bucks for a league game in Creston BC on January 5th. Signed Garry Bettman Team Manager, U13 Red Bucks”*
- 6) Complete the Player Relief Form (see the main managers page for the link) and submit it along with the release email(s) to CMHA president cmhapresident20@gmail.com
- 7) Before the game, make sure the borrowed players are on your game roster on Spordle – **if they are not on your roster they cannot play.**
- 8) If possible, let them use a jersey of one of your missing players as long as there is no name bar.
**If things change and your own players are available and it puts you back up to over 12 skaters, you may not use the borrowed players*