



EGHA Bench Staff Directives

Bench Staff Numbers

EGHA will allow the below numbers for bench staff at no cost to the team:

- A minimum of one bench staff member is required to be female for all teams, except U7 and U9. U7 and U9 must have a minimum of 2 bench staff who are female
- U7 has no limit on bench staff
- U9 is allowed to have 10 bench staff
- U11, U13, U15, U18 are allowed to have 6 bench staff

Additional bench staff will be charged \$50 per bench staff member. For U9 teams, we will allow 2 additional bench staff at \$50 each for a maximum of 12; U11, U13, U15 and U18 will be allowed to have 2 additional bench staff at \$50 each for a maximum of 8.

Important: a team may have a **maximum of five (5) bench staff** on a bench during a game. Any bench staff greater than 5 will be asked to leave by the referees. All bench staff on a bench during a game must be on the team's approved team sheet.

EGHA will allow exceptions to teams being charged the extra \$50 when we are adding additional young, female coaches to your teamsheet. I.e. If a U18 player who is interested in coaching is added to your team's roster, your team will not be charged an extra \$50.

Young Coaches and Players helping Teams

EGHA strongly supports young coaches having the opportunity to coach with our teams. The following directives are in place to ensure we are consistent with rostering young coaches.

- ❖ If the player is 14 years of age or older and will be regularly attending practices with the team (regularly is 5 practices or more), Respect in Sport - Activity Leader must be completed. The player will be listed on the teamsheet as a coach. This will permit the young coach to
 - be on the bench during games, and
 - attend the team's practices without full equipment (a CSA approved hockey helmet is required at all times)

- **note: some associations do not allow bench staff younger than 18 to be on the bench during games. Please check with the referees if you are ever unsure*
- ❖ If the player is 14 years of age or older and will not be attending practices regularly (less than 5), but is a registered player, they may attend a practice with a team, but must wear full equipment
 - These players will **not be permitted** to be on the team's bench during a game
 - These players will **not be permitted** to practice with a team more than 4 times during the season
- ❖ If the player is younger than 14, the player is not old enough to complete Respect in Sport - Activity Leader and therefore cannot be rostered as a coach. To skate with another team
 - The player must be a player rostered on a Hockey Alberta sanctioned team (for insurance purposes)
 - The player may only skate with another team in a "coaching" capacity if the player wears full equipment
 - The player may be rostered as an "on-ice volunteer" if they will be attending the game's practices more than 5 times per season
 - The player is **not permitted** to be on the player's bench during a game
- ❖ Note: if a young coach is not already participating as a player with another Hockey Alberta sanctioned team, then they must be added to the teamsheet for the team they are coaching with for insurance purposes.

Players Skating with Other Teams

Typically, a player will attend their own practices as well as practices with a team they may be affiliated with. Players may attend practices of teams in higher categories and divisions for development purposes if

- ❖ They are rostered players to a Hockey Alberta sanctioned team. They cannot attend a Hockey Alberta sanctioned practice if they are not insured under Hockey Canada (ie. Hockey Super League participants), and
- ❖ They have received permission from their coach to attend (permission from the coach is mandatory). Category directors should also be advised of players attending practices of teams they are not affiliated with

Coaches Coaching with Other Teams

Coaches who are rostered with a Hockey Alberta sanctioned team may attend practices with other teams without having to be added to each team's teamsheet, although if a coach is attending a particular team's practices on a regular basis, it is always recommended that they are rostered to that team. Example, a coach for EG401 may attend a practice with EG501.

- ❖ This **does not** allow a coach to go on another team's bench during games. The only bench staff allowed on benches during games are bench staff that are rostered to that team, and listed on the team's official teamsheet.

Injured Players and Player Benches during Games

Injured players may be on the player's bench during games so long as they are wearing their CSA approved helmet and their neck guard.