



Recreational Hockey League

FAQ'S

What is the Recreational Hockey League?

The league offers participants a less structured program with no practices. The focus is on participation, fun and meeting new people.

It is a non-body checking, alternative to the current mainstream hockey model. Body contact is allowed in the same manner as in Novice, Atom, Peewee and Female divisions of play, similar to Adult recreational leagues.

Registration is restricted to minor hockey players aged 13-17 as of December 31 of the current season (2002-2006 birth years). The program is open to all players residing in Edmonton and surrounding areas that do not have Recreational Hockey Leagues within their own program.

How does it operate?

The league arranges schedules, monitors teams and players, develops league rules, co-ordinates referees, etc.

Teams play games against all other teams within their Division. No standings are kept. There are no exhibition, tournament or playoff games.

Can I be affiliated to other teams?

The ERHL is a standalone league. Affiliation to or from any team outside the ERHL is not permitted. The only affiliation that will be permitted is affiliation of EFHL Goaltenders on an as needed basis.

How many teams are expected?

It varies from year to year; we hope to see 6 combined Bantam and Midget Teams. Teams may be combined into one division, depending on registration. Shortages of goaltenders may impact the number of and configuration of teams.

How are the teams selected?

There are no tiers so it is important that we ensure we have balanced teams to facilitate competitive games. We have rules to maintain equalization of teams. A 3-goal limit and the option to swap players if there is a 5 or more goal difference augments these processes.

Teams are selected using past playing history to ensure we maintain equalization of teams. Where there are special requests due to families and driving requirements, we will try to accommodate as best we can, however, it is not a guarantee.

Each participant has the ability to submit one friend request, only mutual friend requests will be accepted.

How are the coaches selected?

Coaches are volunteers with players (family) on their team. We encourage equal time and fair play with some minor and basic skill development.

What qualifications do teams and coaches require?

All team officials require the RIS Activity Leader. The Head Coach is recommended to have Coach 2 Level. One official per team must have HCSP (Safety) certification.

What Divisions of play are offered?

Typically, we operate in one Division of play; Bantam and Midget (13-17). If there is substantial growth, a natural outcome may be categories within divisions of play. If there are insufficient player registrations to operate in traditional divisional formats, the league may resort to programming by age groupings. This would be finalized once registration is completed and numbers are determined.



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What if my skill level is not high enough or too high?

We will do our best to place a player where they are most comfortable. We welcome all skill levels and roll with them on every line regardless of skill.

What is the Recreational Hockey Leagues primary objective?

The focus of the league is fun, recreational hockey.

The traditional rigors of practices, exhibition and tournament travel, along with fees and fundraising found in a typical minor hockey program have been eliminated in order to focus on fun, recreational hockey at a reasonable cost.

For those new to hockey we do encourage them to get in extra skating on the free ice available to the public, as well as any possible opportunities in local outdoor rinks.

Are the rules different than mainstream hockey?

Teams play under Hockey Canada playing rules with the exception of those relating to body checking and slap shots; neither of which are permitted. Aside from these exceptions, players and team officials are subject to the same penalties as those on competitive teams for similar offences.

Supplemental Discipline, as a result of suspendable offenses, inappropriate conduct, aggressive play, etc., will be more severe than in mainstream hockey. All players will be advised of the differences before starting play.

Full equipment is mandatory.

Who Referees?

Certified Hockey Alberta Referees will be assigned for all games.

How many games are planned for the season?

We plan on 20 games (1 per week) beginning mid-October and ending in March. There will be 1 practice for initial team formation and familiarization. As this is a recreational & fun based theme, it allows for less commitment from parents and players. As well it limits our costs (and player registration fees) with ice time and the constant challenges of managing ice for a league.

How many extra practices do coaches usually fund through parent cash contributions or fundraising?

None and there is no allowance for having teams pursue additional funding for expenses of this nature. As mentioned above, many parents are done with the fundraising aspect and additional fees.

Are there playoffs?

No, standings will not be kept and there are no playoffs.

Is ERHL a part of Quikcard Edmonton Minor Hockey Week?

No, teams in this league do not participate in Quikcard Edmonton Minor Hockey Week.

Can ERHL teams play exhibition games against other teams, if the other team agrees to the league rules?

No, teams are limited to the league schedule. Goalies (via the substitute goalie process) are the only players that may play in two or more leagues.

How long are the games?

All games are 1.5 hours in length.



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What days will I play on?

Games will be scheduled on Thursday, Friday, Saturday or Sunday.

Do parents need to do anything?

Yes, one parent from each family must complete the Respect in Sport Parent online program before their child is allowed on the ice. They do not need to repeat it every year, however for the 2019-20 season, the requirement to recertify affects Parents and Coaches/Team Officials who completed their Respect in Sport certification prior to the 2015-16 season.

How much does it cost and how do I pay?

Registration for 2019-20 has been set at \$425.00 per player. Registration and payment are done online by following this link: <https://registration.hockeycanada.ca/registration/?ID=507>

If you are a new player to hockey OR to the Rec League, you must contact office@hockeyedmonton.ca prior to registering.