



OMHA Ice time and Fair Play Philosophy

OMHA coaches are to have an athlete-centered philosophy where development and equal opportunity is a priority. Having an athlete-centered philosophy is not choosing between development and winning, rather it's choosing to have development "and" winning, with developing taking precedence over winning. "We develop to win", 'not "win to develop."

Coaches within OMHA are reminded that they are doing more than just coaching hockey... they are developing athletes and helping youth build character through sport. As such, OMHA encourages all coaches to not focus on winning championships, but to focus on developing champions.

Ice Time Allocation Philosophy:

Coaches are expected to discuss their own philosophy regarding fair play at the beginning of each season, to ensure all players and parents understand what the expectations are for the year.

During games coaches will provide fair play opportunities for all players, regardless of ability. Please note however that fair play is NOT equal ice. Equal ice is defined as equal ice-time every game to the best ability of the coach. Throughout the course of a game, situations will arise which may result in the coach choosing to support line consistency and a specific line of players may have to be adjusted.

With that in mind, OMHA supports the following guideline for our coaches to follow:

- For CAHL and RMFHL teams, a 50-10 Rule is supported by OMHA. Coaches may observe the 50-10 rule, where in the last 10 minutes of every game, coaches can use discretion to reward players if they so choose. Up until then, coaches are expected to ensure a normal rotation applies unless the following applies:
 - A lines shift may be shortened where critical mistakes are being made and immediate correction or instruction is required to ensure the team's effort is not compromised. The line will then return to their normal rotation to have an opportunity to put into play what they have just learned.
 - A player may be required to sit a single shift, or more, as a disciplinary action if the player is repeatedly refusing to follow a coach's instruction, and other tactics have failed to get the player's attention. Where such disciplinary action is taken, the coach will provide an explanation to the player and if necessary, his/her parents. Proper communication to the player is crucial to ensure they understand what is happening, why, and what they need to do to ensure it does not happen again. The coaching staff are expected to be fair and consistent all season, no exceptions.
 - **At the RHL, and house level** the expectation is to roll lines throughout the whole game, allowing and giving everyone fair opportunity to play in every scenario of game.
 - During both practices and games, all coaches will do their best to maximize the number of teachable moments for all players. Coaches will offer individual and collective praise where due; correction where required – with demonstration or explanation of the appropriate action expected of the player.



Okotoks Minor Hockey Association

"Practice and play like a champion today!"

Box 1152 Okotoks, AB T1S 1B2

403.710-2213

- OHMA Code of Conduct violations may also be used to hold coaches and players accountable when it comes to participation in hockey sanctioned events.

Overall, it is expected that by the end of the year, every player will have played in all situations (such as power play and penalty kill) and ice time would be fair in comparison to their peers. We are a development focused association, and coaches are required to adhere to OMHA philosophies and regulations surrounding equitable ice time.