

Long Term Athlete Development (LTAD)					SLA	OPTION X
BOX	TYKE	NOVICE	PEE WEE	BANTAM	MIDGETS	JR B
Coach min Standards	Community Initiation	Community Development	Community Development	Competitive Introduction	Competitive Introduction	Competitive Introduction
Players on Team	6 to 9	12 to 15	12 to 15	12 to 15	15 to 20	20 to 25
Players on Floor	3 on 3	5 on 5	5 on 5	5 on 5	5 on 5	5 on 5
Floor	Cross Floor	Full	Full	Full	Full	Full
Games on Floor	2	1	1	1	1	1
Nets (red)	3 ft x 3ft	4 ft x 4 ft	4 ft x 4 ft	4 ft x 4 ft	4 ft x 4 ft	4 ft x 4.5 ft
Net distance from boards	3 ft	CLA rules	CLA rules	CLA rules	CLA rules	CLA rules
Warm up Time		5 min	10 min	10 min	10 min	30 min
Training Time	2 x 15 min					
Game Time (straight)	2 x 15 min	3 x 15 min	2 x 15 min			
Game Time (stop)			1 x 15 min	3 x 15 min	3 x 20 min	3 x 20 min
30 sec shot clock	No	Yes	Yes	Yes	Yes	Yes
Face off after goal scored	No	Yes	Yes	Yes	Yes	Yes
Shifts	3 min	Equal participation	Equal	Equal	Equal	Equal
Contact	Body Position	Equal pressure	CLA rules	CLA rules	CLA rules	CLA rules
Penalties	None*	CLA Rules	CLA rules	CLA rules	CLA rules	CLA rules
Officials	Coaches or Officials**	Yes	Yes	Yes	Yes	Yes
Rulebook appendix	E option X	F option X	CLA rules	CLA rules	CLA rules	CLA rules
Score	Rosters only	+5 goals not displayed	CLA rules	CLA rules	CLA rules	CLA rules
Balls	Soft (optional)	CLA approved	CLA approved	CLA approved	CLA approved	CLA approved
Goalies	Yes	Yes	Yes	Yes	Yes	Yes
Goalies category	1	1	2	CLA rules	CLA rules	CLA rules
Equipment	Kidney pads optional	Kidney pads added	Full	Full	Full	Full
Sticks	26" to 40"	34" to 46"	34" to 46"	40" to 46" & CLA rules	40" to 46" & CLA rules	40" to 46" & CLA rules
Special Rules	Fall back	Fall back	None	None	None	None

* no man down

** stop play & explain

See CLA Box rules book 2013 for full description