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## Overview:

The early part of the 20-21 hockey season will be different than anything we have ever seen before. The following document outlines guidelines for ‘Modified Game Play’ within the ‘Cohorts’ that have been pre-determined by each Association.

***DISCLAIMER FOR PARENTS AND PLAYERS: Due to the mini-team structure, there will be less players on the ice for games and in turn, ice times will be utilized not as optimally as in the past. However, in this format players will be getting approximately 50% more ice time in games. Therefore, teams may be scheduled for a lower number of game ice times than in the past, however, the amount of time spent on the ice in a game environment should end up being similar to years past.***

## Timeline:

- October 1 – December 20
- This is based on current Hockey Alberta and Alberta Health Guidelines, but is subject to change if the current guidelines are relaxed in any way.

## U7 Timbits

**Jr. Timbits – Generally 1<sup>st</sup> Year Players**

**Sr. Timbits – Generally 2<sup>nd</sup> Year Players**

- U7 Timbits is an introductory program and in past seasons no formal games were permitted until November 28<sup>th</sup> for Jr. Timbits and November 15<sup>th</sup> for Sr. Timbits
- With the current guidelines in place no formal games will be permitted until January 2021 (unless AHS Guidelines are relaxed)
- Informal games (within a practice) will be permitted until December 20<sup>th</sup>

## U7 Game Guidelines

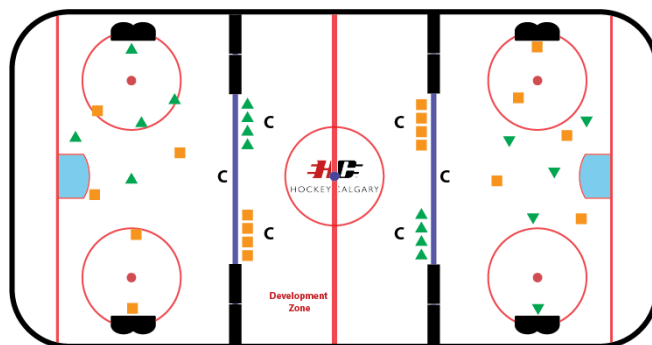
<b>Ice Surface:</b>	<b>Cross Ice Game Format Only (No ½ ice or full ice games permitted)</b>
<b># of Games:</b>	<b>0 – No formal mini games scheduled in this phase</b>
<b>Tournaments:</b>	<b>Not Permitted</b>
<b>Officiating:</b>	<b>Coach Monitored</b>
<b>Penalties:</b>	<b>No ‘Timed’ Penalties (coach discuss infraction with player)</b>

**Rationale:**

- Hockey Canada recommends a **3:1 practice to game ratio** for U7 Timbits during the development phase. Given that no formal games are played prior to 2021, Hockey Calgary recommends that coaches use on **average 25% of the practice to play informal cross ice games.**

**Game Play Format (starting in Jan 2021):**

- Games will be played split squad in a **Cross-Ice Format** (board to board, blueline down)
  - Half red vs. half blue at one end, & the other half of red & blue at the other end
  - Teams will kneel on the blue lines rather than use the benches
- 4 vs. 4 format plus 2 ‘acting goalies’ (no goalie equipment)
  - “Acting goalies” transition from “acting goalie” to ‘player’ after their shift
- Two face-offs during the game
  - One to start the game, and one to start the second half
- No official score will be posted
- No off-sides, No icing
- **Blue Pucks**
- The main score clock is used as the **time keeping device** for both games simultaneously
- **Coaches on the ice with skates.** There will only be a maximum of 4-5 players on each bench so this should be enough communication to players.
- Shifts
  - 1.5 minutes (90 seconds) or 2 minutes (120 seconds) in length
  - Resting players will take a knee on the blueline
  - When the buzzer/whistle sounds, players must relinquish control of the puck immediately and skate towards the blue line (players kneeling area) **with the exception of the ‘acting goalie’ who transitions to ‘player’ for the next shift**
  - 4 new skaters enter the game surface area
    - 3 as ‘players’
    - 1 as ‘acting goalie’
    - **Tag Up Rule:** If there are fewer than 4 players on the bench, the active player designated to stay out for the following shift must tag up at the bench prior to racing to the play the loose puck.
- The **‘Developmental Zone’** has been added to allow opportunities to provide **individual instruction** and attention to players. Players and coaches will use the zone to varying levels. Some players will simply enjoy kneeling, taking a rest, drinking some water, and cheering on their teammates, while other’s may require some individual coaching.
  - **The ‘Developmental Zone’ is designed for coaches to:**
    - Look for and address ‘coachable moments’ in games (ex. Coach notices a player’s passing is not accurate. Coach can take the player after their shift, correct the error, and execute a couple of repetitions within the 90 second rest)



***DEVELOPMENT SEASON - GAME PLAY GUIDELINES 2020-21***  
***OCTOBER 1 – DECEMBER 20***

- Run an individual activity for a player who isn't tired, who needs an increased challenge, or who has trouble sitting still
- **The 'Developmental Zone' is NOT designed for Coaches to:**
  - Run full drills/activities between shifts
  - Grab each or a single player after every shift to work on skills
  - Over coach

## U9 (formerly Novice)

### U9 Game Guidelines (Oct. 17 – Dec. 20)

Target Prac./Game Ratio*:	2.5 to 1
Game Maximum:	<b>Up to 10 Formal Mini-Games Permitted</b>
Ice Surface:	½ Ice Game Format Only (no full ice games permitted)
Game Length:	60 Minutes (2 – 24 Minute Periods)
Tournaments:	Not Permitted
Officiating:	Coach Managed
Penalties:	No 'Timed' Penalties (change of possession and subsequent sitting of next shift, see below)

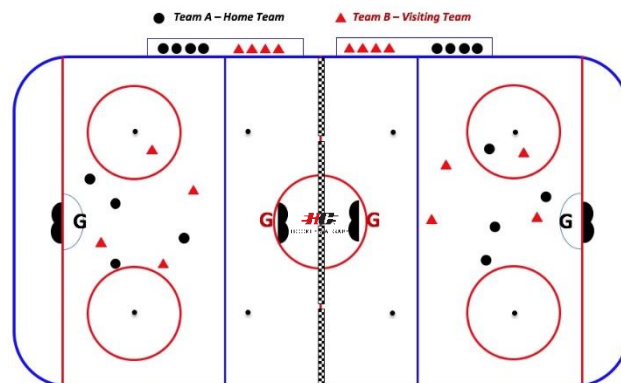
\*Associations should target the practice to game ratio up to the maximum number of games. The **ratio should take precedent**. (ex. if only 20 ice times are given, ~5-6 should be games)

#### Rationale:

- Ratio - Hockey Canada recommends a 3:1 practice to game ratio for a traditional 8-week 'Development Phase', followed by a 2:1 practice to game ratio for a traditional 12-16-week 'Regular Season Phase'. Hockey Calgary's 'Development Season' will be approximately 12 weeks long, leading to the 2.5:1 practice to game ratio.
- Game Maximum – 10 games are comparable to past seasons
  - Hockey Calgary schedules 6 games for the 'Seeding Round'
  - Teams often play a few exhibition/tournament games
- On average, Hockey Calgary's member associations give U9 teams 46 practices and teams receive minimum 18 games for a practice to game ratio of 2.6 to 1

### U9 Game Play and Scheduling

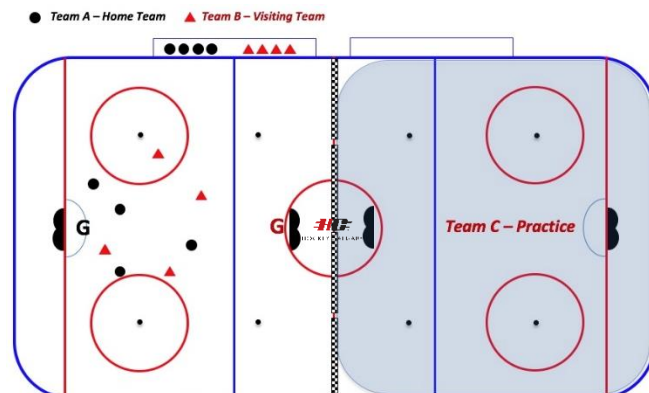
- **Cohorts with 4 Mini-Teams** - all 4 Mini-Teams scheduled for games (permitting arena restrictions)
  - Red vs. Blue at one end, Purple vs. Green at the other end
  - At the mid-point of the ice session the 2 teams can swap ends
  - Teams will share the benches



# DEVELOPMENT SEASON - GAME PLAY GUIDELINES 2020-21

## OCTOBER 1 – DECEMBER 20

- **Cohorts with 3 Mini-Teams** – all 3 Mini-Teams scheduled for the ice time (permitting arena restrictions),
  - **Option 1** - only 2 scheduled for games
    - **2 Mini-Teams:** Red vs. Blue at one end, a 3<sup>rd</sup> mini team can be scheduled for a practice on the opposite side
  - **Option 2** - all 3 scheduled for games
    - **1<sup>st</sup> half** – Red vs. Blue at one end, Green team practice on the opposite side
    - **2<sup>nd</sup> half** – Red vs. Green at one end, Blue team practice on the opposite side
    - **Next Game:** a different team is scheduled to play a game for both halves
- **Cohorts with 3 or 4 Mini-Teams – Option 2** – 2 Mini-Teams scheduled for the ice time
  - **2 Mini-Teams:** Red vs. Blue at one end, other end vacant
  - **Note:** considering ½ ice games, this option is the worst for ice utilization



### Gameplay

- 4 vs. 4 format – each mini-team with 1 goaltender
- ½ ice game will be played from the goal line (at one end), to the center line
  - The net at center ice will be put on the **center faceoff circle**
- Two face-offs during the game - one to start the game, and one to start the second half
- No official score will be posted
- No off-sides, No icing
- **Blue Pucks**
- The main score clock is used as the **time keeping device** for both games simultaneously
- No officials, coaches will be used
- **A maximum of 1 coach per mini-team will be permitted on each bench. (subject to change to comply with distancing requirements)**
- Shifts will be 1.5 minutes (90 seconds) in length.
- When the buzzer/whistle sounds, players must relinquish control of the puck immediately and vacate the ice. The new players enter onto the ice surface immediately.
- **Tag Up Rule:** If there are fewer than 4 players on the bench, the active player designated to stay out for the following shift must tag up at the bench. **This is enforced by the coaches, not the officials.**

## U11 (formerly Atom)

### U11 Game Guidelines (Oct. 1 – Dec. 20)

Target Prac/Game Ratio*:	2 to 1
Game Maximum:	Up to 12 Formal Mini-Games Permitted
Tournaments:	Not Permitted
Officiating:	Coach Officiated
Penalties:	2-Minute Running Time

\*Associations should target the practice to game ratio up to the maximum number of games. The **ratio should take precedent.** (ex. if only 20 ice times are given, ~5-6 should be games)

#### Rationale:

- Ratio - Hockey Canada recommends a 2:1 practice to game ratio for both a traditional 'Development Phase' and 'Regular Season Phase'
- Game Maximum – 12 games are comparable to past seasons.
  - Hockey Calgary schedules 6 games for the 'Seeding Round'
  - Teams often play a few exhibition/tournament games
- On average, Hockey Calgary's member associations give U11 teams 46 practices and teams receive minimum 21 games for a practice to game ratio of 2.2 to 1

### Length of Games: Clock to be set as follows (running time)

Permit/Period Length	Period 1	Period 2	Period 3
1 Hour Permit*	25 Minutes	25 Minutes	n/a
1 ¼ Hour Permit	32 Minutes	32 Minutes	n/a
1 ½ Hour Permit	26 Minutes	26 Minutes	26 Minutes

\* *recommended length for U11 mini-games*

#### Note:

- All games are running time.
- Minor Penalties are 2 minutes running time
- No time outs permitted.
- A 3-minute warm-up will begin at the scheduled permit time.
- Players will not leave the ice between periods.

## U13 (formerly Peewee)

### U13 Game Guidelines (Oct. 1 – Dec. 20)

Target Prac/Game Ratio*:	2 to 1
Game Maximum:	Up to 12 Formal Mini-Games Permitted
Tournaments:	Not Permitted
Officiating:	Coach Officiated
Penalties:	2-Minute Running Time

\*Associations should target the practice to game ratio up to the maximum number of games. The **ratio should take precedent**. (ex. if only 20 ice times are given, ~5-6 should be games)

#### Rationale:

- Game Maximum – 12 games are comparable to past seasons.
  - Hockey Calgary schedules 8 games for the ‘Seeding Round’
  - Teams often play a few exhibition/tournament games
- On average, Hockey Calgary’s member associations give U13 teams 47 practices and teams receive minimum 23 games for a practice to game ratio of 2 to 1

### Length of Games: Clock to be set as follows (running time)

Permit/Period Length	Period 1	Period 2	Period 3
1 Hour Permit*	25 Minutes	25 Minutes	n/a
1 ¼ Hour Permit*	32 Minutes	32 Minutes	n/a
1 ½ Hour Permit	26 Minutes	26 Minutes	26 Minutes

*\*recommended length for U13 mini-games*

#### Note:

- i. All games are running time.
- ii. Minor Penalties are 2 minutes running time
- iii. No time outs permitted.
- iv. A 3-minute warm-up will begin at the scheduled permit time.
- v. Players will not leave the ice between periods.

## U15 (formerly Bantam) and U18 (formerly Midget)

### U15/U18 Game Guidelines (Oct. 1 – Dec. 20)

Target Prac/Game Ratio*:	1.5 to 1
Game Maximum:	Up to 14 Formal Mini-Games Permitted
Tournaments:	Not Permitted
Officiating:	Coach Officiated
Penalties:	2-Minute Running Time

\*Associations should target the practice to game ratio up to the maximum number of games. The **ratio should take precedent**. (ex. if only 20 ice times are given, ~5-6 should be games)

#### Rationale:

- Game Maximum – 12 games are comparable to past seasons.
  - Hockey Calgary schedules 8 games for the ‘Seeding Round’
  - Teams often play a few exhibition/tournament games
- On average, Hockey Calgary’s member associations give U15 teams 44 practices and teams receive minimum 25 games for a practice to game ratio of 1.75 to 1
- On average, Hockey Calgary’s member associations give U18 teams 43 practices and teams receive minimum 27 games for a practice to game ratio of 1.6 to 1

### Length of Games: Clock to be set as follows (running time)

Permit/Period Length	Period 1	Period 2	Period 3
1 Hour Permit*	25 Minutes	25 Minutes	n/a
1 ¼ Hour Permit*	32 Minutes	32 Minutes	n/a
1 ½ Hour Permit	26 Minutes	26 Minutes	26 Minutes

\* recommended length for U15/U18 mini-games

#### Note:

- i. All games are running time.
- ii. Minor Penalties are 2 minutes running time
- iii. Major Penalties are 5 minutes running time (and player is ejected)
- iii. No time outs permitted.
- iv. A 3-minute warm-up will begin at the scheduled permit time.
- v. Players will not leave the ice between periods.



## Coach Requirements

### PPE, Masks, and Physical Distancing

#### When participating via Cohorting ('Cohort' coaches):

'Cohort' coaches are required to wear masks in the dressing room, on the player's bench and in the penalty box area. However, they are not required to wear a mask while on the ice. While 'Cohort' coaches are part of the cohort and do not need to physically distance, distancing is recommended wherever possible.

#### When participating via Physical Distancing ('Physically Distanced' coaches):

Team officials must always maintain two-metre physical distancing from all other participants. Additionally, they must wear masks within the dressing room and on the bench but can remove them while coaching/ instructing on the ice.

### Coach Referees

- Coaches will be required to 'officiate' or manage the game.
- Minimum requirements
  - U7 – no formal games, coaches will already be on the ice for practices
  - U9 – a minimum of 1 coach on the ice for each ½ ice game
    - No maximums unless restricted by the arena total numbers
    - Physical Distancing coaches on the ice must follow proper protocols (see below)
  - U11-U18 – a minimum of 2 coaches on the ice for each game
    - No maximums unless restricted by the arena total numbers
      - Recommendation of 2-4 coaches on the ice
    - Physical Distancing coaches on the ice must follow proper protocols (see below)
- PPE Protocols:
  - 'Cohort' Coach – n/a
  - 'Physical Distancing' Coach MUST:
    - Practice physical distancing and perform proper hand hygiene;
    - Keep a distance of 2 metres between all other officials while in the change room and during the transition from the change room to the ice
    - Wear a mask whenever dropping the puck
    - Wear a mask when talking with a player, team official or another official inside a distance of 2 metres
- Officiating
  - Coaches are expected to manage the game to keep it fun and safe for all participants
  - Coaches should discuss prior to the game a protocol for penalized players
    - While a traditional serving a penalty in the box is acceptable, coaches are encouraged to come up with unique ways of 'serving' a penalty (ex. penalty shot chase)
  - Associations will be responsible for handling any suspendable offenses. If coaches feel a suspendable offense requiring supplemental discipline occurs, they should consult with their associations to handle these rare circumstances

### **Off-Ice Officials (Scorekeeper, Timekeeper, etc.)**

Off-ice officials must always maintain two-metre physical distancing from all other participants. They are required to wear a mask while acting as a scorekeeper, timekeeper, or other off-ice official role.

### **Benches and Dressing Rooms**

All coaches are required to wear masks while in the dressing room and while on the player's bench.

### **Attending to an injured player:**

'Physical Distancing' coaches are required to wear a mask and perform proper hand hygiene if it becomes necessary to temporarily interact with cohorting participants at a distance of less than 2 metres.

### **Certification and Training**

The structure of certification and training clinics and seminars for Coaches and Team Officials has been confirmed by Hockey Canada and Hockey Alberta for the 2020-21 season. Certification programs will include a combination of in-person clinics (using physical distancing) and online programming.

**Hockey Alberta will maintain the same requirements for all Coaches and Team Officials for the 2020-21 season (November 15 deadline), with the addition of an online Hockey Canada Return to Hockey Safety Guidelines module for all head coaches. The module is now available.**

#### [RETURN TO HOCKEY SAFETY MODULE](#)

The list of current coaching requirements is available under the Coaches tab on the Hockey Alberta website:

#### [GO TO COACH EDUCATION](#)

#### Structure of In-Person Clinics

- All clinics offered via Physical Distancing. A two-metre distance between attendees and instructors will be in place throughout all clinics.
- All participants will be required to complete a pre-screening document prior to attendance.
- Facility policy regarding masks will be followed.
- All registration must be done online, prior to the clinic. No walk ups will be accepted.
- For the clinic, ensure you bring the following:
  - Mask/ Face Covering
- For the on-ice portion (skates, stick, gloves, CSA-approved helmet)
- For the in-class portion: notepad, pen/pencil, and/or iPad/ laptop