HOCKEY CALGARY

COMMUNITY

HOUSE HOCKEY LEAGUE

Operations & Coaching Guide

2026-27

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OVERVIEW

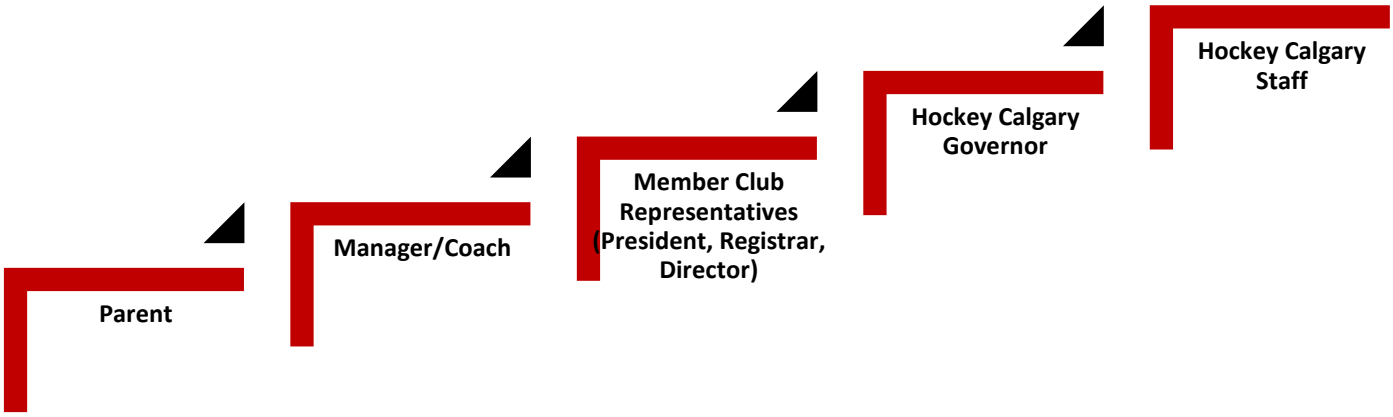
The **Flames Community House Hockey League** is a partnership between the Calgary Flames Foundation, the Calgary Flames, Hockey Calgary, and its member clubs. The goal is to provide recreational players with the opportunity to play organized hockey that is; **affordable, fun** and **safe**, with **moderate, consistent**, time/location commitments; allowing for participation in other social, academic or recreational activities.

It also provides players who have limited skills and knowledge, an introduction to the game in a less intimidating format. The program is regionally based, offering participants a chance to play the great game of hockey, with less time and travel commitments.

HOUSE LEAGUE JAMBOREE

At the end of the season, Hockey Calgary will host the House League Jamboree. The Jamboree will be a weekend where teams will play against other teams that they haven't played against during the season. Each team will play two games. Over the weekend, teams will receive gifts, are encouraged to stay at the rink to cheer on the other teams and participate in off-ice activities. More information will be sent out closer to the end of the season.

HOCKEY CALGARY COMMUNICATION PROCESS



REGISTRATION

Players will register with their designated community member club and must meet all residential qualifications. Registration in the house leagues is limited. If a players' residential club is full, that player may request to be placed on a wait list to register for another club. This will be managed by the Hockey Calgary Registrar in cooperation with Club Registrars.

Players registered on house league teams are not eligible to register on any other team under Hockey Calgary jurisdiction during the same season.

Not sure what Member Club to register with? Click Here

GENERAL REGULATIONS:

- All teams must adhere to the Operations Guide.
- Player assessments will be conducted to ensure teams are **equally balanced with a variety of skill levels**.
- **Goalie rotation** is encouraged, and equipment will be provided in U9. Players may register as a goaltender in U11 and U13.

- All positions (defense, forward, center) must be **rotated equitably throughout the season in U9 & U11**.
- **Goaltenders may not be pulled** at any point during the game to allow for an additional skater.
- Statistics and standings will not be kept or publicly displayed.
- An official game report will be kept for all games and the detail entered at the Hockey Calgary website for review purposes only.
- U11 and U13:
    a. The score clock will **never reflect a differential greater than 5 goals** regardless of the actual score.
    b. A player is **limited to 3 goals during any one game**, however, may earn unlimited assists. If a player scores a 4th goal, the goal will not be recorded, and a face-off will occur at centre ice.
    c. Players may be named captain or alternate captain on a fair and rotating basis.
- Coaches are **permitted to use up to 25% of their practice** ice time to scrimmage within their own team.
- **Teams are not permitted to play games or participate in tournaments outside their league or purchase ice for additional practices.**
- Games will be played in accordance with the Hockey Calgary Bylaws and Regulations.

It is the responsibility of the Coach and every team official to ensure these special rules are followed throughout the season. In the event these rules are not being followed, it will result in the coach being automatically suspended indefinitely until the matter is ruled on by the Hockey Calgary House League Governor or depending on the severity the Special Committee of Hockey Calgary.

REQUIREMENTS

Parents

At least one parent from each registered player must have current certification in the Shift Forward – Parent prior to registering.

Coaches

The following coaching certifications must be completed

- **U9 -** Coach 1 – Intro to Coach – 1 coach for every 10 players, so based on the HC model of approximately 18 players, each team will need 2 certified coaches
- **U11 and U13 –** Head Coach – Coach 2
- **U13 –** Head Coach – Checking Skills is recommended but not required
- Shift Forward – Coach – required for all coaches, (it is different from the parent program)
- Safety Program – 1 team official for each team

Coaches must complete these qualifications by November 15 of the playing season except for Shift Forward which is required prior to stepping on the ice or bench.

FUNDRAISING, CASH CALLS AND VOLUNTEERING

Fundraising and Cash Calls

There will be no fundraising or cash calls permitted. Social or team building events may be organized by teams, however each player would cover their own cost.

Volunteering

Each team will require several volunteers such as **coaches, team managers, timekeepers, and scorekeepers**. There may be additional volunteer requirements within each member club The Flames Community House Leagues are fixed cost and low commitment programs, but without volunteers from within each league, the program will not operate. Clubs have the authority to require volunteer bonds for house league participants.

LEAGUE STRUCTURE

Regions

Teams will participate in a house league with other teams from their region.

- North Calgary House League (NCHL) – McKnight & Raiders Hockey Club

- Northwest House League (NWHL) – Bow River & Northwest Warriors
- South Calgary House Hockey League (SCHHL) – Wolverines, Bow Valley, Knights, & Southwest
- West Calgary House League (WCHL) – Glenlake, Springbank, & Trails West

Team Formation

Player assessments will be conducted to ensure teams are balanced with a variety of skill levels. The recommended number of players:

- U11 and U13 – 15 skaters and 2 goalies (max 17 skaters and 2 goalies)
- U9 – 18 players (max 20 players)

Each player may submit one friend request and must be submitted by both players. Friend requests will be at the discretion of each region. Efforts will be made to accommodate; however, placement is not guaranteed.

Evaluations

Each region will be required to offer a minimum of 1 pre-evaluation skate, and 1 evaluation skate. It is recommended for regions to offer 2 pre-evaluation skates, and 2 evaluation skates.

Leagues

Teams from each region will participate in a league with other teams from within their region. Teams are not permitted to play in games or tournaments outside their region or purchase ice for additional practices.

Schedule Guidelines

Teams will have 1 practice and 1 game per week during the seasonal timeline. Off weekends will be determined by each region, however, the following regulations must be adhered to:

- Practices and games will be on set days.
- One day will be a weekday (Monday-Friday) and one day will be a weekend day (Saturday-Sunday)
- Each club will provide their proportionate share of ice based on the total number of players they have in the region unless otherwise negotiated by the clubs within their region.

U9

Weekday ice times will be scheduled between 4:00PM and 8:00PM.
Weekend ice times will be scheduled between 7:00AM and 8:00PM.

U11

Weekday ice times will be scheduled between 4:00PM and 8:30PM.
Weekend ice times will be scheduled between 7:00AM and 8:30PM.

U13

Weekday ice times will be scheduled between 4:00PM and 9:30PM.
Weekend ice times will be scheduled between 7:00AM and 9:30PM.

Affiliation

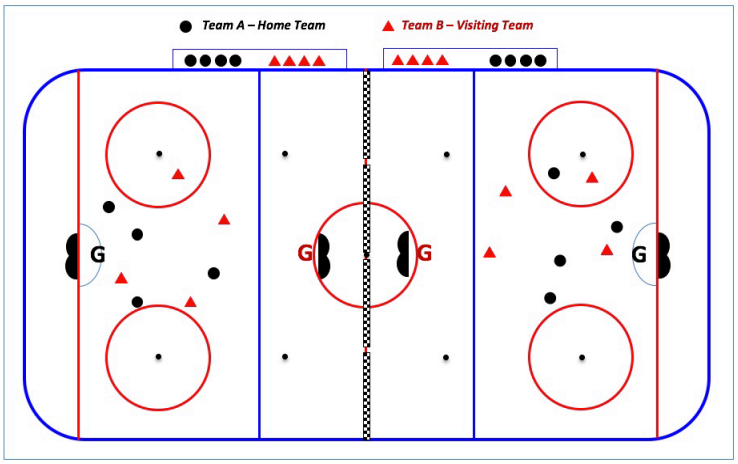
There will be no formal affiliations. If a team has less than 10 players, they can borrow a player from their opponent.

League Governance

The Hockey Calgary House League Governor will oversee all house leagues.

GAMEPLAY GUIDELINES

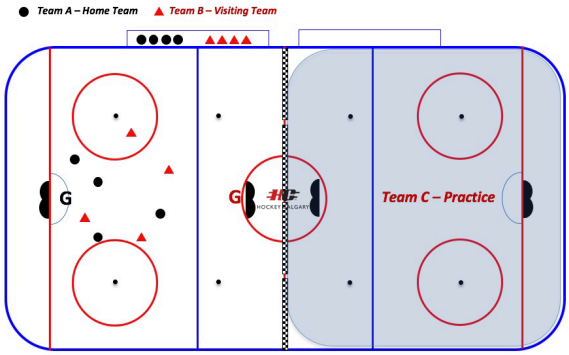
U9



GAME PLAY GUIDELINES/RULES

Two U9 games to happen simultaneously on each half with approximately 8-10 players on per team per half (~32-40 players on the full ice surface)

In instances when there are less than 32 players on the full ice surface, 1 half can be used for game play and the other half can be used as a practice surface for players to rotate through during the game session (Please see Appendix II).



- 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
- 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 or icing
- **Blue Pucks must be used**
- The main score clock is used as the **time keeping device** for both games simultaneously
- Certified Officials
- **A maximum of 2 coaches per mini team will be permitted on each bench.**
- 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. No faceoff.
- **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.**

LENGTH OF GAME

- **<u>60 Minute Ice Slot</u>**
  - 3 Mins. - Warm Up
  - 24 Mins. – Period #1 (30 min if ice slot is 75 minutes)
  - 3 Mins. – Rest/Change Ends
  - 24 Mins. – Period #2 (30 min if ice slot is 75 minutes)
  - 3 Mins. – Shake Hands/Move Bumpers

BOARDS/BUMPER SET-UP

- Teams will warm up at one end of rink 'with their own team', when it comes time to start play the coaches will assign ½ of their team and 2 coaches to the other end to begin the game play
- Set up/flood transition/tear down of boards is the responsibility of the coaches, not referees or arena staff (unless otherwise indicated)
- Set up/flood transition/tear down or bumpers **will require 3-4 coaches**
- **2 coaches from the home team** and **1 coach from the away team** will be responsible
- **Certified and registered coaches** will be the only personnel permitted on the ice for board handling
- Please consult with rink staff for bumper/board set up as some rinks have made accommodations to have their staff set up boards

- **Coaches will be required to wear helmets when handling boards on the ice (skates are recommended)**

Line Selection

- Coaches are required to balance their lines (players at each end), so they are as close to equal as possible
- You are **NOT** permitted to put your top players at one end, and your weaker players at the other end.
- It is the expectation of HC and the member club that the lines (players at each end) will change each game, and that the same players are not always playing together

Change of Possession

- Goaltender freezes the puck – Puck shot out of play – Goal is scored
- the official signals to the attacking team to back off 3 meters and defending/non-offending/conceding team gets possession
- Penalty (see below)

Penalties

- Penalties can be called by coach officials, however, players will not serve a traditional penalty in the box. The coach will raise their arm and blow the whistle **immediately** signaling a penalty has been called. The official will conduct a change in possession and signal to the offending team to back off 3 meters
    - **The infracting player will miss their next shift – Coaches will monitor this**
    - **Play continues at even strength**

Injury Timeouts

- The game clock is being utilized to run games at both ends of the arena, therefore when there is an injury timeout at 1 end the game clock will continue to run. This is the only time the game will not be continuous.

Goaltender Rotation (Appendix II)

- The coach/manager is required to set up a goaltender rotation
- All players are to be given the opportunity to play goal
- If a player does not wish to play goal they must follow the rules on the goaltender rotation form
- There is no pulling of goaltenders permitted to allow for an additional skater

Game Format Grid (Less than full rosters)

- From time to time throughout the season, we can expect less than full rosters to be available at specific games. This is not ideal, and will come with very little notice, but the games must go on. When both teams have similar sized rosters this will not pose a problem, the challenge will be when 1 team has a full roster and the other is significantly reduced. HC has devised a grid for coaches to follow should these situations arise **(See appendix III)**

Game Sheets (see appendix I)

- Game sheets are an important record of who was on the ice and what occurred during the game. All games must be scored and finalized in TeamLinkt within 24 hours of game completion.

U11 & U13

Game Play will be full ice, with the target length of game being a 60-minute ice slot. Period lengths will be **13-13-13** with the 'drop clock' (See below) process being utilized. Please see more details in Hockey Calgary Regulation Book.

viii. No game will exceed the permit time. If undue delays occur for any reason and the game cannot be completed within the permit time, the following procedure will be followed:

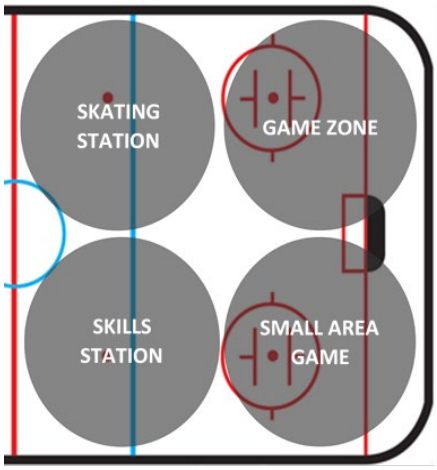
a) At the first stoppage of play after time reaches 5 minutes left on the permit, the timekeeper will notify the referee.

b) At this stoppage of play the clock will be reset to 2 minutes and the remainder of the game completed with stop time.

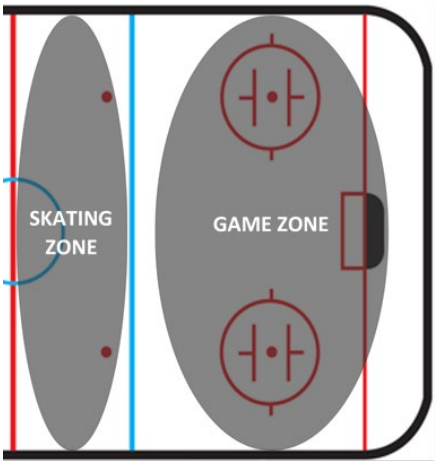
PRACTICE GUIDE

- Hockey Canada & Hockey Alberta recommend the following guidelines:
  - Minimum 2 teams on ice
  - Station based format is suggested, Clubs may wish to alternate and run 1 practice mixed teams with stations, and the following practice keeping teams together
- Examples of how to split up the rink:

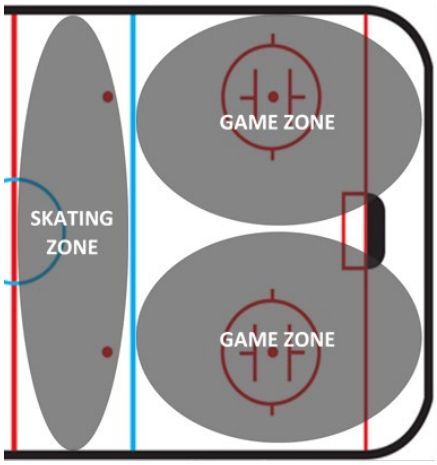
Half-Ice 4 Zone Option



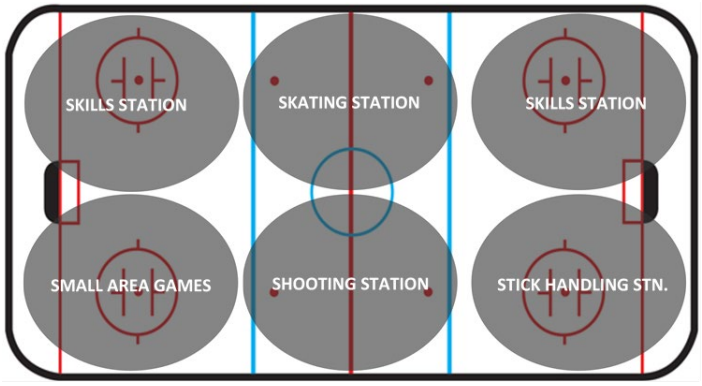
Half-Ice 3 Zone Option



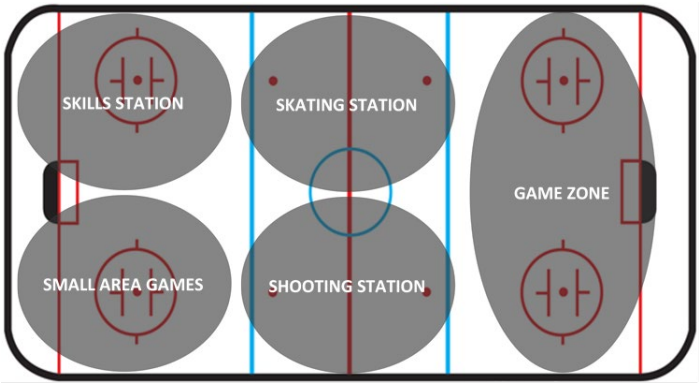
Half-Ice 2 Zone Option



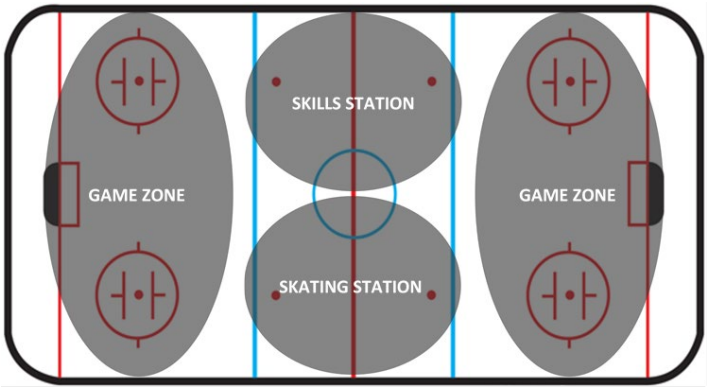
6 Zone Option



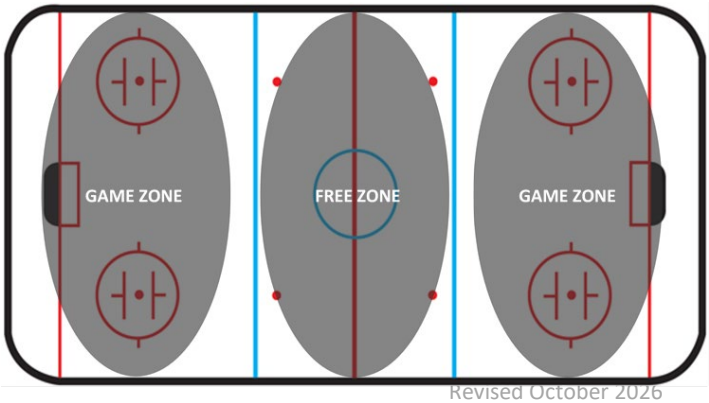
5 Zone Option



4 Zone Option



3 Zone Option



PLAYER DEVELOPMENT

Coaches will follow Hockey Canada's skills and drills and will focus primarily on skating and puck handling drills. Practices must be skilled based, and the development session should follow the Hockey Canada Skills Development Program Model:

- 75% Technical Skills
- 15% Individual Tactics
- 10% Team Tactics
- 0% Team Play
- 0% Strategy

According to Hockey Canada's Long Term Athlete Development Model (LTAD) U9 aged kids (males 6-9, females 6-8) fall under the fundamental age grouping. According to the LTAD "skill development in the fundamental stage should be well structured, positive and fun (LTAD 38)." The U9 Development League focuses on the fundamentals of the game of hockey. The U9DL follows the LTAD recommendation for teaching the fundamentals. The LTAD model suggests- "fundamental movements and skills should be introduced through fun and games. Fundamental sports should follow and include basic overall sports skills". The U9DL league follows Hockey Canada's Skills Development model that focuses on skill development rather than full ice games and team strategy.

Hockey is classified as a late specialization sport, which means that the complex skills of hockey need to be mastered after maturation. Over specialization in late specialization can lead to one-sided sport training, lack of agility, balance and coordination, early burnout and early retirement. With the stipulations set forth for the U9DL, the league puts strict stipulations on games to practice ratios, giving players more time to have fun and develop skills while still providing players with the opportunity to play other sports.

- One practice will give a player more skill development than 11 GAMES collectively.
- Each player should have a puck on his/her stick for 8-12 minutes in a 1-hour practice.
- Each player should have a minimum of 30 shots on goal in a 1-hour practice.

99% of the feedback coaches give players is when they have the puck. Ironically, players only have the puck on their stick 0.2% of the game. George Kingston did a study in 1976 and found that U9 Aged Players had the puck on their stick an average of 34.8 seconds during a 65 min straight time game.

Source: Hockey Alberta and Hockey Canada

Hockey Calgary Statistic: 1 in 84,615 kids who play Hockey in Calgary will make it to the NHL. Therefore, every 6 years one former Hockey Calgary participant will make it to the NHL.

COACHES GUIDE

Starting Out as a Hockey Coach:

- You don't need to be an expert to make a significant contribution
- Be prepared and organized
- Coach according to the players' level of play
- HAVE FUN

Coaches Code:

- I will be reasonable when scheduling games and practices, remembering that players have other interests and obligations.
- I will teach my players to play fairly and to respect the rules, officials and opponents.
- I will ensure that all players get equal instruction, support and playing time at every position.
- I will coach on the bench, not from the bench.

- I will not ridicule or yell at my players for making mistakes or for performing poorly.
- I will make sure that equipment and facilities are safe and match the players' age and abilities.
- I will remember that participants need a coach they can respect. I will be generous with praise and set a good example.
- I will obtain proper training and continue to upgrade my coaching skills.
- I will work in cooperation with officials for the benefit of the game.
- I will respect the parents' role and communicate effectively with them.
- I will remember this league is about skill development and fun, period.

Checklist for Coaching Tools:

- Comfortable skates
- Track Suit
- Helmet
- Hockey Gloves & Hockey Stick
- Coaching Certification
- Whistle
- Pylons
- Practice plan pads
- Dry erase and white board
- Good carrying bag and a supply of 50 pucks

24 Hour Rule

It is imperative that we RESPECT the game and the process. Understandably, there will be times when we may get frustrated or upset. **Remember the 24-hour rule!** Wait at least 24 hours before addressing your concerns to ensure you are using a level head.

Appendix I – U9 Goaltender Rotation Form

HOCKEY CALGARY

U9DL GOALTENDER ROTATION FORM

TEAM:

NAME	ROTATION 1 (Date/Parent signature)	ROTATION 2 (Date/Parent signature)	ROTATION 3 (Date/Parent signature)	ROTATION 4 (Date/Parent signature)	ROTATION 5 (Date/Parent signature)

INSTRUCTIONS FOR USE:

1. As soon as you receive your team list from your Association, write the names of your players in the first column.
2. Enter the date each player is selected to play goal in column "Rotation 1". If any player does not want to play goal, their parent must sign in the box beside his/her name.
3. above.
4. You may not move to the next Rotation until all the boxes either have a date or a parent signature. The only exception is during Esso Minor Hockey Week (EMHW)- if a player plays goal out of rotation, enter the date(s) he/she plays goal in each "Rotation". Once EMHW is over, this player can not play goal again until all other players catch up in the Rotation.
5. If a player does not want to play goal in one Rotation, he/she may still choose to play goal in later Rotation.
6. This form must be available for review by Hockey Calgary representatives at all times.

Appendix II (U9 Half-Ice ONLY)

# of Players (including goalies)	Home Team # of Players	18	17	16	15	14	13	12	11	10
Visiting Team # of Players										
18		4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 one side, half of 18 player team prac.	4 vs 4 one side, half of 18 player team prac.
17		4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 one side, half of 17 player team prac.	4 vs 4 one side, half of 17 player team prac.
16		4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 One Side & 3 vs 3 One Side	4 vs 4 One Side & 3 vs 3 One Side	4 vs 4 one side, half of 16 player team prac.	4 vs 4 one side, half of 16 player team prac.
15		4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 One Side & 3 vs 3 One Side	4 vs 4 One Side & 3 vs 3 One Side	4 vs 4 one side, half of 15 player team prac.	4 vs 4 one side, half of 15 player team prac.
14		4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides
13		4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 One Side & 3 vs 3 One Side	4 vs 4 One Side & 3 vs 3 One Side	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides
12		4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 One Side & 3 vs 3 One Side	4 vs 4 One Side & 3 vs 3 One Side	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides
11		4 vs 4 one side, half of 18 player team prac.	4 vs 4 one side, half of 17 player team prac.	4 vs 4 one side, half of 16 player team prac.	4 vs 4 one side, half of 15 player team prac.	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides
10		4 vs 4 one side, half of 18 player team prac	4 vs 4 one side, half of 17 player team prac	4 vs 4 one side, half of 16 player team prac	4 vs 4 one side, half of 15 player team prac	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides