

Under 8 Policy

1. Guidelines

a. Season:

- i. 20 week season maximum
- ii. 50-60 ice sessions per year
 1. Ice Touches
 - a. 2 to 3 per week on-ice
 - b. 30 minutes per week off-ice training (utilize RWB training tips and games)
 - c. 40-60 minute ice sessions
 - d. Minimum 16 cross-ice games and 34 on-ice practices
 - e. Maximum 20 cross-ice games and 40 on-ice practices

b. Practices:

- i. 40-60 skaters on the ice for each practice
- ii. All practices should follow the 20 practice plans from USA Hockey Coaching program which are found on USA Hockey Website. Programs may use variations of these plans and mix and match to meet their needs. For plans, go to:
http://www.usahockey.com//Template_Usahockey.aspx?NAV=CO_0705&ID=275670

c. Games:

- i. Game Length shall be 40-60 minutes long depending on what best works for your program
- ii. 2-4 teams per cross-ice game session.
- iii. 9-13 skaters per team.
- iv. Some variation of 4v4 or 3v3 based on number of players on each team to ensure a 3 to 1 or 2 to 1 work to rest ratio.
- v. Running time with 90 second or 2 minute buzzers for line changes.
- vi. Only use face-offs to start the game and subsequent periods.
- vii. USA Hockey referees are not required but recommended for the local referees programs to be used as training for their younger referees

2. Rules

a. General:

- i. Blue pucks will be used for all U8 on-ice and/or off-ice events
- ii. No "full-time" goaltenders shall be used for cross-ice teams.
- iii. Cross-ice games shall NOT use a scoreboard or scorekeeper.
- iv. This policy will apply for teams operating between September 1st and March 31st of each season.

b. Teams:

- i. NO U8 travel teams will be permitted within MEAHA Associate or Allied Members (MEAHA Associate or Allied Members who had travel teams during the 2011-2012 season are exempted from this rule for the 2012-2013 season but shall be compliant in all subsequent seasons, however ONLY 2nd year mites may participate on these teams)
- ii. NO U8 full-ice teams will be permitted within MEAHA Associate or Allied Members (MEAHA Associate or Allied Members who had full-ice teams during the 2011-2012 season are exempted from this rule for the 2012-2013 season but shall be compliant in all subsequent seasons, however ONLY 2nd year mites may participate on these teams)
- iii. Mite "extended play" teams:
 1. Play will be permitted January 1st through March 31st of each season.
 2. These teams will be full-ice.
 3. EP team players **MUST** be 8 year olds that will be squirts in the following season.
 4. EP teams shall play no more than 10 games (including Tournaments) and practice no more than 10 times.
 5. **ALL** EP players must be participating on a regular x-ice Mite team.
- c. Tournaments:
 - i. All Mite tournaments sponsored by MEAHA Associate or Allied Members shall use the cross-ice format.
 - ii. EP Mite tournaments may not be held prior to the start of the EP Mite Season.
 - iii. EP Mite tournaments sponsored by MEAHA Associate or Allied Members shall use the full-ice format.
- d. MEAHA Associate or Allied Members not following these rules for ALL U8 teams, will NOT be eligible to participate in any MEAHA State Tournaments at ANY age group and will NOT be eligible to receive MEAHA grant funding of any kind.

3. Exemptions:

- a. Aroostook Amateur Hockey (Presque Isle Youth Hockey Association) is exempted from this policy.

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