

22.0 ADM GUIDELINES AND RECOMMENDATIONS FOR BEST PRACTICES (NEW ARTICLE)

SPECIFIC WORDING OF PROPOSAL:

(As it should appear with New Wording-**bold**, Deletions-~~strikethrough~~)

22.0 ADM GUIDELINES AND RECOMMENDATIONS FOR BEST PRACTICES

CAHA believes our Associations should strive to deliver USA Hockey's ADM Best Practices in structuring their seasons for Tier I AAA, Tier II AA/A, Travel A/B, House Select B, House Select and House competitive levels. Associations should work toward increasing the value of the hockey experience for the family, especially in the area of travel costs and lost school days. The key principles for all age groups is to align with ADM best practices for practice to game ratios, maximizing skill development, increasing value to families, and playing more games locally while minimizing overall travel costs. For House programs currently at a 1:1 practice to game ratio so any movement towards a 2:1 practice to game ratio will increase overall skill development. Recommended guidelines for games or game days and geographic boundaries are designed to increase retention, improve family value and increase skill development.

22.1 ADM GUIDELINES & RECOMMENDATIONS FOR SEASON STRUCTURES BY AGE GROUP/LEVEL

AGE CLASSIFICATION AND COMPETITIVEL LEVEL	TARGET # PRACTICES (50-60 mins)	GAME DAYS OR GAMES - RECOMMENDED FOR ALL AGES IN 2020-21	TARGET PRACTICE TO GAME RATIO	RECOMMENDED MAXIMUM TRIPS OUTSIDE OF CAHA
6U / 8U				
6U / 8U	50-60	16-20	3:1	0
8U Development	60-75	20-25	3:1	0

10U				
10U House	50-60	20-25 GAME DAYS (25-50% Half ice)	2:1	0
10U Select and B	50-60	20-25 GAME DAYS (25-50% Half ice)	2:1	1
10U A	75-80	20-25 GAME DAYS	3:1	2

12U				
12U House	60-70	30-35 GAME DAYS	2:1	0
12U Select and B	60-70	30-35 GAME DAYS	2:1	1
12U A	80-90	30-35 GAME DAYS	3:1	2
12U AA	80-90	30-35 GAME DAYS	3:1	3
12U AAA	80-90	30-35 GAME DAYS	3:1	No limit
12U Girls	80-90	30-35 GAME DAYS	3:1	No limit

14U				
14U House	80-100	40-50 GAMES	2:1	0
14U Select and B	80-100	40-50 GAMES	2:1	No limit
14U A	120-130	40-50 GAMES	3:1	No limit
14U AA	120-130	40-50 GAMES	3:1	No limit
14U AAA	120-130	40-50 GAMES	3:1	No limit
14U Girls	120-130	40-50 GAMES	3:1	No limit

16U/18U				
16U/18U House	80-100	50-60 GAMES	2:1	0
16U/18U	80-100	50-60 GAMES	2:1	No limit
16U/18U A	120-130	50-60 GAMES	3:1	No limit
16U/18U AA	120-130	50-60 GAMES	3:1	No limit
16U/18U AAA	120-130	50-60 GAMES	3:1	No limit
16U/18U Girls	120-130	50-60 GAMES	3:1	No limit