

26.0 14U/16U/18U GUIDELINES (NEW ARTICLE)

SPECIFIC WORDING OF PROPOSAL:

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

26.0 14U/16U/18U/19U GUIDELINES

Key principles at 14U/16U/18U are to follow age-appropriate concepts and skills so players enjoy the experience and develop both as hockey players and young kids. In 14U, the focus is on fun and engagement, practice activity and structure, age-appropriate training, skill development, and body contact/body checking. At 16U/18U/19U we add team play, training, and learning to compete as additional focus areas. To increase retention and the value to families, we look to achieve 3:1 practice to game ratios, increase local play, and reduce travel.

- We encourage the use of 3:1 practice to game ratio. For a full season, the target is 80-130 practices (1 hour in length) depending on the level and 40-45 games for 14U and 50-60 games for 16U/18U/19U.
- At the House level, CAHA wants to appeal to those players who are content with 1 practice and 1 game per week but we also want to increase the focus on skill development versus games. Therefore, any movement towards a 2:1 practice to game ratio is desired – more practices and fewer games.

26.1 14U/16U 18U/19U ADM Guidelines and Recommendations

LEVEL	PRACTICES (2:1 MINIMUM TO DESIRED 3:1 RATIO)	RECOMMENDED TOTAL GAMES	OFF-ICE	RECOMMENDED GEOGRAPHY
14U House	80-100	40-50 games	2 per week	House only
14U House Select and B	80-100	40-50 games	2 per week	No limitations but it is encouraged that travel and lost school days are minimized.
14U AAA/AA/A	120-130	40-50 games	2 per week	No limitations but it is encouraged that travel and lost school days are minimized.
16U/18U/19U House	80-100	50-60 games	2 per week	House only
16U/18U/19U House Select and B	80-100	50-60 games	2 per week	No limitations but it is encouraged that travel and lost school days are minimized.
16U/18U/19U AAA/AA/A	120-130	50-60 games	2 per week	No limitations but it is encouraged that travel and lost school days are minimized.