

24.0 10U GUIDELINES (NEW ARTICLE)

SPECIFIC WORDING OF PROPOSAL:

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

24.0 10U GUIDELINES

Key principles at 10U are to follow age-appropriate concepts and skills so players enjoy the experience and develop both as hockey players and young kids. The focus is on fun, engagement, active practices, age-appropriate training and basic hockey knowledge. To increase retention and the value to families, we look to achieve 3:1 practice to game ratios, increase local play, and reduce travel.

- CAHA encourages the use of 3:1 practice to game ratio. For a full season, the target is 75-80 practices (50-60 minutes in length) and 20-25 game days at this age group. This does not include 10U scramble or team Jamborees.
- 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 a 2:1 practice to game ratio is attainable if practices are increased and number of games is decreased. To achieve this, we recommend 3 teams on ice in practices.
- CAHA encourages House Associations to offer supplemental skill development programs for those players who wish to improve their skills to move into Select or Travel hockey.
- Team rosters of 11-12 skaters plus goalies. Goalies should play out as player when not in goal.
- The goal is to have 50% of all 10U games be in the Half-Ice format. Beginning in the 2020-2021 season, all 10U House, 10U House Select and 10U B teams that form in CAHA, must play a minimum of twenty-five per cent (25%) of the team's overall games using a half-ice format. The remaining games may be full-ice games.
- CAHA will work with the CHL to form a Division for 10U Half-Ice.
- CAHA will hold House and Travel Half-Ice Tournaments starting in the 2020-21 season.
- Maximum recommended game day count is 20-25 days for all ages and levels at 10U. Time spent in practices should be optimized at this age group.
- There is no limit on participating in 10U scramble format Jamborees.

24.1 10U ADM Guidelines and Recommendations

LEVEL	PRACTICES (2:1 TO DESIRED 3:1 RATIO)	RECOMMENDED GAME DAYS	OFF-ICE	GAME FORMAT – TARGET IS 50% OF ALL GAMES ARE HALF-ICE	RECOMMENDED GEOGRAPHY
10U House	50-60	20-25 game days	2 per week	In 2020-21, 25% of games must be Half-Ice	Local
10U House Select and B	50-60	20-25 game days	2 per week	In 2020-21, 25% of games must be Half-Ice.	Recommend no more than 1 trip traveling outside of CAHA per season.
10U A	75-80	20-25 game days	2 per week	Recommended 25% Half-Ice games via CAHA	Recommend no more than 2 trips traveling outside of CAHA per season.

24.2 10U Guidelines and Rules of Play

CAHA's goal is to attain a minimum of 50% of the 10U games be played in the Half-Ice format. For the 2020-2021 season, all 10U House, 10U House Select and 10U B teams that form in CAHA, must play a minimum of twenty-five per cent (25%) of the team's overall games using a half-ice format. House Associations are encouraged to play at least 50% of their games at Half-Ice. CAHA encourages travel Associations to gain experience with the Half-Ice format as it maximizes skill development and is something that will be expanded in the future.

24.3 10U Game Format 4 Versus 4 Half-Ice

- **DIVIDERS** – hard board dividers are used at the red line to separate the ice into 2 sections.
- **FACEOFF DOT** – rinks are encouraged to paint a face-off dot 50 feet from the red line and 42.5 feet from the boards creating a center dot for 10U Half-Ice games
- **NETS** – nets are placed near the center face-off dot and in the crease at the other end of the rink.
- Teams share benches and go out different doors. The home team is the team closest to the end boards and the away team will be closest to the red line/divider boards.
- **GAMES** - 4 versus 4 format plus goalies.
- **TEAMS** – it is recommended that teams have one (1) goalie and a maximum of twelve (12) skaters. If the team has 2 goalies, the recommendation is 11 skaters with the goalie who isn't playing skating out as a player when they are not playing goal. This will always give the team 12 skaters or three (3) lines of four (4).
- **ICE USAGE** – with two 4 versus 4 half-ice games being played at the same time, there should be four (4) teams participating. If an Association does not have 4 teams, it is recommended that they use the ice as follows:
 - One half-ice 10U game with two (2) teams and a half-ice practice for other teams of any age.
 - One half-ice 10U game with two (2) teams and use dividers to separate the other half of the ice into two (2) cross-ice 4 versus 4 8U games.
- **CLOCK** – all games consist of two (2) twenty-five (25)-minute halves in run-time format with two minutes between halves. The clock does not stop for injury or penalties. The clock will apply to both games and each game will start at the same time. Teams will switch ends at the end of the first half. Teams do not switch benches.
- **WARM-UP** – there will be a three-minute warm-up period
- **SCOREKEEPERS** – two scorekeepers will be required for each half-ice game since there will be two games going on at the same time. Each scorekeeper will keep score using a USA Hockey scoresheet and a flip scoreboard for their game. One game may use the electronic scoreboard if desired, but the time clock applies to both games.
- **LINE CHANGES** – for House hockey, there is the option to sound the buzzer every 1:30 minutes for line changes. This does not apply to travel hockey.
- **REFEREES** – 1 referee per game shall be required. However, as part of referee development, it is strongly recommended that Associations recruit new referees and use 10U games as means to foster development.
- **PENALTIES** – penalties will be run-time - two minutes for a minor penalty, five minutes for a major penalty, and ten minutes for a misconduct penalty.

- Teams will use the penalty box on their side of the ice for all penalties. Each game will use one penalty box shared by both teams on that half of the ice. A penalty box attendant is required in each penalty box.
- When a penalty is called, the player committing the infraction will be placed in the penalty box and the scorekeeper will inform the coach of when the player's penalty expires.
- After the penalty is called, there will be a face-off at the center of the half-ice.
- With the exception that all penalties are run-time, penalties will follow the same USA Hockey rules for multiple penalties, stacking penalties, misconducts, etc.
- FACEOFFS– faceoffs occur at the start the game, start of the second half, after a goal is scored and after a penalty is called. Every face-off will take place at the center ice point of the half-ice surface.
- STOPPAGE OF PLAY - when a puck goes out of play, the team causing the puck to go out of play retreats to ten feet from that location and the referee drops a new puck to the other team at the same location where the puck went out of play. If the goalie covers the puck for a stoppage of play, the defending team gets the puck behind their net and the other team must retreat ten feet away from the puck while the referee gives the puck to the defending team.
- TIMEOUTS – there are no timeouts for either team.