

OHF SEASONAL STRUCTURE

IDEAL HOCKEY SEASON: Refers to an optimal seasonal structure – this is a guideline and is subject to a range of minor differences regarding suggested numbers.

PREP / TRYOUT PHASE: Refers to the period of time prior to the season starting – typically when prep camps and / or tryouts are held.

DEVELOPMENT PHASE: Refers to the period of time following tryouts or evaluation prior to the regular season starting.

REGULAR SEASON PHASE: Refers to the period of time from first regular season game to the start of playoffs or Provincial / Branch Championships.

PLAYOFF PHASE: Refers to the period of time from the end of the regular season through to the end of Playoffs.

OFF SEASON: Refers to the period of time from the end of the playoff season to the start of the next Prep or Tryout season.

Minor Novice: Age 7

DEVELOPMENT PHASE			REGULAR SEASON PHASE			PLAYOFFS	
8	16	4	20	36	16	No playoffs	
WEEKS	PRACTICES	GAMES (Half Ice)	WEEKS	PRACTICES	GAMES (Half Ice)	End of season March 31	
						TOURNAMENTS	
						3 tournaments	
						12 games	

TOTAL PRACTICES: 45 - 55 | TOTAL GAMES: 30 - 40

REQUIREMENTS:

- No tryouts from April through August. Tryouts begin the Tuesday following Labour Day.
- Must provide minimum of 4 skates before formal Tryouts. Tryouts must be a minimum of 3 sessions (skill session, small area game session, formal game).
- No elimination style playoffs
- No Full Time Goalies. Must rotate players through all positions.
- Mandatory half ice games.

CONSIDERATIONS:

- Regulation Sized Nets
- Blue 4 oz pucks first half/ Regulation 6 oz pucks second half
- Fair/Equal Ice Time
- 5 to 1 player to coach ratio maximum
- Station based practices
- Consistent prime time ice sessions for practices and games (consistent days and times)





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Novice: Age 8

DEVELOPMENT PHASE

8	16	4
WEEKS	PRACTICES	GAMES (Half Ice)

REGULAR SEASON PHASE

20	36	16
WEEKS	PRACTICES	GAMES (modified games first half / full ice second half)

PLAYOFFS
No elimination must be, tournament style
End of season March 31

TOURNAMENTS
3 tournaments
12 games

TOTAL PRACTICES: 45 - 55 | TOTAL GAMES: 30 - 40

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- No elimination style playoffs
- Mandatory half ice games. Full ice games, tournaments permitted after Jan 15.

CONSIDERATIONS:

- Regulation Sized Nets
- Blue 4 oz pucks first half/ Regulation 6 oz pucks second half
- Fair/Equal Ice Time
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**Novice: Age 7-8
Mixed Programming**

DEVELOPMENT PHASE

8	16	4
WEEKS	PRACTICES	GAMES (Half-Ice)

REGULAR SEASON PHASE

20	36	16
WEEKS	PRACTICES	GAMES (modified games first half / full ice second half)

PLAYOFFS

No elimination, must be tournament style
End of season March 31

TOURNAMENTS

3 tournaments
12 games

TOTAL PRACTICES: 45 - 55 | TOTAL GAMES: 30 - 40

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