



CAHA STRATEGIC PLAN & ACTION STEPS EFFECTIVE 2020-21 SEASON



USAH ADM AGE GROUP GUIDELINES & RECOMMENDATIONS

USAH/CAHA GUIDELINES & RECOMMENDATIONS FOR ALL AGE GROUPS

The key principles for all age groups is to align with USA Hockey's 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, most programs are currently at a 1:1 practice to game ratio so any movement towards a 3:1 practice to game ratio will increase overall skill development. Recommended guidelines for practice to game ratios, maximum games/game days, and geographic boundaries are designed to increase retention, improve family value, and increase skill development. These are USAH ADM Best Practices and are communicated in the form of Guidelines and Recommendations for 2020-21. Game Format for 6U and 8U continue as Cross-Ice and 10U Half-Ice games are introduced as rules in 25% of games in House, House Select/B for 2020-21.

ADM GUIDELINES & RECOMMENDATIONS FOR SEASON STRUCTURES BY AGE GROUP/LEVEL EFFECTIVE 2020-21 SEASON

AGE GROUP	TARGET # PRACTICES (50-60 mins)	OFF-ICE SESSIONS PER WEEK	GAME DAYS OR GAMES - RECOMMENDED FOR ALL AGES IN 2020-21	GAME FORMAT FOR 2020-2021	TARGET PRACTICE TO GAME RATIO	RECOMMENDED MAXIMUM TRIPS OUTSIDE OF CAHA
6U/8U						
6U	50-60	1	16-20 GAME DAYS	Cross or ¼ ice	3:1	0
8U	50-60	1	16-20 GAME DAYS	Cross-Ice	3:1	0
8U Development	60-75	1	20-25 GAME DAYS	Cross-Ice	3:1	0
10U						
10U House	50-60	2	20-25 GAME DAYS	25% Half-Ice	2:1	0
10U B/Select	50-60	2	20-25 GAME DAYS	25% Half-Ice	2:1	1
10UA	75-80	2	20-25 GAME DAYS	Full-Ice	3:1	2
10UAA	75-80	2	20-25 GAME DAYS	Full-Ice	3:1	3
12U						
12U House	60-70	2	30-35 GAME DAYS	Full-Ice	2:1	0
12U B/Select	60-70	2	30-35 GAME DAYS	Full-Ice	2:1	1
12A Travel	80-90	2	30-35 GAME DAYS	Full-Ice	3:1	2
12AA/AAA Travel	80-90	2	30-35 GAME DAYS	Full-Ice	3:1	No limit
12U Girls Travel	80-90	2	30-35 GAME DAYS	Full-Ice	3:1	No limit
14U						
14U House	80-100	2	40-50 GAMES	Full-Ice	2:1	0
14UB/Select	80-100	2	40-50 GAMES	Full-Ice	2:1	No limit
14A/AA/AAA Travel	120-130	2	40-50 GAMES	Full-Ice	3:1	No limit
14U Girls Travel	120-130	2	40-50 GAMES	Full-Ice	3:1	No limit
16U/18U						
16/18 House	80-100	2	50-60 GAMES	Full-Ice	2:1	0
16/18 B/Select	80-100	2	50-60 GAMES	Full-Ice	2:1	No limit
16/18 A/AA/AAA Travel	120-130	2	50-60 GAMES	Full-Ice	3:1	No limit
19U Girls Travel	120-130	2	50-60 GAMES	Full-Ice	3:1	No limit

6U & 8U AGE GROUPS

The key principles for 6U/8U are to focus on fun, engagement, active practices, and age-appropriate training which includes station-based practices to teach skills and concepts. This is where the “Hockey for Life” seed is planted and fun should not be underestimated. If it is not consistently fun at this age, the novelty of the sport will wear off and players may eventually quit. House teams maybe be formed but standings and scores are not kept. 8U Player Development programs may be offered that include skill development sessions and 8U Player Development teams. These programs and teams must be open to all players via open registration with no tryouts.

6U	24x36 nets	Cross-Ice Games	Blue pucks	House only + Jamborees
8U	36x48 nets	Cross-Ice Games	Blue pucks	House only + Jamborees
10U	48x72 nets	Half-Ice and Full-Ice Games	Black Pucks	Travel Hockey starts
12U & older	48x72 nets	Full-Ice Games	Black Pucks	Travel Hockey Available

- **Practice to Game Ratio** - strive to attain a 3:1 Practice to Game ratio – ideally a rotation of 3 practices and 1 game. Each practice is 50-60 minutes in length. The use of small area games can be an effective way to increase skills and provide additional learning through playing the game. Where a 3:1 ratio is not possible, use a maximum of 16-20 Game Days and the balance of ice for 50-60 practice hours for a 1.5 or 2:1 ratio.
- **Game Format** – 6U games are played 4v4 in the cross-ice format with no goalies. Associations may also want to experiment with the ¼-ice format that has been used in some Affiliates. 8U games are played 4v4 in cross-ice format with players rotating through the goalie position.
- **Goaltending** - 6U uses no goalies except if players want to try the position. The goaltending focus at 8U is to have goalie equipment available to try the position and eventually convert to full-time goalies. However, all goalies should play out and not play goalie full-time at this age. Players should rotate playing the position on a regular basis – try goalie with quick change gear.
- **Equipment** - Requirements for 6U: 24 x 36 nets, blue pucks, cross-ice games. Requirements for 8U: 36x48 nets, blue pucks, cross-ice games.
- **Skill Levels** - The use of Advanced, Intermediate, Beginner levels are encouraged to have players play with players of similar skill. 8U teams may be formed for play in House leagues. No standings are kept. Team rosters should be 9-12 players.
- **8U Development** - Associations may offer an open-registration “8U Development” program that may include additional skill development sessions and the formation of teams that would play other Association’s 8U Development teams. No tryouts are allowed for these teams except to separate players into Beginner and Intermediate/Advanced groups of teams. If only 1 team is formed, all skill level players are allowed to play on these teams. These players are not “selected” as an All-Star or Select team – it is an open registration for all players who wish to participate.
- **Jamborees** - 8U scramble cross-ice or team Jamborees may be held by any Association at any time – in partnership with CAHA or separately. These Jamborees must be open to all players or teams in CAHA, use 36 x 48 nets and blue pucks, rotate goalies and no winners/losers or scorekeeping. We encourage the use of Student Referees to help with referee development. Teams may only attend Jamborees that are scramble, cross-ice, use 36 x 48 nets, and use blue pucks.

6U & 8U ADM Guidelines & Recommendations

Age Group	Level	Practices (2:1 to 3:1 Ratio)	Game Days	Off-Ice	Game Format	Geography
6U	House only	50-60	16-20	1 per week	Cross-Ice or ¼ ice	May participate in Scramble Jamborees within CAHA
8U	House only	50-60	16-20	1 per week	Cross-Ice	May participate in Scramble Jamborees within CAHA
8U Player Development	Open Signups	60-75	20-25	1 per week	Cross-Ice	8U Scramble Jamborees within CAHA. Team Jamborees with travel permit to GA, TN, VA, MD, DC only.

10U AGE GROUP

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.

- **Practice to Game Ratio** - we encourage 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, we want 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.
- **Supplemental Skill Development** - We encourage House Associations to offer supplemental skill development programs for those players who wish to improve their skills to move into Select or Travel hockey.
- **Teams Rosters** - Team rosters of 11-12 skaters plus goalies. Goalies play out as player when not in goal.
- **Game Format** - While we have set a goal to have 50% of all 10U games be in the Half-Ice format, we will start in 2020-21 with 25% of all 10U House and House Select/B games in the 4v4 half-ice format. The remaining games may be full-ice games. CAHA will host 10U Half-Ice Tournaments with both House and Travel divisions.
- **Game Days** - recommended maximum 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.
- **Jamborees** – we encourage Associations to participate in 10U scramble or team Jamborees.

10U ADM Guidelines & Recommendations

Age	Level	Practices (2:1 to desired 3:1 Ratio)	RECOMMENDED GAME DAYS	Off-Ice	GAME FORMAT –TARGET IS 25-50% 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
	House Select/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.
	A	75-80	20-25 game days	2 per week	Recommended participation in Half-Ice games via CAHA Tournaments	Recommend no more than 2 trips traveling outside of CAHA per season.
	AA	75-80	20-25 game days	2 per week	Recommended participation in Half-Ice games via CAHA Tournaments	Recommend no more than 3 trips traveling outside of CAHA per season.

12U AGE GROUP

Key principles at 12U 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, skill development, and body contact. To increase retention and the value to families, we look to achieve 3:1 practice to game ratios, increase local play, and reduce travel.

- **Practice to Game Ratio** - USAH encourages the use of 3:1 practice to game ratio. For a full season, the target is 60-90 practices (1 hour in length) depending on the level and 30-35 game days for all levels at this age group. At the House level, we want 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.
- **Game Days** - recommended maximum game day count is 30-35 days for all ages and levels at 12U. Time spent in practices should be optimized at this age group.

12U ADM Guidelines & Recommendations

Age Group	Level	Practices (2:1 minimum to desired 3:1 Ratio)	RECOMMENDED GAME DAYS	Off-Ice	Recommended Geography
12U	House	60-70	30-35 Game Days	2 per week	House only
	House Select/B	60-70	30-35 Game Days	2 per week	Recommend no more than 1 trip traveling outside of CAHA per season.
	A	80-90	30-35 Game Days	2 per week	Recommend no more than 2 trips traveling outside of CAHA per season.
	AA	80-90	30-35 Game Days	2 per week	Recommend no more than 3 trips traveling outside of CAHA per season.
	AAA	80-90	30-35 Game Days	2 per week	No limitations but encouraged to minimize travel and lost school days

14U & 16U & 18U AGE GROUPS

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 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.

- **Practice to Game Ratio** - USAH encourages 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. At the House level, we want 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. Any movement towards a 2:1 practice to game ratio is desired – more practices and fewer games. Recommended games per season are 40-50 for 14U and 50-60 for 16U & 18U.

14U & 16U & 18U ADM Guidelines & Recommendations

Age Group	Level	Practices (2:1 minimum to desired 3:1 Ratio)	RECOMMENDED GAMES	Off-Ice	Recommended Geography
14U	House	80-100	40-50 games	2 per week	House only
	House Select/B	80-100	40-50 games	2 per week	No limitations but encouraged to minimize travel and lost school days
	A/AA/AAA	120-130	40-50 games	2 per week	No limitations but encouraged to minimize travel and lost school days
16U/18U	House	80-100	50-60 games	2 per week	House only
	House Select/B	80-100	50-60 games	2 per week	No limitations but encouraged to minimize travel and lost school days
	A/AA/AAA	120-130	50-60 games	2 per week	No limitations but encouraged to minimize travel and lost school days