

# Competitive Development Program



## PROGRAM GUIDE 2020-21



**Humber Valley Hockey Association**

[HumberValleyHockey.com](http://HumberValleyHockey.com)

# Competitive Development Program

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## **Covid-19**

**Currently all hockey play is suspended. This program guide was created prior to “return to play” protocols and assumes normal hockey play. Once return to play protocols have been decided this program will be adjusted to accommodate safe play protocols.**

## **MISSION**

The Competitive Development Program is designed to give our youngest players a fun, comprehensive and age-appropriate hockey development experience in accordance with the Hockey Canada and Ontario Hockey Federation (OHF) Player Development Model.

This program was developed with the additional goal of providing players and their families with a more consistent, time-efficient hockey schedule primarily on local rinks in our communities.

## **Core Principles**

- 1- Kids first approach – Fun for all players**
  - a. Fair and equal play in all situations**
  - b. Collaboration between teams with coaches to balance the teams during the game**
  - c. Players of all skill level are welcome**
- 2- Development is focus**
  - a. Maximize ice time for players**
  - b. Maximize touches for players**
  - c. Minimize stoppages in play**
  - d. Ice size to age appropriate**
- 3- Winning isn't a priority**
  - a. Scoreboard is not relevant!**
  - b. No standings (standings are only kept for tiering)**
  - c. No scoreboard until U9 full ice (prep for U10)**
- 4- Improve overall experience/program for parents**
  - a. Shorter drive times**
  - b. Community focus**
  - c. Less focus on winning – focus on playing and encouraging players of all skill levels to participate**
- 5- Extension to House League.**
  - a. Players must play house league**
- 6- Fair play and sportsmanship are paramount within and between the clubs**

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## ORGANIZATION

The CDP program is an extension of House League and is available to all registered 6, 7 and 8 year-old players (U7, U8 and U9) on a tryout basis.

This program is sanctioned by the GTHL and the operations are managed by Board executives and volunteers from the member clubs who oversee budgeting, scheduling, tiering, planning and coordination of the league.

Each member club is responsible for their own teams as follows:

- Player registration, tryouts, and roster approvals.
- Parents/team official approvals and certifications.
- Management and collection of tournament/exhibition approval forms.

## SEASON STRUCTURE

CDP Teams will play approximately 20 regular season games at a rate of one game per week in a balanced schedule rotating among the different member rinks. (Divisions with odd numbers of teams may occasionally get game byes as required.) Teams will also participate in tournaments outside of the CDP program. An end-of season Festival will bring together all teams for a celebration.

Early-season schedules will be released 2 weeks in advance of the season and the goal is to release the entire season schedule as soon as it is possible to do so.

Two Tiers will be created for each age division (U6/U7/U8):

1. Tier 1
  - a. Associations will likely have players try out for Tier 1 teams
  - b. Associations can have more than 1 team in the Tier 1 Division at their discretion
2. Tier 2
  - a. Players of all skill levels are encouraged to play on Tier 2 teams
  - b. Teams will have a balance of players within each team to enable equal play against other Tier 2 teams
  - c. Associations can have any number of teams in the Tier 2 Division
3. All attempts to allocate teams to the correct Tier will occur at the start of both the Fall and Winter season however mid-season adjustments will be made upon agreement of all the associations

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## COMPOSITION OF TEAMS AND SUBSTITUTIONS

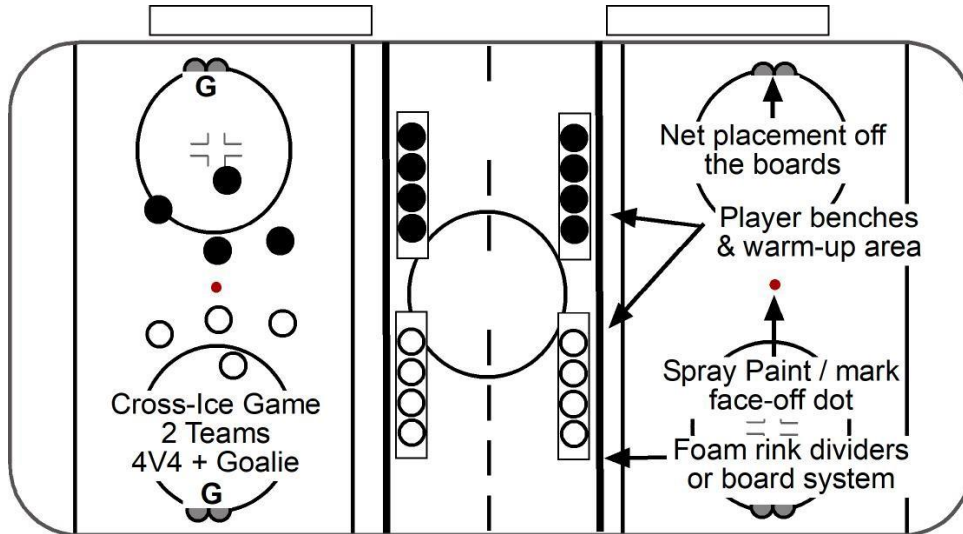
- Only registered House League players may be rostered on CDP teams.
- Players must play in their birth-year division.
- Each member club may enter any number of teams into each age division as long as minimum roster sizes are maintained. (Hybrid teams consisting of players from different member clubs are permitted subject to agreement of all members clubs.)
- Teams in U7 and U8 should consist of 18 rostered players which in games allows for 16 skaters and 2 goalies. (Goalies rotate in U7 and U8 and may at the team's discretion be designated in U9).
- Teams in U9 should consist of at least 16 players and up to 18 players.
- The minimum roster size for entry into the program is 16 players.

The minimum roster size for games is 16 players although teams are strongly encouraged to add players as required to reach 18 players as follows:

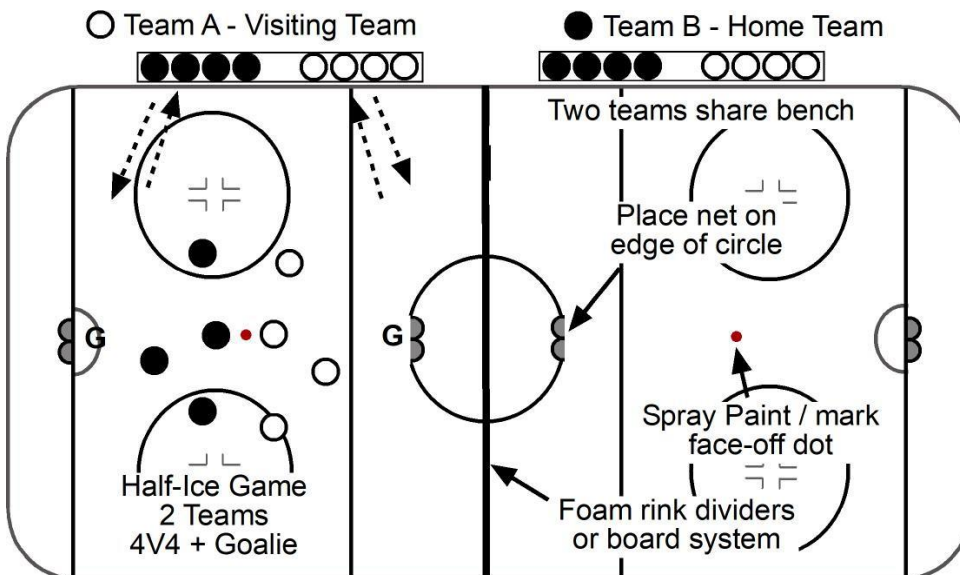
- Roster players who are missing for games may be replaced by any House League player registered in the affected team's' age division or from *any* other CDP teams in the same age division.
  - (Such substitutions are meant to be temporary arrangements so that teams have enough players to properly carry out a game.)
  - If for any reason both teams are short a significant number of players, the coaches may agree to play one or both game sides 3 v 3 with a goalie instead of 4 v 4 with a goalie. Full ice games may also be played 4 v 4 if numbers warrant.
  - At each game, teams should be split into an A and a B group and A should play A, B should play B. Balancing should take place at halftime for fair play.
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Format of Play

U7 - INITIATION (6 YEARS OLD) | GAME FORMAT • CROSS-ICE



U8 - MINOR NOVICE (7 YEARS OLD) | GAME FORMAT • HALF-ICE  
(& U9 NOVICE UNTIL JAN. 15)



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## BASIC GAME RULES FOR U7, U8 and U9 to Jan. 15

| RULE                      | NOTES  |
|---------------------------|--|
| <b>Lines</b>              | 4-on-4 with goalie so 9 players on each side   |
| <b>Warm Up</b>            | 2 minutes  |
| <b>Length</b>             | 2-22 minute periods (may be shortened to 20 or 21 minutes if required by rink).  |
| <b>Face-offs</b>          | At the start of each period only.  |
| <b>Equipment</b>          | U7 to use 3'x4' nets and blue 4 oz. pucks. U8 uses small net and regular pucks. U9 to use regular nets and regular pucks. Note: rinks will have to have 4 regular sized nets.  |
| <b>Keep Score</b>         | CDP program will record scores for analysis and tiering only. No standings.  |
| <b>Off-side</b>           | None   |
| <b>Icing</b>              | None   |
| <b>Line Changes</b>       | On the fly, every 2 minutes. Play stops at the buzzer/whistle and players leave puck where it is and go to bench. Referee to reposition puck in neutral area if close to either player bench. Players must tag up at boards/bench before new players take to the ice.  |
| <b>Puck out of bounds</b> | <b>Referee</b> instructs offending team to back away, referee drops new puck to non-offending team.  |
| <b>Goaltender Save</b>    | Shooting team backs away on referee's whistle, goalie passes to teammate.  |
| <b>Goal scored</b>        | <b>Referee</b> blows whistle. Scoring team backs away, defending team removes puck from net and immediately starts on attack.  |
| <b>Penalties</b>          | <b>Referee</b> indicates penalty, a penalty shot is awarded to the offended player. The shooter starts at center and both teams are kept 10 feet (3m) behind. At whistle, everyone goes to the net. The puck is live.<br><br><b>Egregious penalties</b> - penalty shot and warning on first offense, second offense results in player removed from game. |
| <b>Suspension</b>         | A player who incurs 3 penalties in one game will be not be allowed to continue playing and may be suspended for the following game.  |

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## U9 RULES & PROCEDURES (After Jan. 15)

Prior to the Jan. 15, U9 teams will play the same half-ice format as outlined for U8

After Jan. 15, U9 Teams will play full ice hockey as follows:

- 2-minute warmup
- 2 x 16-minute periods, STOP time with 1-minute intermission between periods.
- Teams will switch sides at the end of the first period.
- Game play will be 5 v. 5 with goalies.
- All standard Hockey Canada rules will apply (faceoffs, offsides, icing, penalties and suspensions, etc.)
- Score is kept. Scoreboard will not show goal differentials greater than 5 goals

### **To Register with Humber Valley Hockey Association**

<https://www.humbervalleyhockey.com/registration/>

### **For Questions and Additional Information**

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# HOCKEY CANADA RESOURCES

## HOCKEY CANADA DRILL HUB

The Hockey Canada Drill Hub is a versatile resource tool that provides coaches with ice session plans. This tool has been refreshed with new features and allows coaches to create practice plans with a set of drills or use suggested practices.



<https://www.hockeycanada.ca/en-ca/hockey-programs/drill-hub>

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## HOCKEY CANADA NETWORK APP

The Hockey Canada Network is an iOS and Android App that contains a wealth of information for coaches and instructors. The entire series of Hockey Canada Skills Manuals and the Skills of Gold series is available on the Hockey Canada Network. This includes the entire series of lesson plans designed specifically for Programming Novice & Below. All lesson plans for Programming Novice & Below are available to coaches and instructors at no cost.



<https://www.hockeycanadanetwork.com/>

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## GTHL INITIATION PROGRAM RESOURCES

Additional resources for parents and coaches.



<http://www.gthlcanada.com/initiation-program-cross-icehalf-ice-hockey/>