



Cochrane Minor Hockey Association (CMHA)

Policy Title: Female Program Standards

Effective Date: September 15, 2024

Website: www.cochraneminorhockey.com

1.0 Overview

This policy provides operational guidance for the Female Divisions within CMHA. The primary focus of these divisions is to promote a fun, development-focused hockey experience that encourages skill development and a lifelong love of the game.

Depending on registration numbers, the Female Program may include the following divisions:

- U7 (5- and 6-year-olds)
 - U9 (7- and 8-year-olds)
 - U11 (9- and 10-year-olds)
 - U13 (11- and 12-year-olds)
 - U15 (13- and 14-year-olds)
 - U18 (15-, 16-, and 17-year-olds)
-

2.0 Policy

CMHA offers Female U13AA, Competitive Female, and Intro to Hockey female teams (U7 and U9), where registration numbers permit.

Players may also try out for U15AA and U18AA teams hosted in Airdrie as part of the Hockey Alberta designated draw zone. CMHA players are considered import players within this structure.

League Participation

- Female U13AA, U15AA, and U18AA teams participate in the Alberta Female Hockey League (AFHL)
 - Female U18AAA tryouts are hosted by Red Deer or Okotoks
 - Female U11–U18 teams participate in the Rocky Mountain Female Hockey League (RMFHL)
 - Female U7 and U9 teams, where available, participate within Intro to Hockey divisions
-

2.1 Female U13AA – Alberta Female Hockey League (AFHL)

- Teams are coached by a non-parent paid coach, where possible
- U15AA and U18AA practices are held in Airdrie
- U13AA Bow Valley Chaos teams receive:
 - Two practices per week
 - One practice in Cochrane
 - One practice in Mîñî Thnî
 - Each practice is 75 minutes in length
- Games are full-ice and scheduled for 2 hours and 15 minutes stop-time, including two ice cleans
- No drop clock is utilized
- Players are selected through a formal tryout process led by the coaching staff
- Released players return to their home association for CMHA Competitive Evaluations

For additional information, refer to the Alberta Female Hockey League (AFHL).

2.2 Female U11, U13, U15, and U18 – Rocky Mountain Female Hockey League (RMFHL)

- Teams are coached by volunteer or parent coaches

Practice Structure

- **U11:** Two shared 60-minute practices per week
- **U13:** One shared 60-minute half-ice practice and one full-hour solo practice
- **U15:** One shared 90-minute practice (30-30-30 split) and one full-hour solo practice
- **U18:** Two 75-minute solo practices per week

Additional Information

- Mîñî Thnî and weekday morning ice times may be used and assigned through rotation
- Games are played full-ice:
 - U13/U15/U18: 2-hour stop-time games
 - U11: 90–105 minute stop-time games
- In the event of extended game times, the clock may be dropped to 2-minute stop-time with 5 minutes remaining

For additional information, refer to the Rocky Mountain Female Hockey League (RMFHL).

2.3 Female U7 and U9 – Intro to Hockey Divisions

Where registration numbers allow, CMHA will form female-only U7 and U9 teams.

These divisions will follow the standards outlined in:

- Divisional Policy 9.1 – U7
- Divisional Policy 9.2 – U9

3.0 Female Hockey Rules

All Female Divisions operate under:

- Hockey Canada Rules
- Hockey Alberta Rules
- Additional league-specific rules established by:
 - Alberta Female Hockey League (AFHL)
 - Rocky Mountain Female Hockey League (RMFHL)