



Cochrane Minor Hockey Association (CMHA)

Policy Title: U11 Program Standard

Effective Date: September 15, 2024

Website: www.cochraneminorhockey.com

1.0 Overview

This policy provides guidance on the structure and operations of the U11 division within CMHA. The U11 program is designed to promote a fun and inclusive hockey experience that emphasizes skill development and a lasting passion for the sport. The curriculum aligns with the age-appropriate skills of 9- and 10-year-old players.

2.0 Policy

2.1 CMHA offers three streams in the U11 division:

2.1.1 Competitive Stream teams participate in the Central Alberta Hockey League (CAHL).

2.1.2 RHL Stream teams participate in the Rockies Hockey League (RHL).

2.1.3 U11 AA (AEHL)

2.2 All teams are coached by volunteer or parent coaches.

2.3 Practice schedules vary:

- Competitive teams share 60-minute practices with another team. Mîñî Thnî and weekday morning ice times may be assigned as part of a rotation.
- U11 AA receive two full ice sessions per week (one in Cochrane, one in Mîñî Thnî).

2.4 Games are played on full ice.

2.5 Each game begins with a 5-minute warm-up.

2.6 RHL Games are 90 minutes of stop-time with no ice cleans.

2.7 CAHL Games are 105 minutes of stop-time with no ice cleans.

2.8 AA Games are 120 minutes of stop-time with 1 flood after the 2nd period.

2.9 If games run long, referees may reduce the final 5 minutes to 2 minutes.

2.10 Goaltenders must wear full gear, which is not supplied by CMHA.

2.11 If goalies are not playing net, they may play out with full player gear, subject to coach, league, and association approval.

2.12 Standard gameplay is 5-on-5, and players are encouraged to rotate between forward and defence.

2.13 Scoring and penalties are recorded.



2.14 Certified officials are used in all games.

2.15 Player affiliations are allowed but must follow Policy 8.11 – Affiliation Policy and be in place prior to use.

3.0 Competitive Stream (CAHL)

3.1 U11 players who opt for the competitive tryouts will be evaluated and ranked. Based on registration numbers, players will be placed on either AA or tiered CAHL teams.

3.2 Players not selected for the competitive stream will be transitioned to the U11 RHL program.

3.3 Competitive teams are expected to travel outside of Cochrane for league games.

3.4 Teams may participate in tournaments beyond the Cochrane area.

3.5 For more details, including game format and league rules, visit the league websites.

4.0 RHL Stream

4.1 Players released from the competitive stream and those who register directly for RHL will be evaluated after all CAHL team formation is complete and placed on parity teams.

4.2 Team creation depends on annual registration numbers and will be divided into two tiers: RHL Mountain and RHL Rockie.

4.3 RHL teams will travel to communities including Banff, Canmore, Chestermere, Airdrie, Foothills, Indus, and Okotoks.

4.4 RHL teams may participate in tournaments outside of Cochrane.

4.5 For more information on game format and league policies, visit the RHL website.