



## Cochrane Minor Hockey Association (CMHA)

**Policy Title:** U13 Program Standard

**Effective Date:** September 15, 2024

**Website:** [www.cochraneminorhockey.com](http://www.cochraneminorhockey.com)

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### 1.0 Overview

This policy outlines the structure and operations of the U13 division within CMHA. The U13 program continues to emphasize fun, skill development, and building a lifelong passion for hockey. The division includes players aged 11 and 12.

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### 2.0 Policy

CMHA offers four streams at the U13 level:

- **AAA Teams** participate in the **Alberta Elite Hockey League (AEHL)**
  - **AA Teams** participate in the **Alberta Elite Hockey League (AEHL)**
  - **REP Teams** participate in the **Central Alberta Hockey League (CAHL)**
  - **RHL Teams** participate in the **Rockies Hockey League (RHL)**
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#### 2.1 AA/AAA Teams – AEHL

Teams are coached by a paid non-parent coach, when possible.

AA Practice schedule includes two 75-minute full-ice sessions per week (one in Cochrane, one in Mîni Thnî). AAA Practice schedule includes three 75-minute full-ice sessions per week in Cochrane.

Games are full-ice, 2 hours 15 minutes of stop-time, with two ice cleans. No drop clock is used.

Player selection is based on evaluations by third-party evaluators. Players not selected move to the Competitive or RHL evaluation streams.

More information: [AEHL](#)

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#### 2.2 REP Teams – CAHL

2.2.1 Teams are coached by volunteer/parent coaches.

2.2.2 Practice schedule includes one 60-minute ½ ice session and one 60-minute full-ice session weekly. Mîni Thnî and weekday morning ice times may be assigned as part of a rotation.



2.2.3 Games are full-ice, 2 hours of stop-time with one ice clean after the 2nd period..

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

2.2.5 Players are evaluated and placed on tiered teams. Based on registrations, CMHA determines how many teams are entered into CAHL.

2.2.6 CAHL conducts a tiering round to place teams, typically in Tiers 1 to 6.

2.2.7 Players not selected for REP teams are transitioned to the U13 RHL evaluation stream.

2.2.8 REP players are expected to travel for league games.

2.2.9 Teams may attend out-of-town tournaments.

More information: [Central Alberta Hockey League \(CAHL\)](#)

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### 2.3 RHL Teams – RHL

2.3.1 Teams are coached by volunteer/parent coaches.

2.3.2 Practice schedule includes 1.5 shared ice-max practices per week (alternating between 1 and 2 per week, depending on availability). Shared practices are 90 minutes in length with the same 30-30-30 split format.

2.3.3 Games are full-ice, 90 minutes of stop-time with no ice clean.

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

2.3.5 Players are evaluated and placed on parity teams.

2.3.6 Based on registrations, CMHA may form teams in 2 or 3 tiers: **Mountain, Rocky Mountain, and Rockie.**

2.3.7 RHL teams travel to surrounding communities such as Banff, Canmore, Chestermere, Airdrie, Foothills, Indus, and Okotoks.

2.3.8 Teams may participate in out-of-town tournaments.

More information: [Rockies Hockey League \(RHL\)](#)

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### 3.0 U13 Rules

All U13 teams must follow:

- **Hockey Canada** and **Hockey Alberta** rules for U13 hockey
- Additional league-specific rules for AEHL, CAHL, and RHL