



Cochrane Minor Hockey Association (CMHA)

Policy Title: U15 Program Standard

Effective Date: September 15, 2024

Website: www.cochraneminorhockey.com

1.0 Overview

This policy outlines the structure and operations of the U15 division within CMHA. The U15 program continues to emphasize fun, skill development, and building a lifelong passion for hockey. The division includes players aged 13 and 14.

2.0 Policy

CMHA offers four streams at the U15 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)**
-

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 Minî 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](#)

2.2 REP Teams – CAHL

2.2.1 Teams are coached by volunteer/parent coaches.

2.2.2 Practice schedule includes one 90-minute shared ice-max session (30 mins)



for each team + 30 mins joint) and one 60-minute full-ice session weekly. Mini Thni 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.

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 U15 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 \(CAHL\)](#)

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 \(RHL\)](#)

3.0 U15 Rules

All U15 teams must follow:

- **Hockey Canada** and **Hockey Alberta** rules for U15 hockey
- Additional league-specific rules for AEHL, CAHL, and RHL