



Cochrane Minor Hockey Association (CMHA)

Policy Title: U16/U18 Division Program Standards

Effective Date: September 15, 2024

Website: www.cochraneminorhockey.com

1.0 Overview

This policy outlines the operational guidance for the U16 and U18 divisions (including U17), which serve players aged 15, 16, and 17. The program emphasizes development, skill progression, and the enjoyment of hockey in a structured environment.

2.0 Policy

CMHA offers AA, Competitive, and RHL streams in the U16/U18 division. Airdrie hosts AAA programs for CMHA players as part of the Hockey Alberta draw zone.

- U18 & U17 AAA – Alberta Elite Hockey League (AEHL)
 - U18 & U16 AA – Alberta Elite Hockey League (AEHL)
 - U18 & U16 Competitive – Central Alberta Hockey League (CAHL)
 - U18 City Teams – Rockies Hockey League (RHL)
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2.1 U18 AAA – Alberta Elite Hockey League (AEHL)

- Hosted by Airdrie Minor Hockey Association
- Paid non-parent coach
- Roster: Ages 15–17
- Practices held in Airdrie: Two 75-minute pre-school practices per week, plus two optional skill sessions through Global Sports
- Games: 2 hours 30 minutes stop time with two ice cleans
- No drop clock
- Players are selected by the coaching staff

Post-release options:

- 15-year-old: U17 AAA, U18 AA (invitation), U16 AA tryouts, or CAHL/RHL
- 16-year-old: U17 AAA, U18 AA tryouts, or CAHL/RHL



- 17-year-old: U18 AA tryouts or CAHL/RHL

More info: [AEHL Website](#)

2.2 U17 AAA – Alberta Elite Hockey League (AEHL)

- Hosted by Airdrie Minor Hockey Association (Avalanche)
- Paid non-parent coach
- Roster: Ages 15–16
- Practices held in Airdrie and Cochrane: Two 75-minute sessions weekly, with five additional rotating practices
- Games: 2 hours 30 minutes stop time with two ice cleans
- No drop clock
- Players are selected by the coaching staff

Post-release options:

- 15-year-old: U18 AA (invitation), U16 AA tryouts, or CAHL/RHL
- 16-year-old: U18 AA tryouts or CAHL/RHL

More info: [AEHL Website](#)

2.3 U18 AA – South-Central Alberta Hockey League (SCAHL)

- Paid non-parent coach (if possible)
- Roster: Ages 16–17
- Practices: Two 75-minute full-ice sessions per week (in Cochrane)
- Games: 2 hours 30 minutes stop time with two ice cleans
- No drop clock
- Evaluations conducted by 3rd party evaluators

More info: [AEHL Website](#)

2.4 U16 AA – AEHL

- Paid non-parent coach (if possible)



- Roster: Age 15 only
- Practices: Two 75-minute full-ice sessions per week (in Cochrane)
- Games: 2 hours 30 minutes stop time with two ice cleans
- No drop clock
- Evaluations conducted by 3rd party evaluators

More info: [AEHL Website](#)

2.5 Competitive Teams – Central Alberta Hockey League (CAHL)

- Volunteer/parent coaches
- Practices: Two 75-minute sessions per week (1 in Cochrane, 1 in Minî Thnî)
- Games: 2 hours 15 minutes stop time with two ice cleans
- Drop clock may be applied at referee discretion (5 mins remaining → 2 mins)

Evaluation Process:

- Players are ranked during tryouts and placed on tiered teams
- Tier placement determined by CAHL following tiering rounds
- Players not placed on Competitive teams are transitioned to RHL evaluations
- Most 15-year-olds will play on the U16 CAHL team

More info: [CAHL Website](#)

2.6 Rockies Hockey League (RHL)

- Volunteer/parent coaches
- Practices: Shared 90-minute sessions (30/30/30 split) weekly
- Games: 2-hour stop time with one ice clean
- Drop clock may be applied at referee discretion

Evaluation Process:

- Players released from Competitive or choosing RHL will be ranked and placed on parity teams
- RHL teams are non-contact



- Teams travel to Banff, Canmore, Chestermere, Cochrane, Foothills, Indus, Okotoks, and more
- Optional tournament participation allowed

More info: [RHL Website](#)

3.0 U16–U18 Rules

Rules for U16–U18 teams follow:

- Hockey Canada and Hockey Alberta guidelines
- Additional league-specific regulations from AEHL, CAHL, and RHL