



6.16.3 U11 Player Pathway Policy

Effective Date: December 10, 2019

Rev May 2022

Rev Oct 2024

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Seasonal Structure

Phase One: Preparation / Tryout

1. HEO has received Special Dispensation for U10 to U16 A/AA/AAA teams to start [tryouts in the Spring](#) for the 25-26 season. See the attached link for details. Otherwise, no teams shall run tryouts from April through August. Team pre-tryout practice/skill sessions begin the Tuesday after Labour Day for non U10-U16 A/AA/AAA levels.
2. Players must have a minimum of four (4) practice/skill sessions prior to the start of formal evaluations. These can be four one-hour sessions, or three 1.5 hour sessions, each on a separate day. It is strongly recommended that these sessions occur following Labour Day.
3. For non-A/AA/AAA teams, following the practices / skill sessions, teams must conduct a minimum of three (3) formal tryout / evaluation sessions — one skills session, one small area games session, one game.
4. Teams must select players based on skill. Development research indicates that players most develop when they have opportunities to play all positions (LW, C, RW, RD, LD). Coaches should not limit a player's opportunity to tryout at any given position.

Phase Two: Development

5. Following tryouts/evaluations, teams must run a development period consisting of practices. House League teams are required to run five (5) practices in this period and competitive teams eight (8) practices. Tournaments and exhibition games can also be scheduled in the development period. All games played in the Development phase count towards the team's total games played for the season.

Phase Three: Regular Season

6. In the regular season, House League teams will play up to 24 games in their respective Leagues.



Competitive teams will play 24 games in their respective leagues. Both House League and Competitive teams must run a minimum 1:1 ratio of practices to games during the regular season. Tournaments and exhibition games can also be scheduled in the regular season.

Phase Four: Playoffs

7. During the playoff phase, House League and Competitive teams will participate in a tournament style playoff structure, with a maximum of eight playoff games. The playoff phase should include one team practice per week.

Tournaments

8. House League teams may participate in a maximum of four (4) tournaments. Competitive teams may participate in a maximum of five (5) tournaments. As an alternative to tournaments, teams may play an equivalent number of exhibition games during the season. For the purposes of counting games, tournaments are considered to be three games regardless of the number of games actually played.

Maximum Number of Games Per Season

9. Recreational Teams can play up to 48 Games, which include exhibition, league regular season and playoff games. Competitive teams can play up to 53 games. Additionally, teams are permitted to participate in Sanctioned tournaments. Recreational can enter up to four (4) tournaments, while competitive can enter up to five (5). Individual tournament games do not count towards the total games – each tournament is considered 3 games regardless. (** Teams can substitute a tournament entry for added Exhibition games. Each Tournament subtracted would allow a team to play an extra three Exhibition games). Exhibition and Tournament Games played in the Development phase count towards the Total number of games allowed

Exhibition Games

10. Games involving two different teams must be Sanctioned and officiated. Intrasquad scrimmages that are not officiated are fine (one team split in two groups to play each other). Teams are not permitted to play non-Sanctioned exhibition games or Intersquad games (Intersquad meaning two different teams) without officials. Coaches who engage in such activity will be subject to sanctions up to and including suspension.



Affiliation

11. Affiliation for U11 players falls under the usual affiliation rules for minor hockey. Individual players affiliated to higher division/age categories may therefore exceed the game limit as a result of playing with their rostered and their affiliate teams.

Seasonal Break(s)

12. March Break shall be considered as a seasonal break (minimum five days without scheduled games or mandatory practice sessions). HEO teams may schedule a 2nd seasonal break by identifying it as a blackout period to their League at the beginning of the season.

Seasonal Chart

U11	Recreational	Competitive
Practices (practices to reg games)	1:1 ratio	2:1 ratio
Regular Season Games	24	24
Exhibition Games	4	4
Tournaments Games	12	15
Playoffs Games	8	10
Total Games	48	53

Game/Team Structure and Approach



1. Throughout the season, all players must receive fair and as close to equal ice time as possible (no bench shortening or preferential playing time; players to have opportunities to start games, end periods and play end of game, power play and penalty kill).
2. Throughout the season, all players should play both forward and defence in the first half of the season, and then may move to more consistent positions in the second half.
3. Throughout the season, full time goalies are permitted.
4. Throughout the season, goalies must rotate for an equal number of games/playing time (goalies must split game time and have equal opportunities to play the final game in tournaments).
5. Throughout the season, goalies not playing can play out as a skater.

Practice Sessions

1. Practices should consist of small area games/station based/skill focussed drills. A minimum of 85% of practice sessions must be spent on skills and tactics.
2. Basic defensive zone positions, offsides, icings should be introduced in the development period prior to the start of the regular season.
3. Positional play and rules of the game can be introduced in the development phase prior to the start of the U11 regular season.