



RETURN TO HOCKEY



TIERED MINOR HOCKEY



RETURN TO HOCKEY – TIERED MINOR HOCKEY

Division	Development Season			Modified Competition Season	
	Prep Skates / Physically Distanced Sorting	Exhibition Series	Team Training	Tiering Play	League Series Play
U18	September 7	Oct. 9 – 22	Oct. 23 – Nov. 5	*Nov. 6	Jan. 2021
U15	September 7	Oct. 9 – 22	Oct. 23 – Nov. 5	*Nov. 6	Jan. 2021
U13	September 7	Oct. 9 – 22	Oct. 23 – Nov. 5	*Nov. 6	Jan. 2021
U11	September 7	Oct. 9 – 22	Oct. 23 – Nov. 5	*Nov. 6	Jan. 2021

*Leagues will determine the start of Tiering Play for each team, starting no earlier than November 6th.

Development Season: Member MHAs may operate development programming to start off the 2020-21 season as soon as they have access to ice. Organizations can take player registrations and start to sort players into similar skill level groupings in preparation for a smooth transition to a competitive model. The building of programming is the responsibility of the Member organization and all programming must be operated using either Physical Distancing measures or Cohorting guidelines.

Programming offered during the Development Season is subject to the ice availability within each association. Associations that do not have access to ice as early as others may not be able to offer all of the programming options listed in the chart above. Activities during the Development Season should be divided to focus on the four components that play an important part in helping a player have a successful season.

- **Physical:** Warm Up/Cool Down, Performance (Hydration, Nutrition, Sleep)
- **Mental:** Team Identity, Goal Setting
- **Life Skills:** Team Building, Citizenship
- **Technical/ Tactical/ Team Skills:** On-Ice, Off-Ice Development

Prep Skates / Physically Distanced Sorting

- **Prep Skate:** Physically Distanced skill development sessions to prepare for evaluations/ regular season (the number of players in each ice session should be kept low to properly accommodate physical distancing requirements).
- **Physically Distanced Sorting/ Evaluations:** Skill development sessions and skills evaluations for the purpose of selecting Teams.
- All participants (including coaches) must be 2 metres apart from each other at all times. The number of players in each ice session should be kept low to properly accommodate physical distancing requirements. **A maximum of 30 individuals are permitted on the ice at any one time. The recommendation is only 16-24 players on the ice at one time.**

Exhibition Series

- Exhibition Series play can include pairs or groups of teams, to a maximum of 50 total people (a 'competition cohort'), playing only each other over the defined timeframe.
- Tiered Minor Hockey Teams will be permitted to book their own Exhibition series. It is recommended the [Alberta One Standardized Tiering Grid](#) is used when scheduling an Exhibition Series with another team.
- Exhibition Game Sanctions and Travel Permits must be obtained through the Centre Ice Portal.
- Any player with a carryover suspension from the 2019-2020 season will have their suspension deferred for exhibition and will not be required to apply for a suspension deferral. These deferred games will not count as games served and must then be served during Tiering Play.
- An Exhibition Series cannot be used to serve a carryover suspension from the 2019-2020 season.
- E-Gamesheets from all Exhibition games must be submitted through the Centre Ice Portal.



Team Training

- Team Training provides an opportunity to operate additional practices, skill development and/ or off-ice training sessions with a selected Team of players.
- Team Training should focus on the following four components (Physical, Mental, Life Skills and Technical/Tactical/Team Skills).
- The Team Training timeframe aligns with Government guidelines and provides a 14-day break from cohort activity prior to Teams being placed in 'competition cohorts' for Tiering Play.

Modified Competition Season: Hockey Alberta and our sanctioned Leagues have a plan in place for a transition into a 'Modified Competition Season'. Leagues will pair or group teams, to a maximum of 50 people, to create competition cohorts. Competition cohorts and the pairs of Teams will be scheduled to participate in league play against each other for a defined timeframe.

Tiering Play

- Teams must declare their intent to participate and roster size to their respective League.
- Leagues will schedule Teams to compete in tiering games for the purpose of determining a team's final league placement.
- Tiering Play will be scheduled in 'Series', including a pair or group of teams (a 'competition cohort'), playing each other multiple times over a defined timeframe.
- It is the responsibility of each team to ensure that a 14-day break from cohort activity has taken place prior to the start of Tiering Play. Teams that have not completed this required 14-day break will not be eligible to be scheduled for Tiering Play until this requirement has been met.
- Leagues will assign new 'competition cohorts' as needed and adhere to the required 14-day break when scheduling and identifying new pairs or groups of Teams.
- Each week of play will require the Leagues to schedule multiple games for a competition cohort.

League Series Play

- Leagues will schedule game play in 'Series' ('Pods' if permitted), assigning pairs or groups of Teams to a 'competition cohort', and having them play each other multiple times over a defined timeframe to provide meaningful competition within a tiered division of play.
- Using the Government guidelines, cohorts can then be changed by taking a 14-day break from cohort activity prior to new pairs or groups of Teams being put in place to continue League play.