



NOVICE DEVELOPMENT LEAGUE RESOURCE GUIDE



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Section 1: Intro to Hockey

The future of hockey lies with today's youth.

Because of this, Hockey Canada and Hockey Alberta have developed age appropriate programming to encourage the growth of foundational skills for young players in hockey. Minor hockey associations and coaches lead the implementation of the Initiation and Novice programs with the assistance of volunteers, parents and others associated with hockey.



The programming must provide opportunities for a wide range of people to get involved to improve the quality of the hockey experience through sound instruction and enjoyable play.

How a player gets his/her initial taste of hockey is crucial. Their first four years of hockey must be a positive experience full of fun and excitement. If the beginner has fun and develops some basic skills and builds confidence, there is a good chance they will go on to enjoy hockey for life.

In 1995, Hockey Canada passed a motion requiring the Initiation Program be implemented by every Minor Hockey Association across the country and to change their constitution/bylaws to reflect the creation of a new division in hockey. The Hockey Canada Initiation Program serves as a structured, learn to play hockey program designed to introduce players aged 5-8 to the game's basic skills in an atmosphere of fun and fair play.

Hockey Canada then took the next step, making it mandatory that all games are played on cross ice/half ice starting in the 2016-17 season for Initiation age category (ages 5 and 6) participants, and in the 2019-20 season for Novice age category (ages 7 and 8) participants.

Effective for the 2019-20 season, Initiation and Novice hockey in Alberta will run under the title **Intro to Hockey**. The goals and objectives of **Intro to Hockey** programming are to:

- Teach the **basic skills** of hockey so players can enjoy the game,
- Assist in the development and enhancement **of physical literacy and basic motor patterns**
- Deliver a program that is **age appropriate** for the size, skill and age of the players,
- Encourage the aspects of **fitness, fair play and co-operation** while having **fun** playing the game.



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A minor hockey association's programming at the **Intro to Hockey** level will serve as an important building block upon which the entire minor hockey association is built. Youngsters at every level of play benefit from getting the “right start” in the game.

GROUPING OF PARTICIPANTS

Intro to Hockey participants will be split into single birth years.

Division Name	Age as of Dec. 31	Division Name	Age as of Dec. 31
Jr. Initiation (Timbits)	5-year olds	Minor Novice	7-year olds
Sr. Initiation (Timbits)	6-year olds	Major Novice	8-year olds
* Combined Initiation	5- and 6-year olds	* Combined Novice	7- and 8-year olds

PRACTICE ENVIRONMENT

Full Ice Practice: 2-4 teams on ice - Half Ice Practice: 1-2 teams on ice

PRACTICE FORMAT	
Energizer Drill	Engage players through a fun game or unstructured drill to start.
3-5 Station Setup	Focus on technical skill development by utilizing circuits & continuous drills.
Finisher Drill	Fun small area game, relay race or high energy activity to finish.

When splitting up players for station work in practices separate based on skill so all players can be challenged by enabling coaches to progress and regress drills as needed based on the skill set of each station group.

Implementing a deliberate age appropriate program at the **Intro to Hockey** level will give the participants in your association the upper hand in “reaching their potential” as hockey players. The game is about the kids who play, and it is time to give the game back to them.

A wide variety of materials are available on the Hockey Canada website, and on the Hockey Alberta website:

<https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/initiation>

<https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/novice>

<https://www.hockeyalberta.ca>

[Video: From a child’s perspective... Age Appropriate](#)



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Section 2: Rationale for Intro to Hockey Programming

"You have to be able to make plays in pretty small areas. The more you practice in small spaces the better off you are."

Sidney Crosby

Canadian National Men's Team

HOCKEY FOR LIFE, HOCKEY FOR EXCELLENCE

Sport Canada's Long Term Athlete Development (LTAD) Resource Paper "Canadian Sport for Life" sets out a framework for sport development in Canada. Hockey Canada's Long Term Player Development (LTPD) is an eight-stage model based on the physical, mental, emotional and cognitive development of children and adolescents. Each stage reflects a different point in developing the player. The first three stages emphasize physical literacy and a broad range of sport experiences. The next four stages focus on development and competitive excellence. Active for Life encourages life-long physical activity and informed healthy lifestyle choices with participation in hockey long after the competitive years.

AGE GROUP	SKILL LEVEL	DESCRIPTION
0-4	FOUNDATIONALS	MALE and FEMALE 0-4 The focus is on developing fundamental movement skills (crawling, rolling, crawling, walking, running, jumping, throwing, catching, kicking, balancing, etc.) and the foundation for more complex, coordinated, finely-tuned activities for a variety of sports.
5-9	LEARN TO PLAY	MALE and FEMALE 5-9 The focus is on developing fundamental movement skills (crawling, rolling, crawling, walking, running, jumping, throwing, catching, kicking, balancing, etc.) and the foundation for more complex, coordinated, finely-tuned activities for a variety of sports.
10-14	LEARN TO TRAIN	MALE 10-14 FEMALE 10-14 The focus is on developing fundamental movement skills (crawling, rolling, crawling, walking, running, jumping, throwing, catching, kicking, balancing, etc.) and the foundation for more complex, coordinated, finely-tuned activities for a variety of sports.
15-19	TRAIN TO TRAIN	MALE 15-19 FEMALE 15-19 The focus is on developing fundamental movement skills (crawling, rolling, crawling, walking, running, jumping, throwing, catching, kicking, balancing, etc.) and the foundation for more complex, coordinated, finely-tuned activities for a variety of sports.
20-22	TRAIN TO WIN	MALE 20-22 FEMALE 20-22 The focus is on developing fundamental movement skills (crawling, rolling, crawling, walking, running, jumping, throwing, catching, kicking, balancing, etc.) and the foundation for more complex, coordinated, finely-tuned activities for a variety of sports.
23-27	TRAIN TO COMPETE	MALE 23-27 FEMALE 23-27 The focus is on developing fundamental movement skills (crawling, rolling, crawling, walking, running, jumping, throwing, catching, kicking, balancing, etc.) and the foundation for more complex, coordinated, finely-tuned activities for a variety of sports.
28-32	TRAIN TO WIN	MALE 28-32 FEMALE 28-32 The focus is on developing fundamental movement skills (crawling, rolling, crawling, walking, running, jumping, throwing, catching, kicking, balancing, etc.) and the foundation for more complex, coordinated, finely-tuned activities for a variety of sports.
33-37	EXCEL	MALE 33-37 FEMALE 33-37 The focus is on developing fundamental movement skills (crawling, rolling, crawling, walking, running, jumping, throwing, catching, kicking, balancing, etc.) and the foundation for more complex, coordinated, finely-tuned activities for a variety of sports.

HockeyCanada.ca

Hockey Canada – Long Term Player Development Model

Parents and coaches need to think long term and not worry too much about children being the best player on the ice in Initiation and Novice hockey. Putting young players in a competitive environment to early will compromise the child's development. Children should only be placed in to competitive situations that suit their skill level and abilities. Parents and coaches must be realistic about what children should be able to do all age levels. The Hockey Canada's Long Term Player Development strategy is very important.

It is important to understand and appreciate the benefits of cross ice and half ice hockey and why Hockey Canada has a national policy ensuring all Initiation and Novice level hockey is played in smaller, modified spaces.

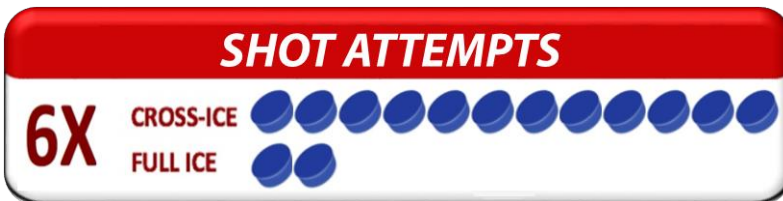
- Increased emphasis on skating skills including agility, balance, coordination and quickness.
- The number of puck battles increases significantly.
- Puck control and puck protection skills are enhanced resulting in more confidence.
- The fundamentals of skating, puck control, passing, and shooting are reinforced.
- Less time and space increase the frequency and speed of making hockey decisions.
- A more challenging environment offered to improve ice awareness and elevate hockey sense.
- Increased intensity of competition results through the progressive skill improvement of players.
- The increase in incidental body contact requires players to play with their heads up and acquire spatial awareness.
- Players improve in the areas of contact confidence and body contact.

Benefits of Half Ice Games



Small spaces equate to more engaged in the play:

- All players are close to the play at all times and have much more opportunity for puck touches.
- Regardless of the skill level or the ability of each player, their opportunities to be engaged in the play increase by double when the playing areas is smaller.



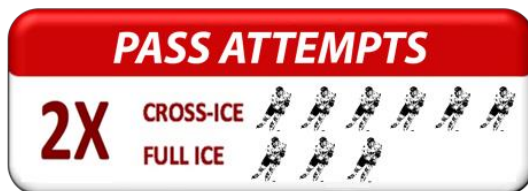
A very large difference between full ice and small areas:

- There are 6 times as many shots on goal or at goal in a cross-ice or half ice game.
- Players are closer to the puck at all times and the puck finds its way to the net much more often.
- Goalies are more engaged and feel a bigger part of the game.



Shrinking the playing surface increases offense:

- Players are much closer to the nets, skate shorter distance from goal to goal, and have increased opportunities for offensive play.
- Goalies are forced to make more saves thus increasing their development.



More of a team game is apparent:

- In the smaller area games, players are observed passing and attempting to pass the puck more often. This results for two reasons:
 - All players are close enough to pressure the puck more frequently.
 - Teammates are in close support of the puck carry at all times.



Short quick passes find their mark:

- In smaller spaces, more passes are attempted and most of these passes are 5 to 10 feet in length.
- When passes are shorter, accuracy improves, and players tend to have more success receiving the pass.
- Players also start to understand the importance of puck possession.

GOALIE DEVELOPMENT

2X

CROSS-ICE
FULL ICE



Two goaltenders for each team play in each game:

- With teams splitting for two half-ice games, each team will dress and play two goaltenders
- Goaltender rotation will ensure that each player will have multiple opportunities throughout the season to play in goal
- Cost effective option for players at this age to experiment with all positions

ICE TIME

2½X

CROSS-ICE 00:24
FULL ICE 00:11

Over double the ice time per player:

- Full-ice format gives players between 9-11 minutes on ice per game
- Half-Ice format gives players 24 minutes of ice time per game
 - 8 players play instead of 5
 - 90 second buzzer monitored shifts ensures equal ice time
 - Limited face-offs, rules, and stoppages ensures more time spent playing hockey

- ✓ Better Ice Utilization
- ✓ More players active during ice session
- ✓ Increased competition for all players
- ✓ Fun for All



"You need to be able to make quick passes and have quick communication. Small area games are important."

- Brianne Jenner
Canadian National Women's Team

Hockey Alberta Skating Study

“The flat out use of maximum speed in hockey simply doesn’t happen very often. What does happen is that you have to be adjusting, changing, going forward, backward, lateral, always turning and moving toward the puck: that’s agility skating... smaller areas generate more stops, starts and turns.”

Dr. George Kingston
Former NHL and Team Canada Head Coach

The best players in hockey are constantly changing direction to evade their opponent and create space.



	Cross Over	Stride	Cross Over to Stride Ratio
Average NHL Player	1	13	1:13
Top 25 NHL Player	1	4	1:4
Connor McDavid	1	2	1:2

- NHL’s No. 1 skill isn’t top speed; it’s the ability to **change speeds** and **accelerate quickly**.
- **Cross Ice / Half Ice** trains players to skate the game, rather than simply skating fast in straight lines.
- Effective skating is a combination of **turns, pivots, stops, starts, transitions, lateral movement, and change of direction**.



Section 3: Hockey Calgary Game Play Guidelines and Rules of Play

NOVICE – ALL DIVISIONS

Novice Development League (NDL) Overview

The Novice Development League (NDL) is a partnership between Hockey Calgary and its community associations in which they operate the Novice age category as a skills based age category. The NDL focuses on skill development and the fundamentals of hockey for kids aged 7 and 8. The purpose of this league is to address the need for more skill development in the novice age group. Our goal is to provide a positive environment for learning the fundamentals of hockey, and to stimulate interest and desire to continue playing the game of hockey.

The NDL is a league in which the associations promote coach, parent, official and player education during the season. Each player will be evaluated fairly within each association and placed on a team where they are best suited. Associations are limited to when and how many games they can play. As a result, players will practice more and play fewer games to increase their skills before playing full ice games compared to that of other divisions.

For the 2018-19 Playing season Hockey Calgary has elected to operate the age categories of Minor Novice (2011 born players) and Major Novice (2010 born players). As this is a transition year for Hockey Canada's Intro to Hockey Model, Hockey Calgary will maintain 'FULL ICE' hockey for the Major Novice Age Category for the 2018-19 season only. In 2019-20 all Novice hockey will be played ½ ice, and we will determine whether we maintain single year age groups for Novice or return to 2-year age categories.

Special Rules Governing All Levels of Novice

- All teams must adhere to the Novice Development League format
- All Positions (defense, forward & goaltender) must be rotated equitably throughout the season. This includes practices, exhibition & tournament games, pre-season, seeding and regular season games
- No team will name a captain or an assistant captain for games
- Coaches are permitted to use up to 50% of their practice ice time to scrimmage within their own team if their association permits



1. COACH REQUIREMENTS

Coaches at the Novice level are required to have the following certification:

- Coach 1 – Intro to Coach – 1 coach for every 10 players, so based on the HC model of approximately 18 players, each team will need 2 certified coaches
- Respect in Sport – Activity Leader – all coaches require this program, (it is different from the parent program)
- Safety Program – 1 team official for each team

Minor Novice: Due to the fact that we will be sharing benches at each end with the competition, **a maximum of 2 coaches per team will be permitted on each bench.** There will only be a maximum of 4-5 players on each bench so this should enable plenty of communication to players.

Major Novice: a maximum of 5 coaches per team will be permitted on the bench

2. TIERING

There will be 3 tiers of ‘**Minor Novice**’ hockey and 3 tiers of ‘**Major Novice**’ Hockey within Hockey Calgary. Depending on registration size, an Association may be required to have multiple teams within specific tiers. Hockey Calgary has developed a seeding grid which all Associations will be required to comply with (**see appendix 1**).

3. GOALTENDER ROTATION (APPENDIX II)

- The coach/manager is required to set up a goaltender rotation
- All teams are required to maintain a goaltender rotation form, as provided by Hockey Calgary, and is subject to review by a HC representative
- All players are to be given the opportunity to play goal
- If a player does not wish to play goal they must follow the rules on the goaltender rotation form, (**see appendix II**)
- **NOTE:** You may not move to the next Rotation until all the boxes either have a date or a parent signature. The only exception is during **Esso Minor Hockey Week (EMHW)**. If a player plays goal out of rotation, enter the date(s) he/she plays goal in each "Rotation". Once EMHW is over, this player cannot play goal again until all other players catch up in the Rotation. **This exception is NOT extended to other tournaments, only EMHW.**
- There is no pulling of goaltenders permitted to allow for an additional skater

Minor Novice: each team will be required to dress 2 goaltenders per game. Therefore, the opportunity for each player to ‘try goalie’ will be increased.

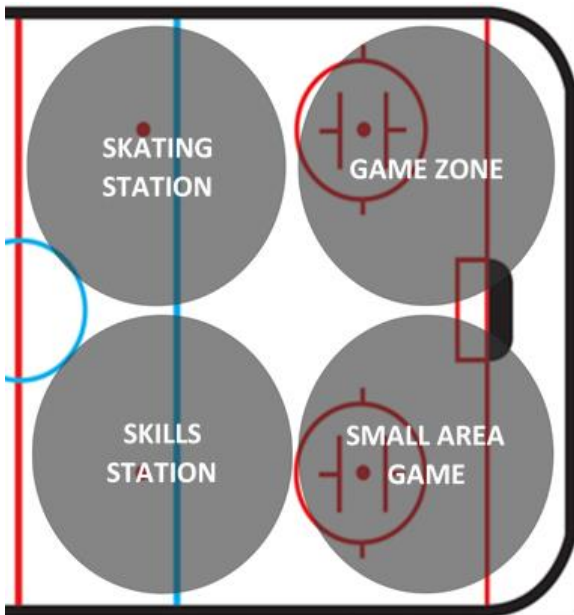
Major Novice: each team will be required to dress 1 goaltender per game.

4. PRACTICE MODELS/PLANS

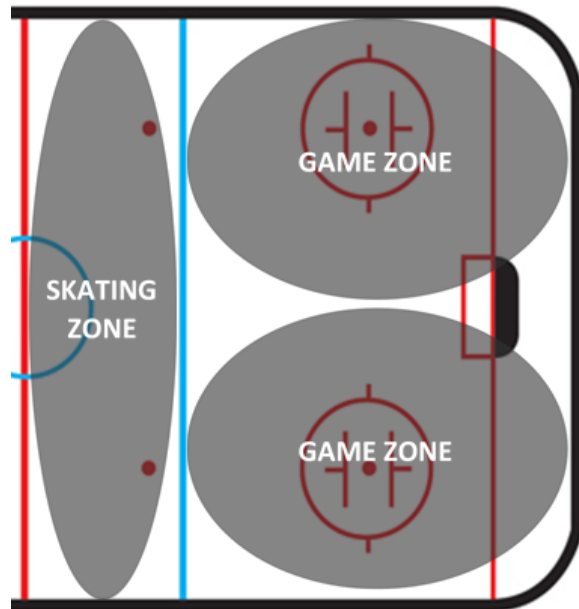
Associations will be responsible to determine how many teams are on the ice for practice sessions, and the format of the practice sessions.

- Hockey Canada & Hockey Alberta recommend the following guidelines:
 - Minimum 2 teams on ice, recommend 3 teams
 - Stations based format is suggested, Associations may wish to alternate and run 1 practice mixed teams with stations, and the following practice keeping teams together
- Examples of how to split up the rink:

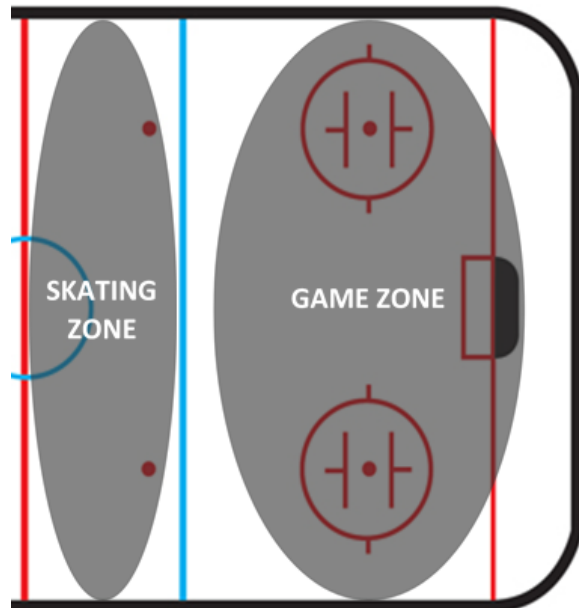
Half-Ice 4 Zone Option



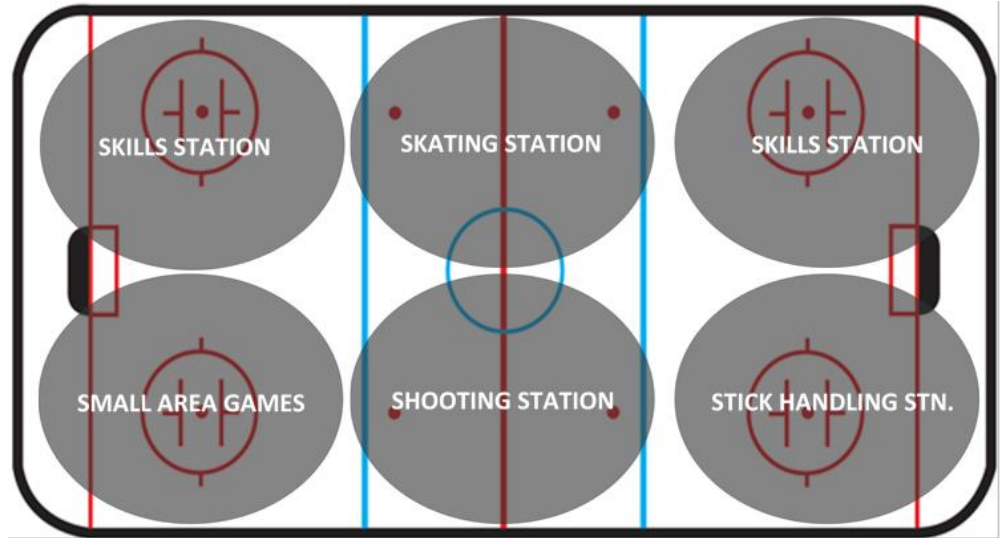
Half-Ice 3 Zone Option



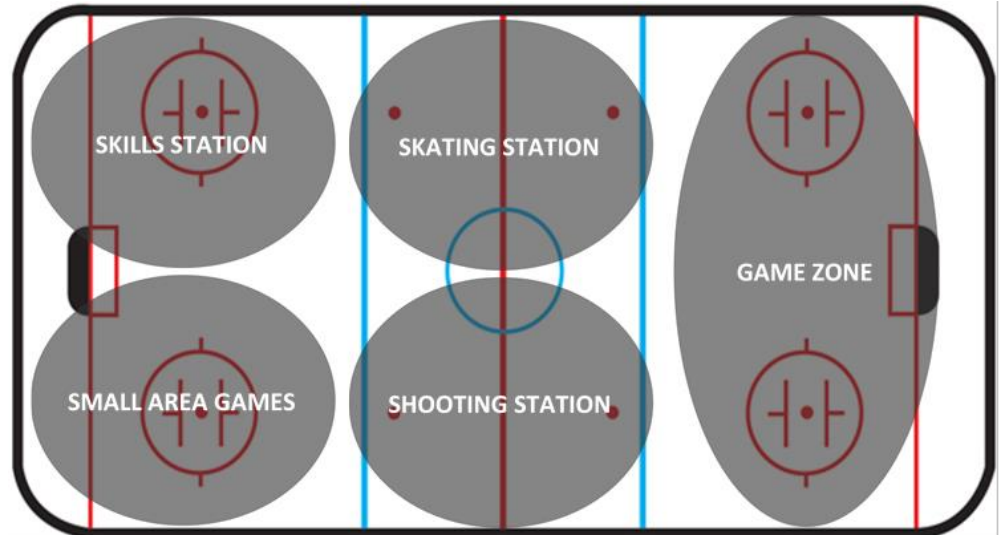
Half-Ice-2 Zone Option



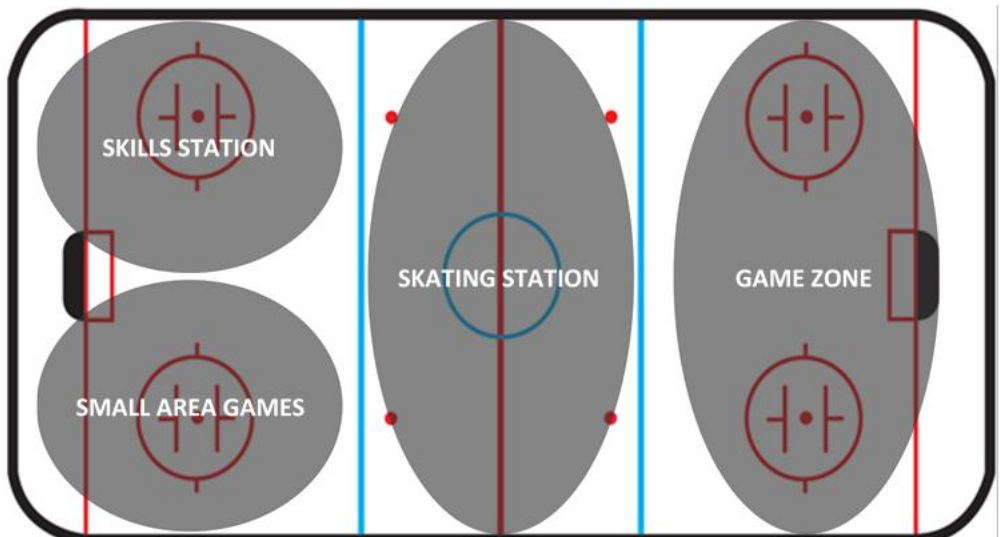
6 Zone Option



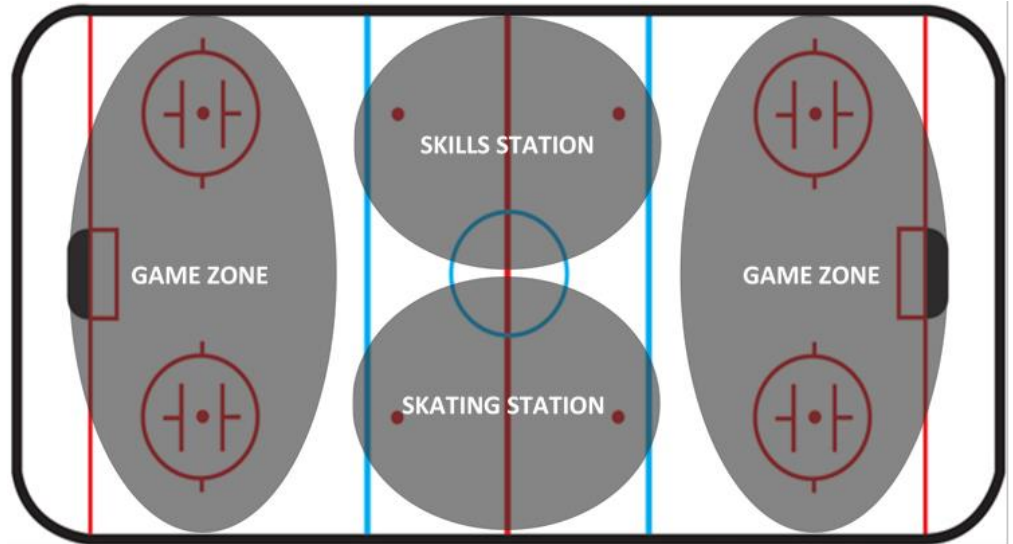
5 Zone Option



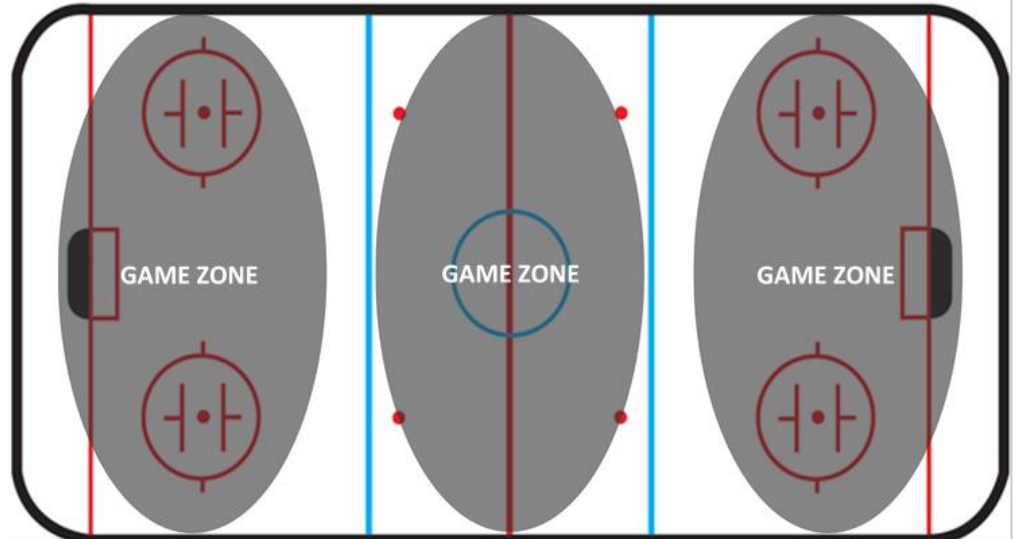
4 Zone Option



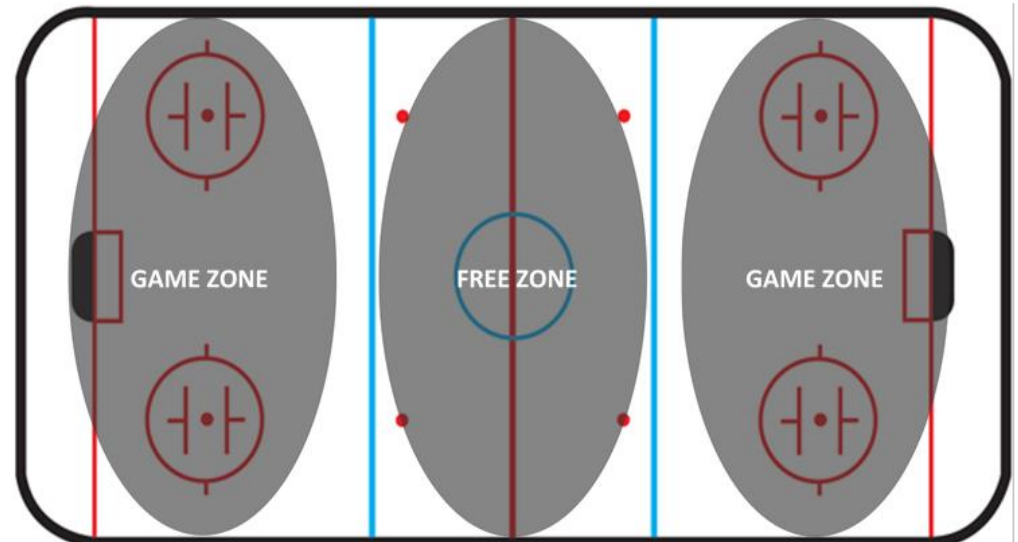
4 Zone Option



3 Zone Option



3 Zone Option





MAJOR NOVICE (2010 BORN PLAYERS)

Major Novice (2010 born players), will play 'Full Ice' hockey for the 2018-19 season. Rules for Major Novice are as follows:

1. GAME PLAY

Game Play will be full ice, with the target length of game being a 60-minute ice slot. Period lengths will be 12-15-15 with the 'drop clock' process being utilized. Please see more details in Hockey Calgary Regulation Book.

2. RESEEDING

As in the past there will be a reseeding process performed in early December. This process will remain similar to past seasons with the League Governors, League Chairs and the Associations all being involved to ensure fairness of competition. With only 3 tiers the room to move is minimal and will require a thorough review.

3. ROSTER SIZE

Major Novice will remain a full ice format with 5 on 5 play, therefore roster size will remain the same. HC recommends a roster size of 16 players (with a range of 15 – 18). Please note that all 'Major Novice' teams within an Association must start the season within 1 player of each other.

4. SEASONAL STRUCTURE (# OF GAMES PERMITTED)

The Game Maximum for Major Novice will be 40 Games.

- Exhibition Games (approximately 6 games)
- 8 Games Seeding (HC Scheduled)
- 10 Games Regular Season (HC Scheduled)
- 1-5 Esso Minor Hockey Week Games. **The first game in EMHW is Regular Season game and is counted in the 10 game Regular Season total.**
- 4 Tournament Maximum (approximately 16 games)

MINOR NOVICE (2011 BORN PLAYERS)

As communicated Minor Novice (2011 born players) will follow the ½ ice hockey format as recommended by Hockey Canada and Hockey Alberta for the 2018-19 season. In 2019-20 all Novice hockey will be played ½ ice, and we will determine whether we maintain single year age groups for Novice or return to 2-year age categories. Rules for Minor Novice are as follows:

5. GAME PLAY GUIDELINES/RULES

The Game Play format is referred to as the **Two – Four Team Game Play Model** (see Figure 1). This model is built to allow two Novice teams playing one another in two halves. Both teams will be divided into two units, each team is required to have two goaltenders, one for each half-ice game.

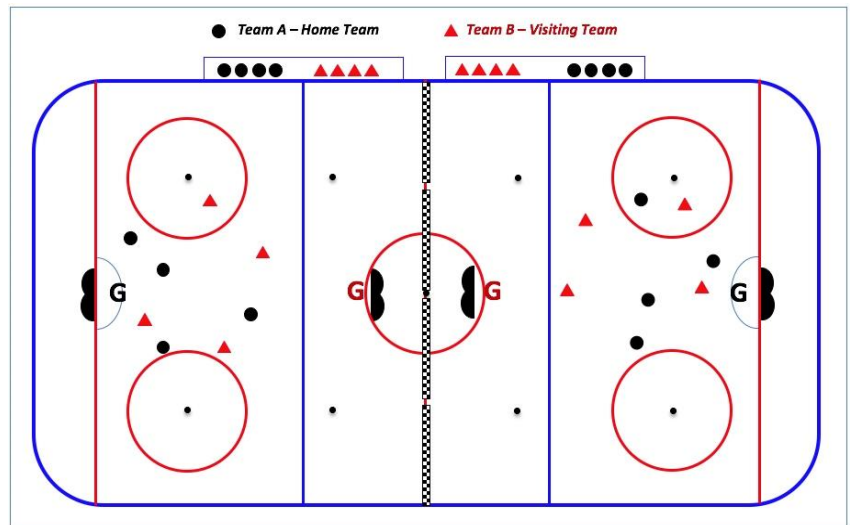


FIGURE 1: Two Team – Two Half Ice Game Model

In rare instances when 1 team has a smaller team composition, the ice is still divided in halves, but only one half will be used for game play. The other half can be used as a practice surface for players to rotate through during the ice session (see Figure 2).

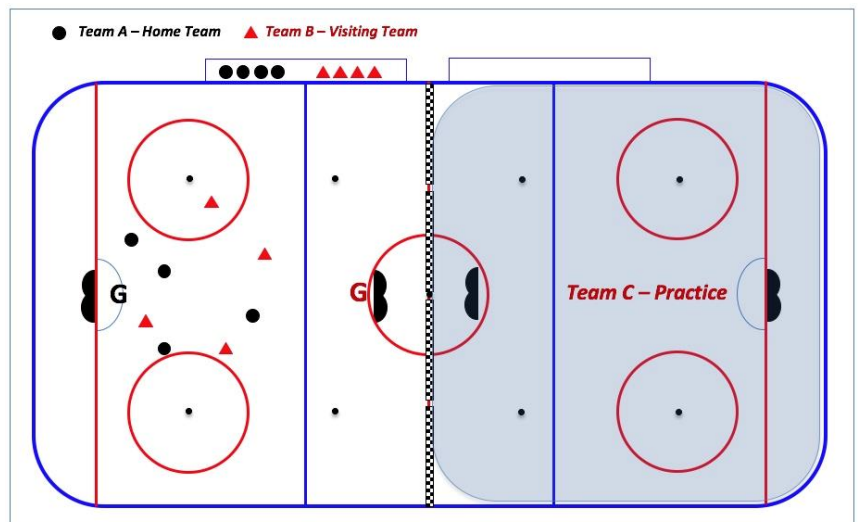


FIGURE 2: Two Team – One Half Ice Game Model – with Practice Sheet



Game Play for Minor Novice will follow the ½ ice model and be played as follows:

- HC to schedule 2 teams for game slots
 - Games will be played split squad, ie. Half red vs. half blue at one end, and the other half of red and blue at the other end. At the mid-point of the ice session the **'visiting' team** will switch ends and switch benches, so players can play against the other half of the opposing team
 - Teams will share the respective player benches with each team using the gate closest to the net they are defending.
 - 4 vs. 4 format – each team with a goaltender for each ½ ice game (4 total goaltenders)
 - In rare instances when a team does not have enough players to play two separate 4 vs. 4 games, 3 vs. 3 can be used (**See Appendix III**)
- Game length (60-minute slot)
 - 3-minute warm up
 - Two 24-minute halves
- ½ ice game will be played from the goal line (at one end), to the center line
 - Barriers run across center ice
 - The net at center ice will be put on the center faceoff circle
- Two face-offs during the game
 - One to start the game, and one to start the second half
 - It is recommended that in each half of the ice, the centre spot should be marked (Bingo Dabber, Spray Paint, etc.) to indicate where the face off will take place.
- No official score will be posted
- The main score clock can be used as the **time keeping device** for both game simultaneously
- No off-sides, No icing
- 1 official at each end, plus mentor official for developmental purposes



6. SHIFTS/LINE CHANGES

- Player shifts will be 1.5 minutes (90 seconds) in length for Minor Novice. Buzzer or whistle will sound to signal to players to change.
- When the buzzer/whistle sounds, players must relinquish control of the puck immediately and vacate the ice. The new players enter onto the ice surface immediately.
- Failure to immediately relinquish control of the puck at the buzzer or new players entering the ice surface prematurely will result in a change of possession
- If there are fewer than 4 players on the bench, **the active player designated to stay out for the following shift must tag up at the bench** prior to racing to the play the loose puck

7. CHANGE OF POSSESSION

- Goaltender freezes the puck – the official signals to the attacking team to back off 3 meters and defending team gets possession
- Puck shot out of play – the official signals to the offending team to back off 3 meters and the official gives the non-offending team a new puck
- Goal is scored – the scoring team backs off 3 meters and the official gives the conceding team a puck to start play
- Penalty (see below) – the official signals to the offending team to back off 3 meters and the non-offending team starts play

8. PENALTIES

- Penalties shall be called in accordance with the Hockey Canada Officiating Program (HCOP) standard of play, within a learning environment where new officials are learning the application of the rules
- On a penalty call, the official will raise their arm and blow the whistle signaling a penalty has been called. The official will conduct a change in possession and signal to the offending team to back off 3 meters. ***The official will do their best to make the player aware of the infraction.*** However, at the conclusion of the 90 second shift, the official will approach the bench and communicate to the coach what the penalty was for and who was the infracting player.
 - **The infracting player will miss their next shift**
 - **Play continues at even strength**

9. ROSTER SIZE

Minor Novice will play 2 – ½ ice 4 vs 4 games with goalies simultaneously, therefore 8 skaters & 2 goalies are required on the ice at all times. HC recommends a roster size of **18 players** (with a range of 17 – 19). Please note that all ‘Minor Novice’ teams within an Association must start the season within 1 player of each other.

10. LENGTH OF GAME

Typical time slots for the Novice Age Category are 60 minutes but from time to time 75-minute time slots are allocated. For Minor Novice the Games will be continuous play, and operate as follows:





60 Minute Ice Slot

- 3 Mins. - Warm Up
- 24 Mins. – Period #1
- 5 Mins. – Rest/Change Ends
- 24 Mins. – Period #2
- 3 Mins. – Shake Hands/Move Bumpers

75 Minute Ice Slot

- 3 Mins. - Warm Up
- 30 Mins. – Period #1
- 5 Mins. – Rest/Change Ends
- 30 Mins. – Period #2
- 3 Mins. – Shake Hands

- Teams will warm up at one end of rink ‘with their own team’, when it comes time to start play the coaches will assign ½ of their team and 2 coaches to the other end to begin the game play
- Please note with this format and 90 second shift intervals, the minimum amount of ice time a player should receive (when a full roster is available) is 24 minutes, this is increased from an average of 9 – 11 minutes in a full ice novice game

Injury Time Outs

- The game clock is being utilized to run games at both ends of the arena, therefore when there is an injury timeout at 1 end the game clock will continue to run. This is the only time the game will not be continuous.
- During an injury time out players are asked to move away from the incident, take a knee and wait for direction from the official
- Once the injured player is removed the game will continue with a face-off at center ice, and play continues from that point

11. RESEEDING

As in the past there will be a reseeding process performed in early December. While score won't be shown visually, scorekeepers will keep a tally on the game sheet solely for the purposes of reseeding. Additionally, League Governors, League Chairs and the Associations will lead the process, but input will be required from the teams. With only 3 tiers the room to move is minimal and will require a thorough review. Process is as follows:

- **The team (in coordination with their association, and the age category coordinator), will be required to ‘Request’ to be re-seeded, prior to November 15. If there is no ‘request’ there will be no review, unless it is deemed by HC that a teams is vastly over or under matched. HC in conjunction with League Governors and League Chairs will have the final decision on all reseeding requests.**
- Upon receiving request, the League Governor and League Chair will watch the team, discuss with association and make recommendation
- Possibility of developing some kind of ‘Game Record’ for seeding purposes, to provide topline game details (TBD)



12. TEAM SELECTION

Evaluation

- Each Association will evaluate based on the procedures and protocols that are in place for their specific association
- Evaluation for Minor Novice must be done in 'Single Birth Years'
- Evaluation for Minor Novice must be done on ½ ice format
- It is recommended that Associations incorporate more than just game play into their evaluation procedure

Acceleration/Deceleration

- Acceleration as it is currently viewed will **NOT** be permitted, HC will allow moderate movement within an Association under the terminology of '**TEAM BALANCING**'. At the discretion of the Association players will be permitted to move up or down to ensure optimal size of teams within both Major and Minor Novice, in each category team sizes must be within 1 player of each other.
- HC criteria for upward and downward balancing is as follows:
 - Associations cannot move some players up, and some down, **all balancing will need to be done in the same direction**
 - HC strongly recommends Associations target 'Downward Balancing' first. **Families need to be aware that if they 'Balance Upward', there is a strong possibility that in 2019-20 that the child will not meet the 'Acceleration' standards for Atom, and thus they would play ½ ice hockey in 2019-20.**
 - If upward association is granted, the families affected will sign a document making them aware of 'Atom Acceleration' policy
 - Minor Novice teams must have **minimum of 18 players** on roster before any upward balancing will be permitted
 - Sibling movement will be at the discretion of the Association, but should fall in line with criteria as noted above
 - No more than a **maximum of 9 players** (1/2 team) can move, even this is a very high number, we expect 2-3 players per association

13. LINE SELECTION

- Coaches are required to balance their lines (players at each end), so they are as close to equal as possible
- You are **NOT** permitted to put all of your top players at one end, and all your weaker players at the other end. The tiering system will hopefully have removed any large disparity in talent
- It is the expectation of HC and the member Association that the lines (players at each end) will change each game, and that the same players are not always playing together



14. EQUIPMENT RECOMMENDATIONS

Pucks

- **'Blue Pucks' will be utilized for all minor novice games**

Nets

- Smaller sized nets 3' x 4' foot are not Mandatory, but are encouraged and can be utilized if available at the specific arenas

Boards & Bumpers

- In year 1 of the program, not all facilities will have access or storage for the board systems, therefore HC and the member associations will utilize what is available in the scheduled arenas
- HC will ensure to schedule all Minor Novice games at facilities that have either the board system or the bumper system
- Movement and set up of the board and bumper systems in a timely and safe fashion will be paramount
 - There are two options still TBD:
 - Option 1: The Home team will be required to designate 1 coach to help set up bumpers/boards. Coaches will **NOT** be permitted on ice without a helmet and skates. Teams can designate parents to have the bumpers moved from storage to the ice surface
 - Option 2: HC is working with CZRC on a plan to have on ice officials set the bumpers up once parents have moved them on to the ice
 - **NOTE:** please consult with rink staff for bumper/board set up as some rinks have made accommodations to have their staff set up boards

15. GAME FORMAT GRID (LESS THAN FULL ROSTERS)

From time to time throughout the season, we can expect less than full rosters to be available at specific games. This is not ideal, and will come with very little notice, but the games must go on. When both teams have similar sized rosters this will not pose a problem, the challenge will be when 1 team has a full roster and the other is significantly reduced. HC has devised a grid for coaches to follow should these situations arise (**See appendix III**)

16. GAME SHEETS

While there will be no official score will be shown on a scoreboard, an internal score for each half-ice game will be kept for reseeding purposes. Minor Novice specific game sheets will be used in order to track all players who participate in the game as well as to tally the score (**See Appendix IV**). Detailed instructions on filling out the game sheets will be made available prior to the season.



17. SEASONAL STRUCTURE (# OF GAMES PERMITTED)

The Game Maximum for Minor Novice will be 35 Games.

- 8 Games Seeding (HC Scheduled)
- 8 Games Regular Season (HC Scheduled)
- 2 Games EMHW (HC Scheduled)
- 3 Tournament/Jamboree Maximum (approximately 12 games), **no tournament to be scheduled prior to end of seeding round.**
- Exhibition Games (approximately 5 games)

18. ESSO MINOR HOCKEY WEEK

As per Hockey Canada & Hockey Alberta, there will be no official score posted or recorded at the Minor Novice level, and thus, no winners and losers declared. Therefore, Hockey Calgary is unable to have 'Minor Novice' teams participate in EMHW, in its present format. The plan for the 2018-19 season is as follows:

- All 'Minor Novice' teams will be scheduled 2 games for the event
- The 2 games will be scheduled on the first weekend of EMHW (TBD)
- HC will make an effort to schedule North Division Teams versus South Division Teams where possible. Please note this will not be 100% possible for all teams as the north and south divisions are not equally balanced
- No champions, all players will receive a tournament gift (ie. hat, t-shirt etc.)

19. TOURNAMENT/JAMBOREE RECOMMENDATIONS

The playing of 'Tournaments/Jamborees' is an important part of culture, team building and fun of hockey playing experience. Hockey Calgary encourages teams and associations to continue to operate and attend these events while staying within the 'Maximum Game' guidelines a presented.

If hosting or operating a tournament please be aware there can be no score kept, and therefore no winners or losers determined throughout the event, therefore the traditional 4 team event with the top 2 teams playing in the final will not work.

- HC recommendations are as follows:
 - Make 4 team tournaments a 3 game event versus a 4 game event, where you just play each team once, 2 games Saturday and 1 on Sunday. This also enables associations to lower overall tournament costs.



Section 4: Novice Game Play Officiating Guidelines

ROLE OF THE OFFICIAL

1. INTRODUCTION

Hockey Canada recommends the use of a one (1) official system. This is not an official Hockey Canada Officiating Program (HCOP) system, so this section provides an outline to assist local officiating programs with integrating officials into this developmental stage of the game. Nearly all of our officials have previous playing experience, however, the game looks and feels very different when you're on the ice as a referee.

2. EXPECTATIONS

Novice is an introductory level for all officials. Typically, officials range in age from 13 – 15 years old. Not much older than the players. They are learning the game and Novice ½ Ice allows officials to learn the basics of officiating before moving into more advance levels of the game. At this level of hockey we are focusing on building confidence in the following areas:

- Face-offs: Learning to drop the puck on a dot consistently
- Positioning: Learning to move around the net as the play moves
- Skating: Moving up and down the ice with the players
- Penalties: Learning the basics on signaling a penalty
- Communication: Having positive interactions with players, coaches, time keepers and other officials

The Novice ½ Ice program allows officials to experience the game and focus on a few key skills without the pressure of calling off-sides and icings. Once confidence is built at this level and new skills become habit, our officials move into Atom level hockey where the competition level is increased along with our expectations on rule knowledge and capability.

Fun Stats: When Novice was full ice, there was an average of 1.8 penalties per game. 49% of all penalties were the same infraction: **tripping**.

If officials, players and coaches can work together on development, we will be able to move everyone up through the minor hockey system with confidence.



3. BENEFITS OF INVOLVING OFFICIALS IN HALF ICE HOCKEY

This format is a valuable opportunity for newer officials to put on their uniform, get on the ice in live action and learn some basic aspects of being an official in a positive and less formal atmosphere. Basic skills include: dropping pucks, skating skills, foundational positioning, spatial awareness, establishing good sightlines, and making decisions such as goals and minor infractions.

Officials can apply newly acquired information they received in their instructional clinic in a game environment. This format also provides an excellent opportunity for senior officials to mentor newcomers by shadowing them on the ice or evaluating them from the stands. The ability to mentor officials at ice level in this structure provides instantaneous feedback and assists in preparing these officials for full ice games in a two (2) or three (3) official system.

Having an official on the ice for the half-ice games provides players with more structure than at the Initiation level. It also presents a more realistic game environment, while allowing the coaches to focus more on the players rather than focusing on making sure the game flows.

4. HOW YOU CAN HELP

Positively support our officials as they learn the game. **Almost 50% of officials do not return following their first or second year on the ice.** By building confidence and a positive experience around officiating, we can encourage officials to stay in the game, learn the fundamentals and continue to grow in their knowledge and capability. Thanks in advance for your support!

5. OFFICIATING PROCEDURES

Flexibility is an important component to operating in a one (1) official system within the Novice game structure. There is no absolute way to handle every possible scenario. However, game flow and establishing a basic structure to the game is the primary focus. Officials will NOT be required to call icing or offside.

6. TEAMS

Individual Minor Hockey Associations can choose how many players are on a team. The recommended game play format is 4 vs 4 and the ideal number of players on a team in the Two Team Two Game model is up to 18 with each half ice team comprised of 8 skaters and 1 goaltender.

7. FACE-OFFS

There is one (1) face-off location, located approximately half way between the goals (see Figure 3). Coaches and arena staff may mark the centre face-off location with a temporary marking for game play purposes.

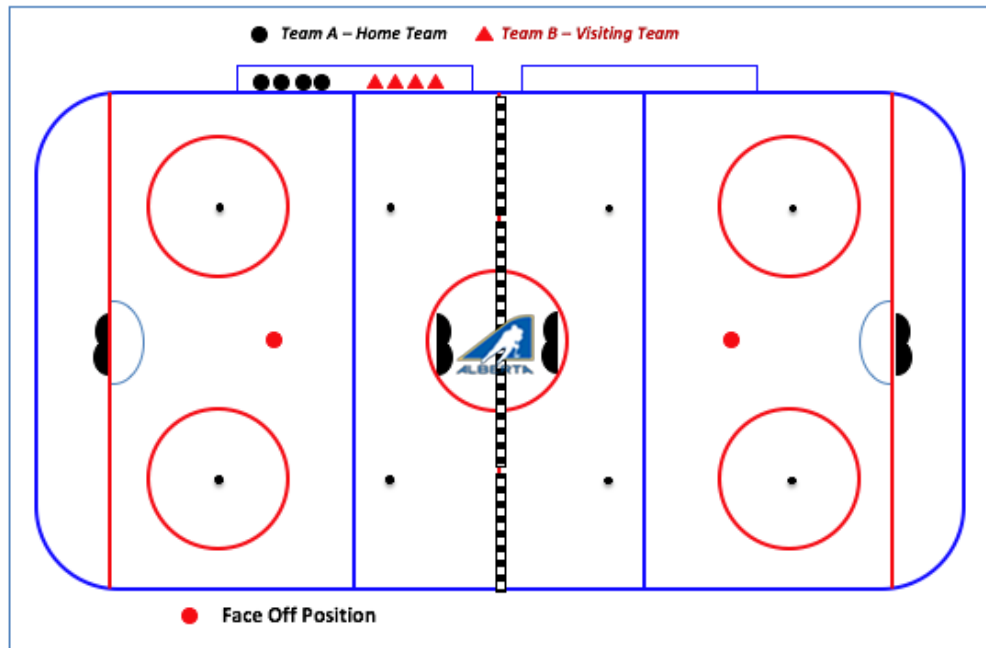


Figure 3: Location of the Face off dot

8. FROZEN PUCKS, STOPPAGES, AND GAME FLOW

The line change procedure does not require a stoppage of play. Associations have the choice of shift length with running time and players changing on the fly. The referee blows the whistle to indicate a change of possession when:

- a goalkeeper freezes the puck
- the puck leaves the playing area

In the case of a goalie freezing the puck, the official awards possession of the puck to the goalie's teammate. In the case of a puck shot out of play, the official awards a new puck to the non-offending team and the team committing the offence is required to back off 3 metres.



9. GOALS

When the puck enters the goal, the official will blow the whistle and signal a goal, retrieve the puck from the net and allow the team that was scored on to take possession of the puck. The team that scored backs off 3 metres and gives the player with the puck room to start the play.

10. PENALTIES

Penalties shall be called in accordance with the Hockey Canada Officiating Program (HCOP) standard of play, within a learning environment where new officials are learning how to apply the rules.

Minor penalties are called by the official using proper penalty procedure:

- Raise the arm to indicate a penalty
- Blow the whistle when offending team gains possession and control of the puck
- Signaling the offending player and the penalty assessed

Unlike traditional rules, the offending player will not be required to serve a time penalty for minor penalties. At the end of the shift, the official will also notify the coach about the infraction and the number of the offending player.

- If the offending team controls the puck after the infraction, the official blows the whistle and calls for a change of possession and the non-offending team is given room to play the puck (3-metre cushion).
- The offending player is required to sit out next shift, but the team will play even strength (4 on 4).

Should an infraction occur that would normally require a player to be ejected from the game (e.g. Game Misconduct, Match penalty or Gross Misconduct), then the player will be removed from the remainder of that game. Even under these circumstances teams will not play shorthanded and no game incident report will be required.

11. POSITIONING

Foundational positioning principles will be used. The concept of the “cone” should be reserved for when full ice play begins. Under the half ice structure, approximate positioning should be used to get the official comfortable with proximity to the goal (see Figure 4). Officials should follow the play approximately 2 – 3 metres behind the puck carrier. They should remain about 1 metre from the boards or playing area perimeters. The examples on the diagram below show guidelines for establishing recommended end-zone positions.

Officials are encouraged to move towards the net on goal situations and away from play towards the boards as play comes towards them allowing players to pass by and the official can then follow up the ice at a safe distance.

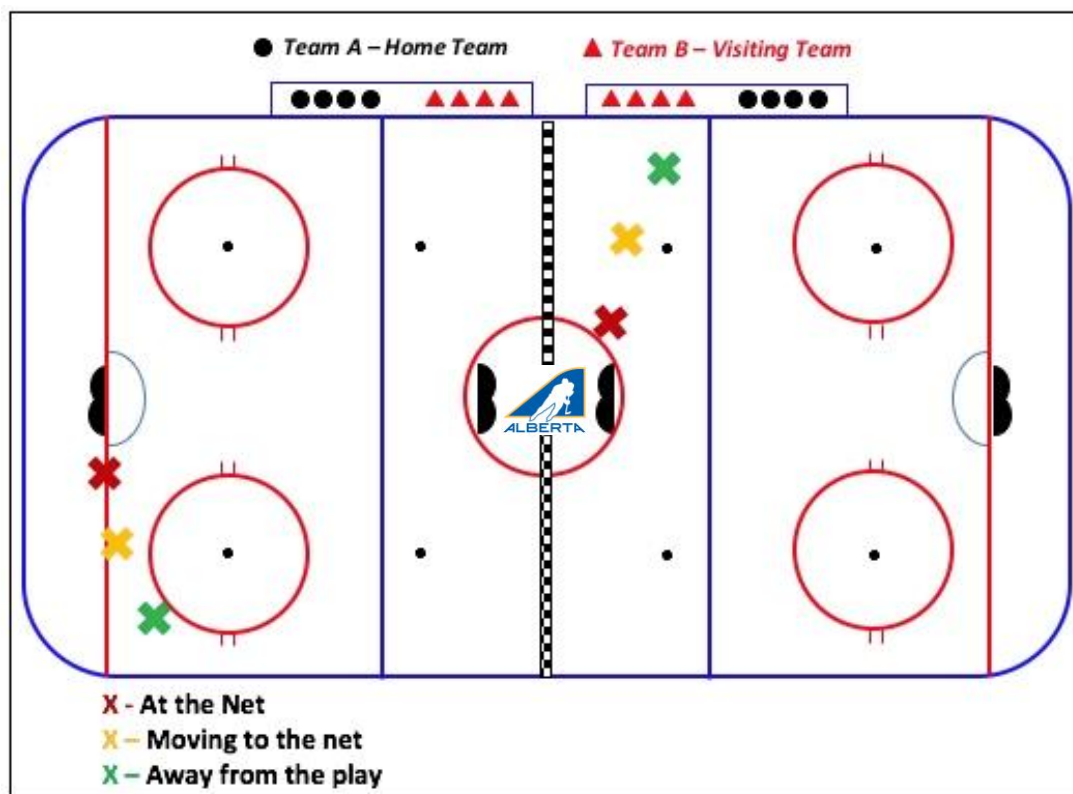


Figure 4: End Zone Positioning of the Official

Section 5: Frequently Asked Questions

1. *How will player development be affected if there are no offside or icing called during game play?*

The game play model is a 4 vs 4 model on half ice. Learning offside and icing will come in time, but the primary focus on age-appropriate training and programming needs to be on skill development in the areas of skating, puck control, pass receiving and shooting. Concepts like offside, icing, positional play and face-offs (which are mental skills) can be introduced when players move to the full ice game play model in the transition to Atom hockey.

2. *Are teams permitted to identify a full-time goaltender?*

All players should have an opportunity to play goal and all players should rotate through the goalie position throughout the season. The Hockey Canada Long Term Player Development philosophy encourages a wide range of skill development at a young age and focusing on a single position may limit a child's opportunity to practice skills in all areas.



3. *What is the difference between a Jamboree and a Tournament?*

A jamboree is designed to engage players in a fun environment and is the coming together of several teams to play one another. Games will be competitive but the emphasis is on fun and fair play.

A tournament is defined as a schedule of games played among three (3) or more teams, which follows an interlocking schedule and leads to an eventual winner. Tournaments are not recommended for Intro to Hockey.

4. *Is there a need to draw the crease in for the net situated in the neutral zone?*

No. Each net should be placed just inside the centre circle which will provide a small marking to aid the goaltender with positioning in front of the net. The centre circle line will be used as the goal line for the neutral zone net.

5. *What are the advantages of practicing in small areas and playing half-ice games?*

Small spaces equate to more engagement in the play, and activity for young players. Through small area station-based practices and half ice games, players are closer to the play and have much more opportunity to be engaged in the game. Regardless of the skill level or the ability of each player, opportunities to be engaged in the play double when the playing area is smaller. The NHL Analytics research illustrated that all skill areas of the game increased substantially when players played in small spaces more suited to their age and skill level.

6. *What are the dimensions of a half-ice hockey game?*

The average dimensions of a regular ice surface in Canada are 200 feet by 85 feet. The half-ice playing surface can be a maximum of 100' by 85' if the dividers are placed at the centre red line. In a study conducted by Hockey Alberta, the half-ice playing surface illustrated the same stride distance for a child as relative to the full sheet of ice for an adult.

7. *Is it a requirement to use a Blue Puck and what are the advantages?*

For the 2018-19 season the Blue Puck will be used for Initiation and Minor Novice age categories. The regulation Black Puck weighs 6 ounces. The Blue Puck weighs 4 ounces. Scaling down all aspects of practice and game play for players 8 and under is very beneficial. The blue puck is an appropriate weight in relation to the height and weight of these young players. Use of the Blue puck will promote proper mechanics in shooting, passing, and carrying the puck.



8. *Should players and/or teams be tiered?*

Grouping of players of like ability can be a very important principle for setting up young players for success and enjoyment. The focus of the Intro to Hockey model is player development. It is important in both station-based practices and in half-ice game play that players be grouped by similar ability levels when possible or necessary.

Hockey Calgary will be implementing a tier based system in Novice for the 2018-19 season. There will be 3 tiers of 'Minor Novice' and 3 tiers of 'Major Novice'. Following the 2018-19 this will be reassessed to determine if the levels are appropriate.

9. *Do the officials in Novice have to wear the full officiating uniform?*

If officials are working games in the Novice Half Ice Model, all officials on the ice need to wear the minimum of an officiating jersey with Hockey Alberta crest, black pants and a black CSA approved helmet with a CSA approved half visor.

10. *Do the on-ice shadows / mentors for Novice have to wear an officiating uniform?*

No. In situations where an on-ice shadow / mentor is on the ice supporting the official it is appropriate for them to wear a tracksuit; however, they still must wear a black CSA approved helmet with CSA approved half visor.



11. How does the official or coach keep game flow and not lose time on shifts when a puck goes out of play?

Officials and Coaches are encouraged to keep additional pucks in their pockets in the event a puck is shot out of play. The official will provide a new puck to the non-offending team and play will resume.

12. What guidelines should be followed when storing and setting up equipment at community arenas?

Each facility in Alberta is unique and will have its own Standard Operating Procedures when it comes to the storage, the set-up, and the take down of the portable board system or the foam divider system. In many cases, municipalities have developed these procedures to apply to all arenas within their jurisdiction.

It will be important to work with the facility's management to ensure that proper protocols are being followed. This will maximize efficiency, ensure safe practices for all, and promote a harmonious relationship between the arena staff and members of the local minor hockey association.

13. Where can portable boards or foam barriers be purchased?

There are numerous suppliers for portable boards, foam barriers, and small nets. It is advisable to check local sources to ensure best pricing on the shipping of product.



On a national level, two suppliers handle large volume orders for these products.

OmniSport Inc
14 Boulder Blvd.
Stony Plain, AB
T7Z 1V7
Phone: 780-968-2344

<http://www.omnisport.ca>

Athletica Sport Systems Inc.
554 Parkside Drive
Waterloo, ON
N2L 5Z4
Phone: 519-747-1856
Toll-free: 1-877-778-5911

<http://athletica.com>



Section 6: Appendix

APPENDIX I - TIERING

NOVICE SEEDING GRID 2018-19 SEASON

MAJOR & MINOR: Grids are the same for both divisions

Please note there will be 3 divisions of Major Novice

and 3 divisions of Minor Novice to begin the season

TEAMS	DIV 1	DIV 2	DIV 3	TOTAL
2 Teams		1	1	2
3 Teams	1	1	1	3
4 Teams	1	2	1	4
5 Teams	1	2	2	5
6 Teams	2	2	2	6
7 Teams	2	3	2	7
8 Teams	2	3	3	8
9 Teams	3	3	3	9
10 Teams	3	4	3	10
11 Teams	3	4	4	11
12 Teams	4	4	4	12

NOTE:

1. Teams from Girls Hockey Calgary will be seeded after evaluations are complete at the discretion of Hockey Calgary.

2. Based on final registration HC reserves the right to make small changes to the grid to balance the # of teams per division, or add/delete divisions, in order that leagues run effectively.



APPENDIX III – GAME FORMAT GRID

It is the expectation of Hockey Calgary that for the most part teams will arrive at the scheduled game time with a full roster and ready to play. In these cases all games will be played 4 vs 4 and there will be no reason to utilize the following grid.

So as not to penalize the team with the full roster (by having them sit on the bench for more shifts), this grid will be utilized when 1 or both teams have less than the optimal amount of players. Coaches will need to work together to ensure players are maximizing their ice time.

- If both teams have more than 14 players (12 skaters), the 4 vs 4 model at both ends of the arena will always be used.
- When any 1 team has less than 14 players (12 skaters), the grid will be incorporated as per below.
- It is our hope that this will be on very rare instances

# of Players (including goalies)		Home Team # of Players								
		18	17	16	15	14	13	12	11	10
Visiting Team # of Players	18	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 one side, half of 18 player team prac.	4 vs 4 one side, half of 18 player team prac.
	17	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 one side, half of 17 player team prac.	4 vs 4 one side, half of 17 player team prac.
	16	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 One Side & 3 vs 3 One Side	4 vs 4 One Side & 3 vs 3 One Side	4 vs 4 one side, half of 16 player team prac.	4 vs 4 one side, half of 16 player team prac.
	15	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 One Side & 3 vs 3 One Side	4 vs 4 One Side & 3 vs 3 One Side	4 vs 4 one side, half of 15 player team prac.	4 vs 4 one side, half of 15 player team prac.
	14	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides
	13	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 One Side & 3 vs 3 One Side	4 vs 4 One Side & 3 vs 3 One Side	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides
	12	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 One Side & 3 vs 3 One Side	4 vs 4 One Side & 3 vs 3 One Side	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides
	11	4 vs 4 one side, half of 18 player team prac.	4 vs 4 one side, half of 17 player team prac.	4 vs 4 one side, half of 16 player team prac.	4 vs 4 one side, half of 15 player team prac.	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides
	10	4 vs 4 one side, half of 18 player team prac.	4 vs 4 one side, half of 17 player team prac.	4 vs 4 one side, half of 16 player team prac.	4 vs 4 one side, half of 15 player team prac.	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides



NOVICE DEVELOPMENT LEAGUE RESOURCE GUIDE

APPENDIX IV – MINOR NOVICE GAME SHEET

HOCKEY CALGARY									
Minor Novice Official Game Report									
MAX BELL ARENA 1111 BARLOW TRAIL SE CALGARY AB T2E 6S2 PHONE (403) 245-5773 www.hockeycalgary.com									
GAME DETAILS			OFFICIALS						
DATE		TIME	SCOREKEEPER/TIMEKEEPER #1 - Name (please print)		SCOREKEEPER/TIMEKEEPER #2 - Name (please print)				
RINK		DIVISION	REFEREE #1 - Name (please print)		REFEREE #1 - Number				
Type of Game Exhibition <input type="checkbox"/> League <input type="checkbox"/> Tournament/Jamboree <input type="checkbox"/>			REFEREE #2 - Name (please print)		REFEREE #2 - Number				
			MENTOR - Name (please print)		MENTOR - Number				
HOME TEAM		SCORING		SCORING		VISITING TEAM			
No.	Players Name	#	Game 1 [✓]	Game 2 [✓]	#	Game 1 [✓]	Game 2 [✓]	No.	Players Name
		1			1				
		2			2				
		3			3				
		4			4				
		5			5				
		6			6				
		7			7				
		8			8				
		9			9				
		10			10				
		11			11				
		12			12				
		13			13				
		14			14				
		15			15				
		16			16				
		17			17				
		TOTAL SCORE		TOTAL SCORE					
Coach				Coach					
Asst		PENALTIES		PENALTIES		Asst			
Asst		(only record major/match)		(only record major/match)		Asst			
Asst		#	Time	Offence	#	Time	Offence	Asst	
Asst								Asst	
Verified by: (please print)						Verified by: (please print)			
HOME TEAM SUMMARY		REFEREE COMMENTS (use back if necessary)							
Were teams balanced in terms of:									
Y N									
Competitiveness									
# of Players									
Goaltending									