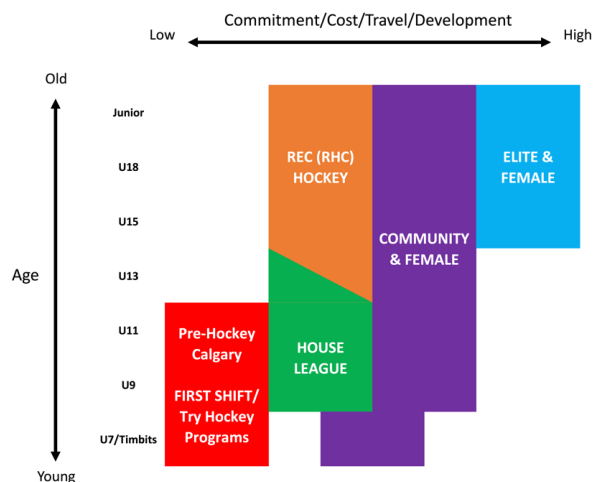


What stream is right for me?

Main factors to consider:

- Cost
- Time commitment
- Travel
- Ability to play with friends
- Development
- Fun



Stream Comparisons

	Rec (RHC)	House League	Community and Female
Player Placement	Balanced teams will be created within each league		Players are tiered based on skill.
Set Days/Schedules	Yes. Twice per week. Set days.		No. 2-4 times per week. Random days. (exception - U7 & U9 is somewhat consistent)
Cash Calls	No		Yes
Volunteer Bond	No. However without volunteers the league will be unable to operate		Yes - Volunteer Bonds are determined by each Association
Travel	City-wide League	Quadrant based league	U13 & down - North/South League U15 & up - City-wide League
Practices	No practices in this Stream (exception of 6 development sessions for U13)	Yes	Yes
Practice to Game Ratio	0:1	1:1	2:1
Full Ice Games	Yes	U9 - No U11 and up - Yes	
Fundraising	No		Yes - Fundraising guidelines are set by each Association.
Purchasing of additional ice	Not permitted		Yes
Participate in Exhibition Games	No		Yes
Participate in Esso Minor Hockey Week	Yes	No	Yes
Participate in Playoffs	Yes	No	U9 - No U11 and up - Yes
Participate in Additional Tournaments	No	No	Yes. At additional cost.
Police Checks for Volunteers	Mandatory		
Coaching Requirements	All Coaches require: RIS Activity Leader (Coach). Safety is strongly recommended for ALL coaches		
	Head Coaches must have Coach 1 or Coach 2		
	No Additional Requirements	U13 Head Coaches must have Checking Skills	Additional requirements are required for some divisions in the community league.

What are the age categories for the 2025-26 season?

Age Group	Ages	Birth Year
U7	5 & 6	2020/2019
U9	7 & 8	2018/2017
U11	9 & 10	2016/2015
U13	11 & 12	2014/2013
U15	13 & 14	2012/2011
U18	15, 16 & 17	2010/2009/2008

Hockey Calgary offers:

- Try hockey programs via First Shift
- Community Hockey (**Bow River Bruins**)
- House League (**NWHL**)
- Elite Hockey (**NWCAA**)
- Female Hockey
- Rec Hockey