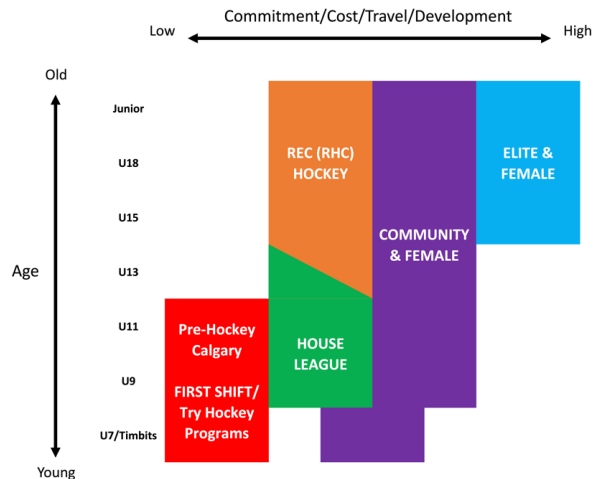


## What stream is right for me?

### Main factors to consider:

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



## Stream Comparisons

	Rec (RHC)	House League	Community and Female
<b>Player Placement</b>	Balanced teams will be created within each league		Players are tiered based on skill.
<b>Set Days/Schedules</b>	Yes. Twice per week. Set days.		
<b>Cash Calls</b>	No		Yes
<b>Volunteer Bond</b>	No. However without volunteers the league will be unable to operate		Yes - Volunteer Bonds are determined by each Association
<b>Travel</b>	City-wide League	Quadrant based league	U13 & down - North/South League U15 & up - City-wide League
<b>Practices</b>	No practices in this Stream (exception of 6 development sessions for U13)	Yes	Yes
<b>Practice to Game Ratio</b>	0:1	1:1	2:1
<b>Full Ice Games</b>	Yes	U9 - No U11 and up - Yes	
<b>Fundraising</b>	No		Yes - Fundraising guidelines are set by each Association.
<b>Purchasing of additional ice</b>	Not permitted		Yes
<b>Participate in Exhibition Games</b>	No		Yes
<b>Participate in Esso Minor Hockey Week</b>	Yes	No	Yes
<b>Participate in Playoffs</b>	Yes	No	U9 - No U11 and up - Yes
<b>Participate in Additional Tournaments</b>	No	No	Yes. At additional cost.
<b>Police Checks for Volunteers</b>	Mandatory		
<b>Coaching Requirements</b>	All Coaches require: RIS Activity Leader (Coach).		
	Safety is strongly recommended for ALL coaches		
	No Additional Requirements	Head Coaches must have Coach 1 or Coach 2 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 2026-27 season?

Age Group	Ages	Birth Year
<b>U7</b>	5 & 6	2021/2020
<b>U9</b>	7 & 8	2019/2018
<b>U11</b>	9 & 10	2017/2016
<b>U13</b>	11 & 12	2015/2014
<b>U15</b>	13 & 14	2013/2012
<b>U18</b>	15, 16 & 17	2011/2010/2009

## Hockey Calgary offers:

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