



# Recreational Hockey FAQ

## What is Recreational Hockey?

For the 2020-21 season, SPMHA will be offering a recreational hockey option through the Edmonton Federation Hockey League. This new offering league provides participants a less structured program with 1 initial meet and greet practice and 18 games during the season. The focus is on participation, fun and meeting new people.

It is a non-body checking alternative to the current mainstream hockey model. Body contact is allowed in the same manner as in Novice, Atom, Peewee and Female divisions of play, similar to non-body checking tiers of the EFHL competitive divisions.

Registration is for any interested player in the U9 (Novice), U11 (Atom), U13 (Peewee), U15 (Bantam), U18 (Midget) and U21 (Junior) age categories as of December 31 of the current season. The program is open to all players residing in the SPMHA operating area.

Registration is completed at the District, Operating Area or Interlock Association of choice for all Associations operating within the Edmonton Federation Hockey League and offering Recreational Hockey.

There are no boundaries for registration in the Edmonton Federation Hockey League Recreational Hockey.

## How does it operate?

The EFHL will arrange schedules, recruit League Governors, monitor teams and players, develop league rules, co-ordinate referees, etc. SPMHA will register participants and form teams. SPMHA teams will play games against all other teams within their Division. No standings are kept. There are no exhibition, tournament, or playoff games.

## Can I be affiliated to other teams?

Recreational Hockey is a division and category within SPMHA and the Edmonton Federation Hockey League. Affiliation is allowed between Recreational Divisions in a similar manner to other leagues as approved by Hockey Alberta, SPMHA and the Edmonton Federation Hockey League.

Affiliation will NOT be allowed between EFHL Competitive Divisions and EFHL Recreational Divisions with the exception of goaltenders where required.

## How many teams are expected?

Since this is the inaugural season, there will be some flexibility in determining the number of teams. Our expectation is that we would have at least one team at each division from every District, Operating Area or Interlock Association participating in Recreational Hockey.

## How are the teams selected?

There are no tiers, so it is important that we ensure we have balanced teams to facilitate competitive games. We have rules to maintain equalization of teams. A three goal limit for any player and the option to swap players if there is a five or more goal difference augments these processes.

Teams are formed by each District, Operating Area or Interlock Association. In order to ensure adequate numbers, we may opt to combine with participants from Strathcona Minor Hockey where necessary. Where multiple teams are formed in the same division, teams are to be balanced as best as possible to promote fair competition.

Friend requests will be facilitated through SPMHA.



### How are the coaches selected?

Coaches are volunteers with players (family) on their team. We expect equal time and fair play with some minor and basic skill development.

### What qualifications do teams and coaches require?

All team officials require the RIS Activity Leader. The Head Coach is recommended to have Coach 2 Level. One official per team must have the HCSP (Safety) certification. SPMHA will cover the cost for coaches to obtain the required certification.

### What Divisions of play are offered?

We will be operating U9(Novice), U11(Atom), U13(Pee wee), U15(Bantam), U18(Midget) and U21(Junior) divisions for the 2020-21 season. If there is substantial growth, a natural outcome may be categories within divisions of play. If there are insufficient player registrations to operate in traditional divisional formats, the league may resort to programming by age groupings. This would be finalized once registration is completed and numbers are determined.

### What if my skill level is not high enough or too high?

We will do our best to place a player where they are most comfortable. We welcome all skill levels and roll with them on every line regardless of skill.

### What is the Edmonton Federation Recreational Hockey primary objective?

The focus of the league is fun, recreational hockey.

The traditional rigors of practices, exhibition, and tournament travel, along with fees and fundraising found in a typical minor hockey program have been eliminated in order to focus on fun, recreational hockey at a reasonable cost.

For those new to hockey we do encourage them to get in extra skating on the free ice available to the public, as well as any possible opportunities in local outdoor rinks.

### Are the rules different than mainstream hockey?

Teams play under Hockey Canada playing rules with a few exceptions:

- No Body Checking
- Three Goal maximum per game for players
- Three penalties per game for players

Aside from these exceptions, players and team officials are subject to the same penalties as those in competitive divisions for similar offences.

Recreational U9 division will follow the same Hockey Canada format as U9 competitive divisions.

Supplemental Discipline, as a result of suspendable offenses, inappropriate conduct, aggressive play, etc., will be more severe than in mainstream hockey. All players will be advised of the differences before starting play.

Full equipment is mandatory.

### Who Referees?

Certified Hockey Alberta Referees will be assigned for all games.

### How many games are planned for the season?

We plan on 18 games (1 per week) beginning mid-October and ending in March. There will be 1 practice for initial team formation and familiarization. As this is a recreational & fun based theme, it allows for less commitment from parents and players. It also limits our costs (and player registration fees) with ice time and the constant challenges of managing ice for a league.



### How many extra practices do coaches usually fund through parent cash contributions or fundraising?

None and there is no allowance for having teams pursue additional funding for expenses of this nature. As discussed above, a benefit of the Recreational Hockey league is the cost reduction for families and that includes any additional or unexpected expenses.

### Are there playoffs?

No, standings will not be kept and there are no playoffs.

### Is EFHL Recreational Hockey apart of Quikcard Edmonton Minor Hockey Week?

No, although this could be changed if approved by the Quikcard Edmonton Minor Hockey Week Committee.

### Can Recreational teams play exhibition games against other teams, if the other team agrees to the league rules?

No, teams are limited to the league schedule. Goalies (via the substitute goalie process) are the only players that may play in two or more leagues.

### How long are the games?

U9 (Novice) Half Ice Format (2x25 minutes periods with 1.5 minutes shift change buzzer)

U11 (Atom) 60 minute games (3 x13 minute stop time periods)

U13 (Peewee) 90 minute games (15-20-20 minute stop time periods)

U15 (Bantam) 90 minute games (15-20-20 minute stop time periods)

U18 (Midget) 90 minute games (15-20-20 minute stop time periods)

U21 (Junior) 90 minute games (15-20-20 minute stop time periods)

### What days will I play on?

Games will be scheduled on Thursday, Friday, Saturday or Sunday.

### Do parents need to do anything?

Yes, one parent from each family must complete the Respect in Sport Parent online program before their child is allowed on the ice. They do not need to repeat it every year, however for the 2020-21 season, the requirement to recertify affects Parents and Coaches/Team Officials who completed their Respect in Sport certification prior to the 2017-18 season. Teams may have requirement for volunteer timekeepers and jersey parents.

### How much does it cost and how do I pay?

Registration for 2020-21 has been set at:

U9 (Novice): \$335.00

U11 (Atom): \$335.00

U13 (Peewee): \$450.00

U15 (Bantam): \$450.00

U18 (Midget): \$450.00

U21 (Junior): \$450.00

If you are a new player to hockey OR to Recreational Hockey, you must contact SPMHA or visit the [SPMHA website](#) for registration information. If you need assistance, please contact the SPMHA registrar at 780-467-8492 or [admin@spmha.ab.ca](mailto:admin@spmha.ab.ca)

