



OHF SEASONAL STRUCTURE

IDEAL HOCKEY SEASON: Refers to an optimal seasonal structure – this is a guideline and is subject to a range of minor differences regarding suggested numbers.

PREP / TRYOUT PHASE: Refers to the period of time prior to the season starting – typically when prep camps and / or tryouts are held.

DEVELOPMENT PHASE: Refers to the period of time following tryouts or evaluation prior to the regular season starting.

REGULAR SEASON PHASE: Refers to the period of time from first regular season game to the start of playoffs or Provincial / Branch Championships.

PLAYOFF PHASE: Refers to the period of time from the end of the regular season through to the end of Playoffs.

OFF SEASON: Refers to the period of time from the end of the playoff season to the start of the next Prep or Tryout season.

ATOM: AGE 9-10

COMMUNITY (recreational)

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| DEVELOPMENT PHASE | | | REGULAR SEASON PHASE | | | PLAYOFFS <small>Playoff Tournaments Mar 15-30 End of season Mar 31</small> | | |
| 4 | 8 | 2 | 22 | 22 | 16 | TOURNAMENTS <small>3 tournaments 12 games</small> | | |
| <small>WEEKS</small> | <small>PRACTICES</small> | <small>EXHIBITION GAMES</small> | <small>WEEKS</small> | <small>PRACTICES</small> | <small>GAMES</small> | | | |

TOTAL PRACTICES: 25 - 30 | TOTAL GAMES: 25 - 35

- REQUIREMENTS:**
- No tryouts from April through August. Tryouts begin the Tuesday following Labour Day.
 - Must provide minimum of 4 skates before formal Tryouts. Tryouts must be a minimum of 3 sessions (skill session, small area game session, formal game).
 - Tournament style playoffs, no elimination style

- CONSIDERATIONS:**
- Full time goaltenders - Goalie not playing in games plays out
 - Rotate all players through all positions - no early specialization
 - Small area games in practice
 - Skill/Station based practices

DEVELOPMENTAL (competitive)

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|--------------------------|--------------------------|---------------------------------|-----------------------------|--------------------------|----------------------|--|--|--|
| DEVELOPMENT PHASE | | | REGULAR SEASON PHASE | | | PLAYOFFS <small>Playoff Tournaments Mar 15-30 End of season Mar 31</small> | | |
| 4 | 12 | 2 | 24 | 44 | 20 | TOURNAMENTS <small>4 tournaments 16 games</small> | | |
| <small>WEEKS</small> | <small>PRACTICES</small> | <small>EXHIBITION GAMES</small> | <small>WEEKS</small> | <small>PRACTICES</small> | <small>GAMES</small> | | | |

TOTAL PRACTICES: 45 - 55 | TOTAL GAMES: 35 - 45

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 - Tournament style playoffs, no elimination style

- CONSIDERATIONS:**
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