



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.

Initiation: Age 5

DEVELOPMENT PHASE

12 WEEKS 24 PRACTICES 0 GAMES
(Cross-Ice)

REGULAR SEASON PHASE

14 WEEKS 20 PRACTICES 10 GAMES
(Cross-Ice)

PLAYOFFS

No Playoffs
End of season March 31

TOURNAMENTS

3 tournaments
12 games

TOTAL PRACTICES: 35 - 45 | TOTAL GAMES: 15 - 25

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).
- No elimination style playoffs
- Jamborees / Festivals - 3 on 3 / 4 on 4 / 5 on 5 cross ice
- No Full Time Goalies. Must rotate players through all positions.
- Mandatory cross ice games

CONSIDERATIONS:

- Small Nets
- Blue 4 oz pucks
- Fair/Equal Ice Time
- Ball hockey / Floor Hockey / Floor Ball as additional activities
- 5 to 1 player to coach ratio maximum
- Station based practices
- Consistent time ice sessions for practices and games (consistent days and times) - ideally 2 practices per week





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Initiation: Age 6

DEVELOPMENT PHASE

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(Cross-Ice)

REGULAR SEASON PHASE

14 WEEKS 20 PRACTICES 10 GAMES
(Cross-Ice)

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End of season March 31

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Initiation Program



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Initiation: Age 5-6
Mixed Programming

DEVELOPMENT PHASE			REGULAR SEASON PHASE			PLAYOFFS No Playoffs End of season March 31	
12	24	0	14	20	10	TOURNAMENTS	
WEEKS	PRACTICES	GAMES (Cross-Ice)	WEEKS	PRACTICES	GAMES (Cross-Ice)	3 tournaments 12 games	

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