



Player Development

4 oz. Lightweight Blue Puck Policy

OMHA Policy 2.3 | Programming Below Novice

f) The Lightweight Blue Puck shall be mandatory for all hockey programs Tyke and below

Overview

The OMHA uses the Lightweight Blue Hockey Puck for all hockey programs for players participating in the Tyke and Initiation age groups in order to allow these younger players to develop proper technique in passing, shooting and stickhandling. The Blue Puck is ideal for younger players to improve their coordination, quickness and speed.

What is it?

The Lightweight Blue Puck was created for entry-level hockey players. The dimensions are the same as regular puck, the difference being the weight and colour. A regular puck is black and weighs 6 oz., whereas a Lightweight puck is blue and weighs 4 oz. The colour indicates the lightweight classification, which conforms to Rule 26 of Hockey Canada's Official Playing Rules.



<i>In-line (roller hockey) Puck</i>	3.5 oz.
Lightweight Blue Puck	4-4.5 oz.
<i>Standard Black Puck</i>	5.5-6.0 oz.

Rationale & Benefits

At younger ages, teaching proper technique in passing, stickhandling and shooting through the use of age-appropriate equipment is critical to skill development.

The Blue Puck is easier to shoot, pass and stickhandle for players in the earlier stages of physical development. Along with the correct stick, this allows the younger, less physically mature player to build confidence and learn the proper technique of passing, shooting and stickhandling.

The use of age-appropriate equipment and modified playing environment, such as Cross-Ice games, is consistent with others sports such as soccer, baseball, basketball and tennis and is reinforced through Hockey Canada's Long Term Player Development model.

Younger players can experience more success with the lighter puck. Success leads to more confidence and fun! Confidence and fun result in more passion for the game!