



# HHA Ice Touches Per Week

Last approved by board: December 2021

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The following policy is adopted directly from USA Hockey recommendations. Activities that qualify for ice touches per week are **District games, tournament games, scrimmages and practices** as outlined by USA Hockey.

## **BANTAMS**

- 5-6 ice touches per week
- Practices are 60 minutes - no practices Wednesday
- Games and scrimmages are 90 minutes

## **PEEWEE & 12U**

- 4-5 ice touches per week
- Practices are 60 minutes - no practices on Wednesday
- Games and scrimmages are 75 minutes

## **SQUIRT & 10U**

- 3-4 ice touches per week
- Practices are 60 minutes - no practice on Wednesday
- Games and scrimmages are 60 minutes

As these guidelines are adopted from USA Hockey recommendations, this policy will be periodically reviewed and compared against current recommendations and updated accordingly by the HHA Board of Directors.