

## 25.0 12U GUIDELINES (NEW ARTICLE)

### SPECIFIC WORDING OF PROPOSAL:

(As it should appear with New Wording-**bold**, Deletions-~~strikethrough~~)

#### 25.0 12U GUIDELINES

Key principles at 12U are to follow age-appropriate concepts and skills so players enjoy the experience and develop both as hockey players and young kids. The focus is on fun, engagement, active practices, age-appropriate training, skill development and body contact. To increase retention and the value to families, we look to achieve 3:1 practice to game ratios, increase local play, and reduce travel.

- We encourage the use of 3:1 practice to game ratio. For a full season, the target is 60-90 practices (1 hour in length) depending on the level and 30-35 game days for all levels at this age group.
- At the House level, CAHA wants to appeal to those players who are content with 1 practice and 1 game per week, but we also want to increase the focus on skill development versus games. Therefore a 2:1 practice to game ratio is attainable if practices are increased and number of games is decreased. To achieve this, we recommend 3 teams on ice in practices.

#### 25.1 12U ADM Guidelines and Recommendations

LEVEL	PRACTICES (2:1 MINIMUM TO DESIRED 3:1 RATIO)	RECOMMENDED GAME DAYS	OFF-ICE	RECOMMENDED GROGRAPHY
12U House	60-70	30-35 Game Days	2 per week	House only
12U House Select and 12U B	60-70	30-35 Game Days	2 per week	Recommend no more than 1 trip traveling outside of CAHA per season.
12U A	80-90	30-35 Game Days	2 per week	Recommend no more than 2 trips traveling outside of CAHA per season.
12U AA	80-90	30-35 Game Days	2 per week	Recommend no more than 3 trips traveling outside of CAHA per season.
12U AAA	80-90	30-35 Game Days	2 per week	No limitations but it is encouraged that travel and lost school days are minimized