

Frequently Asked Questions U7/U9 House League

**Answers for coaches,
managers and parents**



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Question: What are the coaching requirements for U7/U9?

1. Hockey University Online Community Coach training: All coaches registering for a Coach 1 – Intro to Coach or Coach 2 – Coach Level clinic must complete the Hockey University online course (HU – Online Coach 1/2) prior to signing up for their virtual clinic.
2. NCCP Coach 1 Intro to Coach (only Trained status needed, not Certified): is a requirement for any coaches that are coaching at the U7/U9 level.
3. Respect in Sport Activity Leader/Coach: All managers, coaches and safety representatives must complete this course every 5 years.
4. Child Abuse Registry Check: the check will be coordinated by SBMHA
 - a. Please print the attached Child Abuse Registry Check form, **complete and sign both:**
 - i. **SECTION B – SUBJECT’S INFORMATION.**
 - ii. **Part 1 Consent to Collection & Disclosure** of Information and Results
 - iii. Notes: You are the “Subject” and SBMHA is the “Applicant”. You have to **sign in two places.**
 - b. **Completed forms:**
 - i. Meet a SBMHA volunteer in person at the dates/times noted below to drop off your forms.
 - ii. **Your ID will be verified and the volunteer will collect your forms**

The whole process will be communicated to the team via email with dates and times for verification.

Question: When do I receive uniforms and are name bars provided?

- U7: The U7 Director will communicate with teams regarding when and where to pick up jerseys and socks
- U9: The U9 Director will provide you with a date to come pick up jerseys and game socks at Southdale.
- If teams desire to purchase name bars, this is the responsibility of each team to coordinate. Har-val (<https://www.harv-al.com/>), Source for Sports (<https://www.sourceforsports.ca/>) or HomeRun Sports (<https://homerunsports.com/>) are all good places to contact.

Question: Is goalie equipment provided for U9 House League?

- Yes, coaches can come pick up the equipment at Southdale CC on on a specified date set by the U9 House League Director. The equipment room is situated in the east rink at the end of the bleachers at Southdale CC.

Question: What does the cost of registration go towards? What is a cash call?

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- Registration pays for IP skates, league game ice, referees (U9), game jerseys/socks and TeamSnap.
- A cash call by team managers is normally done 1 to 3 times a year. This is often done at the beginning of the season and at the start of the second half of the season. Parents pay this additional money to pay for practice ice, wind ups and tournaments. This cash call is above and beyond the registration cost.

Question: Is practice ice provided by SBMHA?

- Every U7/U9 House League team will be provided with 1 contract weekly ice time which is often on the weekend. This will be shared half ice with another team. *Please note that the practice ice cost is not covered by registration fees.* Teams wanting other practice times will be asked to find it on their own.

Question: What is the game format for U7?

These are the basic rules regarding the format and structure for the U7 games:

- The ice is divided into three zones with the outer zones being cross ice games and the middle zone being the developmental zone.
- Players will play shifts ranging from 2-5 minutes in each zone and will rotate through the three zones.
- The games will be 3 on 3 or 4 on 4 depending on the number of players on each team.
- A faceoff will take place at the beginning of each shift.
- The developmental zone will be used for drills and skill development.
- After a goal, the offensive team will back off so that the defensive team may begin to transition to offense.
- Coaches are responsible for keeping the flow of the game moving, offering assistance to players as needed and enforcing the rules.
- There is not icing or offside.
- Score will not be kept.

For an extensive overview of the format, follow the link below:

<https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/under-7/associations/game-play-rules>

Question: What is the game format for U9?

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These are basic rules regarding the format and structure for U9 half-ice games:

- Teams use their own bench for the duration of the half-ice game (if agreed, teams may share one bench)
- The half-ice game will be played 4 vs. 4 (skaters) and 1 goalie from each team
- Games are 2 x 24-minute periods (teams switch ends after 1st period)
- The visiting team defends the net on the centre red line in the 1st period
- Officials will draw a dot in the middle of the Game Zone for all face-offs
- Each team has 8 players in the Game Zone at all times (4 on the ice, 4 on the bench)
- The remaining players are in the Development Zone
- Shifts are 2 minutes, running time; continuous play within each shift
- Buzzer sounds once at the end of each 2-minute shift, however clock continues to run
- A face-off will take place at the start of every shift
- After a 4-shift segment (8 minutes), clock is stopped and buzzer is sounded to signify player rotations
- Each team rotates new players into the Development Zone for the next segment
- There are NO icing or offside calls
- Score will be kept, however goals and assists will not be recorded
- Goalies may only be pulled in the last shift of any game
- Players and coaches shake hands after the game

For an extensive overview of the format, follow the link below:

<https://www.hockeywinnipeg.ca/wp-content/uploads/2021/10/U9Half-IceDevelopmentManual.pdf>

Question: Is there a document for coaching in the development zone?

Follow the link below for ideas and information regarding coaching the development zone:

<https://www.hockeywinnipeg.ca/wp-content/uploads/2021/10/U9Half-IceDevelopmentManual.pdf>

Question: Are there resources to help coaches with practice planning?

- Although other coaches are a great place to acquire drills and ideas for skill development during practices, Hockey Canada provides a range of resources that can be helpful for U7/U9 coaches. For these resources, please follow the links below:

<https://www.hockeycanada.ca/en-ca/hockey-programs/drill-hub>

Question: Where do I find tournaments?

<https://www.hockeymanitoba.ca/teams/tournaments/minor-hockey-tournaments/>

Question: What is March Meltdown? When is it? What is the registration fee?

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- The March Meltdown tournament is a season end tournament hosted by SBMHA for U7 and U9 House League teams. The format of the tournament may vary depending on the year but is meant to be a fun way for teams to finish the season. The March Meltdown takes place at the beginning of March and generally runs for 6-10 days depending on the number of teams and tournament format. The registration cost will vary from year to year and will be communicated with the announcement of the tournament.
- Teams can expect information from their age director regarding the tournament sometime in the early second half of the season.

Question: What are the duties of a manager?

- For an outline and reference as to the duties and responsibilities of the manager, please see the SBMHA Manager Guide on the SBMHA website. The document outlines elements such as parent meetings and finances.

Question: How do we manage our team finances?

- Although outlined in the SBMHA Manger Guide, it is important to note that team finances cannot be managed in a personal bank account. Each team will need to open a team account using a SBMHA bank authorization form (this form can be obtained from the SBMHA Board). The completed document will then be sent to the SBMHA treasurer (treasurer@sbmha.ca) and he/she will sign and send you a pdf copy to bring to your financial institution.