



Game Limit Proposal Submitted to Hockey Operations

The current rule for squirts provides for a 35 game limit and a 3-1 practice to game ratio. That means 105 practices and 35 games at the squirt /U10 level. The combination equals 140 sessions in a season that is 130-150 days long depending on when a program starts and ends. In light of this discrepancy and with the awareness of a need to provide guidelines for youth teams the following recommendations are offered.

The Pee Wee/U10 and Bantam/U14 ages have been defined by child development experts as the ages for maximum receptivity for fundamental skill development. It is during these 4 years as players are maturing physically and mentally that their fundamental skills are formed. It has also been determined by sports development experts that at these age levels maximum development and skill acquisition occurs in practice sessions as opposed to game sessions. The advantages in ice time and puck touches provided in practice versus games are well documented where one practice is the equal of 3 or 4 games. These are undisputed facts.

In order to align our programs so that our players have the maximum development opportunities and practice to game ratios the Hockey Operations Committee recommends the following game limits for youth/girls hockey.

| | |
|------------------------------|-----------------------------|
| Mini Mites (5 & 6 year olds) | 15 Cross-ice or ½ ice games |
| Mite (7 & 8 year olds) | 15 games |
| Squirts/U10 | 30 Games |
| Pee Wees/U12 | 40 Games |
| Bantams/U14 | 50 Games |

The limits apply to all games/scrimmages and controlled scrimmages. District, Regional and State Tournament games would count towards the maximum limit.

Comments are welcome. Please email : info@minnesotahockey.org with your thoughts.