



OPTIMAL ICE TIME POLICY

The purpose of this policy is to outline the Calgary Northstars Hockey Association (the "CNHA") philosophy with respect to player ice time. The overarching goal of the CNHA is to maximize the long-term development of all players within the CNHA. We therefore value player development more than the outcome of a particular game, and we understand that player development comes from experiences gained in all situations.

In order to achieve our long-term goal, we are requiring all coaches to operate within three phases with respect to a player's ice time.

ASSESSMENT PHASE (Until November 30th)

1. **Equality of Outcome** – During this phase, we are aiming for an "equality of outcome". That is, we expect the outcome to be that all players receive equal playing time in all situations on a rotational basis.
2. **Specialty Teams** – Coaches May begin to experiment with players on specialty teams, but all players must receive an equal amount of time in each of these situations.
3. **Last Five Minutes** – Coaches May begin to experiment with having different players play during the last five minutes, but all players must continue to receive an equal amount of time over multiple games.
4. **Goaltenders** – Goaltenders are to rotate on the game-by-game basis, but they may be pulled (if the score could be detrimental to their self-confidence) and the rotation can be adjusted.

BUILDING PHASE (Until January 1st)

5. **Equality of Opportunity** – During this phase, we are aiming for an "equality of opportunity". That is, we expect that all players receive at least an opportunity to play in all situations at different times.
6. **Specialty Teams** – Specialty units can be formed with chosen players assigned the power play roll, or penalty killing roll, however all players should at least be provided further opportunity in each role during practices (children can sometimes be better in certain situations than at first believed). It is still expected that all players have a meaningful role in special situations, as the players will likely end up fulfilling these roles on future CNHA teams.
7. **Last Five Minutes** – Coaches Can manage the bench as they see fit, but all players must have the experience of playing at least some of the last five minutes of a game.
8. **Goaltenders** – Each goaltender must play at least one game of a three game series and two games of the next series, but they may be pulled (if the score could be detrimental to their self-confidence).

EXECUTION PHASE (After January 1st)

9. **Discretion** – During this phase, we recognize that teams want to have the best chance of winning and we, therefore, are leaving it to the Coaches to determine how players can best help the team succeed, including the composition of specialty teams.
10. **Meaningful Role** – While coaches can manage ice time within their own discretion, all players must have a meaningful role within the team. In order to ensure the objectivity of this process, we have establish the following guidelines:
 - a) Each Forward must play a minimum of 10 minutes per game. This time allotment is 65% of the 15 minutes each player would play on a team comprised of four equally rotated Forward lines.
 - b) Each Defensive player must be played a minimum of 13 minutes per game. This time allotment is 65% of the 20 minutes each player would play in a team comprised of three equally rotated Defensive lines.
 - c) We recognize that penalties and disciplinary measures could result in a player not achieving the minimum



time in a game or games and we therefore expect the foregoing times to be implemented on a rolling three game average basis. In the event a player is frequently failing to play the minimum time, such situation should be brought to the attention of the General Manager of Hockey Operations.

11. **Goaltenders** – Goaltenders must start a minimum of one game in each three-game series. U18AAA is able to have a starting goalie and a backup goalie in a playoff series, with the approval of the GM of Hockey Operations.

DISCIPLINARY ACTIONS

A coach can, at any time, limit ice time for a disciplinary reason, such as breaking a team rule or taking an undisciplined penalty. This action can only be taken subject to the following:

12. A coach can only utilize this form of accountability if the player being disciplined has been educated as to what was expected.
13. A player can only miss up to two shifts for each infraction. The GM of Hockey Operations must be consulted if further action is required.

Board Approved October 19, 2020

