

## **U9 and older FAQs**

### **What equipment does my player need?**

All players will require the following equipment:

- Skates
- Helmet with cage
- Neck guard
- Shin pads
- Shoulder pads/chest protector
- Jock/Jill
- Elbow pads
- Hockey gloves
- Hockey pants
- Hockey socks (home and away colours)
- Practice jersey
- Water bottle
- Mouthguard (mandatory for boys hockey, optional for girls, as per league requirements)
- Hockey Stick

Please refer to this video from Hockey Canada to ensure the equipment is properly fitting:

<https://www.youtube.com/watch?v=VtzUxPebp2k>

If your child is interested in being a goalie, SMMHA provides goalie equipment for U9.

### **My child has special needs and wants to play hockey. What should they register for?**

SMMHA believes that everyone should have the opportunity to play hockey. Please reach out to the Registrar for more information: [registrar@smmha.ca](mailto:registrar@smmha.ca)

### **What is the difference between U7 and the older divisions?**

- At U7, the focus of the program is an introduction to hockey in a fun, learning-centred environment, where players, both boys and girls, of all stages of ability, play and learn together
- U9 hockey is divided into OWHA (girls) and OMHA (boys). Please use RAMP to register for OWHA and HCR/Spordle to register for OMHA. Links can be found [here](#). This age group continues to function as a Hockey Canada Pathways program, where players continue to grow and develop their abilities. This age group will play 1/2 ice games, with 2-minute buzzers to dictate shift change, graduating to full ice mid-January
- U9 and above can participate in either local league hockey or can try out for a Rep team.
- Parents are expected to take on the role of running clock and doing the game sheet for all home games. Typically, this is done by the families who do not have someone on the bench staff. If you do not know how to run the clock or the game sheet, ask your child's coach or manager for opportunities to learn.

### **What is House League/Local League Hockey?**

House League/Local League hockey typically has 2-3 ice times per week (one practice and 1-2 games).

Two birth years are combined to make each age division team ie. U9, U11, U13, U15

OMHA Local League teams are part of the Lambton Middlesex Local League which may include travel to Port Stanley, Alvinston and Forest as well as other centres closer in proximity. At the end of the season, teams will compete in the LMLL playoffs, with the winner emerging as the LMLL division champion.

OWHA House League teams are part of the WOGHL league which may include travel to centres as far away as 2 hours.

House League/Local League teams will take part in tournaments (local and/or away) at an additional cost to families.

A player does not need to take part in the tryout process to be on a House League/Local League team.

\*Please note that in a division that only has enough registered players for one team, the team will typically be a Rep team.

### **What is Rep Hockey?**

Rep hockey for U10-18 typically has 3-4 ice times per week (1-2 practices and 1-2 games). Due to the additional hour of practice time and the use of more referees, there is an additional cost of being on a Rep team. The Rep Fee for 2024-25 is TBD. As a reference, the fee was \$280 for the 2023-24 season. For the U9 teams, in lieu of extra ice time, there is an additional development opportunity.

OMHA teams are part of the Shamrock hockey league which may include travel to centres as far away as 1.5 - 2 hours.

OWHA teams are part of the WOGHL league which may include travel to centres as far away as 2 hours.

Rep teams will take part in tournaments (local and/or away) throughout the season (at an additional cost to families).

At the end of the season, all **OMHA** teams will take part in a round robin format playdown series. Winning teams will move on to a semi-final series with the hopes of taking part in a Championship tournament at the end of March/beginning of April (this will likely require travel). If a team does not move on to the semi-final series, it will take part in the Shamrock league playoffs concluding the end of March.

At the end of the season, **OWHA** teams will take part in both a playoff and playdown series. Winning teams of the playdown series will go on to compete at the OWHA Provincials tournament in the GTA in April.

All players interested in playing Rep Hockey are required to participate in the tryout process with their age division. The tryout fee will be \$65.

**What will my child's schedule look like?**

The schedule will not be finalized until the Fall.

**Volunteering and Fundraising**

Fundraising is an important part of our hockey community and helps to reduce registration fees. SMMHA hosts 4 tournaments/jamborees each season which cannot run without volunteers. In lieu of a bond program, all teams will be assigned to a tournament and families are expected to sign up for shifts working the registration table, doing the clock or scoresheet.

**What can I do if I have missed the registration deadline?**

Registration for the waitlist will open 24 hours after registration closes. When a space becomes available, you will receive notification that you can move forward with registration and payment. Please refer to the Registration page on the SMMHA website for the appropriate links.

**What if my child decides they no longer want to play hockey?**

Please refer to the SMMHA refund policy found [here](#)

**\*SMMHA does not communicate by mass email. Please [subscribe to the website](#) to be notified of all Organization announcements and events.**