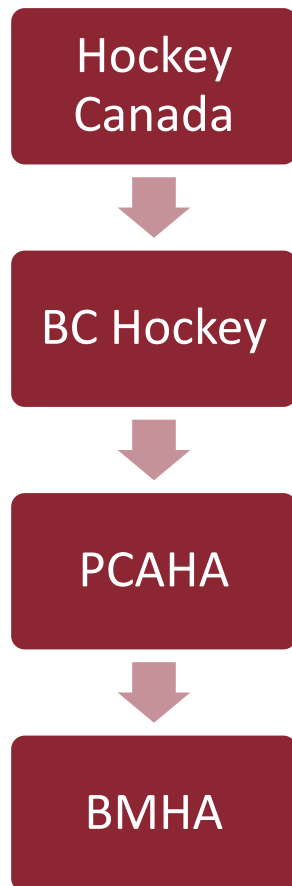


Hockey 101 - FAQs

This FAQ is for first-time hockey families and returning members who want a refresher on how Burnaby Minor Hockey Association (BMHA) works

Where does Burnaby Minor Hockey Association fit in the minor hockey world?

The world of minor hockey is overseen by various governing bodies and leagues, from Burnaby Minor Hockey Association up through to Hockey Canada.



Hockey Canada is the governing body for amateur hockey in Canada. They are responsible for the major decisions such as player divisions (or age groupings), and general rules & procedures. Hockey Canada is divided into 13 branches. The branch we fall under is BC Amateur Hockey Association.

BC Amateur Hockey Association (BCAHA aka BC Hockey) is the governing body of amateur hockey in the province of British Columbia and the Yukon Territory. They are responsible for carrying out the Hockey Canada programs as well as other programs such as officiating, coaching, and development programs for bench staff. BC Hockey is divided into 8 districts – we fall under the Pacific Coast Amateur Hockey Association umbrella.

Pacific Coast Amateur Hockey Association (PCAHA) is the governing organization for minor hockey in the Lower Mainland District of BC Hockey, including the area from Hope to the Sunshine Coast. PCAHA is responsible for many of the regulations by which we play (and administer hockey) and are decided here. Burnaby Minor Hockey Association is one of the forty-four associations under PCAHA.

Burnaby Minor Hockey Association (BMHA) is responsible for all minor hockey activities within the boundaries established by PCAHA. As a non-profit association with about 700 members, it is the philosophy of Burnaby Minor Hockey Association that all children who wish to learn the skills of hockey should have the opportunity to do so, within the limitations of available facilities, financial restrictions and available volunteer coaches. It is also the philosophy of BMHA to provide an environment in which these children can learn hockey skills, play at a level consistent with their aspirations, learn good sportsmanship and develop into young men and women that their parents and the community can be proud of.

What are the different levels of hockey available at BMHA?

Players at Burnaby Minor Hockey Association may participate at one of the following age divisions:

- U5 (born 2021)
- U7 (born 2019 or 2020)
- U9 (born 2017 or 2018)
- U11 (born 2015 or 2016)
- U13 (born 2013 or 2014)
- U15 (born 2011 or 2012)
- U18 (born 2008, 2009 or 2010)
- U21 (born 2005, 2006 or 2007)

For U11 & older divisions, teams are available at a “C” Recreational or “A” Representative (Rep) level. Rep Hockey is generally for the more skilled players, where the teams play at a higher caliber and require more of a time and financial commitment. To make a Rep team, a child must attend “try-outs” which usually occurs in mid-August (or September for U11), and follow the try-out process where the top players for Rep teams are selected.

Can girls play at Burnaby Minor Hockey Association?

BMHA is not offering girls-only (female) divisions for the upcoming season. However, we continue to provide integrated (co-ed) programming in a supportive and inclusive environment, and we welcome girls of all ages and skill levels to register in our co-ed (integrated) programs.

What kind of hockey equipment does my child need?

Hockey Canada has strict guidelines on the equipment that your child must wear at all times when on the ice to ensure their safety. Required equipment includes:

- Helmet
- Neck/Throat Protector
- Athletic Supporter (Jock/ Jill)
- Chest Protector
- Elbow Pads
- Gloves
- Game Jersey & Game Socks – BMHA does provide a game jersey for the season & game socks once your child is assigned to a team and a jersey deposit has been collected; the deposit is returned to you at the end of the season when the jersey is handed back in.
- Hockey Pants
- Shin Guards
- Skates
- Hockey Stick
- Hockey Bag to hold equipment
- Practice Jersey & Hockey socks

Your child will need to have all required equipment for the evaluations at the start of the season. For more information on equipment and what to look for when purchasing hockey gear, please visit Burnaby Minor website’s at www.burnabyminor.com.

How much does it cost for my child to play?

Registration fees paid to BMHA depend on the division that your child will play in. In addition to the registration fees, there are **team fees** where each team will develop its own team budget based on factors such as the number of tournaments that they will participate in, how much fundraising the team will do, etc. Those on Rep teams will also have to pay an **additional Rep Fee** to cover the costs of coaching and additional ice times.

How much time is involved?

Generally, each team has one to two practices, one “home” game, and one “away” game each week, and depending on the age division, each ice time may vary from 1 to 2 hours. So typically, it will be a 3 to 4 ½ hours per week time commitment. Some coaches may hold extra practices, off-ice dryland training sessions and other team activities which will require additional time.



When does the season start and when does it end?

The season officially starts after Labour Day. However, camps for players are offered prior to the season start and evaluations for those trying out for Rep (U13 & Older) tend to hit the ice late August for evaluations. The season wraps up mid/ late March.

When are practices & game times?

“Home” ice times do vary from year to year depending on the number of teams, and ice times made available to BMHA by the City of Burnaby and Canlan Scotia Barn. Generally, ...

- Those U9 and younger can have practice ice times that can start as early as 3:30pm and usually no later than 7pm on weekdays, and as early as 7am and usually no later than 7pm on weekends.
- Most U11 & U13 teams have practice ice times at 6am or 7am on the weekdays & weekends. Game times tend to be after 7pm on weekdays or throughout the day up until 7pm on weekends.
- For most U15, U18 and U21 teams, the practices and game times are usually in the evenings.

Where do we play?

BMHA’s practices and “HOME” games generally take place in one of the following rinks: Kensington Park Rink, Bill Copeland Arena, Rosemary Brown Recreation Centre, and we have some ice times at Canlan Scotia Barn Burnaby. However, “AWAY” games at other minor hockey associations are played at other rinks across the Lower Mainland, and for the older Rep divisions, games may extend into the Fraser Valley/ Sunshine Coast/ Whistler, etc., on occasion.

What if my child doesn’t skate very well or can’t keep up with the other kids their age?

Evaluations are done at the start of the season to assess each child’s skating/hockey abilities. If a child is having difficulties matching the skills of his age group, an evaluator will discuss options with the parents. Often, BMHA offers additional development including ice time designed to work with players who are new and focus on developing the basic foundations for skating and hockey skills.

How is it determined which team my child will play on within a division?

Evaluations are done at the start of the season to assess each child’s skating/hockey abilities. The children are then temporarily assigned to a “group” of skaters to start the season. The first few weeks are primarily used for warm-up. For U11C and older C divisions, these groupings then begin to play games against each other to determine if they are of equal strength. During the next month or so, groupings are evaluated and decisions are made by BMHA as to how to redistribute players between groups with the intention that no single grouping is stronger than the others within the division. This process is called “BALANCING”. As a member of PCAHA (Pacific Coast Amateur Hockey Association) we are mandated to have balanced teams.

If it is determined the groupings are “unbalanced”, we are obligated to redistribute players to make them more even. This continues until the groups are “deemed balanced” by PCAHA and grants the newly formed teams official status. If BMHA cannot bring the teams “into balance”, PCAHA can mandate specific player movement between groups, and if that is not followed, can suspend the team(s). The final declaration of whether or not teams are “balanced” is the prerogative of PCAHA, not BMHA. We simply facilitate the process and do our best to bring the teams into alignment as soon as possible.

For those in U11C and older C divisions, by mid/late October, most kids will have been placed into the groups they will play the season out with. For those in U7 & U9, placement may extend into November. HOWEVER, at anytime up to January 10th, PCAHA may mandate player movement between teams to meet the mandatory balancing requirement.



When will I know what my child's ice time schedule will be?

Your child will not have a set "home" ice schedule until the teams are formed in mid/late October. However, please note that "away" games will be played according to the other teams' ice times.

Who oversees my child's division?

Each division (e.g., U7, U9, U13C, etc.) has a Division Manager (DM). The DM is responsible for facilitating team formation and helping ensure the season runs smoothly for all teams in that division. Before teams are formed, the DM (emails can be found on the [Contact Us page](#) of the website) is your main contact for questions about player placement, policies, or general information about the program.

Who will be on my child's team staff?

Once teams are formed, each team will have the following team officials:

- Head Coach – Leads the team on and off the ice, runs practices, manages games, and focuses on player development.
- Assistant Coaches – Support the Head Coach during practices and games, help run drills, and manage the bench.
- Team Manager – Handles off-ice team operations including schedules, communications, tournaments, and volunteer coordination.
- Safety Person (HCSP) – Responsible for injury prevention, safety protocols, first aid, and concussion management.

Are parents expected to volunteer?

Yes - BMHA is a volunteer-driven association, and we count on each family to contribute a bit of time. Every family with a player in U15 or younger is required to complete a minimum of 10 volunteer hours over the season. To ensure commitment, BMHA collects a volunteer deposit at the start of the season, and if you complete your volunteer hours, your deposit will be returned at the end of the season. There are lots of ways to help – from the team-level (e.g., scorekeeping, timekeeping, organizing team events, etc.) to the association-level (e.g., helping with jersey distribution/collection, tournament helpers, board role, etc.).

Can I specify a certain coach or team that I want my child to play for? Can I request that my child play with his friend for car-polling purposes?

Unfortunately, BMHA is not able to accommodate requests to play for specific coaches, teams, friends as this creates difficulties balancing teams, as required by PCAHA.

My child has soccer/swimming/XYZ activity on Saturdays, can he/ she be on a team that doesn't have ice time on that day?

Unfortunately, BMHA cannot guarantee accommodating scheduling requests as this creates difficulty balancing teams. Please contact your Division Manager for further information.

Now that we've registered, what's next?

The BMHA website www.burnabyminor.com will have all the latest information about upcoming events such as pre-season hockey camps and evaluation times. Please check the website often as information is constantly being updated. As well, the TeamSnap app will have the schedule for your child and will be a key communication tool for your team.

