



NORTHERN ONTARIO HOCKEY ASSOCIATION

110 LAKESHORE DRIVE
NORTH BAY, ONTARIO P1A 2A8
PHONE: (705) 474-8851 • FAX: (705) 474-6019
www.noha.on.ca



Date: October 30, 2020

To: NOHA Associations and Single Entry Teams

From: Sue Shepherdson

Re: U16-U18 Hub

The NOHA, in conjunction with the Great North U18 League, are pleased to announce that it has received approval from the OHF Directors to move forward with the U16/U18 AAA Hub concept, beginning on November 16, 2020.

What is the U16/U18 Hub?

Each U16 and U18 Team will form Teams of 22 Players, who will participate in practice together and will be sub-divided into groups of 11 for the purpose of competition.

The Hubs will consist of 44 Players (2 Teams) as follows and Teams will only participate in game play with the other Team in their Hub:

Sault Major U18 – Sudbury
North Bay U18 – New Liskeard
Timmins – Kapuskasing
Sudbury U16 – North Bay U16

Teams will be formed starting on November 16, 2020 with a two (2) week evaluation phase (individual skills) with modified 5 on 5 game play beginning the week of December 1, 2020 through to January 1, 2021.

The Program will be further evaluated leading up to January 1 to determine the structure for the remainder of the season and for possible consideration to be implemented at other Divisions.

Player Evaluations

Evaluations for the purpose of forming Teams can begin on November 16 and will take place over the course of two (2) weeks with Players who are resident of the NOHA only (notwithstanding any Hockey Canada Appeals).

Players will be eligible to participate in evaluations, with applicable releases from their Home Association, in their Public Health Unit only, for the first week. Per OHF guidelines, Players are also eligible to play where they played last season. Should a Player not receive a



NORTHERN ONTARIO HOCKEY ASSOCIATION

110 LAKESHORE DRIVE
NORTH BAY, ONTARIO P1A 2A8
PHONE: (705) 474-8851 • FAX: (705) 474-6019
www.noha.on.ca



commitment after the first week, they may be eligible to participate in evaluations with another U16/U18 Team for the second week, pending approvals from the applicable Public Health Unit.

Note that a Player who has participated in game play within another Association is able to participate in evaluations as the tryouts are to be done based on individual skill only.

Skill Development Opportunities

Each Team has committed to provide at least three (3) hours of practice time per week, in addition to game play.

Practice plans (one individual skill and one team practice per week) will be developed by the Hockey Canada High Performance Department to ensure consistency for all Teams.

As well, the NOHA and League will be working with the OHF and Hockey Canada to provide virtual modules for Players and parents on topics such as: Handling the Media, Mental Preparation, Nutrition, Off-Ice Training, and the “Canadian Way”.

Game Play

Starting on December 1 each Team will play six (6) games through to January 1. Game play beyond January 1 will be determined prior to that date.

Each Association/Team will be working with the other Association/Team in their hub to schedule games in each centre.

All games will be played 5 on 5 with modified rules, which includes no physical contact, and no faceoffs. Games will be two (2) 22-minute periods using two (2) Officials.

Games will also be streamed online, where possible, via HockeyTV.

Should you have any questions, please do not hesitate to ask.

Yours truly,

Sue Shepherdson
NOHA President