

# CAHL

## Connecticut Arena Hockey League

The CAHL is a competitive travel program designed to build better hockey players by being structured and developmental. Every player plays a full shift. Players return to their respective winter youth associations at the end of CAHL season.

**Participating Arenas:**

- Brewster
- Danbury
- Darien
- Shelton
- Stamford (Terry Conners)
- Bridgeport (Wonderland)
- Stamford (Twin Rinks)

### **Divisions: Mite – Squirt – PeeWee – Bantam**

Twenty (20) players maximum, sixteen (16) players minimum per team. To be eligible for championships, a player must play in at least 50% of regular season games. All players will play “up” to their 2010/2011 USA age classification. (Example: a second year PeeWee player will play at the Bantam level in the CAHL)

Players should play at the CT facility that is closest to their home. Out of state players are accepted. League play will culminate in Championship Tournament.

**Open Try-outs** will take place at each individual Facility before the end of March. See Arena for details.

**Regular Season Games** – there will be 8 regular season games. April 11 – June 6

**League Championship Tournament** – all teams participate in playoffs. June 12-20  
Locations & times to be announced

### **Days & Times**

Practice may not begin before the state tournament ends. All CAHL teams must hold at least 4 practices per season. Contact your Arena for practice schedule. One game per weekend.

### **Format of Play**

15-Minute full stop time periods for Bantam teams.

12-Minute full stop time periods for Mites & Squirt & PeeWee teams.

**Note:** Professional coaches recommended, but not required – does not affect fees.