



PMAHA A/AA Rep Tryout Process - 2026

Hello Players & Parents,

Welcome to the 2026 PMAHA A/AA Rep hockey tryouts. This document pertains to all players and parents who have elected to tryout for our A (Rep) teams. For many this will be the first time you have made the decision try-out, or you may have now reached the U11 age group where your player is able to try-out. Whether you are a year one rookie or a year five veteran, we want to ensure everyone understands the policies and process that will be used ahead of time and has an opportunity to ask questions; and raise any issues they may have prior to evaluations starting.

The Tryout process will be broken into 4 distinct phases:

1. Pre-Tryouts
2. Tryouts Phase 1: 4 day evaluation process; mix of skills evaluation and/or in-house scrimmages
3. Tryouts Phase 2: 1-4 week evaluation process; team practices, exhibition games vs other associations

1. PRE-TRYOUTS

1.a. DECLARATION OF POSITION

Before Phase 1 commences for each age group all players above U11 will be required to declare a try-out position of Forward/Defence/Goalie. Players trying out for rep who wish to be excluded from a specific Rep team selection, must notify their Divisional Coordinator before the Rep tryouts begin, i.e. player would only like to be considered for the A2 team; and would not like to be evaluated for A1 team, which “may” potentially reduce their ice time/participation during Phase 1.

1.b. PLAYERS REQUESTING TO PLAY UP TO A HIGHER DIVISION

U9 age players may elect to tryout for A/Rep in a higher age division, U11A. In order to be considered for selection for A1 or A2 team however they must be evaluated as being in the Top 20 after completion of Phase 1 & Phase 2 of tryouts and placed in the A Pool. If they fail to meet the Top 20 selection criteria and inclusion in the A Pool, they will immediately return to U9 division for the remainder of the season.

1.c. MANDATORY PARENT MEETING

A mandatory parent meeting will take place prior to your player's first ice session. This will be via Zoom Video-Conference Call (invite will be sent via email from Divisional Coordinator – see appendix). All tryout players must have at least one parent attend this meeting. At this meeting your Divisional Coordinator and member(s) of the Executive will be explaining the evaluation process and answering any questions you may have. Once you have signed-in on day 1 of tryouts, received your player's tryout jersey and your player has made their way to the dressing room, please check-in with your Divisional Coordinator to ensure they have documented your Tryout Process Acknowledgement. Players will not be allowed on the ice until your Divisional Coordinator has received either an electronic acknowledgement via the online form detailed later in this document; or in absence of this, a signed hardcopy of the form at the end of this document.



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1.d.COMMITMENT LEVEL EXPECTATIONS IN A/AA REP HOCKEY

A (A2) / AA (A1) Rep Hockey does come with a higher commitment requirement from both players and parents. There is an additional fee to register for Tryouts, and they will run for 1-3 weeks before team rosters are finalized. Team fees WILL be higher than on our C/Rec Teams, but profits from hosting a home tournament should offer some opportunity of a rebate on the costs of playing Rep Hockey for U11A/U13A/U15A teams.

Every year we have kids disappointed they did not make the team they wanted - the tryout selection process can be emotionally tough on parents and also on players if they are not properly prepared for the potential outcomes.

After being rostered to an A/AA Rep team you can expect **higher team fees, more development ice time, more games, longer game times, additional travel expenses and time commitments** to attend away tournaments, **higher parental volunteer time**, a **higher expectation** to attend all team events and a higher expectation on **player effort level** at those events.

We do try to support our many multi-sport athletes but also expect that our A1 Head Coaches will also want you to prioritize Hockey, if there are conflicts with other sports.

1.e. GENERAL REGULATIONS

- No player may skate at any more than his/her assigned sessions.
- At minimum, all players must attend at least one tryout session (including players trying out for higher level teams including AAA/Zone, Junior, etc.) to be considered for selection. Players that are unable to attend a minimum of one Tryout session will be released.
- Injured players are also required to attend one session and meet with division coordinator.
- Players missing their assigned session(s) will not be allowed to make up any missed session(s).
- Players must wear all safety equipment including a C.H.A. approved neck guard.
- The following equipment rules apply to all skaters (non-goalies) during Tryouts Phase 1:
 - Only black helmets are permitted to be worn
 - Only PMAHA socks (or socks of PMAHA colours) are permitted to be worn
 - No pant shells (typically associated with Rep teams) are permitted to be worn
 - Only Black hockey shorts are permitted to be worn
 - No AAA/Zone, Spring, HPL, HSL, Academy, Winter Club or Junior team equipment is permitted to be worn
 - Goalies are exempt from these requirements
- Any player found not to be wearing all mandatory protective equipment or not following these rules will be asked to leave the ice and will not be allowed to return until he/she has remedied the issue. Any second occurrence may result in the suspension of the player from any further participation in Rep Tryouts.

1.f. U11 PATHWAY REQUIREMENTS

In the first week of tryouts U11 Rep players (up to 40 players MAX first come first served) will be offered **OPTIONAL** development ice times. These sessions will not be evaluated. See Schedule at the end of this document, times will vary on some days.



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U11A Tryouts Phase 1 will not commence until:

- a) after the kids have returned to school; and
- b) we have scheduled and offered all players on-ice development/skills sessions, which again, will not be evaluated.

2. PLAYER EVALUATIONS

- All Tryout players will start out on Phase 1 / Day 1 assigned to the B Pool in their division
- Ice times will be comprised of skills evaluation session(s) and/or scrimmage sessions, composition of these sessions varies by age division to reflect an increasingly higher importance on gameplay vs skating and skills as they players age up.
- Goalies will be assigned to *Goalies Only* skills session(s) and assigned to group(s) for the scrimmages. **Goalies WILL be evaluated in both goalie evaluation sessions AND one scrimmage.**
- Players shall be divided into BALANCED groups, and a unique identifier (jersey number) will be issued by your Divisional Coordinator. This number will be used during Tryouts Phase 1 & Phase 2 to identify the individual players. We know many players have favorite numbers, but please **DO NOT SWITCH YOUR JERSEY**. The Division Coordinators will endeavor to assign players into reasonably even sized groups based on:
 - Declared position i.e. Forward/Defence/Goalie
 - Players previous season (2024-2025 team placement) i.e. U13A1/U13A2 etc.
 - Birth Year i.e. 2015 (2nd year) or 2016 (1st year)
 - Alphabetical by first name
- During the selection process, players who decide to release themselves from a Rep team must firstly notify their Divisional Coordinator. Player may expect to sit out a minimum of 72hrs to allow the Executive and Coaches to meet. Player may then expect to be placed on a C team.
- The skills evaluation sessions practice plans (if applicable to your division) will be determined by the Coaching Coordinator, Program Directors & the representative A1/A2 Coaches.
- The on-ice assessment sessions shall be based on the following skills:
 - Skating skill & speed
 - Puck control
 - Shooting
 - Passing/Receiving Passes
 - Checking if appropriate (at Coach's discretion)
 - Hockey Sense (positional play & play making)
 - Compete (physical play & effort)
- Separate Goalie evaluations (2 sessions) will be conducted during the tryouts to ensure evaluators have the proper opportunity to evaluate the goalies. Skills sessions will be evaluated by our independent goalie evaluators – Assertion Goaltending Consultants.
- Scrimmage evaluations. Games will follow the guidelines outlined below:
 - Referees and Linesman will be in place and will be calling the game as they would any regular season game, including penalties. A penalty shot will be awarded to the player that the infraction occurred on rather than sitting another player out. The penalized player will sit in the penalty box for the time of the penalty.
 - To ensure reasonably equal ice time, every game will play with a 90 second shift buzzer in U11 games.
 - In U13, U15 and U18 games, players will change on the fly.



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- There will be no coaches on the benches, however we will have attendants on the benches to ensure that all players are adhering to the rules. Attendants may be an executive member or a parent or a designate (no parent will be allowed to be on the same bench as their player).
- Line compositions for the start of each evaluation game will be set by Divisional Coordinators and varied game to game where this is possible, to ensure some degree of fairness. Players will not be allowed to self-select their linemates but if a bench is short or oversized then some line rotation may naturally occur during the game.
- Evaluations will be conducted by our Independent Evaluators including one or more PMAHA Paid Coaches, provided they meet the qualification set out below.

2.a. INDEPENDENT EVALUATOR QUALIFICATION

- Our evaluators will report to a Selection Committee including paid PMAHA A/Rep coaches that have also met the following criteria:
 - Do not have a child registered in Port Moody Minor Hockey in the Division being evaluated.
 - Familiar with the level of competitive youth hockey in which they are evaluating.
 - Goalies will be evaluated by goalie specific evaluators.
- There will be zero communication with the evaluators (this includes any Coaches running the skill sessions) in or outside of the arena for the duration of Phase 1. Any violation of this policy will result in removal from the arenas for remainder of Tryouts.

2.b. A POOL SELECTION

PROCESS PHASE 1

Depending on the division, the composition of Phase 1 evaluations will vary i.e. U18 having a higher focus on gameplay and hockey sense over skating and skills, U11 & U13 having a focus on skills before starting to play scrimmages to assess gameplay & hockey sense.

Each day in Phase 1 the Selection Committee may elect to promote players from the B Pool up to the A Pool provided alternate ice/development time has been secured.

This is dependent upon the number of players remaining in the B Pool for the scrimmages on (days 2, 3 & 4); but is designed to improve evaluator focus on the bubble players, giving them MORE ICE TIME and MORE OPPORTUNITY to showcase their skills. The players promoted to the A Pool will be offered development ice times in place of evaluation sessions, so they effectively have the same number of ice times.

Its critical players understand if they are promoted to A Pool early in Phase 1 this does not mean they will be selected to the A1 team. It's entirely possible to be released to B Pool at a later stage.



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For example, see below a fictitious division below ...

Phase 1 (Day 1)

Start of Day 1: 41 skaters + 3 goalies start in B Pool

End of Day 1: 10 skaters + 1 goalie are promoted to A Pool

Phase 1 (Day 2, 3 & 4)

If less than 10 skaters were promoted on day 1, each day there may be additional players promoted to A Pool: or no players promoted to the A Pool on days 2,3 & 4.

Net Result at end of Phase 1 (day 4) ...

A Pool: ~ 20 skaters + 2 goalies

B Pool: ~ 15 skaters + 1 goalie

Released direct to C / Rec: ~ 6 skaters

The sole purpose of promoting some players to the A Pool is to give other players more ice time and opportunity to be evaluated. Trying to evaluate 40+ skaters in a single scrimmage is pretty difficult. Reminder that ALL players will also be evaluated in both Team Practices and Exhibition games in September, before final selection of A1 and/or A2 team.

Some players may be released to C/Rec immediately after completion of Phase 1 or later in Phase 2, especially at the point where A1 releases to A2 are being made.

The Selection Committee may however elect to NOT promote any players from the B Pool up to A Pool during Phase 1.

Given the number of players trying out will vary every year and every division, combined with the fact we need to keep our C/Rec teams viable also, decisions will be taken by the designated VP to manage the Pool selections at the end of each Phase in each Division.

U13 U15 U18 Phase 1 - Days 2, 3 & 4

Focus will be on scrimmages, hockey sense and gameplay performance. Player line ups will be changed for each scrimmage to ensure different line mates in each game. The final session on Day 4 may or may not be converted from a scrimmage to a practice based on how the 20 players scrimmages played out

At the end of Phase 1 in our U13/U15/U18 divisions players will be ranked based on their position (forward, defence, goalie) for example, Forwards 1 to 15; Defenceman 1 to 15, Goaltender 1 to 5, etc. Typically, 20 skaters will be promoted to the A Pool at the end of phase 1, coaches may request up to 3 discretionary selections outside the independently ranked evaluations but the Tryout committee will determine the exact number of skaters that will be promoted to the Pool A. This may also potentially result in an imbalance between the numbers of forwards and defencemen.

In the U11A division a minimum 20 players "*regardless of position*" will be promoted in the A Pool at the end of Phase 1.



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Some players may be released from the B Pool straight to C/Rec division upon completion of Phase 1. All Rep Coaches will mutually agree to the placement of these players into their respective Pools.

PMAHA President and the VP assigned to the respective Division will dictate the total number of players that are viable to transition from Phase 1 to Phase 2 and final roster sizes on every team.

For U13/U15/U18 Divisions, **by Saturday Sept 5th** all Tryout players will be informed **via email** from their Division Coordinator if they were:

1. Promoted from B Pool to the A Pool
2. Will remain in the B Pool (or if an A2 team was unable to be formed due to numbers)
3. Released to the C/Rec division

For U11 Divisions, **by Sunday Sept 20th** all Tryout Phase 1 players will be informed **via email** from their Division Coordinator which Pool they have been placed in, or if they have been released to the C division. If there any changes to these dates due to ice times you will be informed by Divisional Coordinator.

If you have any questions with regards to your player's placement after completion of Phase 1, please refer to the appeal process at the end of this document.

PHASE 2 (1-4 weeks following Phase 1)

In Phase 2, player evaluation is handed over from the Selection Committee to the Head Coach of the respective teams, i.e. Pool A = A1 Head Coach, Pool B = A2 Head Coach

- For U13/U15/U18 Players the period of Sept 5-19 will be "movement weeks" and final A1 roster selections. Coaches from both the A1 & A2 teams may attend team practice sessions and/or games of both teams and will determine which (if any), players should be moved from the A Pool to the B Pool or vice versa.
- For U11 Players the period of Sept 20-30 will be "movement weeks" and final A1 roster selections. Coaches from both the A1 & A2 teams may attend practice sessions and/or games of both teams and will then determine which (if any), players should be moved from the A Pool to the B Pool.
- Once players have been moved from either pool they will not be moved again until final releases, when they will be rostered to the team or released to either the A2 team or to a C team.
- Players who were released from the A Pool to the B Pool at the end of Phase 2 may still be released to a C team during final releases if exceptional circumstances are presented.
- If a Head Coach determines that less than 15 skaters in his/her Pool are able to play at the A or AA league level, then he will inform PMAHA President and the VP assigned to that Division and have the player(s) in question reviewed and approved by our Coaching Coordinator and designated Executive members (or their delegates as required), prior to the team selection being finalized.



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- Provided both Port Moody arenas are operational and fully available throughout the Phase 1 & Phase 2 process, final roster selection & releases will be made for the following teams:
 - U13A1/U15A1/U18A1 team selection & releases on or before Sunday Sept 18th
 - A2 (other than U11) team selection & releases on or before Sunday Sept 25st.
 - U11A1 team selection & releases on or before Friday Sept 25th
 - U11A2 team selection & releases on or before Friday Oct 2nd
- **If you have any questions with regards to your player's final team placement, please refer to the appeal process at the end of this document.**
- All player releases will be communicated via email from the Division Coordinator and Representative Coaches. The email will provide details of a protocol for parents to follow up with the respective Coaches for an optional phone or in-person meeting to provide first-hand feedback. All players assigned to the C pool will also be contacted by the appropriate C Divisions Coordinator and will be given the date and time of their designated C team ice time. Where possible, players shall be interviewed in a private location after a game or practice. At no time shall a Coach announce that a player has made the team prior to the final releases. Head coach may communicate with players in-person about release in some Divisions, in this case parents will be advised prior.
- The designated VP responsible for each Division as Chair of Selection Committee shall review and approve the final roster before releases are made.
- A Rep Player Appeals Committee chaired by PMAHA'S President shall settle any disagreements amongst the coaches regarding the placement of players.
- Until releases from a Pool (or Rep team) have been personally disclosed to player candidates or disclosed by public notice where permitted by these policies and procedures, no one on the Committee shall disclose such releases or possible releases to anyone outside of the Committee.
- Until all players on a Representative team have been finally determined and all remaining player candidates have been informed of that determination in accordance with these policies and procedures, no one on the Committee shall disclose to anyone outside of the Committee that any player candidate has been selected to a Representative team or make any comment regarding any particular player's prospects of making the team.

3. APPEALS

The Board shall appoint a Rep Appeals Committee consisting of the Coaching Committee, PMAHA President, and designated VP responsible for the division, and any other designated Board Member. A player may appeal within 48 hours of notification of release. **The notice of appeal must be in writing and directed to the President.** The Rep Appeal Committee will only entertain an appeal based on the premise that the prescribed evaluation process has not been adhered to. The Rep Appeals Committee will reach and communicate their decision no later than 72 hours after receipt of the notice of the appeal. The decision of the Rep Appeals Committee is FINAL; no further appeals shall be permitted.



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2026-27 A/AA TRYOUT PROCESS ACKNOWLEDGEMENT

We're excited to kick off the 2026 Tryout Process!

Please take a moment to complete your acknowledgement and intended compliance with the tryout process by clicking the link below and filling out the form:

<https://forms.gle/Xso2k9v8efDysbX17>

While the online form is preferable, if you're unable to complete the form online we are able to accept a signed physical copy of this page instead (to your divisional coordinator).

Please note: your player must have a completed acknowledgement before stepping on the ice — thank you for helping us keep the process smooth and organized!

I have attended the Parent meeting (or have watched video recording thereof) **YES / NO**

I have read the Tryout Process document and understand the policies detailed herein **YES / NO**

Parent Signature: _____

Parent Name: _____

Player Name: _____

Player Position: _____

Player Tryout Division: U11A / U13A / U15A / U18A

Date: _____



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TRYOUT ICE SCHEDULE = PHASE 1 = 2026

This is subject to change, please be aware of TeamSnap or Email notices

Aug 31 - Sep 4	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		TIME
	ARENA 1	ARENA 2	ARENA 1	ARENA 2	ARENA 1	ARENA 2	ARENA 1	ARENA 2	ARENA 1	ARENA 2	
5:15 AM											5:45 AM
5:30 AM											6:00 AM
5:45 AM											6:15 AM
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9:15 AM											9:45 AM
9:30 AM											10:00 AM
9:45 AM											10:15 AM
10:00 AM	U13 Tryout Prep		U13 Tryout Prep		U13 Tryout Prep		U13 Tryout Prep				10:30 AM
10:15 AM	Group 2		Group 2		Group 2		Group 2				10:45 AM
10:30 AM	Inside Edge		Inside Edge		Inside Edge		Inside Edge				11:00 AM
10:45 AM											11:15 AM
11:00 AM											11:30 AM
11:15 AM											11:45 AM
11:30 AM	U7 Rust Removal		U7 Rust Removal		U7 Rust Removal		U7 Rust Removal				12:00 PM
11:45 AM	11:30-12:30		11:30-12:30		11:30-12:30		11:30-12:30				12:15 PM
12:00 PM	Inside Edge		Inside Edge		Inside Edge		Inside Edge				12:30 PM
12:15 PM											12:45 PM
12:30 PM											1:00 PM
12:45 PM											1:15 PM
1:00 PM											1:30 PM
1:15 PM											1:45 PM
1:30 PM											2:00 PM
1:45 PM											2:15 PM
2:00 PM											2:30 PM
2:15 PM	U13 Tryout Prep		U13 Tryout Prep		U13 Tryout Prep		U13 Tryout Prep				2:45 PM
2:30 PM	2:15-3:30		2:15-3:30		2:15-3:30		2:15-3:30				3:00 PM
2:45 PM	Group 1		Group 1		Group 1		Group 1				3:15 PM
3:00 PM	Inside Edge		Inside Edge		Inside Edge		Inside Edge				3:30 PM
3:15 PM											3:45 PM
3:30 PM											4:00 PM
3:45 PM	U13 Tryout Skills		U13 Tryout Skills		U13 Tryout Skills		U13 Tryout Skills				4:15 PM
4:00 PM	3:45-4:45		3:45-4:45		3:45-4:45		3:45-4:45				4:30 PM
4:15 PM	Blake Moore		Blake Moore		Blake Moore		Blake Moore				4:45 PM
4:30 PM	Evaluated		Evaluated		Evaluated		Evaluated				5:00 PM
4:45 PM											5:15 PM
5:00 PM	U13 Tryout Skills		U13 Tryout Skills		U13 Tryout Skills		U13 Tryout Skills				5:30 PM
5:15 PM	5:00-6:00		5:00-6:00		5:00-6:00		5:00-6:00				5:45 PM
5:30 PM	Blake Moore		Blake Moore		Blake Moore		Blake Moore				6:00 PM
5:45 PM	Evaluated		Evaluated		Evaluated		Evaluated				6:15 PM
6:00 PM											6:30 PM
6:15 PM	U13 Tryouts		U13 Tryouts		U13 Tryouts		U13 Tryouts				6:45 PM
6:30 PM	6:15-7:30		6:15-7:30		6:15-7:30		6:15-7:30				7:00 PM
6:45 PM	Scrimmage		Scrimmage		Scrimmage		Scrimmage				7:15 PM
7:00 PM	Evaluated		Evaluated		Evaluated		Evaluated				7:30 PM
7:15 PM											7:45 PM
7:30 PM											8:00 PM
7:45 PM	U18 Tryouts		U18 Tryouts		U18 Tryouts		U18 Tryouts				8:15 PM
8:00 PM	7:45-9:00		7:45-9:00		7:45-9:00		7:45-9:00				8:30 PM
8:15 PM	Scrimmage		Scrimmage		Scrimmage		Scrimmage				8:45 AM
8:30 PM	Evaluated		Evaluated		Evaluated		Evaluated				
8:45 AM											

Mandatory Parent Meeting:

Topic: 2026-27 PMAHA Parent Tryout meeting

Time: Aug 25, 2026 07:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/82120381521?pwd=9vWmvUONw5LF5X307oOmGBfqTEIMJb.1>

Meeting chat link

<https://us02web.zoom.us/jc/82120381521>

Meeting ID: 821 2038 1521

Passcode: 876903