



Nanaimo Minor Hockey Association

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NMHA Competitive Tryouts

This guide outlines the procedures and expectations for players and families participating in the NMHA Competitive Tryouts. Please review this document carefully to help ensure a smooth, fair, and positive tryout process for all participants.

1. Arrival and Check-In

All players must check in at the designated NMHA Registration Table before their first tryout session.

Upon Check-In:

- Players will be assigned a jersey number for the tryout process.
- This number is unique and tied to the player's evaluation record.
- Players must wear this same jersey number for all tryout sessions.
- Jersey will be hung up and waiting in the players assigned locker room.
- Players should hang up and leave their jersey's in the room after each session, where they will be collected and placed in the locker room prior to the next tryout session.

Note: Jersey numbers are used to anonymize players for evaluation purposes, ensuring a fair and unbiased assessment process.

2. Player Equipment Guidelines

To help maintain fairness and ensure evaluators can assess players consistently, all players must wear only the jersey number assigned to them for all tryout sessions.

3. Evaluation Team

NMHA is committed to providing a transparent and impartial evaluation process.

- Each session will be staffed with 4 to 6 qualified, non-parent evaluators.
- Evaluators are selected for their hockey knowledge, coaching background, and objectivity.
- Some evaluators may be positioned on the bench or in the dressing room (following the Two-Deep Rule) to observe interactions, communication, and team conduct more closely.

4. Evaluation Criteria

Players will be evaluated on a framework that considers technical skills, hockey sense, teamwork, and overall game impact.



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4.1 Skater Evaluation Categories

Category	Key Focus Areas
Skating	Speed, acceleration, agility, balance, edge work
Competitiveness	Battle level, effort, work ethic, willingness to engage
Passing	Accuracy, timing, vision, ability to make and receive passes
Shooting	Shot power, release, accuracy, scoring ability
Hockey IQ	Positioning, decision-making, anticipation, situational awareness
Team Play	Shift regulation, unselfish play, puck support, communication with teammates
Checking (<i>All Divisions</i>)	U13 & below: Stick checks, angling, gap control, body positioning (no body contact) U15 & above: Safe and effective use of body contact to separate players from the puck and create space

4.2 Goalie Evaluation Categories

Goalies will be evaluated on position-specific skills, including:

Category	Key Focus Areas
Positioning & Angles	Ability to square up to shooters, maintain proper depth in the crease
Movement	Lateral mobility, recoveries, crease transitions
Rebound Control	Directing pucks away from danger areas, limiting second-chance opportunities
Save Selection	Appropriate use of butterfly, glove, blocker, and paddle-down saves
Puck Handling	Playing the puck to teammates, decision-making under pressure
Competitiveness	Battle level, willingness to challenge shooters, mental resilience
Communication	Ability to direct teammates and support defensive play

Players will be evaluated by quantitative and qualitative analysis. The analysis and data will ONLY be used by the evaluators to support the selection process.

5. Ice Time and Bench Management

To ensure fair evaluation and promote team-oriented play:

- Players are expected to self-regulate their shift lengths to provide all participants with adequate ice time.
- Evaluators may assess awareness of shift changes, including unselfish play and line rotation.
- Bench staff will monitor ice time and may adjust as necessary.
- Evaluators may choose to be on the bench to observe player behavior, communication, and bench conduct.



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6. Dressing Room Expectations & Conduct Observations

To provide a well-rounded evaluation:

- Evaluators or NMHA staff may enter dressing rooms to address teams and observe general player characteristics.
- All interactions will follow the “Two-Deep Rule” (two adults present at all times).
- Evaluations will include attitude, listening skills, leadership, and respectfulness in addition to on-ice performance.

7. Evaluation Schedule & Player Movement

Key Milestone	Details
Minimum Evaluations	Each player will receive a minimum of four (4) evaluation sessions
Initial Cuts	Will occur after the first four sessions
Ongoing Cuts	May occur after any subsequent session at coaches’ and evaluators’ discretion
Final Roster Deadline	Teams will be finalized by September 10, 2025

Important: Advancing past the first four sessions does not guarantee a roster spot. Player evaluations may continue until the final team selection.

8. Parent and Spectator Conduct

To maintain fairness and allow evaluators to focus on the process:

- Parents and spectators must not interact with evaluators during or between sessions.
- Questions or concerns should be directed to NMHA staff or designated tryout coordinators after the process is complete.
- Feedback on a player’s tryout can be requested, however, please allow up to 1 week for a response due to the staff involvement required during tryouts.