

REC vs REP

Understanding the difference between Rec (recreational) and Rep (representative) hockey is important when trying to determine the best fit for your daughter, and your family.

This year Metro West Force plans to offer the following teams:

- U7 – Development
- U9 – Development & Intermediate
- U11 – AA (Rep) / A (Rep) / C (Rec)
- U13 – AAA (Rep) / AA (Rep) / A (Rep) / C (Rec)
- U15 - AAA (Rep) / AA (Rep) / A (Rep) / “Sunday Night Lights*” (Rec)
- U18 - AA (Rep) / A (Rep) / “Sunday Night Lights*” (Rec)

**NEW: MWF is planning to organize weekly pickup hockey for U15 and U18 players interested in Rec hockey.*

As with any team sports, no matter the level or age, players are always expected to:

- Show up prepared to listen and learn.
- Be respectful towards coaches, teammates, officials and other players.
- Show kindness and sportsmanlike behaviour towards everyone.
- Work hard and do their best.
- Have Fun!

To help understand the two levels of hockey and the expectations and commitment of each level we have provided a summary of frequently asked questions for you to consider when it comes time to deciding what is best for you and your daughter.

	REC	REP
ARE THERE EVALUATIONS / TRY-OUTS?	<ul style="list-style-type: none">● No, there are no evaluations and there is no additional evaluation fee.● There will be team balancing sessions to help ensure balanced teams.	<ul style="list-style-type: none">● Yes, player Evaluations are REQUIRED. <i>Please see the 2023 Evaluation Link to understand the Evaluation Process.</i> It is important to understand the process before heading into Evaluations.● Players are assigned to a team based on their skill level.
CAN I ASK TO PLAY ON A TEAM WITH MY FRIENDS?	<ul style="list-style-type: none">● Yes, we try to accommodate such requests for rec teams unless it would create an extreme competitive imbalance.	<ul style="list-style-type: none">● No, we cannot take those requests for rep teams. Player skill level and competitive balance takes priority.

<p>WHAT ARE THE COSTS AND WHY DO THEY DIFFER?</p>	<ul style="list-style-type: none"> ● Registration fees are lower for Rec teams. <i>Please see the Registration fee table.</i> ● Team budgets are usually lower, as expectations for additional on-ice and off-ice development are lower. ● Less fundraising is required as a lower parent financial contribution is requested. 	<ul style="list-style-type: none"> ● Registration fees are higher for Rep Teams. <i>Please see the Registration fee table.</i> ● Additional try-out fee. ● Team Budgets are higher in order to help pay for such things as additional development, extra ice for additional practices or exhibition games, tournament fees or extra off ice activities and other items. Additional activities are at the discretion of the team. ● Games are longer (80 minutes compared to 50 minutes) therefore extra costs for ice, officials and timekeepers. ● Higher parent monetary contribution and more fundraising required.
<p>WHAT IS THE COMMITMENT LEVEL? WHAT IS EXPECTED OF THE PLAYERS AND THEIR FAMILY?</p>	<ul style="list-style-type: none"> ● Practices take place at rinks throughout HRM. ● One practice and 1 or 2 games per week. ● Exhibition games, tournaments (if available) and additional practices will be at the discretion of the team. ● It is understood that players may have other commitments and interests and may miss the occasional game or practice. 	<ul style="list-style-type: none"> ● Practices take place at rinks throughout HRM. ● Multiple practices per week with usually 2 games per week. ● Teams may also add off-ice development sessions. ● Players are expected to show up ready to learn and to do their best. ● Players are expected to attend all practices, games, and other team-based activities. Hockey is expected to be a priority for your daughter.
<p>HOW MUCH TRAVEL IS INVOLVED?</p>	<ul style="list-style-type: none"> ● The intention is to keep games localized as much as possible, this however can be dependent on the teams that are placed in this league. ● The intent of Rec hockey is to keep travel to a minimum as much as possible. 	<ul style="list-style-type: none"> ● Under the Rep Female league in NS, there is an expectation for regular province- wide travel for league games. The league your daughter is playing could potentially have teams from Yarmouth all the way to Sydney. ● Majority of games take place on the weekend and travel will be expected. ● Tournaments can take place outside of Nova Scotia.