# WHY PLAY IN THE ASHL?

**ADULT SAFE HOCKEY LEAGUE**

## PLAYER’S BENCH:

Our award-winning player management tool enhances your   
ASHL experience anytime you’re not on the ice.

## EASY REGISTRATION:

Get on the ice faster with online, secure payments via PayPal and more.

## REAL-TIME GAME DATA:

Statistics, scheduling, standings, player attendance tracking – all in real time.   
Manage your team like never before!

## REWARDS PROGRAM:

The only hockey league with a true rewards program.   
Earn Puck Bucks & pay down your league fees!

LEAGUE SCHEDULE AND DIVISIONS

Whether you’re new to hockey or you’ve been playing all your life,   
chances are we’ve got the right division for you. You might wonder  
 how we tier our divisions by skill, and we’d be happy to give you an   
overview of how teams are structured within. Each division has its own   
preferred days of the week as seen in the table below:

1-Division Types

|  |  |  |
| --- | --- | --- |
| Division | Levels | Days of the week |
| Division B | Canadian University OR NCAA | Tuesdays |
| Division D | Select league or House league | Thursdays |
| Coed Division A | Men and women’s teams (more competitive than B) | Saturdays |
| Division E | No formal experience as a hockey player | Fridays |
| Division A | Professional or Semi professional | Mondays |
| Division C | Junior B/C, Rep AAA, Rep AA, or Rep A | Wednedays |
| Coed Division B | Men and women’s teams (less competitive | Sundays |

# Places to Play:

Ontario British Columbia United States

Burlington Armstrong Fort Wayne

Etobicoke Burnaby Romeoville

Oshawa Vince

## Our Motto: