

Nova Scotia Minor Ball Hockey 2025 Spring Season Registration is now OPEN!

Welcome!

On behalf of LB Sports Society welcome to the 2025 Spring season of the Nova Scotia Minor Ball Hockey League! Registration is now open!

About Us: LB Sports Society is a not-for-profit organization with a mission to promote the sport of Ball Hockey in Nova Scotia. We currently operate the “Nova Scotia Minor Ball Hockey league” that provides a fun and affordable sport opportunity in 5 different communities in Nova Scotia. LB Sports Society is governed by a Board of Directors and is a registered with Joint Stock of Nova Scotia. Our goal is to provide kids a safe and fun opportunity to enjoy the great sport of Ball Hockey. Sportsmanship, hussle, making friends and having fun will at the core of all we do.

All Nova Scotia Minor Ball Hockey Leagues are co-ed. Our game is played cross rink, 4 x 4 plus a goalie. See the rules and required equipment page.

Who can play: Our league is perfect for kids of all skill level. In fact, the NSMBHL is a great place for kids to try hockey for the first time. The only requirement is that all players must love to have fun, and everyone must be prepared to *HUSSLE!*

Divisions: Determined by birth year, not age.

- Learn to Play (2019, 2020, 2021)
- U8 (2017, 2018) Skills and Drills
- U10 (2015, 2016) Skills and Drills
- U12 (2013,2014)
- U15 (2010, 2011, 2012)

Officials: Each game will be officiated by a trained referee and score keeper. A clinic will be held prior to the start of the season to ensure all officials are well trained and able to officiate a great game. We will be recruiting experienced hockey players to become NSMBHL referees. This is a paid position.

Coaches: Like most minor sport, Parents are invited to coach our teams. We will provide an online coaching clinic prior to the start of the season to prepare volunteers for the season. Our goal is to have three coaches per team. This will ensure the team is covered if a coach must miss a session.

Please consider volunteering. To do so, you can indicate your interest during your players registration process or by sending us an email at admin@nsmbhl.ca .

Dates: The season will start in early May and run until early July. Players will be informed what team they are on, and a full schedule will be posted on this website at least 7 days prior to the start of the season.

Length of season: Learn to Play – 10 sessions Minor Leagues – 12 sessions The first session will be an exhibition. This is when we will check equipment, explain the rules and answer any questions players and parents may have.

When do we play: Most games will be Sat -Sun between 8:00 am – 7:00 pm. Each team will play 3-4 sessions on a week night between 6:00 pm - 9:00 pm). Younger age groups will play in the earlier slots.

Locations: Teams will play at a variety of local arenas including the following.

- Gorsebrook Ball Hockey Court (outdoor)
- Gray Arena
- Sackville Arena
- RBC 4 Pad
- East Hants Sportsplex
- Lebrun Arena

U6 Learn to Play: This is a new program designed for kids 3 to 6 years of age. Over 10 sessions we will teach kids fundamental skills appropriate to this young age group. Sessions will be led by our NSMBHL Sport Managers. Parents will also have an opportunity to join in the fun. More on this later.

Skills and Drills: In the U8 and U10 divisions we will feature “Skills and Drills” over the first 6 sessions. During Skills and Drills, players will practice a series of fundamental Ball Hockey skills. Each of the first 6 sessions will include 30 minutes “Skills and Drills followed by a 30-minute game.

Cost: Learn to Play - \$129 Minor Ball Hockey - \$189

All registration is online. First sign up for a “GrayJay” account and then register for the Nova Scotia Minor Ball Hockey League. Be sure to select the correct league and age group for your player! On behalf of LB Sports Society, we welcome your questions and ideas and welcome you to email us at admin@nsmbhl.ca .

Hope you can join us and please tell your friends!