



# HOCKEY FAMILY HANDBOOK





## MISSION STATEMENT

To help people enjoy life by providing a quality park and recreation system



All our players, families, fans, staff, coaches, referees, and teams play a role in ensuring an inclusive and welcoming experience for all.

## HOCKEY PROGRAM

### MISSION STATEMENT

To provide a fun and safe program that promotes the skill development of the players, the enjoyment of the game, and positive hockey experiences.

### PHILOSOPHY

To encourage the enjoyment, educational, and recreational benefits of hockey.



# ROCKFORD PARK DISTRICT

Dear Families,

On behalf of the entire Rockford Park District, and our team here at the Junior IceHogs program, we would like to welcome you and thank you for your participation in the Junior IceHogs program. Please use this guide as a reference to assist you and your player in having a fun and memorable experience.

Our goal at the Junior IceHogs has always been to provide a safe and fun outlet for kids to come and learn the game of hockey. Through our staff and volunteer coaches, we are here to assist you in any manner needed. We hope you enjoy another great season.

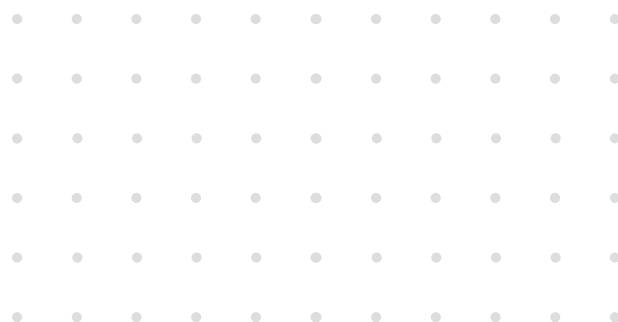
If you have any questions, please call or email me at the contact below.

## **Don Walker**

*Hockey Director*

815-987-1599 office

[donwalker@rockfordparkdistrict.org](mailto:donwalker@rockfordparkdistrict.org)





## FAMILIES CODE OF CONDUCT

- Do not force your child to participate in sports, but support their decision to play their chosen sport. These players are involved in organized sports for their enjoyment. Make it fun!
- I will encourage them to play by the rules. Remember, children learn best by example, so applaud the good plays of both teams.
- I will not embarrass the player by yelling at players, coaches, or officials. Showing a positive attitude toward the game and all its participants will benefit your player.
- I will know and study the rules of the game and support the officials on and off the ice. Any criticism of the officials only hurts the game.
- I will applaud good efforts in both victory and defeat, and enforce the positive points of the game.
- I will recognize the importance of volunteer coaches; they are important to the development of the child and sport. I will communicate with them and support them.
- I will enjoy the game, and learn all I can about hockey, and volunteer.
- I will remember that the player plays hockey for their enjoyment, not mine.
- I will remember they learn best by example.
- I will support all efforts to remove verbal and physical abuse from children's hockey activities.
- I understand that officials do not make the rules, they only apply them.



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# **TEN WAYS TO BECOME A GOOD HOCKEY FAMILY**

- 1** Get involved with your player's team in a positive way
- 2** Let your player know you enjoy having them involved with the game
- 3** Do not lose perspective; emphasize the values associated with the game
- 4** Be supportive, and don't let expectations become a burden to your player
- 5** Model respectful behavior for your player
- 6** Be there for your player whether they win or lose
- 7** Make safety, respect, fair play, and fun a priority
- 8** Support your player emotionally
- 9** Encourage your player to participate, but avoid pressuring them to play the game
- 10** Communicate with your player's coach in a professional effective manner, and thank them for the time and effort they put in



## PLAYERS CODE OF CONDUCT

*All Junior IceHogs players are expected to follow the Code of Conduct*

- Ice hockey is a game; play for fun.
- Each player will strive to develop and improve their individual playing skills, and will encourage improvement by teammates. Jr. IceHogs players cooperate, and will support each other.
- Players will do their best to be on time for practices and games
- Players will show respect to their coaches. When a coach offers advice, players should listen and try to follow their advice. Be positive and respectful when asking the coach questions.
- NEVER argue with the decision of an official. If players want clarification, they can check with their coaches.
- At NO time on or off the ice will any player use disrespectful, abusive, or obscene language toward coaches, manager, parents, officials, teammates, or players on the opposing team.
- Avoid retaliation, unsportsmanlike conduct, and misconduct penalties. This type of behavior only reveals lack of discipline, and hurts the whole team.
- Unsportsmanlike conduct in the form of gestures, slapping boards with sticks, or other displays of individual anger are prohibited. We have a zero tolerance policy toward unsportsmanlike conduct.
- Fighting before, during, or after a game, on or off the ice, will be subject to disciplinary action by the hockey director and hockey staff, regardless of any penalties imposed by the game officials.
- Each player will always respect the property of others. Any player who damages a rink or other personal property while participating in any Rockford Junior IceHogs related activity will be automatically suspended until restitution is made.
- The use of alcohol or drugs is absolutely forbidden, and will result in automatic dismissal from the team



## COACHES CODE OF CONDUCT

- Winning is a consideration, but not the only one, nor the most important one. Care more about the child than winning the game. Remember, players are involved in hockey for fun and enjoyment.
- Be a positive role model to your players. Display emotional maturity and be alert to the physical safety of players.
- Be generous with your praise when it is deserved; be consistent and honest; be fair and just; do not criticize players publicly; learn to be a more effective communicator and coach; don't yell at players.
- Adjust to personal needs and problems of players; be a good listener; never verbally or physically abuse a player or official; give all players the opportunity to improve their skills, gain confidence, and develop self-esteem; teach players the basics.
- No team should ever be removed from the ice during a game per coach's order
- Organize practices that are fun and challenging for your players. Familiarize yourself with the rules, techniques, and strategies of hockey; encourage all your players to be team players.
- Maintain an open line of communication with your players' parents. Explain the goals and objectives of your association.
- Be concerned with the overall development of your players. Stress good health habits and clean living.
- To play the game is great; to love the game is greater



## PROGRESSION OF THE HOCKEY PLAYER

### **ACTIVE START: Ages 0–6**

- This stage is used to help develop fundamental movement skills
- Player should start out in the Learn to Skate or Learn to Play program

### **FUNDAMENTALS: Ages 6–9**

- Focus on development of physical literacy
- Begin to acquire basic sport skill through fun-focused methods

### **LEARN TO TRAIN: Ages 9–12**

- Learning coordination and fine motor control occurs
- Critical stage for learning skills

### **TRAIN TO TRAIN: Ages 12–16**

- Further develop of sport-specific skills, introduce competition, and start emphasizing support training to continue development of speed, strength, and stamina while maintaining flexibility.
- Team building, group interactions, and social activities

### **LEARN TO COMPETE: Ages 16–18**

- Focus on optimizing fitness preparation and beginning to specialize in hockey

### **TRAIN TO COMPETE: Ages 18–23**

- Transfer from the training environment to a competitive environment
- Athletes will consolidate technical skills, and maintain ancillary skills and underlying physical capabilities

## JUNIOR ICEHOGS HOCKEY LEAGUES

### **AGE AND CLASSIFICATION**

6U: AGES 4–6

8U: AGES 7–8

10U: AGES 9–10

12U: AGES 11–12

14U: AGES 13–14

18U: AGES 15–18





## JUNIOR ICEHOGS LEAGUE GAME RULES

The Junior IceHogs Developmental Hockey Program follows the Amateur Hockey Rules and Regulations of Play. Some of the rules have been amended, and all rules are subject to interpretation by the commissioner and Rockford Park District ice facilities management.

**NOTE: ALL GAME RULES MAY BE MODIFIED DURING TOURNAMENTS.**

### 6U AND 8U

1. All games and practices are played on the studio rink.
2. Game clocks set for 3-minute warm-up, two 18-minute halves
3. Clock stop for line changes on consecutive 2-minutes shifts.
4. Score will be kept at coach's discretion with the 5-goal differential rule used.
5. Face-offs will occur at center ice for line changes and goals. When frozen by the goalie, there will be face-off on the nearest dot.
6. Penalties are awarded a penalty shot to the recipient of the penalty.
7. No checking.

### 10U AND 12U

1. Full-ice games with icing and off-sides.
2. No checking.
3. Slap shots are allowed in the Pee Wee division.
4. Game clock set for 3-minute warm-up and 1 minute between periods at all levels. Two 20-minute running time periods (clock stops for goals and penalties only).
5. Delayed off-sides, tag up rule.
6. Penalties: 2:00 minor, 5:00 major.
7. Each team is allowed one time-out.
8. Stop time last two minutes of a tie or a 1-goal game.
9. Shake hands immediately following the game.
10. Fighting is a game ejection. Fighting will require review with the hockey program director to determine further punishment.
11. Verbal or physical abuse of the officials will result in a bench minor and/or misconduct.
12. If a player receives two game misconducts, that player will be expelled from the league for the remainder of the season, including officiating games. No refunds will be allowed.



## 14U AND 18U

1. Two 20-minute running time periods. The last period will be adjusted to fit in allowed game time slot.
2. Delayed offside – tag up rule.
3. Penalties: 2:00 minor, 5:00 major.
4. Fighting is a game ejection.
5. Each team is allowed one time-out.
6. Shake hands after each game.
7. Physical or verbal abuse of the officials will result in a bench minor and/ or misconduct. Further abuse will result in a game misconduct.
8. If a player receives two game misconducts, that player will be expelled from the league for the remainder of the season, including officiating games. No refunds will be allowed.
9. Players who attempt to play while suspended will be expelled from the league with no refund.
10. Hockey program director will review all major calls to see if further punishment is warranted.

## EQUIPMENT

Selection of hockey equipment is a key issue for players, families, and coaches. When purchasing and fitting hockey equipment, remember two important factors: 1) make certain the player is adequately protected, and 2) be sure the fitting allows freedom of movement so the player can properly perform the necessary skills. By carefully considering these two factors, your child will be more comfortable and will enjoy their participation.

All youth hockey players wear protective helmets with face shields, gloves, and plenty of padding to help protect their shoulders, ribs, chest, hips, groin, and lower back. The goalie's padding is heavier than that of other players and includes extra-thick leg pads. The goalie also wears a catching glove and a blocker for use in handling and deflecting the puck.



## UNDERSTANDING THE ROLE OF THE OFFICIAL

The on-ice official's mandate is to make the game fair and safe. They accomplish this by calling infractions that in their judgment cross the line regarding fairness and safety. The following information will help clarify some questions as to how officials attempt to referee during a game:

- **Generally, officials can react only to what HAS happened, not what MIGHT happen.** If a player is injured as a result of illegal play, the official can only react by calling the appropriate penalty, but cannot prevent the infraction from taking place in advance. The responsibility falls on the official to make the appropriate call, and with proper training and the opportunity to develop their officiating skills, this will happen.
- **Officials set the tone early in the game for what is and is not acceptable play.** Players, coaches, and families need to respect this authority and adjust accordingly. However, if players decide to take justice into their own hands, JIHDHP has clearly mandated that officials should call all infractions that cross the line of "fair" and "safe."
- **Officials focus on "the big picture," while families tend to focus on their own child!** Because of this, officials may miss an infraction that happened to a child which is very obvious to the family. However, the official may have been looking elsewhere at that specific moment.
- **Referees will not be subject to verbal or physical abuse. Penalties will be handed out in such cases.**
- **All referee decisions are final.**

Hockey has a high turnover rate among officials year to year. The main reason for this is abuse from families. Much of officiating is learned from experience. If we reduce the abuse, we will reduce the number of officials who quit. This will result in a higher quality of officiating. When someone quits officiating, another rookie official takes his or her place. This can result in the same mistakes being made, and the cycle of inexperienced and ineffective officiating continues. Families, please give officials a chance to improve. That is what hockey is all about, respecting the role of all participants of the game – players, coaches, officials, and families.



## PENALTIES/OFFICIAL'S SIGNALS

For the following penalties, the penalized team must play minus the number of players serving such penalties, with one exception: the penalized team can have no fewer than four players, including the goaltender, on the ice. Therefore, should a team receive a third penalty, that penalty shall be delayed in its start until one of the preceding penalties has terminated.

- 1) Minor penalty: Two minutes. If a team is scored upon while they are shorthanded because of a minor penalty, the penalty shall terminate immediately.
- 2) Major penalty: Four minutes. Does not terminate early for any reason.
- 3) Match penalty: Five or ten minutes, depending upon the violation, and is served by a teammate. If assessed a match penalty, the offending player is ejected for the balance of the game and may not play in future games until the case has been reviewed by league administration.

For the following penalties, the team will replace the penalized player immediately.

- 1) Misconduct: Ten minutes; served in the penalty box.
- 2) Game misconduct: Ejection for the balance of the game, plus probable next game suspension.
- 3) Gross misconduct: Ejection for the balance of the game, and the player may not participate in any future games until the case has been reviewed by league administrators.

A penalty shot is most commonly awarded if: 1) a player, while in a scoring position, is fouled from behind and deprived of a scoring opportunity, or 2) a defensive player grabs or falls on the puck when it is in the goal crease. To take a penalty shot, an offensive player takes control at center ice and tries to score against the opposing goaltender. All other players are removed from the action.



## OPEN HOCKEY RULES

### YOUTH OPEN HOCKEY

- For ages 5–17
- Coaches and parents are not allowed on the ice
- Check youth open hockey calendar for days/times
- No fighting
- All players must sign in and pay the appropriate fee before stepping on the ice
- Players must provide own pucks
- Full equipment is required
- Players are liable for any damage done to the locker rooms and or other property of the rink
- All open hockey sessions are self-officiated; all confrontations can be addressed by a Rockford Park District employee, and may result in ejection with no reimbursement for fees paid
- The Rockford Park District is not responsible for lost or stolen goods
- As in all sports, there is a risk of injury involved. Participants must play at their own risk.
- All players must conduct themselves in a professional manner:
  - Respect all participants of the game
  - Follow all rules of the game as if it were a real hockey game
  - Respect all facilities and staff

### FREESTYLE HOCKEY

- Parents and coaches are allowed on ice
- Check hockey freestyle calendar for days/times
- Private lessons are allowed during this time
- Parents and coaches must check in and pay at the office
- The Rockford Park District is not responsible for lost or stolen goods
- As in all sports, there is a risk of injury involved; participants must play at their own risk.
- All freestyle open hockey sessions are self-officiated; all confrontations can be addressed by a Rockford Park District employee, and may result in ejection with no reimbursement for fees paid.
- All players must conduct themselves in a professional manner:
  - Respect all participants of the game
  - Respect all facilities and staff
- Players are liable for any damage done to the locker rooms and/or other property of the rink
- Under the age of 18 – full equipment is required



## ADDITIONAL HOCKEY PROGRAMS

Please reference the Rockford Park District guide book and/or website for additional dates and prices.

### **Pre-Hockey:**

Want to learn a fun sport that you can play your whole life? Pre-Hockey introduces youth to the game of hockey.

*This 40-minute class is offered Thursday and Saturday.*

### **Minor Hawks:**

This class is sure to push your skater to the next level, and serves as an excellent transition from lessons to the Jr. Icehogs Hockey League.

*This 40-minute class is offered Thursday and Saturday.*

### **Hockey Power Skating:**

The focus of this class will be on improving skating fundamentals to apply to game situations.

*This 40-minute class is offered Saturday mornings.*

### **Dekes & Dangles:**

This class focuses on passing, shooting, and stick handling.

*This 50-minute class is offered Thursday nights.*

### **Spring Break Camp:**

This camp will cover the A-Z of hockey. Working on skating, puck control, shooting, and passing.

*Please check guidebook and/or website for dates/times.*

### **Spring Development:**

The Jr. IceHogs Spring Skill Development program offers top-level coaching and competition.

*Practice twice a week, and an invitation to play in one tournament.*

### **Fast and Furious 4 on 4:**

Fast and Furious is a fast-paced summer 4 on 4 hockey.

*Please check guidebook and/or website for dates/times.*

### **Dekes & Dangles Camp:**

Our wildly popular Dekes & Dangles is now available as a weeklong summer camp.

*Please check guidebook and/or website for dates/times.*

### **Select Camp:**

Building basics and introducing new fundamentals like top-level offensive and defensive strategies, and the utilization gap control. There will also be shooting stations, and creative stick handling stations.

*Please check guidebook and/or website for dates/times.*



## GLOSSARY OF HOCKEY TERMS

**Assist** – an assist is credited in the scoring record to the offensive player or players involved in the play immediately preceding a goal. Maximum of two assists per goal.

**Back check** – the action of the forwards skating back into their defensive zone to break up the opposing team's offensive play.

**Body check** – using the body to impede an opponent who has possession of the puck to break up or disrupt an offensive play.

**Breakaway** – a scoring opportunity that occurs when there are no defending players between the puck carrier and the opposing goaltender.

**Breakout** – movement of a team in possession of the puck out of its defensive zone.

**Changing on the fly** – substitution of players without stoppage in play.

**Clearing the puck** – shooting the puck out of the defensive zone or away from the front of the goal.

**Delayed penalty** – a team shall not be shorthanded on the ice more than two players at any one time because of the imposed penalties. Therefore, should a team receive a third penalty, that penalty shall be delayed in its start until one of the preceding penalties has terminated. Also, the referee will not call a penalty until the offending team has touched the puck.

**Delayed whistle** – when a violation occurs, the official will not blow the whistle to stop play as long as the non-offending team is in possession of the puck. The moment the offending team touches the puck, play will be stopped.

**Face-off** – dropping the puck between one player from each team to initiate game.

**Fore-checking** – pressuring the opponent when they control the puck in the neutral or defensive zone.

**Goal crease** – the area marked off in front of the goal. An offensive player may not enter the goal crease unless the puck is already inside this area.

**Hat trick** – term referring to a player scoring three goals in a single game.

**Icing** – when both teams have an equal number of players on the ice, a player may not shoot the puck from behind the center red line over their opponent's goal line (except if the puck goes into the goal). In some levels, the puck must first be touched by a player from the defensive team before icing is called.

**Minor officials** – more commonly referred to as "off-ice officials." Includes goal judges, game timer, and official scorer. Not all positions are utilized in youth games.

**Off-side** – when an offensive player precedes the puck across the blue line and into the offensive zone. For an off-side violation, a face-off will be conducted in the neutral zone.

**Passing** – what makes hockey a true team sport and helps make the game fun. Passing gets everyone on the ice involved, and allows the thrill of scoring to be shared.

**Poke check** – using the blade of the stick to knock the puck away from an opponent.

## CONTACT INFORMATION

### **Jr. IceHogs Training Facility**

815-962-2412

[jricehogs@rockfordparkdistrict.org](mailto:jricehogs@rockfordparkdistrict.org)

### **Carlson Ice Arena**

815-969-4069

