

Parent Handbook



*“Working together
to make Hockey
a positive life experience.”*



Dear Parents:

incredible ICE's Parent Handbook has been prepared for the purpose of acquainting you with the game of ice hockey and its organization at the amateur level.

This publication will give you and your child(ren) the essential information to find enjoyment from the experience of participating in a youth sports program and improve the environment of the activity.

Remember, above all, that the motivating factor for children, particularly at the younger levels, entering youth sports is their desire to have fun. The following pages will help you assist them in reaching this goal.

With the right attitude and a good understanding of what is involved, everyone will have a pleasant experience through their involvement.

Best wishes, and have an incredible time!

Jeffrey R Grier
Manager of Hockey Operations

Phil Mintzberg
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PAHA LEAGUE

You have chosen **incredible ICE** and the PAHA for your child and we greatly appreciate your participation in our recreational house league hockey program.

As a league member, your benefits and privileges include:

- Playing privileges in Florida's state-of-the-art, triple ice skating complex, **incredible ICE**. Practice facility for the NHL. Florida Panthers and other visiting NHL teams.
- An environment for friends, fun & fair play for all players.
- A USA Hockey sanctioned league.
- An exciting multilevel program for players ages 5-18.
- Proper evaluations and balancing of teams to ensure league parity at all levels.
- NHL Replica jerseys and matching socks.
- Individual participation trophies for players
- Team and Individual clinics at Total Hockey of Florida Facility
- On Ice Skills Clinics
- Team trophies for division champions.
- Single elimination playoffs.
- Multiple child discount.
- Head coaching incentives.
- Three season discount.
- A long term developmental program for all players.
- A long term developmental program for all coaches.
- Special youth hockey exhibition opportunities during Florida Panthers home hockey games at the Bank Atlantic Center
- Special Pro Shop discounts for all league players.
- USA Hockey certified referees.
- USA Hockey certified coaches.
- Membership in USA Hockey.
- Yearly referee seminars hosted by F.H.O.A.

HOCKEY: THE GAME

Ice hockey is played on a RINK, a sheet of ice which is approximately two-thirds the size of a football field, usually between 185 and 200 feet long and about 85 feet wide.

The sport involves four basic skills: skating, passing, stick handling and shooting. These skills can be learned at any age, and are skills that the good hockey player always seeks to improve.

Skating is the extra skill that makes hockey a unique sport. Physical size is not an important factor in becoming a skilled and successful hockey player. Because of the speed of the game, the number of players on a team and the size of the surface on which the game is played, every player participates in the action when on the ice.

THE FOUR SKILLS

SKATING makes the game of hockey unique and is a skill which players at all levels must work at constantly. Without adequate skating abilities, a player is less able to perform the other essential skills that will make him a complete hockey player.

PASSING is what makes hockey a team sport. It makes the game fun. Passing gets everyone on the ice involved in the action and makes scoring a real team effort. Assisting teammates in

success is what the game is all about, and passing allows the thrill of scoring to be shared.

STICKHANDLING is perhaps the most difficult of the essential skills to master. It allows a skilled player to maneuver around his opponents and create better offensive opportunities.

SHOOTING is the end result of an offensive team play and is the action that produces a goal. Many players spend more time practicing shooting than any other skill because they feel that scoring is the most fun. However, players should put just as much emphasis on the other skills since most players will generally not take more than five or six shots in an entire game.

THE TEAM

A team is composed of a maximum of six players on the ice at any one time. (see Penalties)

The **GOALKEEPER** is responsible for guarding his team's goal and preventing the opposing team from scoring.

The **DEFENSEMEN'S** (two) primary responsibilities are to prevent the opponent from having a good shot at the goal. Secondly, they attempt to gain possession of the puck and pass it to a teammate to start an offensive play.

The **FORWARD'S** (three - left wing, center, and right wing) primary duty is to score. However, they also assist the defensemen by back-checking after their team has lost control of the puck to their opponent.

(see Glossary)

THE PLAYING ZONES

The ice surface is divided by blue lines into three zones - defensive, offensive and neutral.

The **DEFENSIVE ZONE** is the area in which a team protects its goal and attempts to keep the opposition from scoring. This same zone is the opposing team's **OFFENSIVE ZONE**, or the area in which they are attempting to score.

The **NEUTRAL ZONE** is the area between the two blue lines.

(The lines dividing these zones will be discussed in the section on Rules)

THE OFFICIALS

In the upper levels of competition, three officials - one referee (identified by red armbands) and two linesmen - are utilized while two officials - both referees - are common in the youth classification game. All games will utilize a two (2) referee system.

The **REFEREE** is the ultimate authority during the game. His primary responsibility is to call penalties and determine if goals have been legally scored.

The **LINESMAN'S** primary responsibility is to determine violations of off-sides, offside passes and icing, and assist the referee with the enforcement of other rules.

The referee has the ability to stop a game to identify any "out of control" spectator(s) and remove him/her from the arena. In the event that this occurs, the game will not restart until the situation is under control to the referee's satisfaction. Game time lost due to such incidents will not be extended for play beyond the game's scheduled curfew.

THE RULES

The playing rules are divided into three basic categories:

- 1) Violations - which result in a face-off
- 2) Where a player is awarded a penalty shot
- 3) What causes a player to be sent to the penalty box for a specified period of time

The following is a brief explanation of each category. Naturally, there are technical aspects of each rule that will, at various times, determine whether or not the violation is called. However, since the purpose here is to give the reader a general knowledge of the game, these technicalities will not be dealt with.

FACE-OFFS

Off-side - An offensive player may not precede the puck across the blue line into his offensive zone.

Icing - A team, when both teams have an equal number of players on the ice, may not shoot the puck from behind the center red line over their opponent's goal line (except if it goes into the goal).

PENALTY SHOT

Most commonly called when: 1) a player, while in a scoring position, is fouled from behind and deprived of a scoring opportunity or 2) a defensive player grabbing or falling on the puck when it is in his goal crease.

To take the "penalty shot", the player takes control of the puck at center ice and tries to score against the opposing goalkeeper. All other players are removed.

PENALTIES

For the following penalties, the team must play less the number of players serving such penalties, except that they may not have less than four players (including the goalkeeper) on the ice. (see Delayed Penalty)

MINOR - (Two minutes)

If a team is scored upon while they are shorthanded because of a Minor Penalty, the Minor Penalty shall terminate immediately.

MAJOR - (Five minutes)

Does not terminate early for any reason

MATCH - (Five or ten minutes, depending upon violation, served by a teammate) Given for attempt to injure.

The player is ejected for the balance of the game and may not play in future games until the case has been reviewed by the league administrators.

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

MISCONDUCT - Ten minutes (served in the penalty box)

GAME MISCONDUCT - Ejection for the balance of the game and next game.

MATCH PENALTY - Ejection for the balance of the game and may not play in any future games until the case has been reviewed by the league administrators.

THE PENALTIES

SLASHING - Hitting or swinging at an opponent with the stick.

HOLDING - Impeding the progress of an opponent by using the hand, stick or any other means.

ELBOWING - Checking an opponent with the elbow extended.

HOOKING - Using the stick to impede the progress of an opponent.

TRIPPING - Action against the opponent's legs which causes him to fail

CHARGING - Body checking an opponent at an excess speed or checking or pushing from behind.

HIGH-STICKING - Carrying the stick above the normal height of the shoulder. (A major penalty, if the violation results in an injury to an opponent.)

INTERFERENCE - Impeding the progress of an opponent who is not in possession of the puck.

CROSS-CHECKING - Checking an opponent with the stick across his body.

YOUR ROLE AS PARENTS

There are many benefits to playing youth hockey. Boys and girls learn good sportsmanship and self-discipline. They learn to work together, how to sacrifice for the good of the team, how to enjoy winning and how to deal with defeat - while becoming physically fit and healthy children.

How many of these benefits a player achieves is very much your responsibility as parents. In order for your child to get the most out of his amateur hockey program, it is important that you SUPPORT your child by giving encouragement and showing an interest in his team.

ALWAYS BE POSITIVE

The parents are not participants on their child's team, but they contribute to the success experienced by the child and his team. Parents serve as role models for their children. Parents' attitudes are often exhibited by their children, who look to them for advice and approval. Become aware of this situation and strive to be POSITIVE MODELS. That includes, most importantly, showing good sportsmanship at all times to the coaches, referees, opponents, and teammates.

BE ENTHUSIASTIC AND SUPPORTIVE

Remember that your child is PLAYING hockey. It is important to let him/her establish his own goals, to play the game for him/herself. Help your child establish and achieve the goals he sets for him/herself. Be careful not to impose your own standards and goals on him/her.

LET THE COACH COACH

Don't put too heavy a burden on your child to win games. A recent survey revealed that 72% of children would rather play for a losing team than ride the bench for a winner. The most important part of your child's youth hockey experience is that he/she learns about him/herself while ENJOYING this exciting sport. A healthy environment that encourages learning and fun will develop a more positive self-image that can be an invaluable asset all through your child's life.

SHOW YOUR CHILD "POSITIVE REINFORCEMENT"

The best way to help a child achieve his/her goals and reduce his natural fear of failure is through positive reinforcement. No one likes to make a mistake. If your child does make one, remember that he is still learning. Encouraging his/her efforts and point out the things he did well. As long as he gave his/her best, you should make him/her feel like a winner.

USA Hockey and SAHOF mandate that all Leagues and Tournaments enforce a ZERO Tolerance Policy for all Players, Coaches and Spectators.

ZERO TOLERANCE POLICY

Incredible ICE FULLY ENDORSES USA HOCKEY'S ZERO TOLERANCE POLICY REGARDING PARENTS AND SPECTATORS

The game will be stopped by on-ice officials when the parents/spectators displaying inappropriate and disruptive behavior interfere with other spectators or participants of the game. The on-ice officials will identify violators to the coaches for the purpose of removing parents/spectators from the spectators viewing and game area. Once removed, play will resume. Lost time will not be replaced and violators may be subject to further disciplinary action by the local governing body. This inappropriate and disruptive behavior shall include:

- using obscene or vulgar language in a boisterous manner to anyone at any time
- taunting players, coaches, officials or other spectators by means of baiting, ridiculing, threatening physical violence, or physical violence
- throwing any object in the spectators viewing area, players bench, penalty box or on the ice surface, that in any manner creates a safety hazard

Any violators will be escorted from the facility and not allowed to return until the issue has been dealt with. Further action maybe taken if deemed appropriate by management. Please enjoy the game and support all players, coaches and officials.

IT'S JUST A GAME... A WONDERFUL GAME AT THAT!

EQUIPMENT: WHAT THEY'LL NEED

Selection of hockey equipment is a key issue among coaches, players and parents. When purchasing and fitting hockey equipment, remember two important factors: assure that the player is adequately protected, and that the fitting allows freedom of movement to properly perform the necessary skills. By carefully including these two factors, your child will be more comfortable and will better enjoy the game.

EQUIPMENT: WHY?

The proper equipment is critical to ensure a safe and enjoyable on-ice experience for your child. A full set of hockey equipment can be purchased for a reasonable cost at *incredible Sports*, ***incredible ICE***'s full service pro shop. *incredible Sport* carries a complete line of hockey skates, equipment and related accessories. For those new to the game, our expert staff can assist you in selecting the best fit for your child's ability, age and budget.

- All league members receive a 10% discount on skates and equipment (see Pro-Shop for details)

SHIN PADS: Check for proper length so they protect the knee and shin completely.

SUPPORTER & CUP: Essential protective equipment; check for proper fit.

GLOVES: Check for proper fit with good finger and hand mobility.

SHOULDER PADS: Adjust to fit the individual at time of purchase. Fiber cap is extremely important in helping prevent shoulder separations and should extend to the tip of the shoulder.

PANTS: Held in proper position by suspenders. Provide protection for lower spine, hips, and thighs.

ELBOW PADS: Properly fitted so that they do not slide.

SKATES: Acquire to fit now with no more than 1/2" for growth. Seek adequate protection in the ankle, toe and instep areas. Improperly fitted skates will hamper your child's ability to skate.

SHARPENING: Skates should be sharpened regularly to maintain their edge thus ensuring maneuverability and safety.

HELMET: Must be sized at the time of purchase to fit properly. The chin strap must always be fastened.

FACEMASKS: Must be of a design and construction approved by HECC. (Hockey Equipment Certification Council)

COLORED MOUTHPIECE: Required in all youth classifications.

STICK: Length should generally extend from the ice to the player's chin (with skates on). Quality and price differ greatly, so the choice is yours.

For goalkeepers special equipment is necessary, such as: gloves (catching and stick), chest and stomach protector, goalie skates (with protective shell), leg pads, shoulder and arm protectors. The goalkeeper's equipment is especially important, so seek advice from knowledgeable sources.

GLOSSARY OF HOCKEY TERMS

ASSIST: An "assist" is credited in the scoring records to the player that is involved in the play immediately preceding a goal. Maximum of two assists per goal.

BACK CHECK: The actions of the forwards skating back into their defensive zone to break up the opposing team's offensive play.

BODY CHECK: Using the body against an opponent, who has possession of the puck, to break up an offensive play.

BREAKAWAY: When there are no defending players between the puck carrier and the opposing goalkeeper.

BREAKOUT: Movement of a team in possession of the puck out of its defensive zone.

CHANGING ON THE FLY: Substitution of players while the clock is running.

CLEARING THE PUCK: Shooting the puck out of the defensive zone or away from in front of its goal.

DELAYED PENALTY: A team shall not be shorthanded on the ice more than two players at any one time because of penalties imposed. Therefore, should a team receive a third penalty, that penalty shall be delayed in its start until one of the other penalties has terminated.

DELAYED WHISTLE: When a violation occurs, the official will not blow his whistle to stop play as long as the non-offending team has possession of the puck. The moment the offending team touches the puck, play will be stopped.

FACE-OFF: The dropping of the puck between one player from each team to start play.

FORECHECKING: Attempting to break up an opponent's offensive play.

FREEZING THE PUCK: Holding the puck against the boards with the stick or skate in order to stop play.

GOAL CREASE: The area marked off in front of the goal. An offensive player may not enter the crease unless the puck is already inside the "area."

HAT TRICK: When one player scores three goals in a game.

ICING: A team, when both teams have an equal number of players on the ice, may not shoot the puck from behind the center red line over their opponent's goal line (except if it goes into the goal).

MINOR OFFICIALS: More properly referred to as "off-ice officials" - includes timekeepers/ scorekeepers and penalty box attendants.

OFF-SIDE: When an offensive player precedes the puck across the blue line into his offensive zone. For an off-side violation, a face-off will be conducted in the neutral zone.

THE POINT: The position of the defenseman in his offensive zone inside the blue line near the side boards when his team is attempting to score.

POKE CHECK: Knocking the puck away from an opponent with the blade of the stick.

POWER PLAY: The attempt to score by a team which has a numerical advantage due to a penalty or penalties.

REFEREES CREASE: A restricted area, marked by a red line, in front of the timer's table in which a player is prohibited from entering while the referee is reporting a penalty.

SCREEN: An offensive player positioning himself to block the opposing goalkeeper's view of the puck.

SHORTHANDED: When a team is playing with one or two fewer players than their opponent, as a result of penalties.

SLAP SHOT: A sweeping motion with an accelerated back swing to shoot the puck (like a drive in golf).

SLOT: An unmarked area in front of the goal approximately ten to fifteen feet in diameter.

SWEEP CHECK: A sweeping motion with the stick flat on the ice to take the puck away from an opponent.

WRIST SHOT: The motion of shooting the puck with the puck against the blade of the stick.

USA HOCKEY

USA Hockey, established in 1937, is the National Governing Body for amateur ice hockey. A non-profit organization, USA Hockey coordinates all amateur competitions and administers programs for many thousands of players, coaches and referees.

USA Hockey age classifications are:

Boys

7 or under - Atoms
8 or under - Mites
10 or under - Squirts
12 or under - PeeWee
14 or under - Bantam
16 or under - Midget
18 or under - Midget
Juniors 18-19
Seniors 20 and older

Girls

12 or under
15 or under
19 or under
Seniors 20 and older

A CHILD'S PLEA:

Well, here it is another hockey season, so I am writing you for just one reason

Please don't scream or curse and yell, remember I'm not in the NHL.

I am only 11 years old and can't be bought or traded or sold, I just want to have fun and play the game

And am not looking for hockey fame.

Please don't make me feel I've committed a sin just because my team didn't win

I don't want to be great, you see, I'd rather play and just be me

And so in closing, I'd like to give you one tip, remember the name of the game is SPORTSMANSHIP (Donny Chabot, Age 11)

(Courtesy of Brett A Parson, Referee In Chief, Southeastern District. USA Hockey)

What Is Teamwork?

The dictionary defines teamwork as a number of persons acting in close association as members of a unit. This describes ice hockey perfectly. Many sports can be dominated by individuals, but ice hockey requires a team. Even the very best players need support and help from their teammates. The best players must also be able to fit within the team framework if they and their team expect to be successful.

What Will Teamwork Teach Me?

Teamwork helps you develop characteristics that will make you successful on and off the ice and serve you long after you're done playing hockey.

You learn to:

- care about others
- work with others
- adapt to difficult situations
- be unselfish
- be responsible and dependable
- develop self-discipline