

Hockey Regina Inc

Novice Hockey Program

Purpose

- To promote fun and enjoyment while at the same time stressing improved skating and hockey skills.
- To ensure that there is fun and enjoyment while at the same time providing good competition by ensuring that players are encouraged to play with and compete with other players of similar skills, abilities and desires.
- To provide a program that ensures that all players will enjoy equal opportunities of ice time during practice instruction and games.
- To provide guidelines which encourage coaches improve their own coaching qualifications and instructing skills by participating in coaches certification programs.
- To promote other instruction programs which provide opportunities for coaches to improve their own instructional techniques in theory, technical and practical skills and coaching philosophy.
- Goaltending: The overall objective in the novice program is to ensure that any player who indicates an interest in goaltending should be given the opportunity to try the position. Therefore, coaches should encourage all of their players to try the position. However, if a player, after being asked, clearly does not want to try the position, the coach should not insist that the player do so. The emphasis being to develop as many goaltenders as reasonably feasible on developmental teams. (i.e. player position rotation system.) The purpose shall be to identify potential players for further development.
- For Novice, the City will be a divided into three (3) equal zones based on registration numbers.
- For leveling purposes, in the Novice program, the zones should evaluate all players on the basis of their overall abilities.

Team Concept

1. Overview

Emphasis shall be placed on:

- providing fun and enjoyment while stressing the value and appreciation of improved skating and hockey skills.
- promoting and encouraging players to participate in power skating and hockey instruction programs other than those offered by HRI.
- To ensuring that qualified proficient and innovative instruction is maintained during practice sessions and games.
 - a. Practice to game ratio - 50 % games, 50 % practice ice time, 1:1. No games will be played prior to November 15.
 - b. There will be no standings kept for Novice. A year end festival will take place between teams of similar caliber.
 - c. Each team is expected to have a minimum of 24 practices per year.
 - d. Referees will be used in all divisions of Novice.
 - e. Practice and game times allocated to Novice: shall consist of 60-minute time slots.

2. Team formation

Teams will be formed based on the leveling principle. The purpose of this leveling formulation is to provide more enjoyment by practicing, learning and playing with players of similar skills, abilities and desires.

3. Method of Leveling

For the Novice age group, each zone would field teams at each level based on the grid which follows. Note the Novice female teams shall be placed in the division based on the evaluations.

#Teams/zone	A	B	C
1	1		
2	1	1	
3	1	1	1
4	1	2	1
5	2	2	1
6	2	2	2
7	2	3	2
8	2	4	2
9	3	3	3
10	3	4	3
11	3	5	3
12	3	5	4
13	4	5	4

4. All players will be evaluated as per the Novice Evaluation Procedure document. The Division Director/HRI Office will form the teams based on the above grid system. It should be remembered that teams are to be formed based on individual skills and not with the emphasis placed on making winning teams. Any deviation from this prescribed leveling regulation shall require permission of the HRI Board.

All teams within a zone must have no more than one player difference on roster by level. Example: A- 13 players; B - 13 players; C - 14 players. All teams in each zone must be balanced in numbers. Preferable team numbers for novice are 12-14 players per team. The exact roster size to be approved by the Division Director.

5. Season Breakdown

- ALL games before January 1 will be half-ice. This includes tournament and exhibition games.
- Games not start until November 15
- Teams not allowed to enter tournaments until December 1
- Maximum number of games in a season is 45

6. Rules – Half ice

a. Overview

- Games will be played 5 on 5 (skaters) with a goalie. Teams may alter to 4 on 4 or 3 on 3 if rosters are below 10 skaters
- Players benches will not be used. Players not participating in the half-ice game will be in the other half-ice zone working with their coaches
- Time breakdown for games:
 - i. 3-minute warm-up
 - ii. 2x24 minutes straight time periods
 - iii. Teams will switch ends after 1st period

b. Continuous Play:

- A faceoff will take place at the start of every shift
- Buzzer sounds once every 2-minutes, clock continues to run
- There will be no stoppage in play during shifts; except for injury
- Goal is scored or goalie freezes puck: Official blows whistle, attacking team backs off and defending team gets possession.

c. Penalties:

- Standard: Delayed penalty procedures are followed
- Official calling the penalty blows whistle and escorts the player to penalty bench
- The second official gives possession to the non-offending team. The offending team must back off
- Penalized player returns during same shift if goal is scored by non-offending team
- At end of shift the penalized player leaves penalty box and both teams are full strength

d. Each team is to supply one person for the score clock/penalty bench

7. Rules – Full ice

b. Time breakdown for games:

- 5-minute warm-up
- 1st Period; 15-minutes straight time
- 2nd Period; 15-minutes straight time
- 3rd period; 20-minutes straight time

e. Penalties:

- 2-minute straight time

All minor penalties are to be two-minute straight time. Penalty time is to begin at the drop of the puck not from the time the referee blows down the play. (The idea in Novice Hockey is simply to point out to the younger player that he/she has committed an infraction.)

f. It is the responsibility of the coach of each team to ensure that score sheets are filled out completely and correctly. The time clock is to be operated by the home team, scorekeeping the responsibility of the visiting team.

g. The score clock is to be utilized for keeping of time and scores. A five (5) goal mercy rule is to be used and thus if there is any five (5) goal differential no additional scores are to be shown on the scoreboard.

h. Line Changes:

- All five players must change on every line change if possible (11 or more players).

i. Coaches shall ensure that all players on a team shall receive an equal amount of ice time in every game. Exhibition and tournaments inclusive. **Emphasis should be on development and not on winning.**