

# Red Deer Pond Hockey Coaches Package



1. **RDPH Coaches Guide:** A resource guide for coaches.
  - a. Mission, Vision & Values
  - b. Recreation Hockey Model – Hockey Alberta
  - c. Maltreatment, Bullying & Harassment
  - d. Teams Job List
  - e. Coach Information
  - f. Helpful Websites
  - g. Team Guidelines
  - h. Penalty Matrix
2. **Minimum Suspensions & Penalties** from Hockey Alberta – Coaches & Players
3. **RDPH Code of Conduct** (provided for players, parents, and coaches on each team):
  - a. The Codes of Conduct are included in the registration process and parents, coaches and players were required to sign them to indicate their agreement. Codes of Conduct are listed on our RDPH website, under the Information Tab - Bylaws/Policies/Procedures section. [Code of Conduct Policy \(Parent, Player, Coach, Referee\)](#)
4. **RDPH Division Specific Play:** Information for coaches for their specific Division on time allotment and how to structure practice/game time.
5. **RAMP Team WebPage:** Information on how to login/manage your RAMP Team web page.
6. **Outdoor Rink (ODR) Information:** Information on using the ODRs for practice.
7. **Dressing Rooms Div 4-6:** Information on Dressing Rooms.
8. **Game Sheets Div 3-6:** Information on how to Fill out and Enter Game sheet info into RAMP.

There are many additional resources available on our RDPH website under the “Resources” section of the main banner, specific to coaching under the “Coaches Corner” and additional information that may be helpful for Team Managers under “Team Manager”. Examples of information that can be found here include Fair Play Code, CRC and RIS information, how to register in RAMP.

Please encourage your families to watch for information updates through our online and social media channels, including:

**Facebook: Red Deer Pond Hockey League** <https://www.facebook.com/reddeerpondhockey/>

**Website:** [www.reddeerpondhockey.com](http://www.reddeerpondhockey.com)

Families can also register to receive our **online newsletters** on the main page of the RDPH website (alternate location is under “Information” – “Newsletters” - then “Join Our Mailing List”).

# Red Deer Pond Hockey



## Mission

RDPH is a family-oriented organization that believes all youth should have the opportunity to play non-contact hockey in a fun and supportive environment.

## Vision

A gathering place for fun, positive and family-oriented hockey experiences, inclusive of every child interested in the game of hockey.

## Values

- RDPH is a safe, respectful, considerate, welcoming, and inclusive organization.
- Honesty, fair play, integrity, discipline, supporting others in our group and community and high moral standards are required in RDPH.
- RDPH believes all children should have the opportunity to play without barriers.
- RDPH is passionate about teaching sportsmanship, hockey skills and teamwork.
- Siblings and friends are encouraged to play on the same team and teams are to be inclusive where possible.
- Fun is the overriding objective in RDPH and includes players, coaches, and parents.
- Coaches and players are to be considerate when playing and make the game as fair and as fun as possible for both teams.

## **Recreational Hockey Model – Hockey Alberta**

In the 2021-22 season, Hockey Alberta implemented a new Recreational Hockey Model that provides interested participants with a moderately structured stream of hockey with some modified playing rules, limited registration rules, and no residency requirements.

Hockey Alberta's Recreational Hockey Model provides general structural and administrative guidelines for Recreational Hockey Programs across the province and outlines the activity options that member Minor Hockey Associations and partner organizations can implement within their communities

The goal of the Recreational Hockey Model is to ensure families have access to affordable, fun, and safe opportunities to participate in youth hockey with a low to moderate time commitment. The Recreational Hockey Model is open to both Minor Hockey Associations and community/ non-minor hockey programs.

The Recreational Hockey Model includes three streams of hockey. Each stream has a varying competitive structure and level of commitment appropriate to the level(s) and age(s) of the player(s).

Within the Recreational Hockey Model are several recommendations on how organizations/ programs should operate and structure their program; however, organizations/ programs are provided the flexibility to create and maintain their own internal processes to adjust their program to the needs of their participants.

RDPH is working towards and with Hockey Alberta to merge closely with the Rec Hockey Model.

More information can be found here:

[https://www.hockeyalberta.ca/uploads/source/Rec\\_Hockey/Rec\\_Hockey\\_Model.pdf](https://www.hockeyalberta.ca/uploads/source/Rec_Hockey/Rec_Hockey_Model.pdf)

# **Maltreatment, Bullying & Harassment**

Hockey Alberta is committed to contributing to the physical, psychological, social and spiritual health of individuals of varying abilities, backgrounds and interests. Hockey Alberta firmly believes that only when sport environments are safe and inclusive can these values be realized. Participants in Hockey Alberta sanctioned programming should have the reasonable expectation that it will be in an environment that is accessible, inclusive and is free from all forms of Maltreatment, Bullying and Harassment.

Section 11 – Maltreatment, is a new addition to the Hockey Canada Rulebook for the 2021-22 season. The update includes bringing all forms of Maltreatment under one section of the rulebook and provides guidelines for escalating penalties based on the severity of the inappropriate behaviour from players and team officials. Hockey Canada believes that every person should have positive experiences in hockey, the revision of the playing rules better reflects the organization's commitment to ridding the game of all forms of maltreatment.

The purpose of the implementation of Section 11, is to:

- Establish principles and guidelines, as well as appropriate responses to instances of Maltreatment, Bullying and Harassment.
- Promote a commitment to eliminating Maltreatment, Bullying and Harassment for all participants through education, awareness, and prevention.
- Provide direction on establishing principles and guidelines as well as appropriate responses to instances of Maltreatment, Bullying and Harassment.
- Provide a safe environment for participants in any sanctioned program.

A new national reporting system will also be implemented to eradicate discrimination of all forms from the game. The new rule and system include, but is not limited to, discrimination based on race, ethnic origin, skin colour, religion, age, sexual orientation, gender identity and disability.

Incidents of Maltreatment that may occur on or off-ice may be reported. As part of the new rules, certain infractions will include an indefinite suspension pending a hearing, as well as mandatory hearings for repeat offenders. Incidents may be reported by the official or by completing the form below.

Hockey Alberta is committed to ensuring an investigation of all reports of Maltreatment, Bullying or Harassment involving participants takes place.

More information can be found here:

<https://www.hockeyalberta.ca/members/maltreatment-bullying-harassment/>

[https://www.hockeyalberta.ca/uploads/source/Bylaws\\_%26\\_Policys/2022-23/Maltreatment%2C\\_Bullying\\_and\\_Harrassment.pdf](https://www.hockeyalberta.ca/uploads/source/Bylaws_%26_Policys/2022-23/Maltreatment%2C_Bullying_and_Harrassment.pdf)

## Team Jobs List

**Manager:** The Team Manager is a central figure in creating the flow of communication - not only within the team (players, parents, and coaches) but between the team and all support systems such as the Red Deer Pond Hockey Association, Division Managers, other teams, referees and officials.

The Team Manager is responsible for all aspects of running the team that are not associated with the training, coaching, and performance of the players.

They will:

- Track ALL volunteer hours for the team.
  - Each family is asked to volunteer for approx. 5 hours to receive a refund of volunteer fees at the end of the season.
  - A Volunteer tracking sheet is available on the RDPH website for this.
  - Volunteer hours should be kept track of and submitted to your Division Coordinator (or another appointed person) on a regular basis.
- Help the coaches in any way they can to organize the team each week.
- Help find volunteers to fill all the required spots for the season.
- Be a liaison between the team, coaches, and the Division Coordinator.
- Make sure the Team RAMP information is up to date for your team (info provided on the RDPH Website)
- Any other items the coaches need help with.
- Refer to [Team-Manager---Roles-and-Responsibilities](#) on the RDPH Website for more information

**Jersey Parent(s):** This person(s) will be in charge of organizing the jerseys for the team.

- We would suggest that 4 weeks of being jersey parent, could be considered for your full volunteer hours.
- Jerseys will come to the team in a garment bag and **MUST remain with the jersey parent and NOT go home** with players!
- We would ask that this person is in charge of dealing with any repairs, washing of the jerseys.
  - Jerseys should be WASHED only in COLD water and HUNG TO DRY ONLY! DO NOT put them in the dryer.

**Time Clock/Scoreheet:** This person(s) will be in charge of running the timeclock at each game and/or completing the scorebook (Divs 3-6).

- 2 People per HOME game are asked for this position.
- Information on how to run the score clocks is in the box at each arena.
- The timeclock is used in Div 1-2 for signalling when the players are to change from the bench to the ice. A non-stop clock is run, and a buzzer is sounded to signify changes.
- Div 1 do NOT use score books or keep track of scores.
- Div 2 can keep track of scores on score clock. New in 2023: Div 2 will use score books to record player goals, etc. for the second half of the season.
- Div 3-6 will run a clock with run/non-stop play time as per their division listing.

- Div 3-6 will also use score books to record player goals, infractions and player names and coach details.
  - Information on how to complete these books is found on the RDPH website (under the Manager's tab) or inside the score books themselves.

**Bench Helpers or Door Openers:** This person(s) will help the coaches (IF needed) to help on the bench, or to open/close doors for the team.

- This position requires you to have a current CRC (Criminal Record Check) with a Vulnerable Sector check on file with RDPH.
- Refer to [Required Documentation RIS Respect in Sport and CRC Criminal Record Check](#) for more information on this process on the RDPH Website.

**Skate-a-Rama Rep:** This person(s) will help coordinate their team's participation in our ONLY Fundraiser each year, the Kinsmen Skate-A-Rama.

- We require one or two volunteers per team to be involved with the RDPH Board rep to help organize the fundraiser.
- We work alongside reps from the Red Deer Kinsmen to raise funds to help our league.
- You would be in charge of collecting team lists and coordinating times for each team to attend.
- This event is typically right after Christmas Break.
- Organizing will begin in Late November/early December.
- You would be responsible for handing out pledge sheet information and collecting raised funds for your team.
- You would also be in charge of helping out the day of Skate-A-Rama at the RDPH table for collecting sheets and general organization of the event.

**Social Planner:** This person is in charge of planning any social events during the season for the team.

- These events need to be discussed with the team, and can include but are not limited to: Team Meet and Greet, team bonding events, parent nights, wind up party, etc.
- Please reach out to your Division Coordinator for more ideas and/or help with information needed from the Board.

**Photo Parent:** This person will be in charge of ensuring the jerseys are ready at the photographer studio and that the entire team knows where/when to attend the photo session.

- The photographer will create a sheet with assigned times for a designated photo date.
- They will be in charge of assisting the photographer during the session, as well as getting printed products back to the team when they become available.
- Orders are all done on-line with the photo studio.
- Information will be sent out at a later date.
- This event typically runs in October/November.

## **Coach Information**

For your respective Division play, some of the coaching strategies that are to be presented to the players may include:

- Emphasis on team play.
- Maintain a safe fun environment for ALL players.
- Division 1-2: Listening for the coaches' directions and/or whistle/buzzer, general game play (skating to the opposite end, passing, shooting on the goal) and good sportsmanship.
- Division 3-6: Proper positional play - forward vs. defence, Rule awareness - icings, off-sides, penalties, line changes on the fly. (Also applies to Division 2 for second half of the season)
- Abiding by Red Deer Pond Hockey Mission Statement:

*"Red Deer Pond Hockey is a family-oriented organization that believes all youth should have the opportunity to play non-contact hockey in a fun and supportive environment."*

- Following the acknowledged Codes of Conduct for Players, Coaches and Parents.
- Strive to ensure every player is given the same amount of ice time and is given the opportunity to play any position.
- Clear communication is very important in making this an enjoyable experience. If you have any concerns during the year, please contact your division coordinator.
- We also believe parental involvement is VERY important - if you are able to assist with any type of volunteer time - please DO SO.
- Some important information is located at the following links on the RDPH website:

Injury and Incident Reporting Process:

<https://cloud.rampinteractive.com/icehockeyrdrl/files/2020%20Policy%27s/Incident%20or%20Injury%20Reporting%20Process.pdf>

Suspension Policy:

<https://cloud.rampinteractive.com/icehockeyrdrl/files/2020%20Policy%27s/Suspension%20Policy.pdf>

Appeals Policy:

<https://cloud.rampinteractive.com/icehockeyrdrl/files/2020%20Policy%27s/Appeals%20Policy.pdf>

## **Helpful Websites**

<https://www.hockeyalberta.ca/coaches/>

<https://www.hockeycanada.ca/en-ca/home>

<https://www.lgsports.ca/11-tips-to-run-a-great-hockeypractice-for-6-year-old-balls-of-energy/>

<https://www.icehockeysystems.com/hockey-drills/agelevel/squirt-436>

<http://howtohockey.com/top-10-fun-hockey-drills/>

<https://www.icehockeysystems.com/hockey-drills>

## **Team Guidelines**

- Coaches are NEVER allowed to be alone with any player in a changeroom or locker room.
  - Please use the 2-person rule at all times.
- RDPH uses the RAMP App for posting game schedules and teams can use this app for communicating with the chat feature.
  - Please use this app for what it is intended – Team communication ONLY!
- Please be on time.
- All players dressed and ready to go at the start of the ice time.
- All teams will be assigned a changeroom – look at the arena displays upon arrival to see which room is yours.
- The Minimum Attire Rule for Players must be followed.
  - All minor-aged players must wear ‘minimum attire’ at all times in the dressing room where more than one person is present.
  - This means that players should arrive at the arena wearing a base layer (e.g. long underwear top and bottom, shorts and t-shirt, compression leggings and shirt). The player keeps the base layer on and dresses in their protective equipment over top of the base layer.
  - Any player that arrives at the rink without a base layer on must use a private space, like a bathroom stall, to change into the base layer and then can enter the team dressing room with the other team members.
  - Players that do not wear base layers under their protective equipment are required to come to the arena dressed in their protective equipment or must use a private space, such as a bathroom stall, to put on their protective equipment. The player may then enter the dressing room to put on their skates, helmet and gloves.
  - As there is a requirement for all players to wear minimum attire in the team dressing room, all players, regardless of gender, are permitted to dress in their protective equipment in the same dressing room.
  - A separate dressing room will remain available at each arena for the use of female players. The minimum attire rule also applies when using this dressing room.



- o There will typically only be one female dressing room in each arena, to be shared between teams. ONLY female adults are to enter these rooms to assist. **If Div 4 or above**, these female adults will require a current CRC to enter and assist.
- o If there is an issue with any locker rooms, please reach out to the arena staff first, then contact your division coordinator if there are issues that can't be resolved.
- There are times when some coaching will take place prior to the start of the ice time. **It is IMPORTANT for ALL players to be in attendance and included.**
  - o If you have players that are in other dressing rooms before the game, WAIT for them to enter the main changeroom for any coaching, so they are included!
  - o Designate a certain time (10-15 mins) before the game for all players to be in attendance in the main change room.
- Personal gaming devices are NOT to be in use upon arrival or in the locker room. This is the time for players to prepare and get ready for hockey.
- If possible, no cell phone activity in the locker room.
- **Players will treat equipment/jerseys/arenas/locker rooms with respect.**
- Your team jersey is to be RETURNED EACH game to the Jersey bag and it goes with the jersey parent. JERSEYS NEVER go with the players! NO EXCEPTIONS!
- **Absolutely no bullying of teammates or opponents, coaches or officials will be allowed.**
  - o Refer to the Player, Coach and Parent Code of Conduct on the RDPH website, and that you acknowledged when you registered for Pond Hockey this season.
  - o <https://www.hockeyalberta.ca/members/maltreatment-bullying-harassment/>
- Players and parents are asked to respect all coaches, players, officials, and fellow parents.
- **If assisting on the ice at ANY TIME** (tournaments/ODR practices/Skate-a- Rama/etc.), **coaches and parent volunteers MUST wear a helmet.** NO EXCEPTIONS!
- Please follow the 24-hour cool down rule for any issues or concerns that do not involve a player injury.
  - o If you have an issue, please wait 24 hours before sending an email to your respective Division Coordinator or any RDPH board member.
  - o The chain of reporting would be Parent to Manager/Coach for resolution. If the problem can't be solved, reach out at that point to the Division coordinator, if they can't help, they will ask for help from another RDPH board member, President or Vice-President for assistance with the concern.

## Penalty Matrix

RDPH follows the Hockey Alberta Penalty Matrix when assigning penalties. **NO** Penalties are assigned in Div 1-2. This list aligns with that information and can be used as a guideline.

You can refer to the entire matrix or the Hockey Canada Rule book at:

<https://www.hockeyalberta.ca/uploads/source/16AppendixVIIMinimumSuspensions.pdf>

[https://cdn.hockeycanada.ca/hockey-canada/Hockey-Programs/Officiating/Downloads/rulebook\\_casebook\\_e.pdf](https://cdn.hockeycanada.ca/hockey-canada/Hockey-Programs/Officiating/Downloads/rulebook_casebook_e.pdf)

| <b>Penalty</b>                                   | <b>Classification</b> | <b>Time</b>    |
|--|-----------------------|----------------|
| Delay of Game                                    | Minor                 | 3 minutes      |
| Roughing   | Minor                 | 3 minutes      |
| Obstruction                                      | Minor                 | 3 minutes      |
| High-Sticking                                    | Minor                 | 3 minutes      |
| Kneeing  | Minor                 | 3 minutes      |
| Holding  | Minor                 | 3 minutes      |
| Holding the Stick                                | Minor                 | 3 minutes      |
| Interference                                     | Minor                 | 3 minutes      |
| Hooking  | Minor                 | 3 minutes      |
| Unsportsmanlike Conduct                          | Minor                 | 3 minutes      |
| Tripping   | Minor                 | 3 minutes      |
| Charging   | Minor                 | 3 minutes      |
| Contact to the Head                              | Minor                 | 3 minutes      |
| Cross-Checking                                   | Minor or Major        | 3 or 5 minutes |
| Elbowing   | Minor or Major        | 3 or 5 minutes |
| Slashing   | Minor or Major        | 3 or 5 minutes |
| Boarding   | Minor/Major           | 3 or 5 minutes |
| Misconduct                                       | Major                 | 10 minutes     |
| Fight Instigator                                 | Major                 | 5 minutes      |
| Butt-Ending                                      | Major                 | 5 minutes      |
| Checking from Behind                             | Major                 | 5 minutes      |
| Fighting   | Major                 | 5 minutes      |
| Holding/Grasping the Facemask                    | Major                 | 5 minutes      |
| Pushing-off of Opponent with Skate               | Major                 | 5 minutes      |
| Spearing   | Major                 | 5 minutes      |
| * every 5 minute major is also a Game Misconduct |                       |                |
| Written on sheet as 5min+GM                      |                       |                |

## APPENDIX "VII" MINIMUM SUSPENSIONS

The following chart shows the minimum suspensions that must be assessed to all Players and Team Officials for a violation of the corresponding Playing Rule. Game Misconduct or Gross Misconduct infractions that occur within the last ten (10) minutes of a game will automatically have one (1) additional game added to the suspension for both Players and Team Officials.

Infractions showing the number of games for the length of suspension are automatic, based on the Referee's call, and are not subject to Appeal. Infractions that carry an 'Indefinite' suspension, result in an investigation of the incident taking place prior to Hockey Alberta rendering a decision on the length of suspension. Indefinite Suspension decisions can be subject to Appeal.

| RULE # | INFRACTION  | SUSPENSION LENGTH                        |  |  |
|--------|---|--|--|--|
|        |   | MINOR,<br>MINOR FEMALE                   | JUNIOR B. C.,<br>JUNIOR FEMALE           | SENIOR MALE                              |
| 2.2    | <b><i>Ineligible Players / Team Officials</i></b><br><br>Team Official who is party to or had knowledge of playing a Player not properly registered with that team or properly affiliated to that team and/or allowing a Team Official who is not properly registered to that team to participate on the bench. | Indefinite                               | Indefinite                               | Indefinite                               |
|        | Team Official who is party to or had knowledge of playing a player or allows a Team Official to participate on the bench who is under suspension.   | Indefinite                               | Indefinite                               | Indefinite                               |
| 4.8    | <b><i>Game Ejection / Game Misconduct</i></b><br><br>Any Player assessed multiple Game Misconducts in the same stoppage of play.<br><br>2 Game Misconducts  |  | 1 Game<br>(2 Games in the last 10 mins)  | 1 Game<br>(2 Games in the last 10 mins)  |
|        | 3 or More Game Misconducts  |  | Indefinite                               | Indefinite                               |
| 4.9    | <b><i>Gross Misconduct</i></b><br><br>Any Gross Misconduct assessed to a Player or Team Official not otherwise covered within these guidelines.   | 3 Games<br>(4 games in the last 10 mins) | 3 Games<br>(4 games in the last 10 mins) | 3 Games<br>(4 games in the last 10 mins) |
| 7.1    | <b><i>Attempt to Injure</i></b><br><br>Attempt to Injure where a five (5) minute major penalty plus a Game Misconduct is assessed   | 1 Game<br>(2 Games in the last 10 mins)  | 1 Game<br>(2 Games in the last 10 mins)  | 1 Game<br>(2 Games in the last 10 mins)  |
|        | Attempt to Injure when a Match penalty is assessed  | 3 Games                                  | 3 Games                                  | 3 Games                                  |
| 7.2    | <b><i>Boarding</i></b><br><br>Boarding where a five (5) minute major penalty plus a Game Misconduct is assessed.  | 1 Game<br>(2 Games in the last 10 mins)  |  |  |
|        | Boarding when a Match penalty is assessed.  | 3 Games                                  |  |  |

HockeyAlberta.ca

| RULE # | INFRACTION  | SUSPENSION LENGTH                                      |   |  |
|--------|---|--|---|--|
|        |   | MINOR,<br>MINOR FEMALE                                 | JUNIOR B, C,<br>JUNIOR FEMALE                           | SENIOR MALE  |
| 7.3    | <b>Body Checking</b><br><br>Body Checking where a five (5) minute major penalty plus a Game Misconduct is assessed.<br><br>Body Checking when a Match penalty is assessed.                    | 1 Game<br>(2 Games in the last 10 mins)<br><br>3 Games |   |  |
| 7.4    | <b>Charging</b><br><br>Charging where a five (5) minute major penalty plus a Game Misconduct is assessed.<br><br>Charging when a Match penalty is assessed.                                   | 1 Game<br>(2 Games in the last 10 mins)<br><br>3 Games |   |  |
| 7.5    | <b>Checking from Behind</b><br><br>Checking from behind where a five (5) minute major penalty plus a Game Misconduct is assessed.<br><br>Checking from behind when Match penalty is assessed. | 1 Game<br>(2 Games in the last 10 mins)<br><br>3 Games | 1 Games<br>(2 Games in the last 10 mins)<br><br>3 Games | 1 Game<br>(2 Games in the last 10 mins)<br><br>3 Games |
| 7.6    | <b>Head Contact</b><br><br>Head Contact where a five (5) minute major penalty plus a Game Misconduct is assessed.<br><br>Head Contact when Match penalty is assessed.                         | 1 Game<br>(2 Games in the last 10 mins)<br><br>3 Games |   |  |
| 7.7    | <b>Head Contact</b><br><br>Head Contact where a five (5) minute major penalty plus a Game Misconduct is assessed.<br><br>Head Contact when Match penalty is assessed.                         |  | 1 Game<br>(2 Games in the last 10 mins)<br><br>3 Games  | 1 Game<br>(2 Games in the last 10 mins)<br><br>3 Games |
| 7.8    | <b>Kneeing</b><br><br>Kneeing where a five (5) minute major penalty plus a Game Misconduct is assessed.<br><br>Kneeing when a Match penalty is assessed.                                      | 1 Game<br>(2 Games in the last 10 mins)<br><br>3 Games | 1 Game<br>(2 Games in the last 10 mins)<br><br>3 Games  | 1 Game<br>(2 Games in the last 10 mins)<br><br>3 Games |
| 7.9    | <b>Roughing</b><br><br>Roughing where a five (5) minute major penalty plus a Game Misconduct is assessed.<br><br>Roughing when a Match penalty is assessed.                                   | 1 Game<br>(2 Games in the last 10 mins)<br><br>3 Games |   |  |

HockeyAlberta.ca

| RULE #  | INFRACTION   | SUSPENSION LENGTH                        |  |  |
|---|--|--|--|--|
|   |  | MINOR, MINOR FEMALE                      | JUNIOR B. C. JUNIOR FEMALE               | SENIOR MALE                              |
| 7.10  | <b>Fighting</b>  |  |  |  |
|   | Any player who engages in their 1 <sup>st</sup> fight in a season and is assessed a Major and a Game Misconduct.                       | 1 Game<br>(2 Games in the last 10 mins)  |  |  |
|   | Any player who engages in their 2 <sup>nd</sup> fight in a season and is assessed a Major and a Game Misconduct.                       | 2 Games<br>(3 Games in the last 10 mins) |  |  |
|   | Any player who engages in their 3 <sup>rd</sup> fight in a season and is assessed a Major and a Game Misconduct.                       | 4 Games<br>(5 Games in the last 10 mins) | 1 Game<br>(2 Games in the last 10 mins)  | 1 Game<br>(2 Games in the last 10 mins)  |
|   | Any player who engages in their 4 <sup>th</sup> fight in a season and is assessed a Major and a Game Misconduct                        | Indefinite                               | 2 Games<br>(3 Games in the last 10 mins) | 2 Games<br>(3 Games in the last 10 mins) |
|   | Any player who engages in their 5 <sup>th</sup> fight in a season and is assessed a Major and a Game Misconduct                        |  | 3 Games<br>(4 Games in the last 10 mins) | 3 Games<br>(4 Games in the last 10 mins) |
|   | Any player who engages in their 6 <sup>th</sup> fight in a season and is assessed a Major and a Game Misconduct                        |  | Indefinite                               | Indefinite                               |
|   | <b>Pre/Post Game Altercations</b>  |  |  |  |
|   | Any Player involved where fighting Majors and Game Misconduct penalties are assessed.  | 2 Games<br>(3 Games in the last 10 mins) | 1 Game<br>(2 Games in the last 10 mins)  | 1 Game<br>(2 Games in the last 10 mins)  |
|   | Any Coach of Team whose players are so penalized   | Indefinite                               | 3 Games<br>(4 Games in last the 10 mins) | 3 Games<br>(4 Games in the last 10 mins) |
| Any Player wearing a ring or rings, tape or any other material on his/her hands who becomes involved in a fight and is assessed a Match Penalty | 3 Games  | 3 Games                                  | 3 Games                                  |  |
| Any Player who joins in a fight or acts as a peacemaker   | 2 Games<br>(3 Games in the last 10 mins)   | 1 Game<br>(2 Games in the last 10 mins)  | 1 Game<br>(2 Games in the last 10 mins)  |  |
| Any Player who takes part in another or secondary fight during the same stoppage of play  | 3 Games<br>(3 Games in the last 10 mins)   | 1 Game<br>(2 Games in the last 10 mins)  | 1 Game<br>(2 Games in the last 10 mins)  |  |
| Any Player fighting or joining a fight with a Team Official   | 3 Games<br>(4 Games in the last 10 mins)   |  |  |  |
| 7.11  | <b>Instigator &amp; Aggressor of a Fight</b>   |  |  |  |
|   | First Offence  | 1 Game                                   | 1 Game                                   | 1 Game                                   |
|   | Second Offence   | 3 Games                                  | 3 Games                                  | 3 Games                                  |
|   | Third Offence  | Indefinite                               | Indefinite                               | Indefinite                               |
|   | A Coach of a Team whose Player is penalized for a third offence of Instigator or Aggressor.  |  | 3 Games                                  | 3 Games                                  |
|   | <i>*Rule 7.11 (a) Note: If a Player is assessed both penalties in the same altercation, they would be suspended for both offences.</i> |  |  |  |

HockeyAlberta.ca

| RULE # | INFRACTION   | SUSPENSION LENGTH                                      |   |  |
|--------|--|--|---|--|
|        |  | MINOR, MINOR FEMALE                                    | JUNIOR B. C, JUNIOR FEMALE                              | SENIOR MALE  |
| 8.3    | <b>Interference</b><br>Interference where a five (5) minutes major plus a Game Misconduct is assessed.<br><br>Interference when a Match penalty is assessed.   | 1 Game<br>(2 Games in the last 10 mins)<br><br>3 Games |   |  |
| 8.4    | <b>Interference from the Bench</b><br>Interference from the Bench where a five (5) minute major plus a Game Misconduct is assessed.<br><br>Interference from the Bench when a Match penalty is assessed.                     | 1 Game<br>(2 Games in the last 10 mins)<br><br>3 Games |   |  |
| 8.5    | <b>Interference with the Goaltender</b><br>Interference on the goaltender where a five (5) minute major penalty plus a Game Misconduct is assessed.<br><br>Interference on the goaltender where a Match penalty is assessed. | 1 Game<br>(2 Games in the last 10 mins)<br><br>3 Games | 1 Game<br>(2 Games in the last 10 mins)<br><br>3 Games  | 1 Game<br>(2 Games in the last 10 mins)<br><br>3 Games |
| 8.7    | <b>Clipping</b><br>Clipping where a five (5) minute major penalty plus a Game Misconduct is assessed.<br><br>Clipping when a Match penalty is assessed   | 1 Game<br>(2 Games in the last 10 mins)<br><br>3 Games | 1 Games<br>(2 Games in the last 10 mins)<br><br>3 Games | 1 Game<br>(2 Games in the last 10 mins)<br><br>3 Games |
| 8.8    | <b>Slew Footing</b><br>Slew Footing when a Match penalty is assessed.  | 3 Games  | 3 Games   | 3 Games  |
| 9.1    | <b>Butt Ending</b><br>Butt Ending where a Match penalty is assessed.   | 3 Games  | 3 Games   | 3 Games  |
| 9.2    | <b>Cross Checking</b><br>Cross Checking where a five (5) minute major penalty plus a Game Misconduct is assessed.<br><br>Cross Checking where a Match penalty is assessed.   | 1 Game<br>(2 Games in the last 10 mins)<br><br>3 Games | 1 Game<br>(2 Games in the last 10 mins)<br><br>3 Games  | 1 Game<br>(2 Games in the last 10 mins)<br><br>3 Games |

HockeyAlberta.ca

| RULE # | INFRACTION  | SUSPENSION LENGTH   |   |   |
|--------|---|---|---|---|
|        |   | MINOR, MINOR FEMALE   | JUNIOR B, C, JUNIOR FEMALE  | SENIOR MALE   |
| 9.3    | <b>Slashing</b><br><br>Slashing where a five (5) minute major penalty plus a Game Misconduct is assessed.<br><br>Slashing where a Match penalty is assessed.  | 1 Game<br>(2 Games in the last 10 mins)<br><br>3 Games  | 1 Game<br>(2 Games in the last 10 mins)<br><br>3 Games  | 1 Game<br>(2 Games in the last 10 mins)<br><br>3 Games  |
| 9.4    | <b>Spearing</b><br><br>Spearing where a Match penalty is assessed.  | 3 Games   | 3 Games   | 3 Games   |
| 9.5    | <b>High Sticking</b><br><br>High Sticking where a five (5) minute major plus Game Misconduct are assessed.  |   | 1 Game<br>(2 Games in the last 10 mins)   |   |
| 10.4   | <b>Leaving a Bench for the Purpose of Fighting</b><br><br>Any player assessed a Game Misconduct identified as first to leave the players' bench or penalty bench during a fight or for the purpose of fighting.<br><br>Any Coach whose Player is identified as first to leave the player's bench or penalty box during a fight or for the purpose of fighting.<br><br>Any Coach whose Player is not identified as first to leave the player's bench or penalty box during a fight or for the purpose of fighting.<br><br>Any Player or Team Official who, having been removed from the game due to a Game Ejection, Game Misconduct, Gross Misconduct, or Match Penalty, returns to the ice surface or becomes involved with or disrupts the game in any way. | 3 Games<br>(4 Games in the last 10 mins)<br><br>3 Games<br>(4 Games in the last 10 mins)<br><br>1 Game<br>(2 Games in the last 10 mins)<br><br>Indefinite | 3 Games<br>(4 Games in the last 10 mins)<br><br>2 Games<br>(3 Games in the last 10 mins)<br><br>1 Game<br>(2 Games in the last 10 mins)<br><br>Indefinite | 3 Games<br>(4 Games in the last 10 mins)<br><br>2 Games<br>(3 Games in the last 10 mins)<br><br>1 Game<br>(2 Games in the last 10 mins)<br><br>Indefinite |
| 10.5   | <b>Throwing or Shooting Stick or Object</b><br><br>Throwing or Shooting Stick or Object when a five (5) minute major plus a Game Misconduct is assessed.<br><br>Throwing or Shooting Stick or Object when a Match penalty is assessed.  | 1 Game<br>(2 Games in the last 10 mins)<br><br>3 Games  | 1 Game<br>(2 Games in the last 10 mins)<br><br>3 Games  | 1 Game<br>(2 Games in the last 10 mins)<br><br>3 Game   |

HockeyAlberta.ca

| RULE # | INFRACTION  | SUSPENSION LENGTH   |  |  |
|--------|---|---|--|--|
|        |   | MINOR, MINOR FEMALE   | JUNIOR B. C. JUNIOR FEMALE   | SENIOR MALE  |
| 10.6   | <p><b>Removing Equipment to Fight</b></p> <p>Any Player who removes their chinstrap before or during a fight.</p> <p>If a Player removes their helmet and releases their chinstrap to fight &amp; the opposing Player doesn't, the former will be assessed an additional two-minute minor penalty.</p> <p>Any Player who removes an opponent's helmet or releases an opponent's chinstrap before or during a fight.</p> |   | <p>2 Games<br/>(3 Games in the last 10 mins)</p> <p>2 Games<br/>(3 Games in the last 10 mins)</p> <p>2 Games<br/>(3 Games in the last 10 mins)</p> | <p>2 Games<br/>(3 Games in the last 10 mins)</p> <p>2 Games<br/>(3 Games in the last 10 mins)</p> <p>2 Games<br/>(3 Games in the last 10 mins)</p> |
| 10.8   | <p><b>Refusing to Start Play</b></p> <p>Any Team Official assessed a Major Penalty and a Game Misconduct under this rule.</p>   | Indefinite  | Indefinite   | Indefinite   |
| 11.1   | <p><b>Unsportsmanlike Conduct</b></p> <p>Any Player or Team Official assessed a Game Misconduct for Unsportsmanlike Conduct.</p>  | 1 Game  |  |  |
| 11.2   | <p><b>Abusive Behaviour</b></p> <p>Any Player or Team Official assessed a Game Misconduct for Disrespectful, Abusive and Harassing Behaviour.</p> <p>Any Player or Team Official assessed a Gross Misconduct for Disrespectful, Abusive and Harassing Behaviour.</p>  | <p>2 Games<br/>(3 Games in the last 10 mins)</p> <p>3 Games<br/>(4 Games in the last 10 mins)</p> | <p>1 Game<br/>(2 Games in the last 10 mins)</p> <p>2 Games<br/>(3 Games in the last 10 mins)</p>   | <p>1 Game<br/>(2 Games in the last 10 mins)</p> <p>2 Games<br/>(3 Games in the last 10 mins)</p>   |
| 11.3   | <p><b>Spitting</b></p> <p>Any Player or Team Official assessed a Match Penalty for deliberately spitting on or at an opponent, official, team official, or spectator.</p>   | 5 Games   | 5 Games  | 5 Games  |
| 11.4   | <p><b>Discrimination</b></p> <p>Any Player or Team Official assessed a Gross Misconduct for Discrimination.</p>   | Indefinite<br>(minimum 5 games)   | Indefinite<br>(minimum 5 games)  | Indefinite<br>(minimum 5 games)  |
| 11.5   | <p><b>Physical Harassment of Officials</b></p> <p>Any Player or Team Official assessed a Game Misconduct Penalty for Physical Harassment of Officials</p> <p>Any Player or Team Official assessed a Match Penalty for Physical Harassment of Officials</p>  | <p>1 Game<br/>(2 Games in the last 10 mins)</p> <p>Indefinite</p>                                 | <p>1 Game<br/>(2 Games in the last 10 mins)</p> <p>Indefinite</p>  | <p>1 Game<br/>(2 Games in the last 10 mins)</p> <p>Indefinite</p>  |

HockeyAlberta.ca



### Accumulation Sanctions for Minor Hockey Players

Players that incur multiple infractions of the same nature over the course of the season will be assessed the following accumulation suspensions in place of the minimum.

Any player accumulating multiple Major penalties in the same season, for any of the infractions below, will be assessed the following suspension:

|      |  |                   |   |                                   |
|------|--|-------------------|---|-----------------------------------|
| 7.1  | Attempt to Injure or Deliberate Injury |                   |   |                                   |
| 7.2  | Boarding                               |                   |   |                                   |
| 7.3  | Body Checking                          |                   |   |                                   |
| 7.4  | Charging                               |                   |   |                                   |
| 7.5  | Checking from Behind                   | 2 Major Penalties | = | 2 Games (3 Games in last 10 mins) |
| 7.6  | Head Contact                           | 3 Major Penalties | = | 4 Games (5 Games in last 10 mins) |
| 7.8  | Kneeing                                | 4 Major Penalties | = | Indefinite                        |
| 7.9  | Roughing                               |                   |   |                                   |
| 8.3  | Interference                           |                   |   |                                   |
| 8.4  | Interference from the Bench            |                   |   |                                   |
| 8.5  | Interference with the Goaltender       |                   |   |                                   |
| 8.7  | Clipping                               |                   |   |                                   |
| 9.2  | Cross-Checking                         |                   |   |                                   |
| 9.3  | Slashing                               |                   |   |                                   |
| 10.5 | Throwing or Shooting Stick or Object   |                   |   |                                   |

Any player accumulating multiple Match penalties in the same season, for any of the infractions below, will be assessed the following suspension:

|      |  |                   |   |            |
|------|--|-------------------|---|------------|
| 7.1  | Attempt to Injure or Deliberate Injury |                   |   |            |
| 7.2  | Boarding                               | 2 Match Penalties | = | 5 Games    |
| 7.3  | Body Checking                          | 3 Match Penalties | = | Indefinite |
| 7.4  | Charging                               |                   |   |            |
| 7.5  | Checking from Behind                   |                   |   |            |
| 7.8  | Head Contact                           |                   |   |            |
| 7.8  | Kneeing                                |                   |   |            |
| 7.9  | Roughing                               |                   |   |            |
| 8.3  | Interference                           |                   |   |            |
| 8.4  | Interference from the Bench            |                   |   |            |
| 8.5  | Interference with the Goaltender       |                   |   |            |
| 8.7  | Clipping                               |                   |   |            |
| 8.8  | Slew Footing                           |                   |   |            |
| 9.1  | Butt-Ending                            |                   |   |            |
| 9.2  | Cross Checking                         |                   |   |            |
| 9.3  | Slashing                               |                   |   |            |
| 9.4  | Spearing                               |                   |   |            |
| 10.5 | Throwing or Shooting Stick or Object   |                   |   |            |

Any player accumulating multiple Game Misconducts or Gross Misconducts in the same season, for any of the infractions below, will be assessed the following suspension:

|      |  |                             |   |                                      |
|------|--|-----------------------------|---|--------------------------------------|
| 11.1 | Unsportsmanlike Conduct / Misconduct           | 2 Game Misconducts          | = | 2 Games<br>(3 Games in last 10 mins) |
|      |  | 3 Game Misconducts          | = | Indefinite                           |
| 11.2 | Disrespectful, Abusive and Harassing Behaviour | 2 Game Misconducts          | = | 4 Games<br>(5 Games in last 10 mins) |
|      |  | 3 Game Misconducts          | = | Indefinite                           |
|      |  | 2 or more Gross Misconducts | = | Indefinite                           |
| 11.4 | Discrimination                                 | 2 or more Gross Misconducts | = | Indefinite                           |
| 11.5 | Physical Harassment of Officials               | 2 Game Misconducts          | = | Indefinite                           |

### Accumulation Sanctions for Hockey Coaches

*Coaches that incur multiple infractions of the same nature over the course of the season will be assessed the following accumulation suspensions in place of the minimum.*

The Coach of a Team that receives a combination of three (3) Major (including Fighting) or Match penalties in the same game. 1 Game

The Coach of a Team that commits a second violation of receiving a combination of three (3) Major (including Fighting) or Match penalties in the same game. 3 Games

The Coach of a Team that commits a third violation of receiving a combination of three (3) Major (including Fighting) or Match penalties in the same game. Indefinite

Any Coach accumulating multiple Game or Gross Misconducts in the same season, for any of the infractions below, will be assessed an additional suspension as outlined here:

|   |                             |   |            |
|---|-----------------------------|---|------------|
| 11.1 Unsportsmanlike Conduct / Misconduct           | 2 Game Misconducts          | = | 2 Games    |
|   | 3 Game Misconducts          | = | Indefinite |
| 11.2 Disrespectful, Abusive and Harassing Behaviour | 2 Game Misconducts          | = | 4 Games    |
|   | 3 Game Misconducts          | = | Indefinite |
|   | 2 or more Gross Misconducts | = | Indefinite |
| 11.4 Discrimination                                 | 2 or more Gross Misconducts | = | Indefinite |

**\*\*Updated August 3, 2023\*\***

HockeyAlberta.ca

# DIVISION 1 - HALF-ICE PLAY



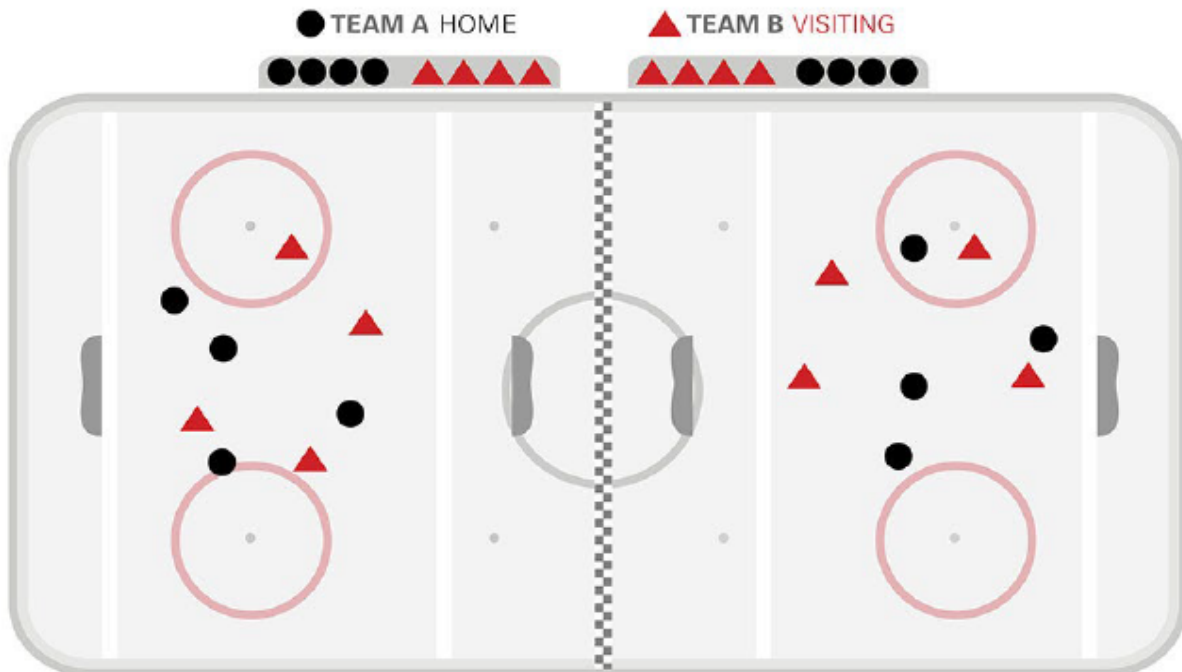
Hockey Canada developed the half-ice program to ensure that a child's early experiences with hockey are delivered in a safe and positive experience. The program enables participants to become contributing members of a team effort, develop self-confidence and experience a sense of personal achievement.

The rules for half-ice game play have been created to maximize player engagement by increasing opportunities to interact with the puck and other players. All players benefit from increased puck touches, scoring chances, quick transitions and passing plays in half-ice hockey.

We believe these modifications will benefit every player in Division 1, regardless of skill level.

We ask everyone to approach this change with an open mind and a positive manner. We welcome your feedback to assist us as we evaluate our half-ice program; please contact your Division Coordinator or any member of the board.

***Half-ice play is MANDATORY for all Division 1 teams for the entire season.***



**TWO TEAMS – Two Half-Ice Games Model**

## **Fair and Equal Ice Time**

All players should have the same opportunity to contribute, regardless of skill or ability. A coach's responsibility is to develop all players. Shortening of the bench in an attempt to win games is not permitted. All players and goaltenders should receive fair and as close to equal as possible ice time.

## **Recommendations**

1. The first 2 ice sessions are for skills and drills ONLY – NO game play or scrimmages.
  - a. Game play will start with the 3<sup>rd</sup> ice time.
2. Positional rotation:
  - a. All players play all positions – forward/defence/goaltender.
  - b. All players get a chance to start the game or start the second half if numbers allow.
3. Goaltender rotation:
  - a. No full-time goaltenders.
  - b. All players get a chance to play goal.

## **Playing Rules**

1. Rink set-up:
  - a. Goal nets are set-up cross-ice, placed midway between the blue line and goal line.
  - b. Can also be set up from almost center to red line (lengthwise on ice). Barriers can be used if available.
  - c. Two sets of barriers at the blue lines with a space in between at the neutral zone.
  - d. Barriers SHOULD be available at ALL Arenas. Please contact the arena staff if you are not sure how they work or where to find them.
2. Spare players can wait in the neutral zone for their shift. The neutral zone may also be used as a one-on-one coaching area for players that would benefit from extra help in between shifts.
3. Coaches may also choose to have extra players wait on the bench.
  - a. You may need to use a combination of cones, coaches, and parent helpers if boards are not available.
4. 4 vs. 4 format (4 players and a goalie for each team).

5. Ice time Use:
  - a. The 60 minutes will be split up as follows to allow for development and fun:
    - i. 30 mins skills - 25-30 mins game play
  - b. Make sure you leave enough time at the end of the game play for handshakes and cleanup of any dividers, etc
6. There will be two face-offs during the game:
  - a. The first face-off will start the game.
  - b. The second face-off will start the second half.
7. No score is kept.
8. Incidental contact may happen, but bodychecking is not permitted.
9. No icing or offside.
10. Blue pucks (4 oz) are to be used for this age group.

## **Shifts**

1. Timed buzzer or whistle for line changes:
  - a. Game does not stop.
  - b. Players change at buzzer/whistle.
  - c. Shift length - two minutes in duration with an automatic buzzer or whistle sounding to indicate players change. The clock continues to run throughout the entire length of each session of game play.
2. Players change on the fly.
  - a. If there are fewer than four players on the bench, the active player designated to stay out for the following shift must tag up at the bench prior to continuing play.
3. On the buzzer/whistle sounds, players must relinquish control of the puck immediately and vacate the ice. The new players enter the ice immediately.

## **Change of Possession**

1. Goaltender freezes the puck, or a goal is scored– the coach blows the whistle to indicate the attacking team backs off to mid-ice and the defending team gets possession.
2. Puck shot out of play – the offending team backs off and the coach/official gives the non-offending team a new puck.

## **Penalties**

1. Minor penalties are noted. At the end of the shift, the coach explains to the offending player the reason for the infraction.
2. If the offending team controls the puck after the infraction, the coach blows the whistle and calls for a change of possession; the non-offending team is given room to play the puck (three-metre cushion).
3. The offending player will sit out the next shift, but the team will play even strength.
4. Should an infraction occur that would normally require a player to be ejected from the game (game misconduct, match penalty or gross misconduct), the player will be removed from the remainder of that game. Even under these circumstances, teams will not play shorthanded, and no game incident report will be required.

# DIVISION 2-6 - ICE PLAY



## Division 2

Please follow the Ice Play guidelines listed below:

- The first 2 ice sessions are for skills and drills ONLY – NO game play or scrimmages.
  - Game play will start with the third ice time.
- Positional rotation:
  - All players play all positions – forward/defence/goaltender.
  - All players get a chance to start the game or start the second half if numbers allow.
- Goaltender rotation:
  - No full-time goaltenders.
  - All players get a chance to play goal.
- Div 2 parents ARE still allowed in the changeroom to assist with dressing and tying of skates, both before and after the game.
  - There are female changerooms at ALL arenas that can be used if needed, just reach out to arena staff for opening of those doors.
  - The 2-person rule is ALWAYS in effect in any changeroom situation.
  - Coaches or helpers are to NEVER be alone with a player unless it is their own child.
- All adult helpers (doors) on the bench MUST have a current CRC on file with RDPH.
  - Contact your div coordinator or coach liaison if you are unsure if someone has one on file.
  - All coaches MUST have a current CRC and RIS on file to be on the bench coaching – NO EXCEPTIONS.
- Coaches from each team are to be on the ice with the players helping with:
  - positional play,

- o watching for minor infractions and helping the kids learn what those are and explaining those to them.
- Play full ice all season.
  - o First 20 minutes is skills and drills.
  - o Then, 2 -15-minute periods with 2-minute shifts, set timer on score board to buzz every 2 minutes for shift trade.
  - o Clock runs straight-time, no stopping for shift changes.
- Do a quick shoot out at the end of the game to allow all players an opportunity to score a goal ~ approx. 10 minutes.
- Teams can keep score on the score clock, but there is NO tracking of shots on goal
  - o If there are any penalties, there will be a penalty shot in place of serving penalty time.
- Refereeing of games, with RDPH officials, will start for the second half of the season. This will help build some structure for the kids, so they are aware of rules of play and how to do shift changes etc. for when they move up to Division 3.
  - o This will help them learn what offside and icing is, as well as potential calling of penalties. It will also get players used to having an official on the ice blowing the whistle.
  - o New in 2023: Scorebooks will be provided to teams for the second half of the season to assist parent volunteers in learning how to track goals, etc.



## **Division 3, 4, 5, 6**

Please follow the Ice Play guidelines listed below:

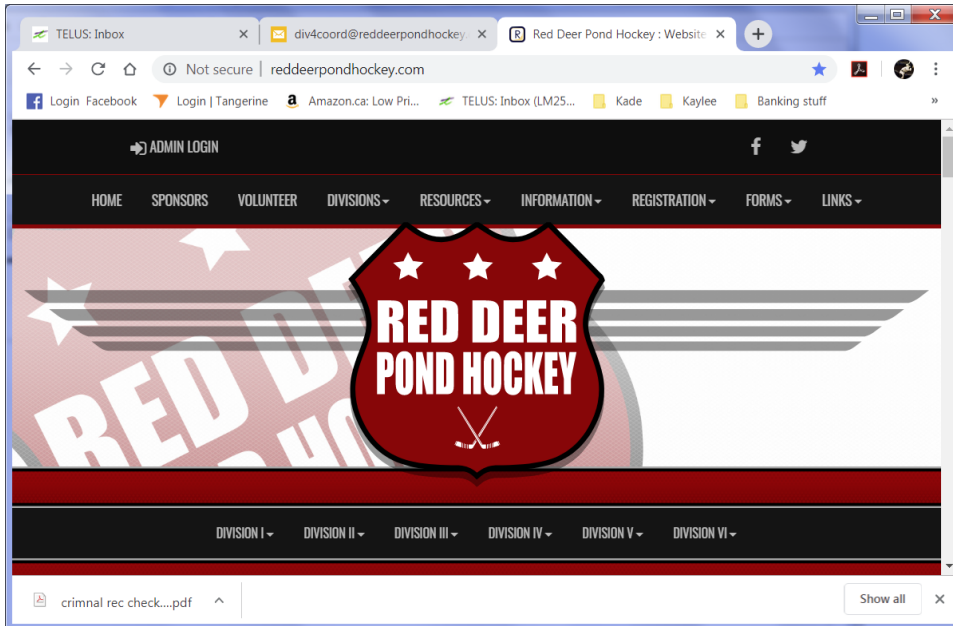
- **Div 3 & 4** - The first 2 ice sessions are for skills and drills ONLY – NO game play or scrimmages.
  - Game play will start with the third ice time.
- **Div 5 & 6** - The first 1 ice session is for skills and drills ONLY – NO game play or scrimmages.
  - Game play will start with the second ice time.
- **Div 3** - Positional rotation:
  - All players play all positions – forward/defence/goaltender.
  - All players get a chance to start the game or start the second half if numbers allow.
- **Div 3** - Goaltender rotation:
  - No full-time goaltenders.
  - All players get a chance to play goal.
  - After the Christmas break, if all players that want to “try” goalie have had an opportunity, and there are players that are interested in playing goal as a more full-time position, we would encourage a rotation of those players that at that time.
- **Div 3** - parents ARE still allowed in the changeroom to assist with dressing and tying of skates, both before and after the game.
- **Div 4 - 6** - it is up to the coach and ALL players whether extra parents are allowed in the changeroom.
  - IF any extra parents are allowed in, the MUST have a current CRC on file with RDPH.
  - There are female changerooms at ALL arenas that we use. The same goes for any female parents going in/out of those female rooms, they MUST have a current CRC on file with RDPH.
- The 2-person rule is ALWAYS in effect in any changeroom situation.
  - Coaches or helpers are to NEVER be alone with a player unless it is their own child.
- 10 minute warm up with 3 – 15-minute periods.
- Switch ends after each period – goalies to change ends.
- All adult helpers (doors) on the bench MUST have a current CRC on file with RDPH.

- o Contact your div coordinator or coach liaison if you are unsure if someone has one on file.
- o All coaches MUST have a current CRC and RIS on file to be on the bench coaching – NO EXCEPTIONS.
- ALL Player lists MUST be listed on the game sheet and confirmed by the officials.
  - o There is ABSOLUTELY NO changing of jersey numbers during the season.
  - o All jersey #s for each player MUST be entered into your teams RAMP website – info on how to do this is under the Managers tab on the website.
- ALL coaches' names MUST appear on the game sheet.
- The head coach and referees MUST sign the game sheets.
  - o PLEASE make sure all names are legible – even ask to print beside names if unreadable.
- Clock runs straight time through each period with 2-minute breaks between.
  - o Info on how to run the clock is on a sheet at each arena.
  - o Shift changes are done on the fly.
  - o No stopping the clock for whistle blows, etc.
- Penalties are served 3 minutes for minor and 5 minutes for major penalties. As soon as the time is served, the player returns to the ice, do not wait for a whistle or game play to stop.
  - o Penalty minutes can go on the clock (if the volunteer can do that) or can be tracked on a phone.
  - o Players can exit the penalty box when a goal is scored by the opposition.
  - o Refer to the penalty matrix in this booklet or on the RDPH website.
  - o Any player serving a suspension is NOT allowed in the change rooms or on the bench with the team while on suspension.
- No more than 3 goal lead and no banking of goals.
- Players are allowed a maximum of 3 goals, anything scored over 3 results in a penalty.
- The HOME team is responsible for keeping score and running the timeclock.
- The HOME team volunteers MUST make sure the game sheet is signed and then given to YOUR team manager for uploading into RAMP.
- Game sheets MUST be uploaded into RAMP NO LATER than the Tuesday evening by 6pm of the week following the game. Failure to do so, will result in your NEXT ice time being suspended or cancelled.
  - o Information on how to enter your game sheets is located on the RDPH website under the Managers tab.

## To get to your TEAM Webpg follow the instructions below

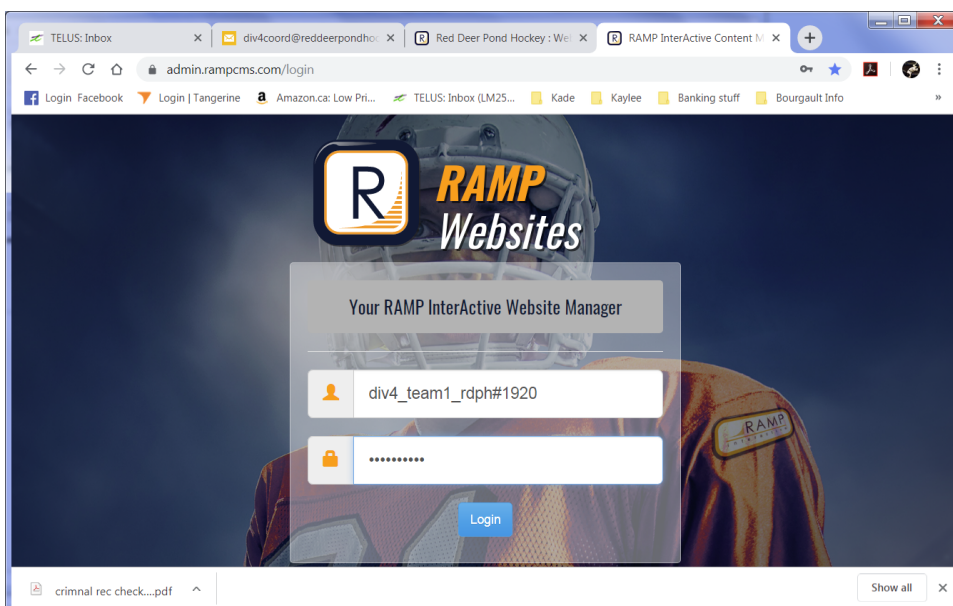
Go to : <http://www.reddeerpondhockey.com/>

Click the ADMIN LOGIN button at the TOP LEFT corner of the RDPH website to login to your teams own pg. This is where you will find all of the info about your players, including contact info. You can email your team from here also.

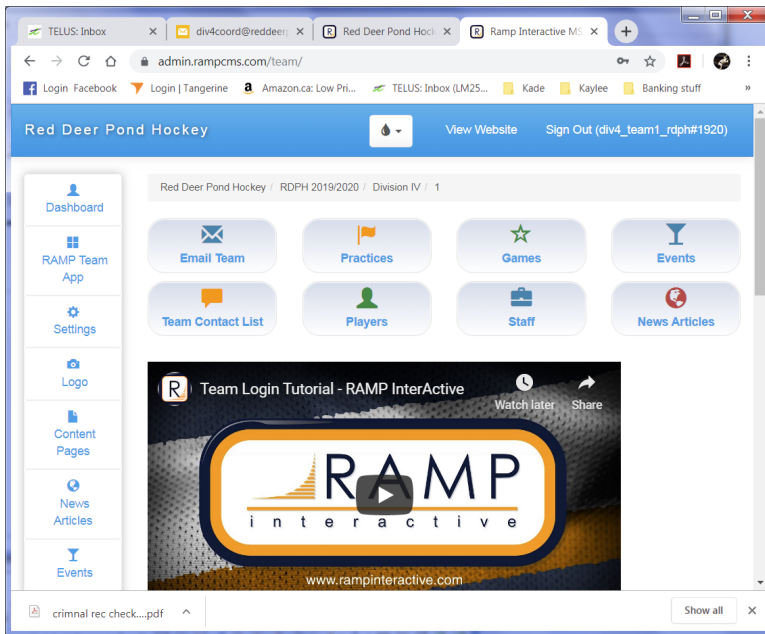


ADMIN LOGIN @ top of this page

**This is the screen to enter your team login @** (provided by your Div coordinator)  
**DO NOT change your login or password!**

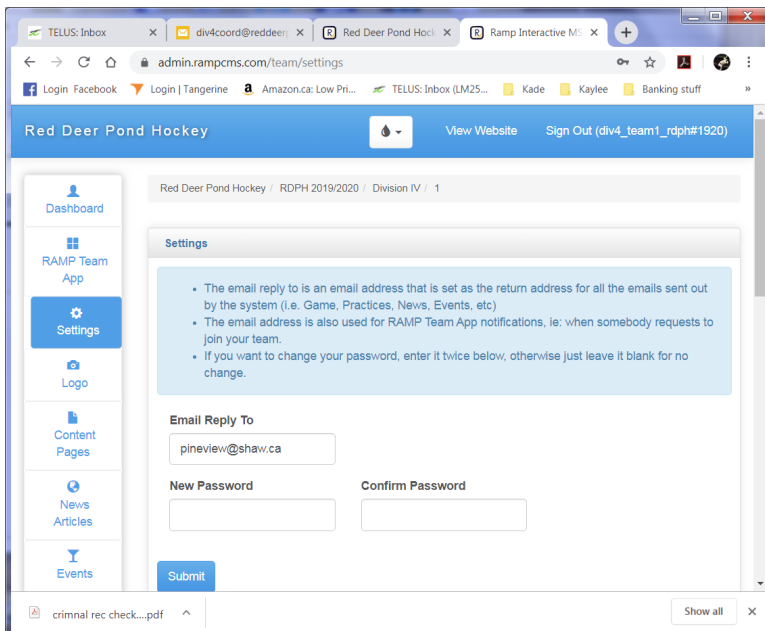


## This will get you to your TEAM page.



### To email:

When logged into your team pg, click on the "Email Team" button and compose your email. All emails sent from here will return to YOUR email. If you wish the emails to return to another email (say the team manager), change it, by clicking on the "Settings" gear on the LEFT side of the page.



### Click DASHBOARD to get back to your HOME.

All other "buttons" should be pretty self-explanatory. PLEASE do not add or remove players from your team. If any changes to players needs to be completed, contact your div coordinator.

## Outdoor Arena (ODR) Use

The **ODRs** are NOT only ours to use. **The PUBLIC is allowed on the ice at ALL times** and we can NOT ask them to all move to the unboarded area. **We MUST SHARE the ice surface** if there are Public Skaters and/or other teams practicing. RDPH is also NOT allowed to use BOTH ice surfaces at one time if there are 2 at a location.

ALL teams using shacks at the ODRs for practice:

**PLEASE ensure that the shacks @ the ODRs are ALWAYS left tidy, with ALL GARBAGE and bench areas cleaned up, even if there is an attendant.**

We are allowed to use these shacks with the understanding that we will all treat them with respect and keep them clean and be respectful while using them. Our continued use of these shacks may be in jeopardy if we do NOT follow good behaviour! Please ask your teams to respect the facilities and cleanup after yourselves. As a volunteering item, you could ask a parent to stay an extra 2 minutes to ensure that nothing was left behind and tidy up.

## EQUIPMENT USE @ ODR Practices

**ALL PLAYERS MUST WEAR Full equipment, including helmets and neck guards during ANY RDPH Practices or Games. It is an insurance and liability situation; our Hockey Alberta insurance will NOT cover anyone injured when NOT in gear!**

**ALL Coaches/Assistants or Helpers going on the ice (to coach/assist) MUST be wearing helmets AT ALL TIMES** on both ODR and Regular indoor rinks.

Coaches do NOT have to wear a helmet to shake hands or assist players when injured.

At other RDPH sanctioned on-ice events, such as Skate-A-Rama, all Coaches and Players **MUST WEAR A HELMET! NO EXCEPTIONS!!**

## Outdoor Rink/Temperature Guidelines

<https://cloud.rampinteractive.com/icehockeyrdrl/files/Outdoor%20Temperature%20Guidelines.pdf>

Outdoor events are cancelled if the temperature is below -20C (including wind-chill).

Red Deer Pond Hockey asks that adults/parents/coaches use discretion where needed in these circumstances. On cold nights, if a player needs to warm-up, head to the shelter for a break. If everyone is getting cold, shorten the practice, if your players are little, use your discretion and cancel at a different temperature.

PLEASE communicate to your parents to stay at the practice location during these nights in case practice is cut short.

On the opposite end, if it is too warm and the ice is unsafe for use, please cancel any practices.

**While we try our best to have the outdoor events happen, the safety of the RDPH players will always be our most important consideration.**

Division 4-6 Coaches/Managers,

**Just wanted to clarify RDPHs policy on Parents in Dressing Rooms.**

A current (and already on file with RDPH) CRC (Criminal Record Check) is **required for all on-ice and on-bench parents/helpers as well as those parents in Div 4-6 who will be in the dressing room, and all adult females who will be in the female dressing room with female players.**

It is also important to re-state that at **NO TIME EVER should there be only 1 adult/coach in a dressing room alone with one or more players!**

There **MUST be 2 people with completed CRCs** (and already on file with RDPH) if they are in a dressing room. 1 parent with **ONLY** their child may be in the dressing room alone with that player.

Also, **FEMALE team helpers ONLY in the female dressing rooms!** These helpers **MUST** have completed CRCs (and already on file with RDPH).

Also as a reminder, it is ultimately **up to the coach whether parents are allowed to stay in the dressing rooms.** IF players ask/request to the coaches to not allow parents in the room because they feel uncomfortable, coaches can ask parents to leave the dressing room. If players require assistance with equipment, they can leave the dressing room to get that help.

Coaches, **PLEASE make sure your players are okay with other parents in the dressing rooms BEFORE you allow it.** This is an age where this may not be comfortable for some players, male or female.

You can send an email to your Div Coordinator and we can tell you who has submitted their CRCs to RPDH and if they are allowed in the room. We do NOT distribute a LIST of parents with current CRCs, but we can check our database and let you know if someone is cleared to help out.

PLEASE communicate this info to your parents.