

Dubuque Youth Hockey Association

House League

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The Dubuque Youth Hockey Association is a nonprofit, volunteer organization. The DYHA encourages, develops, advances and administers youth hockey in Dubuque and its surrounding communities. The DYHA strives to afford people the privilege of participating in youth hockey in an environment which allows players to learn the fundamental skills of hockey and experience the fun of playing the game without placing undue emphasis on "winning." By so doing, it is the DYHA's intention to promote the development of character, integrity, good sportsmanship and an appreciation for teamwork and its importance.

HOCKEY PROGRAM STRUCTURE & PLAYER CLASSIFICATIONS

Dubuque Youth Hockey Program Structure

- 1) Learn to Skate - Designed to meet the need of the beginning skater/player learning to skate. Learn to skate sessions take place during the first week of the hockey season.
- 2) House League (recreational, Co-ed)- Designed to provide opportunities for youth to play for enjoyment, fitness, and friendship. Teamwork, sportsmanship, and skill development are emphasized above winning. Playing time for all House League players should be equitable. Coaches are volunteers of the DYHA.
- 3) Travel Team (competitive, Co-ed) – Designed to provide a higher level skill development for players within the DYHA who have the desire and ability for a competitive hockey experience. Balance between winning and sportsmanship is stressed. Coaches are volunteers of the DYHA.

The regular DYHA hockey season extends from September to March.

Player Classifications

The classification of a player is determined by his/her age attained after January 1st of the upcoming fall playing season.

The house league classifications are:

Teen League – Bantam age players – age 18

Lower House - Squirt and Pee Wee Travel and House players

Mite House – Mite Travel and House Players

Little Stars - 6 years old or younger

*See DYHA by-laws for your child's age group.

Player Evaluations

In the first month of practices the House League will evaluate all players to determine their skill level. The evaluations will be coordinated by the House League Division Head Coach at each team level. The results of this evaluation will be used to assemble evenly matched teams.

Coaches: in order to assemble the teams add all of a skater's times together in an Excel spreadsheet, then sort by fastest to slowest time. Once sorted, number skaters and their times as 1, 2, 3, 4, 4, 3, 2, 1 – this sorting technique will assure the skaters are evenly distributed. Further adjustments may need to be made to accommodate families with multiple skaters, coach's children, etc. House League Division Head Coach will divide House players and Travel League Division Head Coach will evenly divide Travel players on to House league teams.

Midseason the House League Division Head Coach at each team level will review teams and may make changes as needed to maintain evenly matched teams. Midseason changes must be reported to the House League Committee prior to changes being implemented on the ice.

All players will be re-evaluated at the end of the season to measure the player's progress. The evaluations will be coordinated by the House League Division Head Coach at each team level. Parents will be provided with a progress report.

EMBEDDED FOR USE BY COACHES FOR TIMED EVALUATION



Player Evaluation
Form.doc

House League Team Assignments

All players will be assigned to a team after the House League evaluation. Depending upon the number of registered players, House teams will average 10 to 15 players. The position of goalie will be played on a volunteer basis. The House League will practice and play games to the Mystique Ice Center.

The DYHA reserves the right to establish, or eliminate, different playing divisions and different age criteria for playing in any division in its House League if its Board of Directors determines this to be necessary. House League player rosters may be changed and players transferred from one team to another at any time before or during a season to ensure fair play. This may include allowing players upon request, or requiring players under certain circumstances, to play up in older age divisions or down in lower divisions when the Parent and Board of Directors determines they are capable of doing so. **See Play Up Rules**

HOUSE TEAM PARENT

Each team in the House League will also have a House Team Parent. The House Team Parent is a volunteer position and should work closely with the House Team Head Coach.

Parents Meeting

- The Head Coach and House Team Parent will coordinate a date and time to hold a parents meeting within two weeks of House Team assignments.
- All players should have at least one parent/guardian attend the Parents Meeting in order to complete introductions of Coaches, Parents, and Players.
- The Head Coach and House Team Parent will teach the parents and players the DYHA's 24 hour Rule and Zero Tolerance rule.
- The Head Coach and House Team Parent will discuss expectations and answer any questions regarding DYHA picture night.
- The Head Coach and House Team Parent will review the expectations the Head Coach and House Team Parent have of the parents and players, and give the parents an opportunity to vocalize the expectations they have of the Head Coach.

Schedules

All schedules are posted on the dubuquehockey.org. It is the responsibility of the player's parent to check the schedule for practice and game times.

Contact names & numbers for every team member

The Team Parent should create a team roster to include the names and phone numbers of players and parents on the team, and provide the roster to each parent and coach at the beginning of the hockey season.

Score sheets

The Team Parent will be responsible to be to the rink at least 20 minutes prior to game time. The Team Parent must complete the roster for their team on the score sheet and deliver the score sheet to the time keeper's box.

The Team Parent and Team Head Coach will be responsible to assign parent helpers for each game:

- Home team will be responsible to provide one penalty box attendant and one time keeper to run the clock.
- Away team will be responsible to provide one penalty box attendant and one score keeper.
- Penalty box attendants are responsible for counting shots on goal in the nearest offensive zone.
- Notify parents that children under the age of 18 are not allowed in the penalty box or time keeper area without a certified hockey helmet.

Team Pictures

The Team Parent will provide picture purchasing envelopes to each player's family so they may purchase team and individual photos. Be sure to encourage all players to be fully dressed and ready for photos 15 minutes prior to your scheduled picture time.

The Team Parent will distribute completed photo packets to parents.

Iowa Games

The Team Parent and Team Head Coach may choose to enter their team into the Iowa Games which take place in Dubuque. Participating in the Iowa Games Hockey competition would be at an additional cost to families who choose to participate. More than one house team may merge together to form one Iowa Games team in their age division.

Iowa Games competition set up

Competition Format (except for mini-mite)

Round-robin tournament with all teams playing three (3) games whenever possible. All divisions will play three 10 minute periods (may be adjusted depending on the number of teams). **Multiple teams from a city may enter the tournament.**

Mini-mite (Little Stars) Competition Format

In keeping with the philosophy of the Iowa Games, the mini-mite division will focus on participation with a Jamboree format. No scores or standings will be kept, and all participants will receive a medal. This division will play for 30 minutes with line changes signaled every two minutes. This division will not be required to provide USA certified referees, however, these games will be officiated by the coaches within this division.

Team Social Events (optional)

The Team Parent may choose to create a social event for their team to build team unity and help the parents and players to get to know each other.

HOUSE LEAGUE GAME RULES

The House League generally follows the official playing rules published by USA Hockey. Additional DYHA House League rules may include the following:

House League Practice

All house league practice times will consist of both house league players and required travel team players.

The ratio of house league games and practices will be 3 practices to 1 game in the beginning of the season with a gradual change to 1 practice to 3 games at the conclusion of the season. *House league end of the season evaluations must take place prior to the team's final game of the season.

Player Positions

All players should have the expectation/opportunity to play every position on the ice throughout the hockey season.

Guidelines of the Game according to level:

*** GUIDELINES EMBEDDED FOR USE BY COACHES***



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- LITTLE STARS
 - Three 10:00 minute periods. (Each game must be completed in the allotted time.)
 - No overtime. Game ends in a tie.
 - Two minute buzzer for line changes.
 - Teams do not switch ends after each period.
 - Blue Puck.
 - No penalties (Explanation only)
 - No Goalies
 - All players must be in full equipment.
- MITES
 - Three 12:00 minute periods. (Each game must be completed in the allotted time.)
 - Stop Clock for penalties, icings, and off sides. (A shorten third period may be necessary.)
 - Two minute buzzer for line changes.
 - Teams not required to switch ends after each period.
 - Blue Puck.
 - Penalties: 1:30-Minor 3:00-Major
 - Goalies (Pulling of the Goalie not allowed.)
 - No overtime. Game ends in a tie.
 - All players must be in full equipment.
- LOWER HOUSE
 - Three 12:00 minute periods. (Each game must be completed in the allotted time.)
 - Clock stops only for penalties, icing, off sides, and goals. (Running clock applies when necessary.)
 - No buzzer for line changes. (Coaches may encourage a play to ice the puck to gain a whistle.)
 - Teams do switch ends after each period.
 - Black Puck
 - Penalties: 1:30-Minor 3:00-Major
 - Goalies (Pulling of the Goalie only allowed in the final minutes of the final period.)
 - No overtime. Game ends in a tie.
 - All players must be in full equipment.
- TEEN LEAGUE
 - 12:00 minute periods. (Each game must be completed in the allotted time.)
 - Clock stops only for penalties, icing, off sides, and goals. (Running clock applies when necessary.)
 - No buzzer for line changes. (Coaches may encourage a play to ice the puck to gain a whistle.)
 - Teams do switch ends after each period.
 - Black Puck
 - Penalties: 2:00-Minor 5:00-Major

- Goalies (Pulling of the Goalie only allowed in the final minutes of the final period.)
- No overtime. Game ends in a tie.
- All players must be in full equipment.

Matching Skill levels

Coaches should be sure players are matched against players of comparable ability (Travel Team Players vs. Travel Team Players and House League Players vs. House League Players) and all players should receive an equal amount of playing time in each game. Coaches should use good judgment in evening out teams on a nightly basis to ensure an equal balance of skills and equal number of travel team players on each team at the Mite, Lower House, and Upper House levels.

When a goaltender is removed during play, the goaltender must be replaced by a player whose skills level is equal to that of the players on the ice at the time of the removal.

If a player on the ice is injured and must come off before the normal line change, the player should be replaced by a player equal in skill that of the players on the ice at the time of the injury when a line change is not also deemed necessary at that time.

Equal Ice Time

Equal Ice time is to be given to each player regardless of ability. Every player must be on the ice at least every third shift and no more often than every second shift.

Mercy Rule

10 goal differential / 20 penalty rule (20 total penalties combined) **Games Ends.** If there is ice time remaining, teams will have the half ice practice option.

Five Goal Mercy Rule

If any one team is leading a game by five goals, a further spread in the score for the leading team will not be recorded on the scoreboard. However, it will be kept track of on the official score sheet.

Four Goal Maximum

After a player has scored four (4) goals, any subsequent goals scored by that player will not be counted towards the team score unless the game is deemed “a close game”. This player should be instructed to attempt to include other teammates in the course of play.

Body Checking

Checking has been banned at all age levels in House League.

Suggested Structure of Player Lines

16 Players
1 Goalie
3 Forward Lines 3 Defense Lines
15 Players
1 Goalie
3 Forward Lines 5 Defense Players Rotating 1&2, 3&4, 5&1, 2&3, 4&5, etc.
14 Players
1 Goalie
3 Forward Lines 2 Defense Lines
13 Players
1 Goalie
6 Wingers, 2 Centres 2 Defense Lines
12 Players
1 Goalie
2 Forward Lines 5 Defense Players Rotating 1&2, 3&4, 5&1, 2&3, 4&5, etc
11 Players
1 Goalie
2 Forward Lines 2 Defense Lines

Penalty Time

DYHA House League Penalty Times (in minutes) for Little Star, Mite & Lower House
Minor -1.5 Double Minor - 3 Major - 3 Misconduct -10 for all levels

DYHA House League Penalty Times (in minutes) for Upper House
Minor -2 Double Minor - 4 Major - 5 Misconduct -10

The penalized Little Star or Mite may serve their penalty on the bench, rather than in the penalty box, so that instruction about the infraction can be given.

Lower House penalties will be served in the penalty box and will be served for the entire length required.

Running Clock

If a “running clock” is used, the time keeper will only stop the clock for penalties, after a goal is scored or during injury if times does not allow. “Running Clock” is usually used during the 3rd period of play. House league games are not to exceed 60 minutes of play.

House League Player “Play – up” Rules

Generally all players in the DYHA shall be required to play or participate on teams within the division required by their age as of January 1st for the season in question. There are exceptions to this rule in the House League.

A player may be permitted to "play up" in a higher age division under the following conditions: the parent(s)/guardian(s) of the player gives their written request to the DYHA Board of Directors for their child to "play up". Included in the request must be a recommendation from the past and present coaches. The DYHA Board must approve or deny the request under USA hockey guidelines.

The safety of all players is always a primary consideration of the DYHA Board of Directors and its coaches.

House League Player "Playing Down" Rules

No DYHA player will be allowed to play down in a lower age division than that which is required by his age attained as of January 1st prior to the season in question under USA hockey guidelines.

The above-listed game guidelines and rules are not intended to be all inclusive. Rules may be modified at any time by the House League Committee. Parents and players should remember that the DYHA House League is intended to promote and encourage kids to have fun learning to play the great game of hockey. It is not intended to promote or over emphasize individual accomplishments (e.g. scoring lots of goals) or "winning."

The DYHA Board of Directors will change its By-Laws, Rules and Regulations as deemed necessary or as required following the annual review, in order to insure that its purpose and objectives are being met.**

HOUSE LEAGUE FEES

Each season the DYHA Board of Directors establishes registration fees for the House Leagues. Additional fee information can be found in the DYHA By-Laws.

In addition to registration fees, players who need to rent equipment may do so from the DYHA for an additional rental fee.

REQUIRED HOCKEY EQUIPMENT

Parents and Players should realize that selection of equipment is important. When purchasing or renting equipment, remember two important factors: 1) assure that the player is adequately protected and 2) be sure the equipment fits so that it allows freedom of movement so the player can perform the necessary skills he/she must use in practices and games.

Coaches and parents should help to ensure that players are wearing all the required, approved protective equipment while on the ice for games and practices. It is important that all equipment worn by a player is proper, safe and fits correctly. If a parent feels your child's equipment does not fit properly, it is the parent's responsibility to arrange for suitable hockey equipment for their son or daughter.

Any player on the ice, on the bench, or in the penalty box must be fully dressed with all approved, required protective equipment. All equipment must be designed specifically for ice hockey. Any player

who enters the ice surface without all the proper equipment will be asked to leave the ice, and may return only when the equipment deficiency is corrected. Game officials may impose penalties upon players or teams using improper equipment.

When purchasing or renting equipment, it is best to acquire equipment that fits now. Purchasing equipment that allows too much room for growth can be unsafe. Required equipment is listed below, along with guidelines for proper fit and care.

On-line hockey equipment sales websites show sizing charts for best equipment fit.

Helmet - The helmet must be approved by the Hockey Equipment Certification Council (HECC) and must be accompanied by a face mask that provides full facial protection, and any chin protection that accompanies the face mask. All helmet and face mask straps must be properly fastened. If a player's helmet/face mask comes off his/her head during play, the player may not resume play until their helmet/face mask has been replaced. If the goalkeeper's helmet/face mask comes off during play, the referee must stop play immediately. A helmet is the most important piece of equipment and it should fit snug.

Mouth guard - A colored (non-clear or white) internal mouthpiece is REQUIRED for House League to be worn by all players including goalkeepers. The mouthpiece must cover all teeth of one jaw, customarily the upper.

Neck guard - The DYHA does not require that an approved neck guard be worn, but it is highly recommended.

Shoulder pads - The cap of the shoulder pad should cover the shoulder. Straps under the arms should attach securely. The front flap should come down far enough to cover the collarbone.

Elbow pads - Straps should remain tight, providing a snug fit over the elbow. Elbow pads are dictated as 'right' and 'left' for proper fit.

Shin pads - Shin pads should cover the leg from the top of the skates to above the knees, overlapping a few inches above the bottom of the hockey pants. The knee is a primary area of concern for protection. The pad should cover the knee when the leg is straight and when it is bent at the knee. Shin pads are dictated as 'right' and 'left' for proper fit.

Supporter and cup - This is essential protective equipment; check for proper fit. Hockey jocks are a popular choice for boys and girls.

Gloves - Gloves should have ample room for the fingers and thumb and must not be too snug in the wrist area. The cuff of the glove should come up far enough to adequately cover the wrist area, extending up to the bottom of the elbow pads.

Hockey Pants - Pants sizes are usually six sizes larger than the normal waist size. Hockey suspenders are recommended to keep the pants in place. The top padded portion of the pants should cover the hips, lower ribs and kidneys. The bottom of the pants legs should be an inch or two above the knees, overlapping with the top of the shin pads. The area above the knee is often hit by the puck, so make sure there is no gap between the pants and the knee pad.

Jersey and Socks - Jerseys should be large enough so that movement is not restricted. Socks should be held up by a garter belt or by the hockey jock.

The DYHA provides game jerseys to House League teams. These uniforms must be returned at the end of the season. Lost or damaged uniforms must be paid for by the participant by forfeiture of a deposit or payment of a direct charge levied by the DYHA.

Goalies pads (leg pads, chest protector, catcher and blocker) are provided at no cost to House League players on game nights. Goalie equipment is to remain at the Mystique Ice Center and should never be returned immediately to the equipment room following a practice or game.

Hockey Skates

Hockey players will be at a tremendous disadvantage without properly fitting skates. Skates should not be bought several sizes too large so that a player may "grow into them." Oversized skates will retard the skating development of every youngster. Typical hockey skate sizes are different than normal shoe sizes, and should be approximately one size smaller than a child's normal shoe size. Skates should fit snugly with only one pair of athletic socks. When the player's toes are pushed all the way to the front of the boot, there should be only enough room at the heel area for a pencil to fit between the heel and the back of the boot. When properly laced, players should not be able to lift their heels, and their toes should be able to move. Rapidly growing youngsters might outgrow more than one pair of skates in a season.

Skates should be sharpened regularly! A good rule of thumb is to sharpen skates after about every third or fourth use. Another guideline might be to sharpen skates every other week. The important thing is that players learn to skate well on sharpened skates. If the skates become too dull they will inhibit the player's ability to learn to stop, start, accelerate and turn. Blades should be dried after every use and kept dry and protected when not in use. It is a good idea for players to carry an extra pair of laces in their equipment bag.

Sticks - Sticks must be made of wood or other material approved by the USA Hockey Rules, and must not have any projections. Adhesive tape of any color may be wrapped around the stick at any place for the purpose of reinforcement or to improve control of the stick or the puck. If a player's stick breaks during play, that stick may no longer be used.

Sticks come in different "lies." Lie refers to the angle between the blade of the stick and the shaft. The smaller the angle, the higher the lie. The most common lie is a five or six for skaters and a twelve or thirteen for goalies. When the player assumes the ready position, the entire bottom portion of the stick blade should be flat on the ice. If just the heel of the stick touches, try a lower lie. If just the toe of the stick touches, try a higher lie.

To determine proper stick length, place the front bottom corner of the stick on the ice between the skates. The top of the shaft should touch the player's face between the chin and lips. If the player is wearing shoes instead of skates, the top of the shaft should touch closer to the player's nose.

The blade of the stick should be taped at all times. The stick should be replaced at the first sign of cracks, splintering or other damage that might cause the stick to break and possibly injure another player. (It is a penalty to play with a chipped, splintered or broken stick.)

Proper care of equipment

Participants are responsible for maintaining and caring for their equipment while it is in their possession. Equipment which breaks or becomes unsafe to use should not be used under any circumstances.

Proper equipment care is necessary to ensure the safety of the player. All equipment should be aired out and allowed to dry after each game and practice. Placing equipment outside in the sunshine is an extremely effective way to dry and "naturally deodorizing" equipment.

Rental of Equipment from the DYHA

The DYHA currently maintains a limited inventory of hockey equipment. This equipment is rented on a first-come, first-serve basis to players who register to play hockey in the DYHA. This inventory includes helmets, shoulder pads, gloves, elbow pads, pants, shin guards and skates. In addition to the rental fees charged for using this equipment, a deposit is required to insure that the equipment is returned in good condition. Equipment that is lost or damaged must be paid for by the participant and will result in forfeiture of their deposit or a direct charge to the participant by the DYHA. Rented hockey equipment must be returned to the DYHA at the end of the hockey season.

GOVERNING BODY

The DYHA is a nonprofit organization. The activities of the DYHA are managed by a Board of Directors who are elected, according to the bylaws, by DYHA families at the End of the Year meeting.

The board of directors consists of a president, vice president, secretary, treasurer, eight regular members elected by general membership at the annual meeting, plus a 13th member determined as follows: The immediate past president will automatically serve on the board for one year following his term as president. In the year where there is no immediate past president, the 13th board member will be elected by the general membership

Board meetings are held the second 2nd Tuesday of the month at 6:00pm at Mystique Ice Center.

All DYHA members are encouraged to attend.

Special committees are formed as necessary to work on special projects or to oversee certain functions throughout the hockey season. Committee members need not be on the Board of Directors, although all committees must have at least one member who is a Board member. All Board members and officers of the DYHA are volunteers