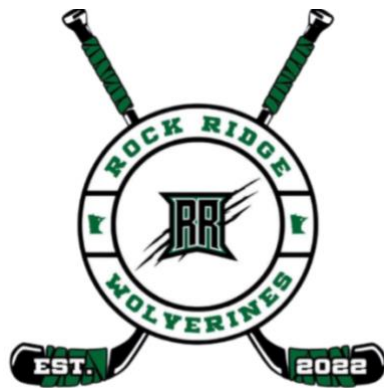


Rock Ridge Youth Hockey Association (RRYHA) Handbook



November 26, 2025



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INTRODUCTION

The Rock Ridge Youth Hockey Association is a non-profit corporation formed with the intent to promote the growth of ice hockey in the community and to provide the best possible experience for all participants by encouraging, developing, advancing, and administering the sport.

Matt Niskanen
Head Hockey Coach
Rock Ridge High School

I. RRYHA POSITIONS

A. BOARD OF DIRECTORS Please see the RRYHA By-Laws for a description of the Board and governing policies.

B. NON-BOARD POSITIONS

1. SAFE SPORT COORDINATOR (SSC)- The SSC has a number of responsibilities, including oversight of mandated training, ensuring that the association establishes and enforces all related safety policies, coordination with teams/coaches on such policies, communicating SafeSport information to parents, receiving SafeSport complaints, and working with Minnesota SafeSport Coordinator to investigate and respond to complaints.
2. HOCKEY OPERATIONS COMMITTEE (HOC)-

BOYS HOC-

Hereinafter referred to as the BOYS HOC, will consist of a seven-member panel including: The Youth Hockey Director (YHD), Head Varsity Coach, Head Bantam A Coach, Head Pee Wee A Coach, Squirt Level Coordinator, Mite Level Coordinator, and Mini-Mite Level Coordinator. The HOC will assist the YHD in the movement of players up or down, skills to be taught, number of teams and players per team, and deal with discipline problems with players and/or coaches. The HOC will meet at least monthly during the regular season. The HOC and President will also meet with parents and or players/coaches as needed.

GIRLS HOC-

Hereinafter referred to as the GIRLS HOC, will consist of a nine-member panel including: The Girls Youth Hockey Director (GYHD), Girls Head Varsity Coach, Girls Varsity Assistant Coach (HSHC pick), 12 U Level Coordinator, 12 UA Head Coach, 12 UB Head Coach, 10U Level Coordinator, 10U Head Coach, and 8U Level Coordinator. The Girls HOC will assist GYHD in the development of players up or down, skills to be taught, number of teams and players per team, tryouts, and deal with disciplinary issues pertaining to players and/or coaches.



3. COACHES

- a. Coaches will attend coaches' meetings as required.
- b. Coaches are fully responsible for USA Hockey licensure, completion of background checks, meeting training expectations (including Safe Sport), and submitting receipts for reimbursement fees.
- c. It is the coach's responsibility to see that a team manager is selected.
- d. Coaches are responsible for the discipline of their team as outlined in the Code of Conduct. A coach may bring a discipline problem to the Youth Hockey Director(s) and the HOC(s).
- e. Coaches are to be selected yearly from a selection committee comprised of the High School Coach, the Youth Hockey Director, and the President.
- f. Coaches are to follow Minnesota Hockey rules, RRYHA rules, and any player development concepts communicated by the HOC.
- g. **Only Non-Parent** Bantam and Peewee/12U coaches are to be reimbursed for travel expenses for games and tournaments. Receipts must accompany the request for reimbursement. Coaches are to be paid the current standard IRS mileage rate. Only one (1) coach may request mileage reimbursements. Coaches must determine how to split the expenses.
- h. The 2025/2026 pay scale for NON-PARENT and PARENT coaches per season is listed below:
 - a. Bantam A Head Coach \$2500 / Two assistant coaches \$1000
 - b. Bantam B1& B2 Head Coach \$2000/Two assistant coaches \$1000
 - c. Peewee A Head Coach \$2500/Two assistant coaches \$1000
 - d. Peewee B1 & B2 Head Coach \$2000/Two assistant coaches \$1000
 - e. 12UA Head Coach \$2500/Two assistant coaches \$1000
 - f. 12UB Head Coach \$2000/Assistant coach \$1000
 - g. Junior Gold Head Coach \$3500/ Two Assistants \$1000
- ix. Coaches' drill books and/or clinic attendance will be reimbursed by RRYHA. All books, videos, etc. will become the property of RRYHA.
- x. Non-paid Coaches will receive a one-time helmet reimbursement (up to \$150). Receipts must be turned in for reimbursement. Coaches are also reimbursed for USA Hockey registration
- xi. See the Volunteer letter on the RRYHA website for further information regarding the Volunteer policy.
- xii. Coaches are reimbursed for apparel up to \$100 every 2 years.

4. LEVEL COORDINATORS

Level Coordinators are appointed at the 12U, Squirt/10U, Mite/8U, and Mini-Mite levels. It is the Coordinator's responsibility to ensure practices are covered by coaches. Coordinators shall make sure a practice plan is in place before the start of all practices. Coordinators will work with the Tournament Coordinator and assist in planning and implementing the home tournament at their respective level. Coordinators have a seat on the player development committee. Coordinators at Squirt/10U and up should not be coaches but well-versed in hockey knowledge.



5. TEAM MANAGERS

1. Selected by coaches to provide communication between coaches and parents.
2. Verify that all tournament game duties are being filled. This includes the concession stand, penalty box, stats, and time clock. If these duties are not filled, then the manager will designate people to fill the spots.
3. Verify game schedule on other association websites to ensure schedules are correct.
4. Coordinate out-of-town room blocks on an as-needed basis as requested by the coaching staff. Room blocks for away tournaments are usually reserved by an at-large board member prior to the season starting.
5. Coordinate home tournaments and any district or region tournaments as needed. One manager must be at home tournament at all times.
6. Must ensure that all home regular season games/scrimmages spots are being covered by families. See Volunteer Letter for more information.
7. Make sure Gamesheet is completed and uploaded for home games (Squirt/10U and up).
8. See Volunteer Letter. See the Manager Duties document on the RRYHA website for additional details.

6. OFFICIALS

1. RRYHA will reimburse first-time referees for their USA Hockey referee registration (must officiate at least 5 games during the season. See District 12 for officials' pay scale.

7. BOARD MEMBERS

1. Board Members' reimbursement for apparel up to \$100 every 2 years.
2. Follow the Code of Conduct.

II. YOUTH HOCKEY GUIDELINES

A. GENERAL INFORMATION

1. RRYHA bylaws, code of conduct, rules and regulations are made available on the RRYHA website.
2. RRYHA's policy is to follow MN Hockey's Participation Rule as outlined in the MN Hockey Handbook
3. RRYHA will consider refunds of registration fees for 1) Medical reasons, 2) Transfer out of the community, 3) Movement to Varsity or Junior Varsity. Refunds will be granted on a case-by-case basis. Written notice must be given to the secretary. Any member who resigns before November 1st shall be entitled to a refund of registration fees only and be removed from volunteer commitment. Must return all loaned equipment and jersey(s). Reimbursement of registration fees will be pro-rated after this date.
4. Families with more than three players in RRYHA during a single season will only be required to pay registration costs for the three oldest RRYHA players.
5. Families with more than two players in RRYHA will only be required to purchase two fundraising items.
6. Current registration costs will be evaluated on a yearly basis and available on RRYHA.ORG
7. See Volunteering requirements on the RRYHA website. These will change yearly based on registration numbers and shifts. A change may occur during the season if registration numbers or shifts change.
8. When registering players, ensure to use current contact information. Email is RRYHA's main communication source.



B. LOCKER ROOMS

1. Keep floors clean and free from all litter. Failure to keep the locker rooms clean may result in the loss of locker room privileges
2. **Cell phone use, or the use of devices capable of taking pictures or recordings, is prohibited in all locker rooms.**
3. No Food in the locker room.
4. There will be no rough-housing, horseplay, or bullying in the locker rooms and/or the buildings.
5. Spitting in the building, other than on the ice, is strictly forbidden. Spitting may result in the loss of locker room privileges for your team.
6. Respect Locker room monitors. **Only adults who have registered through USA Hockey, have successfully completed a background check and Safe Sport training, shall be in the locker room at Squirt/10U, PeeWee/12U, and Bantam levels.**
 - a. Locker room Attendant and/or Coach will remain inside locker room until the last player leaves the locker room.
 - b. Locker room Attendant and/or Coach must be of the same gender as players using the locker room until a base layer is on.
 - c. Locker room will be secured by Coach and/or Locker room monitors while team is on the ice.
7. Mini Mite and Mites/8U strongly recommend only 1 adult per child in the locker room. Coach and/or locker room attendant who has successfully completed a background check and Safe Sport training must be present in locker room until last player leaves the locker room.
8. **No players are to enter locker rooms until a coach or a SafeSport-trained, background-checked checked and approved person is present. See locker room policy posted on the website.** A sweep of locker room should be done by Coach and/or Locker room monitors prior to athletes entering locker room.

C. EMERGENCIES

Because of the nature of hockey, some injuries may occur. Most will be minor and can be managed with basic first aid. All injuries must be called to the coach's attention. Some injuries may require more intense management and may require players to:

1. Stop all practices, drills, and scrimmages.
2. Assist the coach with the management of the situation by:
 - a. Calling for additional assistance.
 - b. Bringing the first aid equipment to the site.
 - c. Keeping on-lookers away.
 - d. Directing medical personnel to the site.

D. FUNDRAISING

1. All fundraising will be done as a group for the RRYHA. All members are to do their share in helping raise funds. The Vice President has responsibility for general fundraising, and each level with home tournaments will have responsibility for raffles, etc, at those events. The money raised will be used to:



- a. Reimburse coaches per policy
- b. Buy equipment for players
- c. Pay referees
- d. Pay for tournament fees & gate fees
- e. Help with expenses if teams go to Regional or State tournaments
- f. Improve the Youth Hockey program
- g. Pay for other items the Board approves.
- h. Updates to facilities
- i. Pay for Ice time
- j. Pay for EMTs for tournaments

E. EQUIPMENT

1. The selection of hockey equipment is a key issue for young players. When purchasing and fitting hockey equipment, remember two important factors: 1) Make certain the player is adequately protected, and 2) Be sure the fitting allows freedom of movement so the player can properly perform the necessary skills. If you carefully consider these two factors, your child will be more comfortable and will have more fun playing hockey.
2. All teams will be supplied with game jerseys. Game jerseys will be worn for GAMES ONLY and will not be placed inside gear bags. NO EXCEPTIONS!
3. Every 2 years, (Squirt/10U and up) are issued home and away game socks. These are to be worn only at games.
4. It is mandatory that all players have a HECC approved helmet and facemask and a non-clear mouth-guard at all times on the ice for practices and/or games.
5. All loaned equipment must be turned in or paid for at the end of each season.
6. Any goalie requesting equipment for use during the summer may do so in the following manner:
 - a. Turn in all equipment at the end of the season
 - b. Meet with the Equipment Manager, and he/she will supply what is needed
 - c. A deposit may be required for the regular season and an additional deposit for Summer.
 - d. Pay for any repairs that exceed normal use over the season.
7. For RRYHA equipment that is borrowed, a lease agreement must be signed by a parent or guardian prior to the equipment being released.
8. Players do not use game jerseys or game socks for practice.
9. RRYHA will not provide goalie sticks for Peewees or Bantams.
10. Players will wear ALL protective equipment, including a non-clear mouthguard, helmet, neckguards, shoulder pads, elbow pads, gloves, padded hockey pants, protective cup, shin pads, and hockey skates with tendon pads, to every practice as required by USA/MN Hockey. Open hockey requires, at a minimum, a helmet with a facemask, gloves, and skates. We strongly recommend full equipment for the safety of the player. Failure to wear the required equipment will result in being removed from the ice.
11. Players and parents will be sure that all equipment straps are properly secured and equipment fits properly.



F. RRYHA EXPECTATIONS

1. Players will sit together as a team and conduct themselves in a manner that promotes pride in their team and their community.
2. At the discretion of the coach, there will be a curfew on all nights prior to a game.
3. Any player declared ineligible by the school will not participate in games/practices during ineligibility.
4. If a player is unable to make a practice, it is his/her responsibility to notify the coach prior to practice if possible. Failure to excuse an absence may result in sitting out all or a portion of the next game. See the attendance policy on the website.
5. Players must inform the coach when under a doctor's care. This information will be kept confidential.

RRYHA's Academic Standards Policy

1. Purpose: In cooperation with participating high schools, the Rock Ridge Youth Hockey Association (RRYHA) will strive to apply academic standards. This applies to all participating student athletes in grades 7-12 (depending on age).
2. Standards: Grades 7-12 (in case of RRYHA, 7-9 or 10, depending on age and level of participation).
3. Academic grades will be checked quarterly and at midterms (8 times per year).
4. Students must have zero failing grades.
5. Students cannot have incompletes (I).
6. Please see the School Handbook for more information regarding Academic Eligibility.
7. Policy: At the time of registration, players and parents acknowledge the academic standards set forth by RRYHA and agree to adhere to such.
 - a. RRYHA's Youth Hockey Directors (YHD & GYHD) will provide the school with a list of registered athletes.
 - b. The school activities' office will create a database just as they do for any MSHSL-covered activity.
 - c. The activities/athletic director of the school will communicate the ineligibility of a student athlete to the RRYHA YHD. (Specific grades and classes are not reported) o Example: The activities director calls or emails the YHD and indicates student athlete ABC is not academically eligible.
 - d. It is not the responsibility of the YHD to ask why. The school makes the determination and communicates such.
 - e. The YHD will communicate the status of a student athlete to the coach, and the player will not be eligible to participate in games until the school has notified the YHD that the athlete is clear to play.
 - f. IT IS THE RESPONSIBILITY OF THE STUDENT ATHLETE AND PARENT(S) TO WORK WITH THE ACTIVITIES OFFICE AND THE ACTIVITIES DIRECTOR REGARDING ACADEMIC ELIGIBILITY. RRYHA WILL NOT ALLOW A STUDENT-ATHLETE TO PARTICIPATE IN GAMES UNTIL NOTIFIED BY THE ACTIVITIES DIRECTOR OR AUTHORIZED PERSONNEL FROM THE SCHOOL CLEARING A STUDENT-ATHLETE. A



PHONE CALL FROM A PARENT OR TEACHER DOES NOT CLEAR A STUDENT-ATHLETE.

RRYHA Expectations Continued:

6. Players will follow rules set forth by USA Hockey, Minnesota Hockey, RRYHA, and their coaches, including the RRYHA Code of Conduct.
 7. Any player who is caught violating the player code of conduct will be subject to consequences as stated in the handbook and player code of conduct.
 8. Players and Guardians must read, understand, and comply with the grievance procedure.
- G. RRYHA CODE OF CONDUCT - All Players and Parents will abide by the RRYHA code of Conduct. The Code of Conduct is located on the RRYHA website.
- H. ON ICE RULES & ARENA SAFETY
- *PLAYERS WILL NOT GO ONTO THE ICE FOR PRACTICE UNTIL A COACH IS ON THE ICE.**
1. All jewelry MUST be removed prior to practice or game. Per Minnesota Hockey - No jewelry except for religious/medical needs. Tape medals to the body under the uniform so not visible. Penalty: first offense, warning. Returning to the game without correction: Game Misconduct.
 2. Shoot in designated places and sequences. Be sure the goalkeeper is ready.
 3. Horseplay and profanity are not permitted.
 4. No broken sticks may be used. Throwing sticks is prohibited. Do not high stick, slash with a stick. Do not butt-end with a stick or spear with the stick.
 5. Do not head-butt with the helmet and/or facemask.
 6. Do not elbow or knee opponents.
 7. Do not shoot the puck at other players
 8. Do not alter the stick curve. (1/2 inch maximum)
 9. Do not grasp the opponent's facemask.
 10. Contact should be made with padded surfaces.
 11. Absorb and/or make contact in a low, balanced position.
 12. Neckguard must be worn by anyone under 18 years to enter the ice per USA Hockey.
 13. Players should review Minnesota Hockey and USA Hockey rules annually
 14. Stay clear of doors while the Zamboni is on the ice.
 15. Zamboni gates must be closed before players can go on the ice.
 16. No hanging over the boards while the Zamboni is on the ice.
 17. No banging of sticks on the Plexiglass or anywhere in the buildings. Use of sticks is limited to the ice.
 18. All rink gates must be closed at all times while practice or games are in progress.
 19. Respect all areas of the facility. Per Minnesota Ice Manager's Association rules, the use of sticks, pucks, or balls in the off-ice areas is prohibited.
 20. At practices, players are not to enter onto the ice until a coach is present.
 21. At games/scrimmages, players are not to enter onto the ice until an official is present.



I. RULE VIOLATION

Violations of RRYHA rules will result in:

1. 1st violation Warning from coach(es)
2. 2nd violation Meet with coach(es) and director
3. 3rd violation Meet with coach (es), director, players, and RRYHA President. Possible Suspension
4. 4th violation Suspension from Youth Hockey for the remainder of the season

There will be a zero tolerance of bullying, assault, or any other misconduct that could be punishable by law and will result in immediate suspension by the Board.

J. MISCONDUCT PENALTIES

Players who are involved in events that lead to a game misconduct penalty will have the following consequences applied:

1. 1st Misconduct 1 game suspension
2. 2nd Misconduct 2 game suspension
3. 3rd Misconduct 3 game suspension and conference with YHD, parents and player
4. 4th Misconduct Suspension from Youth Hockey for the remainder of the season.

K. ROLE AND RESPONSIBILITIES OF PARENTS

1. See that the players arrive at practice and games and are ready to take the ice at scheduled times.
2. **Mini-Mites, Mites/8U require a responsible adult to be at the rink with them at all times.**
3. Be understanding and supportive of the number of games and practices.
4. Keep up to date on information pertaining to scheduled practices and games. (See Website)
5. Be available to assist in organization and team functions when requested. Support the players' team by working regular-season games as assigned by the team manager.
6. Follow volunteer policy as listed on website for regular season games/scrimmages and tournaments.
7. Turn in necessary forms promptly (i.e., birth certificates and registration forms)
8. Equip players properly with quality protective equipment, consistent with health and safety, as a participant in a contact sport.
9. Encourage players to take pride in their team.
10. Notify the coach in advance when the player is unable to attend a practice or game. See the attendance policy on the website.
11. See that players get proper sleep and rest.



12. Do not undermine coaches' philosophies and game plans. If a problem exists, the parents shall follow the grievance procedure.
13. Teach their players to follow through with their commitment to hockey.
14. Parents will model good sportsmanship.
15. Follow rules as set forth by RRYHA, MN Hockey, and USA Hockey. This includes USA Hockey's Zero Tolerance Policy for spectators and MN Hockey's rules for off-ice officials. In addition, must follow USA Hockey for return to play and recognize signs and symptoms of concussion.
16. Follow Locker room policy (see website).
17. Behave in a positive manner and support my player's team, teammates, and RRYHA.
18. Use of artificial noise makers will be considered abusive conduct. Possession of a device, including, but not limited to, cowbells, air horns, or any loud noise-making devices, will be considered abusive conduct, and the individual will be asked to leave the building. RRYHA reserves the right to contact local law enforcement officials if needed.
19. No children under 10th grade are allowed to complete volunteer shifts. One person working in the Canteen must be an adult.
20. No children under 10th grade allowed to be in the off-ice officials' box except those working as officials. During State tournaments, there must be competent adults working as off-ice officials per MN Hockey.

L. ROLE AND RESPONSIBILITY OF PLAYER

1. Understand the RRYHA program. Follow rules as set forth by RRYHA, MN Hockey, and USA Hockey.
2. The RRYHA program is a competitive program. Each player is expected to contribute his/her utmost at all times.
3. Participation at practices is expected at all times. Be on time for practices.
4. Show good sportsmanship
5. Understand that it is a privilege to play youth hockey.
6. Follow the locker room policy.

M. ATTITUDE TOWARD COACHES, TEAMMATES, REFEREES, AND OPPOSING PLAYERS

1. Show respect toward coaches, teammates, referees, and opposing players.
2. Take pride in the team and teammates. The results will be better team spirit and a successful season.
3. Show appreciation for the efforts of your coaches, manager, teammates, and referees.
4. Players must notify their coach in advance of having to miss a practice or game. See the Attendance policy on the website.
5. Never engage in reckless or dangerous behavior, and will not intentionally check from behind, kick, swing my stick, and/or attempt to injure participants in any way. No fighting.
6. Per MN Hockey, never use mood-altering chemicals.
7. Behave in a positive manner and support my team, teammates, and RRYHA.



N. GUIDING PRINCIPLES

1. It is the primary aim of RRYHA to develop young hockey players.
2. First is skills development, where players learn the basic skills of skating, shooting, and puck handling.
3. Equally important is the development of attitude. Hockey is a team sport, and we want our players to learn how to play with others.
4. Hockey must be kept in perspective; our aim is not to win at all costs, but to compete as best we can. Sportsmanship needs to be the cornerstone of any constructive youth program.

O. GRIEVANCE PROCEDURE

24-hour rule. If an issue arises, wait 24 hours before bringing it to someone's attention. The reporting issue structure is listed below. Start with the first individual, unless that is the person whom the issue is with. If no action is taken or the response is unsatisfactory, then discuss the issue with the next individual listed.

- a. Coach
- b. Level coordinator
- c. Youth Hockey Director
- d. Hockey Operations Committee



P. SOCIAL MEDIA POLICY

Purpose: The purpose of this policy is to ensure that all digital communications, including the use of social media and other digital platforms, reflect the values and standards of RRYHA. This policy is intended to guide players, coaches, parents, and all members of the association in their online behavior to protect the integrity of the association, ensure the safety and well-being of all participants, and maintain a positive presence.

1. **General Principles:**

- a. **Respect and Integrity:** All members of the association are expected to communicate respectfully and with integrity. This includes refraining from posting or sharing any content that is abusive, discriminatory, defamatory, or otherwise inappropriate.
- b. **Privacy:** Respect the privacy of others by not sharing personal information, photos, or videos of players, coaches, or association members without their explicit permission.
- c. **Positive Representation:** Any digital communication or social media post should reflect positively on the association and its members. Negative or harmful comments about the association, teams, coaches, players, or opponents will not be tolerated.

2. **Acceptable Use of Social Media and Digital Platforms**

- a. **For Players**
 - I. **Use Respectful Communication:** Players are expected to use respectful language online.
 - II. **No Bullying or Harassment:** Players must not engage in any form of cyberbullying, harassment, or inappropriate behavior toward any individuals.
 - III. **Sharing Content:** Players should avoid posting content that could be interpreted as disrespectful, harmful, or inappropriate.
 - IV. **Focus on Positive Communication and Development:** Players are encouraged to use digital platforms to promote positive team/association communication and team achievements.
- b. **For Coaches, Managers, and Board Members**
 - I. **Professionalism:** All communication should be professional in nature.
 - II. **Clear Boundaries:** Coaches and volunteers should use official communication channels for team-related matters. Personal social media accounts should not be used to communicate directly with players, except in public, group settings where transparency is maintained. Must be Open and Transparent- A parent/guardian, another adult family member of the Minor Athlete, or another Adult Participant must be copied or included on the communication. Must follow USA Hockey SOCIAL MEDIA, MOBILE, AND ELECTRONIC COMMUNICATIONS POLICY.
- c. **For Parents**
 - I. **Positive Engagement:** Social media and digital platform communication should support their players' team and RRYHA.
 - II. **If issues arise, the grievance policy should be used rather than airing grievances publicly and casting the association in a negative light.**
 - III. **Choose the right channels for communication.** When using digital platforms for communication with coaches and guardians, such as Team Reach, the messages should be pertinent to the team and professional in nature.



Q. BOARD MEMBERS' CODE OF CONDUCT

1. Follow the rules and regulations of USA Hockey, MN Hockey, and RRYHA to ensure that the association's philosophy and objectives are enhanced.
2. Support programs that train and educate players, coaches, parents, officials, and volunteers.
3. Promote and publicize your programs; seek out financial support when possible.
4. Communicate with parents by holding parent/player orientation meetings as well as by being available to answer questions and address problems throughout the season.
5. Work to provide programs that encompass fairness to the participants and promote fair play and sportsmanship.
6. Recruit volunteers, including coaches, who demonstrate qualities conducive to being role models to the youths in our sport.
7. Encourage coaches and officials to attend USA Hockey clinics and advise your board members of the necessity of these training sessions.
8. Make every possible attempt to provide everyone, at all skill levels, with a place to play.
9. Read and be familiar with the contents of the USA Hockey Annual Guide and Official Playing Rules.
10. Develop other administrators to advance to positions in your association, perhaps even your own.
11. Communicate policies and procedures
12. Complete and fulfill all mandatory certifications and screenings, such as SafeSport training and background screening.
13. Faithfully abide by the RRYHA Handbook, By-laws, and policies set forth.
14. Exercise reasonable care, good faith, and due diligence in organizational affairs.
15. Fully disclose, at the earliest opportunity, information that may result in a perceived or actual conflict of interest.
16. Maintain a professional level of courtesy, respect, and objectivity.
17. Exercise the powers invested for the good of all members of the organization rather than for his or her personal benefit, or that of the age group, segment, or team they represent.
18. Foster an environment of collaboration, teamwork, respect, and positivity by actively seeking and recognizing differing viewpoints through open communication.
19. Keep confidential any and all information pertaining to members' financials, health, or any other personal information that is deemed confidential.
20. Members shall demonstrate the highest standards of personal integrity, truthfulness, honesty, and fortitude in all activities related to inspiring confidence and trust.
21. Members are expected to regularly attend Board meetings and to participate in Board meetings in a constructive and positive manner.
22. Members should cooperate and respect the opinions of fellow Members and leave personal prejudices out of all Board discussions.
23. Representing RRYHA in a positive and supportive manner at all times and in all places.



III. AGE GROUPS & TEAM INFORMATION

- A. **Player level will be determined by MN Hockey guidelines.** If a player is to be moved from their designated age group, it will be dealt with in the following manner:

1. To be considered for movement to a higher or across level: The player's parent/guardian(s) must submit a letter of request to the Youth Hockey Director before the first day of tryouts (or before the first day of official practice for lower levels).

OR

The head coach of the higher-level team may request a player tryout for said team with parent or guardian consent.

Primary factors will be considered when a request is made:

- a. The number of players for each level will not be negatively affected (such as moving one or more players up a level or across will make lower and/or upper-level or across team players too high or too low).
 - b. The player's physical and emotional maturity will be considered; skill level will be considered, and the parent/guardian's past behavior will be considered.
 - c. The move up or across should appear to be a positive move for the individual player and for the development of the teams that are affected.
 - d. A majority vote of the HOC will determine if the move is supported.
2. Requests for a movement to a lower level may be entertained at any time prior to USA HOCKEY team rostering. The request for movement will be heard by the coach (es) at the player's designated level, the coach (es) at the petitioned level, the Youth Hockey Director, and the Hockey Oversight Committee. The player may be required to practice and/or play at both levels to assess the player's abilities. A majority vote of the Player Development Committee will determine if the movement is supported. Final approval must be made through MN Hockey.
 3. Once a player is rostered (official USA Hockey roster form) to a team, there is to be no movement of such player to another team. It is the responsibility of the coach to see that players perform to their maximum potential.

- B. The number of games will be played in a season, follows MN Hockey/District guidelines, and by the discretion of Youth Hockey directors and the President.

1. All travel expenses will be paid by the parents of the players. (NOT RRYHA)
2. The number of teams at each level will be decided by the Youth Hockey Director and the HOC.

- C. Home Tournaments (Regular Season and Play-offs)

1. Tournament planning is the responsibility of the Tournament Coordinator, with assistance from the Coaches and/or Coordinator and managers at the level of the tournament. This includes all aspects of the tournament, including fundraising, tournament draw (for regular season), clothing orders, etc.



IV. FUNDAMENTALS BY LEVEL

A. MINI MITE

As per MN Hockey Youth, ages 5 and 6. The player must be able to follow directions and be potty-trained. Jamborees are limited to District 12.

1. **Objective**

- a. To give kids a fun and safe environment where they can enjoy learning the fundamentals of skating and the game of hockey.
- b. Stress fun, participation, and skill development.
- c. Development of communication at the players' level of learning.
- d. Build confidence and self-esteem through positive reinforcement.

2. **The Four Basic Skills of Hockey**

- a. **SKATING**- This skill makes hockey unique and is something that players at all levels of the sport continually strive to improve. Without adequate skating ability, players are less able to perform the other essential skills of the sport. At this age level, the kids need to have fun and learn skating fundamentals such as stance, posture, starts, stops, balance, strides, turns, etc. Fun games help to develop these skating skills.
- b. **STICK HANDLING**- Perhaps the most difficult of the basic skills to master, it allows a skilled player to maneuver around opponents and create better offensive opportunities.
- c. **PASSING**- Passing is what makes hockey a true team sport and makes the game fun. Passing gets everyone on the ice involved in the action and makes scoring a real team effort. Assisting teammates in success is what the game is all about, and passing allows the thrill of scoring to be shared.
- d. **SHOOTING**- This is the end result of an offensive team play and is the action that produces a goal. Players spend more time practicing shooting than any other skill because they feel that scoring is the most fun; however, players should put just as much emphasis on the other skills since most players will generally not take more than five or six shots an entire game.

3. **Essential equipment used in Youth Hockey (see MN Hockey Handbook):**

Skates, Helmet, Facemask, neckguard, Mouthguard, Stick, Shin Pads, Supporter & Cup, Gloves, Shoulder Pads, Breezers (pants), and Elbow Pads.

- a. **PRACTICE**- Practice for Mini-Mites varies from 1 to 3 times per week. Practice time is structured but still fun for the kids as they work on the fundamentals of skating and the game of hockey. Mini-Mites are encouraged to skate between practices.

4. **Jamborees**

Jamboree participation (generally 1-3 per season) is at the discretion of the scheduler and the Youth Hockey Director annually.



B. MITE/8U

1. Objective

- a. Enjoyable introduction and experience in hockey.
- b. Providing a healthy environment for fun and learning.
- c. Teach the basic fundamentals of playing hockey.
- d. Stress participation and fun, not winning.
- e. Development of communication at the players' level of learning.
- f. Introduction to competitive games and more complex action on the ice.

2. Coaching Staff - Minimum Head Coach per team, Assistant Coach based upon availability. One level coordinator for Mites/8U.

3. Areas Stressed

- a. Fun
- b. Skating - Basic stance and posture; stops and starts using all edges; strides; crossovers and crossunders; pivots; and edge work.
- c. Top hand controls the stick, one hand puck control.
- d. Puck handling and protection techniques.
- e. Simple passing/receiving techniques
- f. Shooting techniques
- g. Team play

4. Practices/Games

- a. Practice time is typically 2-4 sessions per week, depending on ice availability.
- b. Jamborees within the local district. Jamboree participation is at the discretion of the scheduler and the youth hockey director(s) annually.
- c. See MN Hockey Rules for Full Ice Games.



C. SQUIRT/10U

Squirt-age players will have the same opportunity to try out for the "A" team. The players who do not make the "A" team will comprise the B team(s). Based on registration numbers, "B" teams MAY be split into B1 and B2 Levels. This is the coordinator's and YHD's discretion.

1. **Objective**

- a. Emphasis at the squirt level is still on skating technique and having fun; however, depending on our progress, we will move into more puck handling, passing, and shooting drills than were done in Mites.
- b. Ice Management is taught and becomes more important (passing, position hockey, forecheck, back-check).
- c. Prepare Squirts for Peewee/12U level of hockey.

2. **Coaching Staff**

- a. There will be one Squirt Coordinator/10U, two coaches per team (Head and Assistant), and also one team manager per team.

3. **Practices/Games/Tournaments**

- a. PRACTICE- The teams will practice 1 to 4 times per week for 1 to 1 ½ hours per session. Every practice will dedicate a portion of time to individual skill development.
- b. GAMES- Squirts will play up to 35 games per MN Hockey, including tournament games, per season.
- c. TOURNAMENTS- 1-3 tournaments may be scheduled over the course of the season.



D. PEEWEE/12U

All Pee wee-age players will have the same opportunity to try out for the “A” team. The players who do not make the “A” team will comprise the B team(s). Based on registration numbers, “B” teams MAY be split into B1 and B2 Levels. This is the coordinator's and YHD's discretion

1. Games/Tournaments/Practice

- a. GAMES/TOURNAMENTS- The teams play a home and away series against teams in District 12. District standings are kept throughout the year and determine the seed for the District tournament. Teams will play in 1-3 tournaments throughout the season. Teams advancing from the District tournament participate in a Regional tournament.
- b. PRACTICE- Our program places a high emphasis on individual skill development. The teams will practice 1 to 4 times per week for 1 to 1 ½ hours per session. Every practice will dedicate a portion of time to individual skill development.

E. BANTAMS

All Bantam-age players will have the same opportunity to try out for the “A” team. The players who do not make the “A” team will comprise the “B” teams. Based on registration numbers, “B” teams MAY be split into B1 and B2 Levels. This is the coordinator's and YHD's discretion

1. Games/Tournaments/Practice

- a. GAMES/TOURNAMENTS - The teams play a home and away series against teams in District 12. District standings are kept throughout the year and determine the seed for the District tournament. Teams will play in 1-3 tournaments throughout the season. Teams advancing from the District tournament participate in a Regional tournament.
- b. PRACTICE - Our program places a high emphasis on individual skill development, and this will continue in Bantams. Teams will practice 2 to 4 times per week for 1 to 1 ½ hours per session. Every practice will dedicate a portion of time to individual skill development.

F. JUNIOR GOLD

Junior Gold hockey provides an alternative hockey opportunity for high school-age players to continue playing while developing their skills. Junior Gold has grown into a fantastic level of hockey with considerable skill and opportunities for player development.



Change Log:

Revision Dec 2024:

- Girls HOC and description added under RRYHA Positions
- Non-Parent coach expenses changed under Coaches – Squirts and meals removed
- Coaches pay updated based on approval at previous meeting in 2024.
- Added to see volunteer descriptions on website
- Added helmet reimbursement is for non-paid coaches
- Added under Level Coordinators: Ideally level Coordinators at Squirt/10U and up should not be coaches but well versed in hockey knowledge
- Under Team Managers added: coverage for regular season games, one manager present at all times during home tournaments and refer to Volunteer letter on the website.
- Added Officials section.
- Added to coaches and board member the apparel reimbursement from previous meeting.
- Updated the member resignation to match Bylaws
- Updated locker room for PeeWees and up. Added reference to locker room policy on website and SafeSport.
- Updated Equipment to match MN Hockey/USA Hockey and reference to these. Also added the word loaned. \$30 Deposit changed for Summer to state a Summer deposit may be required.
- 10 PM curfew changed to coaches expectations
- Under on Ice rules: jewelry changed to match rule in MN Hockey, cross checking removed, no fighting added, also not to enter until coach or referee is present added.
- 8U added into Handbook wherever Mite is referenced.
- Off ice official section changed to match MN Hockey on State Tournaments and 10th grade as passed at a Feb 2025 meeting.
- Added Understand that it is a privilege to play youth hockey under ROLE AND RESPONSIBILITY OF PLAYER
- Under ATTITUDE TOWARD COACHES, TEAMMATES, REFEREES, AND OPPOSING PLAYERS #5-#7 added.
- Social Media Policy and Board Member Code of Conduct Added
- Under AGE GROUPS & TEAM INFORMATION the word across was added.
- Removed game recommendations and updated language around home tournaments since not all levels have home tournaments.
- Under Fundamentals by Level – Mini Mite was updated with ages/potty trained, Girls and Junior Gold added. Also wording surrounding tournaments updated since not all levels have home tournaments.

Revision July 2025:

- 2025/2026 year change on coaches pay
- Under parent expectations return to play and recognize concussion signs
- Academic Policy changes to match RR Student Handbook.



Revision November 26 2025:

- Updated Locker room policy reflecting d12 and MN Hockey language
- Updated spacing on pages
- Updated Mites level to see MN Hockey for Full Ice rules due to changes in 25-26 Season.

