

PEACHTREE CITY
HOCKEY ASSOCIATION

PLAYERS GUIDE

YOUTH HOUSE LEAGUE

**Everything Players & Families Need
for a Great Season**



In This Guide:

- ✓ Equipment Needed
- ✓ Basic Rules for Youth Hockey
- ✓ Division Breakdown
- ✓ Tips & Resources
- ✓ Benefits of Inline Hockey



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1. THE ESSENTIAL GEAR

Inline hockey requires specialized equipment. Unlike ice hockey, the focus is on lightweight, breathable gear since you aren't on a refrigerated surface.

Helmet with Full Cage

Mandatory for all youth players to protect against high sticks and pucks.

Inline Hockey Skates

Wheels instead of blades. A “soft” wheel is needed for our rink.

Shin Guards & Elbow Pads

Protects joints during falls or collisions.

Inline Girdle & Hockey Pants

Girdle protects hips and tailbone; pants worn over pads prevent "rink rash."

Gloves & Chest Pad

Protect hands and wrists while maintaining stick grip and keeps players safe during contact and falls

Hockey Stick

For beginners, should reach between the chin and nose in skates.

Mouthguard & Protective Cup

Mouthguard is mandatory for player safety.

2. BASIC RULES YOU SHOULD KNOW

Inline hockey has a few key differences from the NHL games you might see on TV:

- **4-on-4 Play** – Games are played 4 skaters + 1 goalie per side, creating more open space for skill development.
- **No Offsides or Icing** – Keeps the game fast-paced and continuous.
- **No Body Checking** – Youth leagues are strictly no-check, focusing on puck handling and skating skills.
- **Game Length** – Three 13-minute periods per game.



3. DIVISON BREAKDOWN

Youth divisions are based on age at the start of the season.
Players may move up or down based on skill, with coach recommendation and parent/board approval.

<i>Division</i>	<i>Birth Year</i>	<i>Description</i>
Mites	2018–2022	Introduces young players to basic skating and stick skills in a fun, low-pressure setting.
Squirt	2016–2017	Builds on fundamentals with more structure and an introduction to team play.
Pee Wee	2014–2015	Increases pace and physicality while developing positional play.
Bantam	2012–2013	Sharpens skills and game IQ as competition ramps up.
Midget	2010–2011	Our top youth division, geared toward continued growth for older players.
Travel	10U–HS	A tryout-based, competitive team for players across a wide age range.

4. TIPS FOR A SMOOTH SEASON

How to set your player up for success:

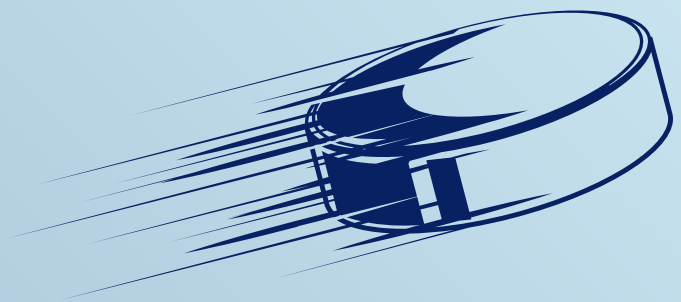


- **Arrive Early** — Get to the rink 20–30 minutes ahead of time; first-time gearing up takes longer than expected.
- **Label Everything** — Gear often looks identical, so mark skates, gloves, and sticks with a permanent marker.
- **Stay Hydrated** — Bring a full, cold water bottle to every practice and game.
- **Air Out Gear** — Take gear out of the bag after each use to dry and prevent odor/bacteria.

5. CHECKLIST & RESOURCES

What to Get:

- ☐ Helmet with a cage & Mouthguard
- ☐ Chest pad
- ☐ Elbow pads & Knee pads
- ☐ Girdle & Cup
- ☐ Inline Hockey pants
- ☐ Inline skates
- ☐ Stick
- ☐ Water bottle with a long straw



Where to get it:

- PureHockey.com (use the LOGO on our website)
- Play It Again Sports in Fayetteville
- HockeyMonkey.com
- SidelineSwap.com
- Amazon.com

6. WHY INLINE HOCKEY?

Skill Development:

The extra space and focus on puck possession in inline hockey helps players develop better vision and creativity.

Affordability:

Inline hockey typically has lower equipment costs and registration fees compared to ice hockey.

Transferable Skills:

Skating mechanics in inline hockey translate directly to improved balance and edge work on the ice.

Character & Sportsmanship:

Players learn discipline, respect, and how to win – and lose – with grace.

Total-Body Fitness:

Builds leg strength, balance, and endurance while having fun.

Community & Belonging:

Tight-knit teammates, coaches, and families, season after season.

ARE YOU READY TO PLAY?

Questions? We're Here to Help!

GENERAL QUESTIONS:

COMMUNICATIONMANAGER@PTCHOCKEY.COM

For most basic questions about registration, the league, or getting started.

TEAM & SCHEDULING QUESTIONS:

COACHING@PTCHOCKEY.COM

For questions about teams, practices, evaluations, and scheduling.

OFFICIALS & CONCESSIONS:

REFEREE@PTCHOCKEY.COM

For questions about officiating and concession stand job opportunities.



**ONE RINK.
ONE COMMUNITY.**