

Red Lake Falls Blue Line Club

Youth Hockey Policies

(Updated March 2022)

A. Goals

This policy is aimed at achieving four (4) basic goals in our program:

1. To teach basic fundamentals of hockey, appropriate for age levels
2. To insure a representative group of high school hockey players
3. To have a positive recreational experience for participants
4. To promote sportsmanship, comradeship, discipline, and respect for officials, coaches, fellow players, and opponents

B. Players Policy

1. General Policies

- a. Players must sign up at their age level according to Minnesota Hockey guidelines (MNH)
- b. If players want to or are requested to play in a level above their age class, parents must petition the Hockey Policy Board (HPB) for permission to move up
- c. Petition deadline is November 15
- d. The HPB will decide, with input from the respective coaches and parents taking into consideration the ability of the player and the number of players in their age class
- e. Player petitions to move from a lower level "A" team to a higher level "B" team can be done only for the purpose of creating a team due to lack of numbers
- f. If a player petitions to play at a higher level, and it is approved, the player is to stay at the level and not drop back
- g. A player may move up for a selective game due to shortage of numbers due to illness or injury with the consent of the respective coaches, parents, and coordinator. Any one of these may veto a move
- h. Squirt level and above may move from "A" to "B" teams (at the same level) for skill enhancement with the consent of the respective coaches and coordinator before December 20th.
- i. All players (MM-BT) must be current on registration from previous years at the time of current registration. Registrations for current year will not be accepted until previous payments are paid.
- j. All (MM-BT) players must have completed registration forms turned in and fees are due prior to participation in any game
- k. If you are elected to a special team, we encourage your participation

2. Team Selection

- a. "A" teams will be developed at each level. If the number of players permit, a "B" team will be formed. The HPB may approve a "B" schedule only.

- b. According to the MNH rules, only 18 players and 2 goalies can be registered per traveling team
- c. Teams will be selected prior to the first game. There can be limited movement from team to team until December 20th in accordance with MNH rules and after District Play-offs
- d. Petition deadline is November 15th. Players must sign-up for and practice with their own age group
- e. Players are to play for the team they are selected for. A petition can be made to the HPB to move down. The HPB will base the decision on the needs of the team and the BLC

3. Conduct

- a. Education comes first!
- b. Players are to be gracious in defeat and modest in victory
- c. Officials are to be respected. No one except the captain should talk to an official and he/she should speak in a tone of respect
- d. No profanity or physical and verbal abuse will be tolerated. Serve as a good example by exercising self-control and good sportsmanship
- e. Practices are a must! Contact your coach if you are to miss a practice or game
- f. You are responsible for all equipment given to you. Treat it as if it is your own
- g. Tournaments and overnight games are to be under the discipline of the coach. Team meetings, curfews, and other coach's decisions are to be abided by. Attempts should be made to stay at one motel to represent our community as a team
- h. Work Ethic Statement – Game playing time will be earned at the coaches' discretion by a combination of ability, practice work ethic, and attitude
- i. Not following the conduct rules may result in disciplinary action taken by the coach
- j. Each coach can establish their own policy
- k. Players will follow the RLF BLC Player's Rules,

C. Skill Development by Level

The importance of developing sound fundamentals cannot be overlooked. Success in playing hockey is first, last, and always based upon the mastery of the skills of skating, stick handling, passing, shooting, and checking. Of these, skating must be a priority since the ability to skate well will determine the degree of proficiency that can be reached in the others.

1. Mini-Mites and Mites:

- a. Basic hockey position
- b. Forward skating (should use agility courses with cones)
 - 1) Starts (can use partner skating, one strong & one weak skater)
 - 2) Drive and glide
 - 3) Stops-snowplow, two feet

- 4) Cross over start
 - 5) Easy controlled turns
- c. Backward skating
 - 1) Starts
 - 2) Stops-snowplow
- d. Puck control
 - 1) Stationary-side to side
 - 2) Pushing straight ahead
 - 3) Elementary lateral weave with cones
- e. Shooting
 - 1) Elementary forehand and backhand shots
- f. Passing
 - 1) Elementary sweep pass to stationary partner
 - 2) Moving passes (passes to stationary coach, return)

2. Squirts:

- a. Coaches should review at the beginning of the year the learned basics of the previous year
- b. Skating
 - 1) Emphasize forward and backward starts (quick acceleration)
 - 2) Teach crossovers forward and backward (skate circles and lines)
 - 3) Teach scooting in corner
 - 4) Teach forward and backward pivots
 - 5) Teach backward on foot stop-quick start
 - 6) Try to develop long stride and low recovery in skating stride
- c. Stick Handling
 - 1) Crossovers with puck
 - 2) Backwards with puck
 - 3) Wide lateral deeked (both forehand and backhand directions)
- d. Passing
 - 1) Stress proper receiving
 - 2) Stress give and go passing
 - 3) Stress hand manning puck
 - 4) Teach drop pass
- e. Shooting
 - 1) Stress proper development
 - 2) Quick release and accuracy
- f. Rules
 - 1) Off-sides and penalties
 - 2) Face-off positions
- g. Goaltending basics
 - 1) Stance angles

- 2) Use of gloves
 - 3) Use of skates
 - 4) Use of stick
 - h. Offensive hockey
 - 1) Teach "slot"
 - 2) 3 "alleys"
 - 3) Easy breakout
 - 4) Line rushes 3-0
 - 5) Offensive situations
 - 1-1
 - 2-1
3. Pee Wees:
- a. Skating
 - 1) Stress quick feet, agility, and accelerations in drills
 - 2) Teach controlled turns-cross under return
 - 3) Teach turns-forward to backward
 - 4) Teach skip out pivots-backward to forward, No "railroaders"
 - 5) Keep stressing long stride, full extension
 - 6) Do stop and pivot drills, with and without pucks
 - b. Stick Handling
 - 1) Double deek-fake on way, go another
 - 2) Separate from puck, through defensemen's skates or stick
 - 3) Work on goalie deek, set up goalie
 - 4) Work on protecting puck with body in turns
 - c. Passing
 - 1) Work on snap pass
 - 2) Beginning of touch passing
 - 3) Try to master flip pass
 - 4) Work on receiving stationary puck along the boards
 - d. Shooting
 - 1) Snap shot
 - 2) Flip shot
 - 3) Slap shot
 - 4) Importance of rebounds
 - e. Checking
 - 1) Hip check
 - 2) Use of boards, checking and being checks
 - 3) Hook stick check
 - f. Offensive Play
 - 1) 3-1, 3-2 situations
 - 2) Offensive triangle
 - 3) Elementary forechecking pattern

- g. Defensive Play
 - 1) Elementary defense system
 - 2) Backchecking positioning
- 4. Bantams:
 - a. Skating-basic review, work on stride and acceleration
 - 1) Use a lot of crossover and forward start to develop skating muscles
 - 2) Use a lot of endurance skating to build strength
 - 3) Continue to work on quickness and agility
 - b. Stick handling
 - 1) Stops and pivots with puck
 - 2) Controlled turns with puck
 - 3) Bracket turns with puck
 - 4) Pressure drills 1-1 with back checker or 1-2
 - c. Passing
 - 1) Continue snap and touch passes
 - 2) Improve receiving of puck
 - 3) Practice passes in skates, in air and off boards – play off wings or defense if possible
 - d. Shooting
 - 1) Emphasize shooting off pass
 - 2) Show fake shot
 - 3) Work on screens and tips
 - 4) Work on point shots
 - e. Checking
 - 1) Proper shoulder technique
 - 2) Defensive coverage around net
 - f. Offensive, Defensive play
 - 1) Situations 1-1, 2-2, 3-3
 - 2) Use of neutral zone
 - 3) Specialty teams – man short, power play
 - 4) Blocking shots technique – forwards and defense

D. Coaches Policy

1. The scheduler will schedule ALL games
2. You are an important member in our hockey program – make your teaching and influence positive
3. Conduct practices and games in such a manner that the welfare of each player is top priority
4. Be knowledgeable of the rules and regulations of MNH and the Blue Line Club
5. Assist the Coordinator in developing programs and to carry out our program
6. Hold Parent Information Meetings annually, prior to first organized practice
7. Furnish the coordinator with equipment needs

8. Assist in handing out equipment and see that all is returned and organized
9. Be responsible, along with parents, for the conduct and welfare of the team, especially overnight trips. Supervise, or have a parent supervise team rooms
10. Report promptly to games and practices
11. Be loyal to our hockey program. Any criticism should be constructive
12. You are a role model – proper conduct and language is expected at all times. Exercise self-control and good sportsmanship. At no time will profanity be tolerated.
13. Player Discipline
 - a. The coordinator should be informed of any gross discipline problem or game suspension
 - b. The coordinator and coaches will review the problem and necessary measures taken
14. Nominations of player to MN Hockey Sanctioned Special Teams is encouraged
15. Player awards
 - a. Player awards will be given at the Spring Awards Night
 - b. Coaches may decide how they want to choose award winners
 - c. Awards will be given at the coach's discretion. Scoring awards are to be discouraged
 - d. Co-award winners are acceptable
16. Develop 1 or more goalies in each grade

E. Miscellaneous

1. A practice-game ration or at least 2:1 will be strived for
2. Number of games and tournaments
 - a. Bantams, Pee Wees & Squirts – Maximum of 45 games to include a maximum of 5 tournaments. Playoffs not included
 - b. Mites
 - 1) Mite teams should become more active towards the end of the season, after January 1
 - 2) Participate in local in-house leagues whenever possible
 - 3) A maximum of 20 games not including jamborees
 - c. Mini-Mites – Minimal traveling, participate in local in-house leagues whenever possible
 - d. Tiny Mites – No traveling, participation in local in-house leagues whenever possible
3. Playing with teams from other towns
 - a. Not allowed at Bantam and Pee Wee level according to MNH Guidelines, except in special circumstances involving goalies
 - b. Not allowed during the hockey season
4. Red Lake Falls Blue Line Club Hockey Participant form must be signed by players and a parent in levels Tiny Mites – Bantams prior to participation in any games

F. Parent Support and Responsibility

1. Financial support by
 - a. Paying registration fee for each level, as set by the club, either at, or prior to registration. Participation fees must be paid prior to your child participating in any game. If you are unable to pay, this situation is to be discussed when you sign up for the hockey program
 - b. Outfitting your child with equipment is necessary to play. Provide good, well-fitting equipment
 - c. Attend mandatory coaches' meetings, or make arrangements with the coach **prior** to the meeting
 - d. Travel expenses – We encourage parents to travel to away and overnight trips with their child. Knowing this is not always possible, you are responsible to secure transportation and accommodations with other families or the coach.
 - e. If your child is elected to special teams, we encourage their participation. Upon notification, the BLC will contribute \$500 for MN Hockey Sanctioned Special Teams (HP's), once the player reaches the 4th tier or "102's" which is the week-long camp in St Cloud. Reimbursement for High School level will be on a case-by-case basis.
2. See that equipment issued is well kept and returned clean and in good repair
3. Parents, like players, are to be gracious in defeat and modest in victory
4. Respect officials
5. Exercise self-control and good sportsmanship
6. Have your child at games and practices on time
7. Inform coaches to family obligations throughout the season
8. Use constructive criticism, not destructive. There is a tremendous power in praise
9. Support the **whole** team. Remember, hockey is a team sport, not an individual sport. There is no success without the whole team. Frictions between parents and between players can ruin their success
10. Be supportive of coaches
11. Parent/Player/Coach Conflict resolution – Do not let a problem ruin your, and everyone else's "hockey fun"
 - a. Wait 24 hours before discussing concerns relating to games. If violated a one game suspension for the parent may be issued by HPB.
 - b. For minor concerns, attempt to meet and discuss the issue with the coach
 - c. Second step is to discuss the issue with the coordinator
 - d. If you are still unable to resolve a problem, you may file a grievance the HPB to address the situation. Coaches and parents must abide by the HPB resolution to the problem
 - e. All grievances must be dated and submitted in writing (or email) to a member of the BLC board.
 - f. Anonymous grievances will not be accepted.
 - g. A grievance must include date, time, location, names of people involved and possible witnesses along with a written summary of the actual grievance.

12. Membership of the BLC is strongly suggested. Annual membership fees are reasonable.
You have no vote unless you are a member
13. Attend BLC meetings. Being informed is most enlightening
14. Become involved – do your part in volunteering to do work in the concession stand, run the clock, etc
15. Each family (Mites through Bantams) must work 5 hockey games. Families with more than one child may have to work more. Children ages 15 and over can work youth hockey games with an adult. If you choose not to work, you must find a substitute or pay \$50 per game
16. Review the RLF BLC Player's rules with your child

G. Hockey Policy Board

1. HPB meetings are closed to all except for the standing members listed below
2. Standing members of the HPB shall be
Coordinator – serves as chairman
Vice President of the BLC
Secretary of the BLC
Two youth coaches to be voted on by coaching staff
Second Year Director
High School Hockey Coach
3. Each member shall have (1) vote
4. A quorum of 5 members is required to conduct business or act on petitions
5. The HPB shall have the authority to
 - a. Act on petitions sent to the HPB. Petition deadline is November 15. Players must sign-up for and practice with own age group
 - b. Interpret policy and make decisions based on policy
 - c. Resolve conflict
 - d. Act on issues not addressed in the hockey policies
 - e. In special situations, may allow exemptions to the written policy (These exceptions will be reported at the next BLC meeting)
 - f. Develop in house programs (along with respective coaches)
6. BLC HPB shall meet semi-annually in October and March. During the months of November, December, January, and February the HPB will meet a half hour prior to the monthly General Membership meetings. All grievances should be addressed at these meetings
7. They shall review policies annually and recommend changes in the policy to the BLC. The HPB will have the power to temporarily change a set policy with final approval at the next BLC meeting