

## **BACK TO THE BASICS**

### **LEARN TO SKATE**

1. Use the Figure Skating “Basic Skills Program” (first choice when available)
2. Use the Local Program “Learn to Skate Program - USAH Initiation Program”
3. 6 - 10 week instructional program

### **LEARN TO PLAY HOCKEY**

1. 6 - 12 week cross-ice program (cross ice with small nets and no goalkeepers)
  - a. First session should be off-ice to present the USAH Philosophies and Policies and to instruct the parent(s) on proper equipment and its use
2. 6 - 12 week cross-ice program (cross ice with medium nets and goalkeepers)

### **MITE HOCKEY**

1. Recreational
  - a. Cross-ice with medium nets and goalkeepers (No Scores Recorded)
  - b. 4 practices for every 1 game
2. Competitive
  - a. 2/3 ice (goal line - blue line - center ice line - blue line) cross-ice dividers set up at second blue line
  - b. 2 teams play a game on the 2/3 ice while another team practices on 1/3 ice
  - c. Use goalkeepers and medium size nets for 2/3 ice game
  - d. Limit to maximum of 20 games (4 practices for every 1 game)
  - e. Limit travel distances for games
  - f. Limit to 2 tournaments a year within travel distances
  - g. Limit 1 team for every 175 participants @ age classification (approx 8.5%)

### **SQUIRT HOCKEY**

1. Recreational
  - a. 2/3 ice (goal line - blue line - center ice line - blue line) cross-ice dividers set up at second blue line
  - b. 2 teams play a game on the 2/3 ice while another team practices on 1/3 ice
  - c. Use goalkeepers and medium size nets for 2/3 ice game
  - d. 4 practices for every 1 game
2. Competitive
  - a. 2/3 ice (goal line - blue line - center ice line - blue line) cross-ice dividers set up on second blue line

- b. 2 teams play a game on the 2/3 ice while another team practices on 1/3 ice
- c. Use goalkeepers and medium size nets for 2/3 game
- d. Limit to maximum of 20 games (4 practice for every 1 game)
- e. Limit travel distances for games
- f. Limit to 2 tournaments per years within travel distance
- g. Limit to 1 team for every 175 participants @ age classification
- h. After February 1, permit 4 full ice games

3. District/Regional Tournament

- a. Round-robin games 2/3 ice with 3<sup>rd</sup> team practicing on 1/3 ice
- b. Semi-Finals and Championship games full ice.