TO YOUTH

PARENT’S

need to stress fair play and risk management to help eliminate

Hockey parents can help create a fun environment by making certain

teamwork, establishing goals, discipline and learning to control your

Parents should remember that if a child wants to improve, he/she

decide who to listen to — their parents or their coach.

are responsible for supporting and respecting the coach’s decisions

Parents should try to keep things in perspective. There’s more to life

but also in the car, believing this is the perfect place for instruction.

Some parents not only spoil the fun for their kids at the ice rink,

should try to personally coach their kids. Kids often mirror the

applaud good plays. The stands are not a place from which parents

screaming from the stands. Parents should enjoy the game and

fun. This is particularly true with young children, many of whom are

with a positive feeling.

Parents serve as role models for their children, who often look to

emphasizes the importance of fair play, sportsmanship, teamwork

and, most importantly, fun will be invaluable for your child as he or

and refine his or her skills.

any age, and the good hockey player continually works to improve

stickhandling, passing and shooting. These skills can be learned at

for each period at most levels, but often 12 or 15 minutes in

the goal crease.

behind and deprived of a scoring opportunity; or

Penalty Shot

A penalty shot is most commonly awarded if:

1. Violation that resulted in a goal scored by the offensive player making the penalty shot

2. A defensive player makes a save on a penalty shot

3. Violation that resulted in a player being awarded a penalty shot

Foul-Offs

Overtime — if no player may precede the puck across the blue line into the offensive zone.

Icing — a team, when both teams have an equal number of players on the ice, may not shout the word "ice" behind the center red line over their opponent’s goal line (except if the puck goes into the goal).

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The playing zones of hockey are divided into three zones: defensive, offensive and neutral.

The defensive zone is the area in which a team protects its own goal and attempts to keep the opposition from scoring. This area is also referred to as the opposing team’s offensive zone, or the area in which they are attempting to score.

The neutral zone is the area between the two blue lines.

The officiating

The rules

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USA Hockey is the national governing body for the sport in the United States. USA Hockey is the official representative to the United States Olympic Committee and the International Ice Hockey Federation. In this role, USA Hockey is responsible for organizing and training teams and working with international associations including the IIHF World Championships and the Olympic Winter Games. USA Hockey also works directly with the National Hockey League and the National Collegiate Athletic Association.

USA Hockey is divided into 12 geographical districts throughout the United States. Each district has a regular to register teams, araham MEN'S AND WOMEN'S TEAMS FOR INTERNATIONAL TOURNAMENTS, FEDERATION. IN THIS ROLE, USA HOCKEY IS RESPONSIBLE FOR ORGANIZING AND VIBRANT YOUTH HOCKEY PROGRAMS THAT ENGAGE THE COMMUNITY IN WAYS THAT ENCOURAGE PHYSICAL ACTIVITY. IN ADDITION TO ITS GROWTH AND DEVELOPMENT EFFORTS, USA HOCKEY HAS BEEN LEADING THE WAY IN SAFETY AND WELL-BEING FOR PLAYERS AND COACHES THROUGH PROGRAMS SUCH AS THE SAFE SPORT PROGRAM IN JUNE 2012. ALWAYS A LEADER IN SAFETY, USA HOCKEY FURTHERED THE ENFORCEMENT OF AGE-APPROPRIATE ATHLETE DEVELOPMENT THROUGH A PROTOCOL FOR LEAGUES TO BE FOLLOWED WITH THE PURPOSE OF AVOIDING INJURIES DUE TO YOUTH HOCKEY PARTICIPATION. THIS IS USA HOCKEY

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USA Hockey provides the foundation for the sport of ice hockey in America. It helps young people become, leaders, Olympic heroes; and connects the game at every level while promoting a lifelong love of the sport.

USA Hockey’s primary emphasis is on the support and development of the sport in the United States. The U.S. National Development Model, which was launched in January 2009, provides a proven path to elite player development for athletes at all ages. The model includes a comprehensive pathway to age-appropriate athlete development. A true leader in safety, USA Hockey furthers the enforcement of rules and protocol in order to advancing the USA Hockey SafeSport Program in June 2012.

While youth hockey is a main focus, USA Hockey also has vibrant junior and adult hockey programs that provide opportunities for players of all ability levels. The organization also operates a renowned disability hockey program.

Beyond serving those who play the game at the amateur level, USA Hockey has certification programs for coaches and officials, including a 10-week, self-paced online course. In the course, participants learn the rules of the game, player safety, and the importance of maintaining a safe environment. A fee is charged for the course, and enrollment is limited to the first 100 participants who register. Members of the organization are entitled to many benefits, including a subscription to USA Hockey Magazine, the most widely circulated news magazine in the hockey world, membership in the worldwide autonomous, general-local, and catastrophic insurance coverage; access to USAHockey.com, and access to the USA Hockey National Cheerleader Championships, as well as player development camps.

As the National Governing Body for the sport of ice hockey in the United States, USA Hockey is the official representative to the United States Olympic Committee and the International Ice Hockey Federation. In this role, USA Hockey is responsible for organizing and training teams and working with international associations, including the IIHF World Championships and the Olympic Winter Games. USA Hockey also works directly with the National Hockey League and the National Collegiate Athletic Association.

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