



WOODBURY AREA HOCKEY CLUB
COACH/MANAGER Meeting
Sunday, December 3, 2023
7PM

2023-24 Season

8&Under Supplement

MN HOCKEY YOUTH RULES – MITE HOCKEY

- PARTICIPATION – IN DISTRICT ONLY (VII LEVELS OF PLAY F. MITE HOCKEY)
 - Mites shall participate in their home district only
 - D8 Out of District Length of Travel limited to under 60 miles/less than 60 minutes travel time.
 - All scrimmages and jamborees that are outside the WAHC association and outside District 8 (14 associations----) require approval from our District. Email D8 District Director-Rich Rakness at rrakness@comcast.net with the details (include Team Name, Your Name, Opponent or Host Association-Jamboree Name, link to jamboree webpage, google map distance, rink location, date/time)
- GAMES (VII LEVELS OF PLAY F. MITE HOCKEY d. & e.)
 - Minimite/Girls 6U – ALL games cross-ice or half ice
 - Mite/Girls 8U – Cross-ice / Half-ice. At Jan 15, up to 10 full ice games are allowed, provided District Director approval is received and intermediate nets are used.
- TEAM REST (VIII. PLAYING RULES J.)
 - No more than 2 on-ice activities per day w/ rest-time for Mites of **1.25 hours** for on-ice activities of 60 minutes or less.
 - Exception for half/cross-ice activities of 45 mins or less - then 45 min rest period minute and up to 4 events can occur.
- ROSTERED PLAYERS & COACHES (VIII. PLAYING RULES H)
 - Only players and coaches listed / approved on the team's official USAH roster are allowed to be on the bench and on the ice with non-WAHC teams.
 - Specialty Coaches
 - Student Coaches / High School Players

ROSTERING REMINDERS

- **12/31/2023 Rostering Deadline**
- Player Age Verification – Birth Certificates Needed
- Coach Certification
- On-Ice Helpers – Practice Only



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SCHEDULES -

- SHARED Practices – Utilized SHARED, station-based practices. Rotate team that will create the plan and lead
- SOLO ICE
- NON-SCHOOL DAY ICE
- CHANGES TO SCHEDULE – for home/away scrimmages, added jamborees, dropped practices. Email all schedule changes to woodburyhockey@avarioscheduler.com. Include Team Name, Your Name, date/time, rink, etc.

ADDITIONAL TRAINING OPPORTUNITIES & RESOURCES

- Off-ice Hockey Specific
 - XHockey Training – Mondays at Harding
 - Harding Stickhandling & Shooting Reservatio List
 - ✓ Check-In with Rink Staff
 - ✓ Entry Code_____
 - ✓ Direct Supervision at all times
 - ✓ Good Conduct at all times
 - ✓ Report any problems/damage to WAHC by emailing
- Goalie Training
 - Devenir PODS – Skills Saturdays
 - Devenir Groups _Sundays – *Try Goalie*
 - Goalie Equipment Needs? Matt Hill, WAHC Goalie Equipment Coordinator at goalieequipment@woodburyhockey.com / 612-578-7856
 - Goalie: Coach the Coaches sessions – TBD
- Ice Hockey Systems (IHS)

JAMBOREES / MITE TOURNAMENTS

- Mite Tournaments (VII Level of Play h.)
MH permits cross/half ice Mite Tournaments; full ice Mite Tournaments aren't permitted (?).
See - Guidelines for sanctioned Mite Cross/Half Ice Tournaments in MNHockey Youth Rules-
[Tournament Supplement](#).
 - MH Mite teams can't participate in out-of-state tournaments, except cross/half ice (?) as approved by the District Director.



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- Jamborees (VII Level of Play i.)
A jamboree is defined as a low-key full participation event where players have an enjoyable learning experience in a non-competitive environment. Jamborees need not be registered as tournaments, but must follow the “Team Rest” provisions as provided under “Playing Rules”
- Email D8 District Director-Rich Rakness at rrakness@comcast.net with the details (included Team Name, Your Name, Host Association-Jamboree Name and link to jamboree webpage, Dates)
- WAHC Player Fees cover up to 2 Jamborees for MITES/GIRLS 8U and 1 Jamboree for MINIMITES/GIRLS 6U. Email WAHC Administrator at administration@woodburyhockey.com for reimbursement.
- Find Jamborees via [Let’s Play Hockey Tournament Calendar](#) [YHH Tournament Guide](#), and scanning Association websites (look for Tournament tab/pages)

END OF SEASON –

- Equipment Return
- Player Awards
- Season Survey
- Next Season