



Armstrong Cooper Youth Hockey Association  
Guidelines and Polices  
Revised October, 2020

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# ACYHA Guidelines and Policies

## I. ARMSTRONG COOPER YOUTH HOCKEY PROGRAM

### A. DEFINITION

The Armstrong Cooper Youth Hockey Program is comprised of the best possible teams that represent the Robbinsdale District 281 area in competition against teams from the United States and Canada.

### B. PURPOSE

The primary purpose of the Armstrong Cooper Youth Hockey Association is to give kids, regardless of their age and athletic ability, an opportunity to develop playing skills and game knowledge in a safe and fun environment, and to promote enjoyment for youth hockey families.

### C. GOALS AND OBJECTIVES

1. Create a positive experience for all participants in the ACYHA program, including youth players, coaches, parents and officials.
2. Emphasize individual skills development over team performance.
3. Foster a strong relationship between ACYHA and District 281's high school hockey programs.
4. Establish standards that promote a consistency of purpose and provide support mechanisms for all ACYHA coaches.
5. Develop a vision for the ACYHA program that supports quality coaching and reduces the amount of turnover at the travel level.
6. Through stronger communication and education tools, manage parental expectation.
7. Control and reduce individual costs of participation in ACYHA programs.
8. Provide useful measurements of progress for each player in the ACYHA program.

### D. PHILOSOPHY

Individual should not be denied participation in programs sponsored by the Armstrong Cooper Youth Hockey Association because of financial hardship. All requests for financial aid will be kept in strict confidence. The Executive Committee will review all requests individually. ACYHA reserves the right to limit financial assistance to families in any given season. In addition, families receiving financial aid are strongly encouraged to assist the association in other ways, above and beyond the normal volunteer requirement

### E. AFFILIATIONS AND REPRESENTATION

MN HOCKEY - Armstrong Cooper Youth Hockey is a member of MN HOCKEY District 3.

USA HOCKEY - The governing body for amateur hockey in the US, as such, USA HOCKEY and MN HOCKEY, determines playing levels for (Mites, Squirts, PeeWees, Bantams, Junior Gold, Girls U10, U12, U14, and U16) based on birth dates.

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### F. UNIFORM AND APPAREL POLICY

The official colors, name and logo are laid out in Article IV, Section 4.4 of the By-Laws. No team apparel of any kind may be ordered that lists the team designations (i.e Squire A, Bantam C, etc.).

## II. SCHOLARSHIP POLICY

Each year ACYHA offers financial assistance (Scholarships) to families demonstrating need. During the ACYHA annual budgeting process, a predetermined amount is set aside for Scholarships. After all Scholarship applications have been submitted and reviewed, each applicant shall be notified of the Scholarship decision. If a scholarship is offered it shall be made in writing (via e-mail or formal letter) by the Treasurer on behalf of the ACYHA Executive Committee.

1. All families requesting a Scholarship must complete the Scholarship Application. Incomplete applications will be returned.
2. Applicants may apply for either full or partial assistance.
3. As part of its annual budget, generally approved at the June Board meeting, ACYHA will allocate funds for Scholarships. The total amount of assistance awarded to all families cannot exceed the amount budgeted, without formal board approval of such an exceedances before it is committed.
4. Scholarships are designed to help families get through short-term periods of financial stress. They are not designed as annual subsidies. The Executive Committee can put a two year limit per family on scholarships at their discretion due to association financial needs or other association limitations. Preference will be given to applicants whose families qualify for public assistance programs such as lunch subsidies, medical assistance and unemployment insurance.
5. Scholarships are to cover all, or a portion of, ACYHA registration fees only. Team fees and any other costs related to participating remain the responsibility of each family.
6. Scholarship applicants may be required to fulfill additional volunteer hours. This will be determined annually by the Executive Committee.
7. All Scholarship Applications must be submitted by September 1<sup>st</sup> , and will be acted upon before the September board meeting. Late submission will be subject to available funds.
8. Distribution of Scholarships is provided at the sole discretion of the Executive Committee of ACYHA. All Information is kept confidential.

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### III. GOALIE CREDIT POLICY

ACYHA goalies will receive a 50% registration credit at the conclusion of the hockey seasons if the following criteria are met:

1. Goalies must attend a minimum of half the goalie clinics and attendance will be taken by the Goalie Coordinator.
2. The attendance will be posted by Wednesday and parents have until the next Saturday to make note of any discrepancies.
3. Any discrepancy must be submitted in writing electronically to the Goalie Coordinator.
4. The attendance will be posted on the goalie attendance page.
5. There is no game play requirement

A scholarship participant will not be eligible to receive the goalie credit.

### IV. REFUND POLICY

If you register with ACYHA and then need to request a refund of registration costs ACYHA will honor refund based on the following reasons and refund amounts. Refund requests must be in writing to the ACYHA Registrar and are subject to approval. Fees paid to USA/MN Hockey are non-refundable. All approved refunds are processed after December 1.

1. Travel Team Player withdraws before pre-seasons camps - Full refund\*
2. Travel Team Player withdraws after the first schedule day of pre-seasons camp - Full refund\*, less \$250 camp cost
3. Travel Team Player withdraws on or after the first scheduled day of evaluations - No refund\*\*\*
4. Travel Team Player withdraws at any time after the first scheduled day of pre-seasons camp to tryout for High School - No refund\*\*\*
5. Travel Team Player withdraws after team placement, in the event of a season ending injury - Pro-rate refund\*\*, less \$250
6. Travel Team Player withdraws after team placement, due to family relocation outside of school district - Pro-rate refund\*\*, less \$250
7. First year Mite player at any time – Full refund\*
8. Mite Player withdraws before December 31 – Full refund\*
9. Mite Player withdraws after January 1 – Pro-rated refund\*\*

No refunds will be processed after May 15 of the current season.

\*Full refund is defined at full refund of registration fees, fundraiser deposit and volunteer deposit

\*\*Pro-rated refund is defined as pro-rated refund of registration fees, no refund of team fees paid, no refund of fundraiser deposit and volunteer deposit will be returned or destroyed

\*\*\*No refund is defined as no refund of registration fees paid, payment of remaining registration fees due upon withdrawal, no refund of team fees paid, no refund of fundraiser deposit and volunteer deposit will be returned or destroyed

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### V. SAFESPORT & LOCKER ROOM POLICY

In addition to the development of our hockey players and enjoyment of the sport of hockey, the safety and protection of our participants is central to ACYHA's goals. ACYHA adheres to USA Hockey's SafeSport Program as a means to help protect its participants from physical abuse, sexual abuse and other types of misconduct, including emotional abuse, bullying, threats, harassment and hazing. To help prevent abuse or misconduct from occurring in our locker rooms, ACYHA has adopted the following locker room policy. This policy applies to all camps, practices, and games sponsored by ACHYA. This policy is designed to maintain personal privacy as well as to protect our players and coaches.

#### A. LOCKER ROOM MONITORING

ACYHA has predictable and limited use of locker rooms and changing areas (e.g., generally 30 minutes before and following practices and games). This allows for direct and regular monitoring of locker room areas. Locker rooms must be monitored by a locker room monitor at all times players are present. The monitor can either be a coach or adult volunteer. All monitors must be screened and pass a free background check from MN Hockey. At a minimum one locker room monitor and his/her child must be present when a non-relative player is present in the locker room. It is highly suggested that two monitors be in the locker room any time players are present. Locker room monitors must be assertive in enforcing prohibited conduct. Locker room monitors must be the same gender as the players being supervised. In a co-ed locker room only the same gender may monitor players as they dress in their hockey base layer. Either gender may be in the locker room as a monitor once all players are dressed in their base layer. Locker room monitors must arrive a minimum of 30 min before practices or games. This time may be increased at the coaches discretion. Monitors must stay after practice or games until all players are out of the locker room.

#### B. PARENTS IN LOCKER ROOMS

Except for players at the Mite or U8 level we discourage parents from entering locker rooms unless it is truly necessary. If a player needs assistance with his or her uniform or gear, if the player is or may be injured, or a player's disability warrants assistance, then we ask that parents let the coach know beforehand that he or she will be helping the player. Naturally, with our youngest age groups it is necessary for parents to assist the players getting dressed. We encourage parents to teach their players as young as possible how to get dressed so that players will learn as early as possible how to get dressed independently. In circumstances where parents are permitted in the locker room, coaches are permitted to ask that the parents leave for a short time before the game and for a short time after the game so that the coaches may address the players. As players get older, the coach may in his or her discretion prohibit parents from the locker room.

#### C. MIXED GENDER TEAMS

Some of our teams consist of both male and female players. It is important that the privacy rights of all of our players are given consideration and appropriate arrangements

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made. ACYHA has elected to use a minimum dress policy in our locker rooms. All players need to be dressed in a base layer of hockey apparel consisting of a shirt and shorts or pants prior to male and females sharing a locker room. This will mean that players either need to be dressed in their base layer prior to going into the locker room or players taking turns in the locker room to dress in their base layer. Once the base layer is on all players it is then acceptable to share a locker room while dressing in other hockey gear. We understand that these arrangements may require that players arrive earlier or leave later to dress, but believe that this is the most reasonable way to accommodate and respect all of our players.

### D. CELL PHONES AND OTHER MOBILE RECORDING DEVICES

Cell phones and other mobile devices with recording capabilities, including voice recording, still cameras and video cameras are not permitted to be used in the locker rooms. If phones or other mobile devices must be used, they should be taken outside of the locker room.

### E. PROHIBITED CONDUCT AND REPORTING

ACYHA prohibits all types of physical abuse, sexual abuse, emotional abuse, bullying, threats, harassment and hazing, all as described in the USA Hockey SafeSport Handbook. Participants, employees or volunteers in ACYHA may be subject to disciplinary action for violation of these locker room policies or for engaging in any misconduct or abuse or that violates the USA Hockey SafeSport Policies. Reports of any actual or suspected violations, you may contact ACYHA's SafeSport representative, any board member, or email USA Hockey at [SafeSport@usahockey.org](mailto:SafeSport@usahockey.org), or call 1-800-888-4656.

### F. NON-COMPLIANCE AND PENALTIES

The Safe sport & Locker room Policy will be randomly monitored with locker room checks. If a violation of this policy is found, MN Hockey District 3 has the following penalties. The first offense will result in a one game suspension for the head coach. A second offense will result in a three game suspension for the head coach. A third offense will disqualify the team from post-season play.

## VI. Girls Playing Policy

Female players are encouraged to play in the Girls program. Female players may play in the Youth program by declaring their intent following these steps:

- Parent / Guardian must notify the Girls Travel Team Director via email no later than August 1<sup>st</sup>
- Parent / Guardian must attend a meeting with the Girls Travel Team Director, Boys Travel Team Director, and HDC Chair. This meeting will be held prior to the next scheduled HDC meeting or at a time to be coordinated with the participants.

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- On the conclusion of the meeting, the HDC and the parents will come to agreement on which program the female will register for and further instructions on how to register (if applicable) will be communicated to the parents.
- Female players who request to play Youth will be strongly encouraged to stay in the Girls program when their decision impacts the association's ability to field two teams at the level.

Female players who do not follow the proper declaration process will be denied their request to play Youth, unless that request benefits both the Girls and Youth programs in the creation of teams.

Female players must follow this policy each season. No girl will be "grandfathered" in to either program

### **VII. WAIVER POLICY**

The ACYHA waiver process follows the procedures of the Minnesota Hockey Handbook Section IV - Participation Rule and Waiver Process and the procedures of the District 3 Rules and Regulations chapter 3- Boundaries. Please refer to these two documents for policy and procedure.

### **VIII. GRIEVANCE POLICY**

- A. Any ACYHA member shall register a dispute/grievance in writing with the appropriate Coordinator at their player's level of play.
- B. The Coordinator shall inform the Board Chairman (or Vice Chairman in the Board Chairman's absence) of the grievance. If the grievance is with the coordinator then it can be brought right to the Board Chairmen.
- C. The Board Chairman will schedule a meeting between the person submitting the grievance, the appropriate Coordinator and the Board Chairman within 10 days of being informed of the grievance.
- D. If the grievance is not resolved as a result of this meeting, the Board Chairman shall appoint a Grievance Committee composed of (i) the appropriate Coordinator, (ii) an ACYHA member not currently serving on the ACYHA Board of Directors (mutually acceptable to the person making the grievance and to the Board Chairman), and (iii) a current ACYHA Board member (appointed by the Board Chairman and affirmed by a majority vote of the ACYHA Board of Directors) with a son or daughter participating at a level of play different than the level of play pertaining to the grievance. Such vote may be taken by telephone.
- E. The Grievance Committee will hold a hearing within 10 days of being formed. The Grievance Committee will render a decision in writing within 10 days of the hearing. Both the person bringing the grievance and any member of the Grievance Committee will have the right to have other individuals' present testimony at the hearing.
- F. The decision of the Grievance Committee shall be final unless subject to MN HOCKEY or District 3 approvals.



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G. Any recourse to the courts by any ACYHA member before all of the rights and remedies available under this grievance procedure shall have been exhausted, shall be deemed conduct detrimental to the best interest of hockey, a violation of the Articles and By-laws of this Association and, therefore, grounds for suspension and/or expulsion of the skater.

### IX. SELECTION OF COACHES

A notice for prospective coaches shall be posted at the New Hope Ice Arena, on the ACYHA web site, placed in the local newspapers, and in any other appropriate media.

A Coaches Selection Committee per the bylaws Article 10, Section 10, will be appointed to nominate coaching candidates before the August 15 deadline.

- The Coaches Selection Committee will be appointed by the Board of Directors to nominate Coaches to be approved by the Board of Directors.
- The Coaches Selection Committee shall be recommended by the ACE Director, at the June board meeting for the following season (when needed).
- If there are insufficient applications, the Committee shall have the responsibility to recruit candidates.

Coaches from inside or outside of the Armstrong Cooper area may be interviewed to find the best possible staff to fulfill the needs of the Armstrong Cooper Program.

Coaching applicants will be evaluated against the following criteria:

- Genuine interest and commitment to the program.
- Ability to communicate, work with and instruct young players.
- Knowledge of hockey and the rules of the game.
- Past coaching experience.
- Ability to deal with all others involved in the program.

Coaches will complete a screening process for sexual and physical abuse in compliance with the MN HOCKEY rule stated in article 13 of the MN HOCKEY by-laws and complete Safe Sport certification

In accordance MN HOCKEY rules, only the head coach, assistant coaches and/or manager, whose name appears on the team registration, shall be in the players' box during games.

#### A. SELECTION OF HEAD COACH

1. The Board of Directors is responsible for selecting the head coaches for all traveling teams.
2. A majority vote of the Board of Directors is required to appoint a head coach.
3. Head coaches desiring to return at the same level or another vacant level shall notify the ACE Director at or prior to the April Board meeting. A majority vote by the Board at the April meeting is required to reappoint a head coach for the following year.
4. All head coaching assignments shall be determined by August 15 or as soon as possible thereafter for the coming season. (All coaches will be appointed for one year only).

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5. The head coach is responsible for the operation of the team.

### B. SELECTION OF ASSISTANT COACHES

1. The Head Coach will select the assistant coaches, and the Board must approve those selections.
2. Prior to evaluations, each possible Head Coach will provide to the ACE Director and Board Chairman a list of possible assistant coaches selected for the upcoming season. Any changes after that time must be reported to the ACE Director. The ACE Director shall submit the assistant coaching candidate(s) to the Coaches Selection Committee for approval recommendation.
3. The assistant coaches selected should have similar hockey philosophies thereby creating a good working relationship beneficial to the players.
4. An assistant coach candidate who has a child trying out at the same level shall not be considered until the team in question has been selected.
5. All assistant coach candidates shall be recommended by the Coaches Selection Committee to the board for approval. A majority vote of the board of directors is required to appoint an assistant coach.

### X. SELECTION OF MANAGERS

1. The head coach will select a team manager or co-managers within 24-48 hours of the team selection.
2. The Head Coach will select the team manager from the list of applicants provided to them from the Level Coordinator.
3. The Level Coordinators will recruited possible parent team mangers during the camp process to have the list ready once the teams are formed.
4. Level Coordinators do not evaluate if a name can go on the list of applicants, they put all respondents' names on the list.
5. The Travel Team Director and the Board may edit the list for cause
6. The Head Coach must contact the Selected Manager and confirm their acceptance within 24-48 hours of the team formation
7. The Level Coordinators will contact the remaining applications to inform them of the Coaches decision.

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## **XI. DEVELOPMENT CAMPS**

### **A. DEFINITION**

The Armstrong Cooper Youth Hockey Association (ACYHA) begins each hockey season by having every player participate in the Development Camps. These camps are designed to give each player, regardless of their individual abilities, the opportunity to work on their individual skills in an environment that fosters growth and development.

### **B. STRUCTURE**

All the pods are mixed with players from all levels. All pods receive the same camp experience.

## **XII. ACYHA TEAM PLACEMENT PROGRAM**

### **A. PURPOSE**

The ACYHA placements will provide:

1. a fair and equitable environment for all players to compete in;
2. a system that allows both player and parents to know how the evaluations will be conducted and what is expected of each;
3. a system and format for all evaluators to use that will make placements consistent;
4. rules as necessary regarding conduct of players, parents and evaluators;
5. continuity and consistency between evaluators of different player levels and between placements from year to year;
6. a process to communicate placement results to players and families;
7. independent evaluators with an extensive hockey background;
8. Documentation as needed. Current and past documentation will be kept by Placement and Level Coordinators.
9. 2020-2021 Squirt Pilot Program: Previous coach input will be collected and used with evaluators' data when determining bubble player team placement.

### **B. FORMAT**

ACYHA placements are closed to the public. No parent/guardian spectators will be allowed to attend any placement sessions with the following exceptions;

- Parents of visiting teams from outside the association.
  - Individuals requested to support the placement process through supporting roles.
1. All levels of traveling hockey eligibility will follow age guidelines as set forth by MN HOCKEY and USA HOCKEY. In general, players will not be allowed to play up to a higher age classification.
  2. All skaters trying out for an ACYHA Traveling Team are required to attend all team placement sessions. After three sessions, skaters may be notified that they do not need to return for the following sessions.
  3. All players will be furnished with a placement jersey that must be worn during all sessions.

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4. Girls must designate before September 1 which program they will be trying out for and have followed the procedure as set forth in VI-Girls Playing Policy to be permitted to tryout on the Youth side. Female skaters will not be allowed to switch programs once placements have commenced, without the approval of the Hockey Development Committee. (see section VI for full policy)
5. Players trying out must comply with District 3 and MN HOCKEY residency requirements.

### C. POOL STRUCTURE

After each day of team placements, players will be moved into pools so evaluators are able to determine the appropriate team placement.

### D. PLACEMENT SESSION STRUCTURE

1. Sessions may consist of inter-squad scrimmages, scrimmages against teams outside the association and/or small area games as outlined by the level head coach and approved by the HDC prior to the start of evaluations.
2. There may be up to five (5) sessions depending on level. Session quantity must be approved by HDC.
3. Groups for the first placement session will be created randomly (non skill-based) by the placements organizers.

### E. GRADING FORMS

All evaluators will use one grading form. The form includes a scale (1-10) to sort players into appropriate pools.

The placement evaluation form includes the following skills and intangibles:

1. In The Flow of play
2. Mental Effort and Anticipation
3. Overall Skating Ability

The goaltender evaluation score on the following values - 7 best, 6 excellent, 5 good, 4 above average, 3 average, 2 fair, 1 poor. They will be evaluated on the following skills and intangibles:

#### Goaltender Evaluation

1. Standing
  - a. Short parallel Slides
  - b. Long Parallel Slides
  - c. Pivots
  - d. Forward backwards movement
  - e. T-Push
2. Movement going down
  - a. Full V (with/without pivots)
  - b. FullV (w recovery)
  - c. Shuffle Full V then push
3. Movement from a down position
  - a. Full V
  - b. Full V then recover
4. Reversing momentum (Full V)

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Goalies will be evaluated at a 'goalies only' evaluation by up to three evaluators. These judges will have previous goalie experience. At the rest of the evaluation sessions, the goalies will be evaluated by the head coaches/evaluator and up to one goalie evaluator. In the event there are two or less goalies for a level, the goalie evaluators will not be required for the scrimmage session.

### F. PLAYER NOTIFICATION

1. Players will be placed in revised pools after the 1<sup>st</sup> or 2<sup>nd</sup> session.
2. After the final session, all players will be placed on a team. These teams will be posted on the website within 24 hours.

### G. EVALUATORS

Three (3) evaluators will be used at each level. All evaluators will have previous hockey coaching experience. No parent or relative will evaluate players at any level in which they have a child and/or family member trying out. The following are the evaluator conditions for non-parent and parent A-level coaches:

Non-Parent A-Team Coach - 3 evaluator  
structure 1 evaluator is the A-level coach or his choice  
2 evaluators are the HDC choice

Parent A-Team Coach - 3 evaluator  
structure 3 evaluators will be selected by the HDC

### H. TEAM SELECTION

1. Traveling teams may roster up to the MN HOCKEY limit of 20 players per team (18 skaters and 2 goalies)
2. The evaluation form, in conjunction with the subjective input from each evaluator, will be used to form the teams. The team selections will be based on the overall results of the placements. The non-parent "A" coach can deviate up to three positions.
3. When two players are on the bubble between two different teams, everything being equal, the second year player will be chosen.
  - 2020-2021 Squirt Pilot Program: Previous coaches' input regarding players on the bubble will be used with evaluators' data to determine correct placement.
4. The HDC will review the registered number of players at each level and make recommendations to the board regarding the final decisions on team numbers.
5. The Placement Team should consist of the non-parent head coaches, Placements Coordinator, evaluators, Level Coordinators, Travel Team Director, ACE Director and Chair of the HDC. Any parent holding one of these titles will excuse themselves when discussing their child's placement.
6. ACYHA will finalize team selections to align with the date given by District Three. District Three sets the due date for submitting the ACYHA teams so that they can make

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the district schedules. Therefore, the decision by players as to which program they will participate in must be determined prior to our placement dates in order to meet the D3 requirements.

7. Individual girls may change the team or program that they designated at registration before September 1<sup>st</sup>. (See section VI - Girls Playing Policy for full details.) After September 1, all changes must be approved by the Hockey Development Committee.

### I. PLAYER RESPONSIBILITIES DURING EVALUATIONS

1. Each player must attend all sessions, unless excused because of illness or injury. (see Section M - Policy for Ill/Injured Skater.) Other excused absences are at the discretion of the Travel Team Director. An unexcused absence can result in removal from evaluations at the discretion of the Travel Team Director. All communication should be through the coordinators.
2. All inappropriate conduct could affect a player's score. Penalty situations during scrimmages such as illegal checking, tripping, elbowing, and foul language may also affect a player's rating.
3. Any abuse by a player of language, alcohol, drugs, substance abuse or tobacco may be regarded as grounds for dismissal from placements. (Reference ACYHA Guidelines Section VII.)

### J. PARENT RESPONSIBILITIES DURING EVALUATIONS

1. Parents should not approach or talk to evaluators before, during or after evaluation sessions.
2. All communications by a parent regarding his/her child must be done only with that level's Coordinator.
3. Parents should contact the coordinator of their child's level of play if they would like to set up a meeting to discuss their child's placement. A meeting with the level coordinator, travel director, and others as requested, will be scheduled within one week. Parents will be allowed to have their child attend this meeting at the parent's option. The meeting will last no longer than 20 minutes. At this meeting, the coordinator will review the individual child's performance during evaluations. The coordinator will not compare the individual child's performance with other team members. The purpose of the meeting is to educate the parent (and child) with respect to the player's placement and ability as evaluated during the evaluation process. No team placements will be changed because of this meeting.

### K. COACH/EVALUATOR RESPONSIBILITIES DURING EVALUATIONS

Note: The coach/evaluators have the discretion to modify the evaluation plan in order to better evaluate the players.

#### Non-Parent Coach/Evaluator Responsibilities

1. Coaches and evaluators should not approach or talk to parents before, during, or after sessions until placements have concluded.

## ACYHA Guidelines and Polices

2. There should be no preliminary notification of a player's status by any of the coaches or evaluators during evaluation sessions.
3. Players who have secured a spot on a team may be notified their participation in the final placement session is not necessary.
4. 2020-2021 Squirt Pilot Program: Information from former parent and non-parent coaches, from pre-season camp, may be utilized when determining placement of bubble players.

### Parent Coach Responsibilities (A-Level)

1. A-level parent coach relinquishes all evaluation responsibilities
2. A-level parent coach will be subject to the guidelines stated in Section K. Parent Responsibilities during Evaluations.
3. The evaluation form, in conjunction with the subjective input from each evaluator, will be used to form the basis of the team selection. The team will be based on the overall results of the evaluations.
4. The A-level parent head coach may not plan, execute, or direct camp and evaluations.

### L. TRAVEL PLACEMENT POLICY FOR ILL/INJURED SKATER

1. All players must attempt to be on the ice for placements.
2. When a player is not able to participate because of being ill/injured, the parent is responsible for contacting the Coordinator at the particular level.
3. Should a player become ill/injured during placements, the Level Coordinator and placement team will determine which pool the player will participate in when they return to placements.
4. If a skater can no longer participate in placements because of an illness or injury, past performance and previous coach's input will be used to place an ill/injured player at the proper level of play, with HDC and Board approval.
5. Past performance and previous coach's input will be used to place an ill/injured player at the proper level of play, with HDC approval and Board approval.

### M. PLAYING UP POLICY

Playing up is not encouraged or recommended by ACYHA in consideration of USA and Minnesota Hockey recommendations. Players shall be registered and play with their assigned age group based upon the age standards established by Minnesota Hockey. There are two permitted exceptions to this policy:

1. Grade Play Up Request:

## ACYHA Guidelines and Polices

- a. A player may request a “grade wavier” to play with the other players in their grade of school. Once a player has elected to play up based on his/her grade level and has made a traveling team he/she must continue to evaluation and participate at his/her grade level. However, at the request of the parents, an exception for physical risk to the player could be made by the play up committee contingent up on Minnesota Hockey and District 3 policies.
  - b. Any players with grade waivers shall complete evaluations with that level and be placed on the appropriate team based upon their evaluation scores regardless of their waiver status.
2. Association Need:
- a. In the event the association needs player movement to fulfill team needs, a play up committee shall meet. The play up committee shall consist of the HDC Chair, Boys and Girls Travel Directors, and the Mite Director or the Chair if the play up does not involve a Mite player. If one of the committee members is not available their position shall be filled based upon ACYHA Board hierarchy (Chair, Vice Chair, etc.) This committee will review the play up proposal, discuss the impacts on the association, and contact the player’s previous coach as appropriate, and then notify the players eligible for play up to fulfill the association need to participate in the appropriate evaluation process.
  - b. If playup is approved, then the players shall participate in evaluations at that level and place accordingly. If the association need is limited to a number smaller than the number of players considered for play up, then the top evaluating players will fill those needed spots and the remaining players shall return to their age appropriate level for evaluations and team placement

### M. HIGH SCHOOL EVALUATION POLICY & JUNIOR GOLD/U19 PROGRAM

As long as ACYHA Bantam, U16, U14, and U12 team evaluations are held prior to Boys’ and Girls’ Varsity and Junior Varsity placements: Bantam, U16, U14, and U12 Girls level players trying out for Junior Varsity or Varsity who have already made an ACYHA traveling team are declared ineligible for the traveling team once they appear on the ice for Junior Varsity/Varsity evaluations. Players should be notified of this rule before they try out for their Junior Varsity or Varsity teams. Should they not be invited to play Junior Varsity or Varsity, they must play at the Junior Gold or U19 level as these teams are formed after Junior Varsity and Varsity evaluations.

Junior Gold and U19 team teams at ACYHA will abide by Age requirements as laid out be MN Hockey. Teams will be filled first with players who meet the age requirement for Junior Gold and U19 team; spot will only be given to players under that age limit if there are spots available. Appropriate waivers must be done.

- a. If a player that fits in to the Bantam age group try’s out for the varsity team and does not make the High School team he/she may try out for the Junior Gold or U19 team.
- b. Players trying out for the Junior Gold team/U19 teams will be ranked in performance order like any other try out with the exception that the players in the Junior Gold/U19 age range will be ranked as one group and players below the Junior Gold/U19 age range will be ranked in a second group.
- c. The age appropriate players will be placed on the team first. So the lowest ranked



## ACYHA Guidelines and Policies

age appropriate player gets a spot on the team before the top ranked age exception player.

- d. This rule is in place to ensure players do not try to jump from a Bantam/U19 team to a Junior Gold team for perceived better play.

# ACYHA Guidelines and Polices

## 2. **ROLE AND RESPONSIBILITIES OF THE BOARD OF DIRECTORS**

See the Bylaws for all details regarding the Board of Directors.

## 3. **ROLE AND RESPONSIBILITIES OF COACHES**

### C. ALL COACHES & MANAGERS (see also section XVII for more on managers)

1. Set a good example of sportsmanlike and good conduct on and off the bench and be a good role model for the players.
  - Use of alcohol or any other mood-altering chemical before or during any game or practice is not allowed.
  - Use of tobacco in any form is not allowed while players are under the authority or supervision of any coach.
  - Profanity by coaches will not be allowed.
  - Unreasonable physical contact by coaches shall not be allowed.
  - Violation of the rules set forth above shall be cause for review and possible dismissal of a coach.
2. Coaches should report any criticism of refereeing to the Armstrong Cooper Youth Hockey Association MN HOCKEY Director.
3. Use discretion to keep games and practices in good proportion.
  1. The number of games, scrimmages, practices and tournaments will be at the discretion of the individual teams.
  2. Strive for one practice for every game, utilizing outdoor ice whenever possible.
  3. Practice time is where the learning experience is the greatest.
4. Coaches and the manager will meet with the parents shortly after the team is selected. Parents should be made aware of:
  1. The goals of the coach and the program.
  2. The expenses involved.
  3. What they can do to assist the team and overall programs of Armstrong Cooper Youth Hockey.
  4. Travel head and assistant coaches without a player on the team shall have their out-of-town room expenses paid by the team. These expenses include and are not limited to - Hotel room and tax, gas, a set food stipend as approved by the manager. Any additional expenses are at the disgression of the team.
5. Any coach having program-related issues should contact ACE Director

### D. HEAD COACHES

1. The head coach will formulate practice procedures and game decisions so as not to create dissension between coaches and players.

## ACYHA Guidelines and Polices

2. The head coach has the freedom to run the team within League and Armstrong Cooper Youth Hockey Association Guidelines.
  - It is the philosophy of the Armstrong Cooper Youth Hockey Association that all players will receive equal playing opportunity over the course of the season.
  - At the coach's discretion, loss of playing time may be used for disciplinary reasons such as non-attendance at practices and games, tardiness, not following instructions, unsportsmanlike conduct, etc.
3. The head coach should be available to discuss any problems with players and/or parents, keeping in mind that his/her prime responsibility is to the whole team and not any one individual.
4. The head coach's prime objective is to TEACH hockey.
  - Have the benefit of the players in mind at all times, teaching them new skills and furthering the development of present skills.
  - Off-ice "chalk talks" should be used to supplement on-ice instruction.
  - Teach and condone "clean" hockey only.
  - Teach each team member to praise each other for good plays and never allow players to criticize each other.
  - Teach the correct rules of hockey.
  - Attempt to learn more about the game and coaching methods to improve coaching effectiveness.
5. The head coach should realize that the team is made of all the players selected.
  - Give fair and equal treatment to all players.
  - Be consistent and strive for consistency from the team.
  - The game is for the players. Coaches should keep this foremost in their thoughts when working with their teams.
6. The head coach shall routinely review checking account bank statements, provided by the manager, and stay abreast of the team's financial position.

#### 4. **ROLE AND RESPONSIBILITIES OF COORDINATORS**

##### C. LEVEL COORDINATORS

1. Level Coordinators support the Travel Team Directors with signing up the teams for away tournaments; this is done during the summer months.
2. Level Coordinators will communicate to parents before and during tryouts, they will stay the main communicator until the Manger and Head Coach step into the role
3. Level Coordinators recruit manager candidates form the parents at that level
4. Level Coordinator will attend each evaluation session to ensure that tryout evaluation procedures are followed.
5. Coordinators will be available before each session for any necessary communication that might arise.
6. Level Coordinators will fill the role of the Team Manager until it is filled or if there is a vacancy mid-season
7. Level Coordinators support all teams during the seasons with any issues or grievances

## ACYHA Guidelines and Policies

### D. GOALIE COORDINATOR

- a. The Goalie Coordinator is responsible for working with HDC and the Evaluations coordinator to conduct the goalie evaluations
- b. The Goalie Coordinator is responsible for the goalie camps session prior to evaluations
- c. The Goalie Coordinator is responsible for set up and coordinating the goalie specific training including land and on-site training
- d. The Goalie Coordinator will manage the goalie credit process including the tracking and management of attendance (see the Goalie Credit for details)

### E. EVALUATIONS COORDINATOR

- a. The Evaluation Coordinator will work at the direction of HDC and the Board of Directors to conduct the administrative task for the Evaluation process
- b. This includes prepping needed documents and forms, securing evaluators as selected by HDC and entering individual scores into the spreadsheet

## XVI. ROLE AND RESPONSIBILITIES OF HOCKEY DEVELOPMENT COMMITTEE

We need to add this in the next round – summer 2018 revisions

## XVII. ROLES & RESPONSIBILITIES OF TEAM MANAGERS

It is ACYHA policy that when a parent new to travel teams is being considered for a manager against a parent new to the travel team programs the experienced parent should be selected. There is a significant element of being a successful manager that are the direct result of having experienced a season as a travel parent.

### A. The Team Manager(s) has total responsibility for the administrative functions of the team.

1. Manage the team finances and handle its checking account.
  - a. Supply invoices as required to parents. The invoices will include team expenses such as ice time, tournaments, etc. It is understood that all invoices will be paid within 10 days. A system of collecting should be established such as by mail, next practice or game, etc. (Discuss with parents). The team checkbook will remain open until approved by the Board Treasurer.
  - b. Monthly checking account bank statements shall be provided to the Head Coach for review immediately after receipt.
  - c. Statements of the team's financial standing should be given to parents at least two (2) times during the season.
  - d. A final financial statement must be made available to the Treasurer of the Armstrong Cooper Youth Hockey Association and to parents of each team member immediately following the season.
2. Keep and maintain team records such as league standings, overall team records and statistics with respect to team performance as requested by the Coach.
3. Make team records available at each league game or tournament. The Manager must retain throughout the season, copies of a government-certified birth certificate, signed medical consent to treat form, insurance verification forms for all players and MN HOCKEY and USA HOCKEY team rosters.
4. Supply monthly event schedules to players and parents at least one week prior to the first scheduled activity of that month. The schedule will include all games, practices, scrimmages and team activities.
5. Schedule non-league games in conjunction with the Coach. Reconfirm non-league games the day before and obtain referees for these games (this is a team expense).

## ACYHA Guidelines and Polices

6. The home team is responsible for a scorekeeper and a timekeeper. The Manager should perform this duty or assign it to a parent.
7. Report scores of all league games to the designated MN HOCKEY District Official.
8. Handle team travel arrangements.
  - a. Obtain parent approval for all trips.
  - b. Furnish directions to arenas.
  - c. Report trips and tournaments to Coordinator.
9. Impress on coaches, parents and players that they represent Armstrong Cooper Youth Hockey Association and that their actions and conduct will determine our reputation wherever they play.
10. Advise the Coordinator of any problems that arise during the season.
11. Along with the coaches, meet with the parents shortly after the team is selected.
12. Always remember that the Head Coach makes the final decisions.
13. Manage the S.K.A.T.E. program requirements including attending the end of the season party to support the S.K.A.T.E Coordinator
14. The official end of the season will be March 20th. Equipment will be turned into the equipment director by March 29th.

### **XVIII. ROLE AND RESPONSIBILITIES OF PARENTS**

- A. Dedication and contribution of time.
  1. Get players to practices and games at prescribed times.
  2. Be understanding and supportive of the time commitment for practices and games.
  3. Be willing to have your child participate in fund raising activities.
  4. Be available to volunteer for team and Association functions as requested
  5. Contribute 20 volunteer hours for one player and 25 hours for two or more players in the association or pay \$500 in place of doing volunteer hours
  6. Adhere to SafeSport program rules and the associations application of that program, complete the SafeSport online training
  7. Serve as locker room monitor as requested
- B. Expenses and fees involved.
  1. Ice time, referee fees, tournament fees, etc. must be paid for by parents of players on time.
  2. The Association provides jerseys on loan for the season, if not returned there is a replacement fee assessed. All other equipment is provided by the player.
  3. Invoices provided by the team manager(s) are to be paid on time.
- C. Cooperation and support relative to the team.
  1. Submit a copy of child's birth certificate, insurance verification form and other necessary forms promptly.
  2. Equip players properly.
  3. Notify Coach in advance when a player cannot make a game or practice and give reason for missing (e.g. religion, school activity, etc.)
  4. See that players get proper sleep and rest.
  5. Prepare players for evaluations.
  6. Encourage players to take pride in their team.
- D. Exemplary conduct.
  1. Attend as many games as possible. Also try to attend practices to see what your child is learning.
  2. Be encouraging, not critical, of your team and coaches.

## ACYHA Guidelines and Polices

3. Do not belittle referees or opposing team and coaches.
  4. Do not discuss or criticize coaches or other players in the presence of your child.
  5. Discuss progress or concerns with the Coach as they relate to your player.
- E. Adhere to the following Parent Code of Conduct as outline on the web site at registration. It reads as follows:

I understand that:

It is a privilege, not a right, for my child to play youth hockey.

Sportsmanship and fair play are essential to the sport of hockey and are important skills that our children learn from youth hockey.

Our children learn from our example, and we as parents need to exemplify the highest level of sportsmanship by supporting all players, coaches, team managers, referees and parents.

Therefore, I agree to the following Parent/Guardian Code of Conduct:

- I will use positive language when cheering for my player, team and game action.
  - I will refrain from negative or abusive language and/or behavior toward any player, coach, referee or opposing team player, coach or fan.
  - I will encourage good sportsmanship by demonstrating positive support for all players, coaches, fans, volunteers and referees at every game.
  - I agree to the 24-hour rule which states “no parent in a fit of frustration or anger over their player’s playing time, position or coaching will contact the coach or any ACYHA board member in any manner until 24 hours have passed.”
  - I will respect and adhere to all rules and Code of Conduct of the ACYHA, District 3, Minnesota Hockey and USA Hockey.
  - I will express any concern through proper channels in a respectful manner. I agree not to defame, discredit or slander any ACYHA parent, coach or board member.
  - I agree to refrain from using tobacco/tobacco related products, drugs or alcohol at hockey facilities and agree not to be under the influence of drugs or alcohol at hockey facilities.
  - I understand that any parent who cannot abide by these rules or violates them will be subject to disciplinary action as outlined in the ACYHA handbook
- F. Coordinators shall report to the Board Chairman any parent conduct that does not comply with Association Guidelines. The Board Chairman shall investigate the reported situation and take appropriate steps to determine what course of action is required, to include, but not limited to, banning the parent from the ice arena during all ACYHA team games and practices and all team functions, subject to a majority vote of the board of directors and consistent with the grievance policy. The board of directors has the power to impose sanctions on any parents not fulfilling their role and responsibilities as outlined by the Association guidelines.

### **XIX. PARENT PARTICIPATION & VOLUNTEER ROLES AND RESPONSIBILITIES**

1. The Armstrong Cooper Youth Hockey Board of Directors would like to thank all the volunteers of the Armstrong Cooper Youth Hockey Association for giving countless hours of their time to the hockey program. It is because of YOU that our program continues to be successful and improve. ACYHA is dependent on its many volunteers to successfully run our program.
2. Effective October 10, 2016, it is the decision of the ACYHA Board of Directors that each family meets the following minimum volunteer requirements on behalf of ACYHA: 20 hours

## ACYHA Guidelines and Polices

for one skater or 25 hours for multiple skaters. Five hours must be during a tournament. These hours can be served in the concession stand, at tournaments hosted by ACYHA, by participating in recruiting events held in the off-season, participating as board members, coaches, team managers, or other volunteer roles listed here and approved by the board.

3. The following volunteer roles are not outlined in the bylaws but are approved by the Board to receive volunteer credit and hours
  - a. Board members, voted and appointed - receive full volunteer hours
  - b. S.K.A.T.E Coordinator - reports to the Volunteer Programs Director and receives 20 hours
  - c. Jamboree Committee - reports the Mite Program Director and has a pool of 60 hours to distribute to the committee members as approved by the Mite Program Director
  - d. Wreath Committee - reports the Director of Marketing and has a pool of 40 hours to distribute to the committee members as approved by the Sales and Fundraising Director
  - e. Tournament Committee Members - report to the Tournament Director and receive 20 hours
  - f. Concessions Managers - report to the Concessions Director and receive full hours, reduced registration fees and tam fee credits up to \$1,500 per the By-laws.
  - g. Equipment Manager – report to the Chairmen and receive full hours
  - h. Mite Equipment Manager - report to the Mite Program Director and receive 20 hours
  - i. Travel Team Level Coordinators - report to the Travel Team Director and receive full hours
  - j. Travel Team Managers - report to team coach and the Travel Team Director and receive 15 hours
  - k. Travel Team Coaches & Assistant Coaches - Report to the Travel Team Director. Paid coaches do not receive volunteer hours. Unpaid Parent coaches receive up to 20 hours per parent coach. Each team has a pool of up to 75 hours for distribution - 20 hours are deducted from the hour pool for each paid coach on the team and 15 of the pool hours are dedicated to the team manager. Hours are distributed at the discretion of the Travel Team Director and are reflective of on ice hours
  - l. Mite Coaches & Assistant Coaches - Report to the Mite Program Director. Mite parent coaches and assistant coaches may receive up to a maximum of 20 hours based on ice hours of participation at the discretion of the Mite Program director.
  - m. Mite Team Mangers - report to the team manager and the Mite Program Director and receive 5 hours
  - n. Evaluations Coordinator - report to the Chair and receive full hours

No other non-dibs hours can be distributed without prior board approval.

### **XX. POLICY ON MOOD-ALTERING CHEMICALS AND PLAYER CONDUCT**

#### 1. Philosophy and Purpose

The Armstrong Cooper Youth Hockey Association recognizes the use of mood altering chemicals as a significant health problem for many adults and adolescents, resulting in negative effects on behavior, learning and development of each individual. Some persons are affected by misuse or abuse of mood-altering chemicals and others are affected by the misuse or abuse by family, team members or other significant persons in their lives.

#### 2. Use of Alcohol, Tobacco and Drugs

The use of mood-altering chemicals, i.e. alcohol, tobacco, drugs and marijuana, is expressly prohibited. During the playing season, regardless of quantity, a player shall not: (1) use a

## ACYHA Guidelines and Polices

beverage containing alcohol; (2) use tobacco (including chewing tobacco) or, (3) use or consume, have in possession, buy, sell or giveaway any other controlled substance defined by law as a drug. This rule applies to the entire season. It is not a violation for a player to be in possession of a controlled substance specifically prescribed for the player's own use by his/her physician.

a. Penalty

First Violation

Penalty: after confirmation of the first violation, the player shall lose eligibility for the next two (2) consecutive games or two (2) weeks (14 calendar days) of a season, whichever is greater.

Second Violation

Penalty: after confirmation of the second violation, the player shall lose eligibility for the next seventeen (17) consecutive weeks. Eligibility may be regained after professional chemical evaluation (at player or family expense) and a suspension of 6 games or three weeks (21 calendar days), has been served.

Third Violation

Penalty: after confirmation of the third violation, the player shall lose eligibility the remainder of the player's youth hockey eligibility. Youth hockey eligibility may be regained with a professional chemical evaluation and treatment plan (at player/family expense) and a suspension of 12 games or four weeks (28 calendar days), whichever is greater, has been served.

Fourth Violation

Penalty: after confirmation of the fourth violation, the player shall lose eligibility for the remainder of the player's youth hockey eligibility.

b. Interpretation:

"Game" in this rule means regular league or playoff contest. Practice games or scrimmages cannot be counted in determining length of suspension. During the suspension period, the player may practice with the team. Individual teams may adopt a more prohibitive rule and/or more severe penalties for violation of this Rule. "Season" in this rule begins with the initiation of warm-ups and concludes with the completion of the MN HOCKEY state tournament.

c. Denial Disqualification:

Players should be disqualified from all ACYHA activity for nine (9) additional weeks beyond the players original period of ineligibility when the player denies violation of the rule, is allowed to participate, and is then subsequently found guilty of the violation.

d. Parental Responsibility:

In accordance with our policies regarding alcohol and tobacco use by ACYHA players, we strongly recommend that coaches, managers and parents refrain from consuming or having tobacco or alcohol in the presence of AYHA players. In all cases, no alcohol or tobacco should be consumed or be present at games, practices, team meetings or in transportation vehicles to and from games, tournaments, or practices.

3. Team Rules



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The establishment of team rules is critical in order for the team to be successful, on or off the ice. The Coach has defined rules with respect to verbal and physical conduct, which includes profanity that is reviewed with players and parents at the beginning of the season. These rules are expected to be followed, in order for all players to be treated fairly. When a player chooses not to follow the team rules, consequences will follow.

The process all Coaches will follow if a rule infraction occurs is as follows:

### First Violation

The Coach will talk with the player about the rule infraction. This may result in lost playing time.

### Second Violation

The Coach will talk with the player and parent(s) regarding the rule infraction. This will result in lost playing time. In addition, the Coach will notify the Coordinator and the Board Chairman.

### Third Violation

This will immediately bar the player from further team participation. The player will not be reinstated until Board review.

#### 4. Gambling

Armstrong Cooper player under the age of 18 are prohibited from gambling as defined by Minnesota Law, when representing the Armstrong Cooper Youth Hockey Association.

### First Violation

There will be a three (3) game suspension.

### Second Violation

This will bar the player from any team participation. The player will not be reinstated until Board review.

## **XXI. TEAM RELATED ISSUES**

Any parent with a team-related issue that he/she feels warrants discussion beyond the normal team dialogue that occurs with coaches and/or team managers must first contact the Coordinator for their player's level of play. After discussion with the parent, if the Coordinator has not been able to resolve and clarify the issue to the parents' satisfaction, the Coordinator will meet with the coach(es) and/or other appropriate parties involved in an effort to resolve the issue; this may include the Board Chairman, and if the issue still remains unresolved or the Board Chairman feels it is appropriate, the issue will then be referred to the established ACYHA Grievance Procedure in Section V111.

## **XXII. TRAVEL AND TOURNAMENT GUIDELINES**

Participation in tournament play is dedicated to the promotion of outstanding youth hockey and good sportsmanship.

1. All players, coaches, and any person representing ACYHA will do so in a manner that reflects good citizenship, good sportsmanship, and follows the guidelines of both MN HOCKEY and USA HOCKEY.
2. All applicable hotel and ice-rink rules and regulations will be adhered to.

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3. A reasonable curfew will be determined by the head coach in advance and communicated to all players and parents/guardians.
4. The parent/guardian will be ultimately responsible for the conduct and behavior of their player.
5. Non-compliance with the above stated guidelines may result in disciplinary review by the ACYHA Board of Directors.

### **XXIII. S.K.A.T.E. (Skaters Keep Achieving Through Education)**

#### **A. PURPOSE**

S.K.A.T.E. was started to encourage, support and reward skaters who work as hard on their school work as they do on their hockey.

Each year a S.K.A.T.E. Coordinator will be recommended by the Volunteer Program Director and appointed by the board. The S.K.A.T.E. Coordinator will recruit and manage the S.K.A.T.E. Team Representatives, decides on the grades or improvement of grades needed to qualify for the program, manage the S.K.A.T.E. Award Ceremony event and report to the Volunteer Programs Director

Each traveling team manager is the a S.K.A.T.E. Team Representative responsible for: sign-up for the program, coordination and supervision of team study session(s) at out of town tournament(s), attending S.K.A.T.E. committee meetings, distribution of program information to parents, collection of the report cards, collection of team financial contribution for the award ceremony, and are available to help you whenever needed.

At or near the end of the season, a S.K.A.T.E. award ceremony is planned to recognize and celebrate all of the qualifying skaters and reward them with donated gifts and raffle prizes. The names of all the qualifiers are listed in "Let's Play Hockey". Several guest speakers, including past and present Armstrong Cooper skaters, attend the ceremony to congratulate all the skaters and encourage them to keep up the good work.

#### **B. GOALS**

It is the goal of the S.K.A.T.E. program to eventually get 100% participation by the skaters. This program offers support to all skaters, whether or not they choose to participate.

### **XXIV. MITE LEVEL PROGRAM**

This section is to welcome all Mite league players to the Armstrong Cooper Youth Hockey program and to provide general information on the ACYHA Mite league. The aim is to promote consistency in the operation of the Mite program and ensure a meaningful hockey experience for the Mite players. Mites are divided in three levels, by age and ability, Instructional (Mini-Mites and Mite Is), level II (Mite IIs), and level III (Mite IIIs/U8s). The Mite Program Director will provide a progress/status report to the ACYHA Board on what is happening in the league.

The Mite Program Director's responsibility is to offer recommendations for changes to the program, to establish teams, to secure head coaches for all Mite teams, to work with the Ice Coordinator, to set

## ACYHA Guidelines and Polices

schedules, to register the Mite players, to help the Equipment Manager supervise the Mite level, to find sponsors for each of the teams, and to help set the program budget with the Treasurer.

In the event of concerns, the Mite Program Director will follow the ACYHA Grievance Procedure. The most important objective of this program is for the skaters to have fun and enjoy the game of hockey.

### **XXV. ICE TIME**

The association is dedicated to give all teams at each level equal amount of ice time as is reasonable possible.

### **XXVI. PARENTS, PLAYERS, AND COACHES LOOK AT HOCKEY AS A SPORT**

Over the years, much has been discussed and written about the pressure on young people in sports; too many games, too much emphasis on winning, too much coaching by coaches, too much interference by parents, and just too much of everything. “The fun has been taken out of the game” has been one conclusion. Maybe this summary of the pamphlet “Let’s Play Better Hockey” by Ken Dryden and published by the McDonald’s hamburger people summarizes the pluses and minuses best. Lloyd Percival, the Canadian physical fitness expert, on the subject of parents/players/coaches and their relationships in the game of hockey, reached these conclusions:

1. Make sure your child knows that win or lose, you love him/her. Let him/her know that you appreciate his/her effort and that you won’t be disappointed in him/her if he/she fails. Be the person in his/her life he/she can always look to for support.
2. Try to be completely honest with yourself about your child’s athletic capability, his/her competitive attitude, sportsmanship, and level of skill.
3. Be helpful, but don’t coach your child on the way to the game or at the breakfast table. Think how tough it must be on him/her to be continually inundated with advice, pep talks, and criticism.
4. Teach your child to enjoy the thrill of competition, to be “out there trying”, to be constantly working to improve his/her skills, to take the physical bumps and come back for more. Don’t tell him/her that winning doesn’t count because it does, and he/she knows it. Instead, competing, for trying hard, for having a good time.
5. Try not to live your life through your child. You’ve lost, you’ve won, you’ve been frightened, you’ve backed off at times, and you’ve been the villain. Don’t expect any better of him/her. Sure, he/she is an extension of you, but don’t assume he/she feels the same way you did, wants the same things or has the same attitudes. Don’t push him/her in the direction that will give you the most satisfaction.
6. Don’t compete with your child’s coach. A coach may become a hero to him/her for a while, someone who can do no wrong, and you may find that hard to take.
7. Your child may become disenchanted with the coach. Don’t side with him/her against the coach. Talk to him/her about the importance of learning how to handle problems and how to

## ACYHA Guidelines and Policies

- react to criticism. Try to help him/her understand the necessity for discipline, rules and regulations.
8. Don't compare your child with the other players on his/her team at least not within his/her hearing. If he/she has a tendency to resent the treatment he/she gets from the coach or if he/she is jealous of the approval other players get, try to be honest with him/her. Don't lie about his/her capabilities as a player. If you are overly protective, you will perpetuate the problem.
  9. Get to know your child's coach. Make sure that you approve of his/her attitudes and ethics. A coach can be very influential, and you should know what his/her values are so that you can decide whether or not you want them passed on to your child.
  10. Remember that children tend to exaggerate when they are praised and when they are criticized. Temper your reactions to the stories your child brings home from the rink. Don't criticize him/her for exaggerating, but don't overreact to the stories he/she tells you.
  11. Teach your child the meaning of courage. Some of us can climb mountains but are frightened to get into a fight. Some of us can fight without fear but turn to jelly at the sight of a bee. Everyone is frightened of something. Courage isn't the absence of fear. Courage is learning to perform in spite of fear. Courage isn't getting rid of fear, it's overcoming it.
  12. In addition to the ARMSTRONG COOPER YOUTH HOCKEY ASSOCIATION guidelines, ARMSTRONG COOPER YOUTH HOCKEY ASSOCIATION accepts and adheres to MN HOCKEY rules and regulations annual handbook, and the terms set by MN HOCKEY ASSOCIATIONS affiliate agreement signed by ARMSTRONG COOPER YOUTH HOCKEY ASSOCIATION with MN HOCKEY.