



RULES, RESTRICTIONS AND FAQs

USA HOCKEY REQUIREMENTS

Membership

Richmond Generals are a USA Hockey sanctioned organization and **current USA Hockey registrations are required** for all players. If you do not have an active USA Hockey # before the first day you will not be allowed to take the ice until it is submitted.

SafeSport

SafeSport certifications last for 12 months and need to be renewed to continue participation where required. All players noted to be turning 18 during the current season (ie. in 2025/26 season all birth year 2008 players) are **REQUIRED** to have an active SafeSport certification. If a SafeSport certification expires mid-season the player will drop off the roster until a new one is completed.

Coaching and Volunteering

All RGHL Coaches are required to maintain good standing and certifications with USA Hockey requirements. To be rostered as Coach - USA Hockey #, SafeSport, Background Screening, Age Modules, and CEP training
To Help Coach on Ice - USA Hockey #, SafeSport, Background Screening and Age Modules
To Help Coach on the bench - USA Hockey #, Safesport, Background Screening, Age Modules
To Volunteer on the bench (opening doors, penalty box, etc. - in a NON-Coaching capacity - USA Hockey# and Safesport
To Enter the locker room at any time (yes, even to help your own child) - SafeSport

Submit details of your completed information to marketing@skatenationplus.com

Equipment Requirements

- HECC-approved helmet: A helmet with a valid HECC certification sticker.
- Facemask: A HECC-approved facemask or cage must be attached to the helmet.
- Neck Laceration Protector (NLP): Required for all players, except adults, across all classifications, including disabled hockey and on-ice officials under 18.
- Mouthguard: Mandatory for 12U and older players, a colored, non-clear, internal mouthpiece that covers all upper teeth is required to be inside the mouth at face-off
- Shoulder Pads: Provide protection to the shoulders and chest.
- Elbow Pads: Protect the elbow joints.
- Shin Pads: Protect the shin and knee.
- Gloves: Must allow for good finger and hand mobility.
- Skates: Must be properly laced to support the ankles.
- Stick: Proper length is from the ice to the player's chin when on skates
- Hockey Socks: Worn over the shin pads and attach to Velcro on the hockey pants or are taped on.
- Padded Hockey Pants: Also known as "breezers," they provide protection for the lower spine, hips, and thighs.
- Protective Cup: Essential for male players and highly recommended for female players

Travel Hockey Rosters

USA Hockey requires travel team rosters. These rosters are created by verifying your USA Hockey membership done via Birth Certificate. If you are rostering for travel for the first time, or even the first time with Richmond Generals, you may be asked to provide a copy of your player's birth certificate.

PROGRAM COMMITMENTS

Selects travel hockey is a full season commitment. All Selects players are **REQUIRED** to play House league over the same Winter season. Current Selects programs are open to view on the Selects program page. Failure to register for House will lead to a suspension of your Selects roster status and will not be lifted until appropriately registered for Winter House.

Financial commitments to all teams are required before you can be rostered. Selects season costs are based on the numbers of rostered players per team, cost and number of promised tournaments, cost of league membership, as well as cost of games including ice time, officials, time keepers, etc. Once financial commitments are made to be rostered to a team we do not offer refunds.

We recommend taking the optional insurance provided through Vertical Insure. They cover unexpected reimbursement in the event of injury, season-ending illness, relocation, etc.

FAQs

How do the teams communicate schedules, updates, etc?

RGHL currently uses SportNinja to create team rosters and schedules. There is a Chat feature where teams can communicate internally as well. Some Coaches or Team Managers prefer to use emails and will update you on how the team intends to communicate important information.

How do I add another parent or grandparents to the team in SportNinja?

Unfortunately, SportNinja only allows one email address associated with each player account. We encourage all others who want to keep up with the team's schedule to follow the team in SportNinja!

Do you have a monthly membership?

Not exactly. But we do have a 12 Month Membership that takes the cost of both Winter and Summer House seasons and breaks down the cost into 12 easy autopayments at a discount! It also gives players **UNLIMITED FREE** public skating and laser tag. But, your 12 Month membership *IS* a 12 month commitment that renews to another 12 month plan annually. If you are unable to continue your 12 month term you will be required to fulfill the cost of both seasons minus what has already been charged to your account. We do not have a month-to-month plan.