

# MOORHEAD YOUTH HOCKEY ASSOCIATION

## RULES AND REGULATIONS

July 1, 2025

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### PURPOSE

- ❖ The purpose of the Moorhead Youth Hockey Association, as stated in the constitution, is as follows:
- ❖ To help youth who participate become better citizens, better sportspersons, and learn more in the sport of hockey and the art of skating.
- ❖ Player Refunds: No refunds after tryouts unless due to injury or moving (exceptions will be made on a case-by-case basis up to the discretion of the Board).
- ❖ To provide our youth with a set of safe and enjoyable experiences.
- ❖ To aid participating youth in their physical, social, and mental development.
- ❖ To provide an opportunity for our youth to develop a set of values such as self- control, patience, and courage.

# **COACH'S CODE OF ETHICS**

## **A. ALL COACHES WILL:**

1. Keep in mind that the player is the most important part of the program and that learning and developing is more important than winning.
2. Understand the rules of the game and importance of teamwork and share that understanding with the players.
3. Treat players fairly.
4. Maintain a neat appearance.
5. Be prompt.
6. Display kindness, consideration, and understanding towards the players
7. Share ideas and techniques with other coaches for the betterment of the program.
8. Be considerate of other teams, referees, arenas, hotels etc..
9. Be well prepared for practice.
10. Have a positive attitude at all times.
11. Teach players to respect officials' decisions.
12. Inform through a written report any violation of player conducts to the. Level Coordinator or Hockey Director
13. Participate in training sessions and Fall Clinic as offered through MYHA.
14. All coaches must pass a Minnesota Hockey background check and follow Minnesota Hockey rules and SafeSport guidelines.
15. Be intentional so that the betterment of the program and players take precedence over their own personal agenda or interests.
16. Follow the MN Hockey concussion protocols.
17. In Order to be exempt from Tournament Volunteer hours or paid, each coach must complete:
  - a. MYHA Registration
  - b. USA Hockey Registration
  - c. SafeSport
  - d. Background Screening
  - e. Modules for age appropriate coaching
  - f. A current CEP Level Training (1, 2, 3, 4) **Travel Coaches Only**

## **B. COACHES WILL NOT:**

1. Use offensive language.
  2. Solicit players for their own team.
  3. Physically or verbally abuse players, referees, or parents.
  4. Use tobacco, alcohol, legal or illegal drugs while supervising players during practice or games.
- Any disciplinary action involving suspension of a player must be reported by the coach to the Level Coordinator or Hockey Director.
  - Non-compliance with this code of ethics will result in a review of the coach by the Hockey Director and any one of: Level Coordinator, Executive Director, Executive Committee Member who will have consultation with the Hockey Committee to determine disciplinary action. A report will be made to the Board President regarding the outcome.
  - In the event of questions or concerns, the procedure to follow is:

1. Take the concern directly to the party - coach, parent, player, official, etc.
2. Take the concern to the Hockey Director or Level Coordinator .
3. Take the concern to the MYHA Grievance Committee including: the Hockey Director, Executive Director, and one other member of the Executive Committee.

## **OFFICIAL'S CODE OF ETHICS:**

### **A. Officials are expected to:**

1. Know the rules of the game.
2. Be professional.
3. Be on time.
4. Be courteous.
5. Be consistent and impartial.
6. Refrain from abusive or offensive language.
7. Refrain from the use of tobacco, alcohol, legal and illegal drugs during games.
8. Be properly attired as governed by MINNESOTA HOCKEY rules & SafeSport Guidelines.

## **PARENT'S CODE OF ETHICS:**

### **A. I AGREE TO ABIDE BY THE FOLLOWING:**

1. Remember that youth are involved in organized sports for their enjoyment, not mine.
2. Encourage players to abide by the rules of the game.
3. Communicate to children that an honest effort is more important than winning.
4. Turn defeat into victory by helping my child work towards skill development and good sportsmanship.
5. Remember that all players' experiences and development are important.
6. Always conduct myself in a positive manner by respecting other parents, players, coaches, and officials.
7. Recognize that the coaches, not parents and players, are the primary source of instruction and authority in the game.
8. Recognize the value, authority, and importance of our coaches and team interest.
9. Adhere to the rules and enforce "the Player's Code of Ethics" of the association for their child. With the intent of assisting our players to become better citizens and aid in providing our youth with a set of safe and enjoyable experiences; each parent will recognize and participate in correcting of their child's behavior and following through on agreements.
10. Will not discuss any "negative" game situation with the coaching staff until at least 24 hours have passed from the completion of the game.
11. Will abide by the MN Hockey concussion guidelines.

**B. I AGREE NOT TO:**

1. Force an unwilling child to participate in MYHA.
2. Publicly criticize or ridicule a coach, player, referee, Hockey Committee member or BOD volunteer which includes the use of social media.
3. Condone physical or verbal abuse of players.

**C.** If any parent/guardian is disrespectful or obstructs/interferes with a coach during the instruction time (on or off the ice), the player may be immediately suspended until further review with the Grievance Committee, coach, and parties involved. A report will be made to the President regarding the outcome.

**D.** If any parent/guardian is verbally or physically abusive to a coach, official, player or MYHA volunteer, the parent/guardian may be suspended from the program or other disciplinary action may be taken. The Grievance Committee will make this decision after reviewing the situation: A report will be made to the President regarding the outcome.

I have read the above stated agreement and by my signature agree to abide by these rules. I am fully aware that failure to abide by the agreement can result in disciplinary action that may include my child's suspension from participation in activities associated with MYHA.

## **PLAYER'S CODE OF ETHICS:**

**A.** Realizing that I am a representative of the City of Moorhead and the Moorhead Youth Hockey Association, I agree to:

1. Follow Minnesota Hockey rules, SafeSport, and the Moorhead Youth Hockey Association rules and regulations.
2. Learn the rules, regulations, and the necessary skills of the game.
3. Always conduct myself in a positive manner by respecting other players, coaches, and officials.
  - a. If I am verbally or physically abusive to a coach, official, or player, I may be suspended from the program or other disciplinary action may be taken. The Level Coordinator will make this decision after reviewing the situation. A report will be made to the Board President regarding the outcome.
  - b. I will recognize the value, authority, and importance of our coaches and team interests.
4. MYHA believes that the growth and development of players can best take place in an environment which promotes safety, fairness, courtesy, and respect for one another. Therefore, the following actions will not be tolerated:
  - a. Hazing: Committing an act against a player or coercing a player into committing a substantial risk of harm to a person or destruction of property for the player to be initiated into or affiliated with MYHA.
  - b. Disorderly Conduct: Engaging in offensive, obscene, or abusive language or in boisterous and noisy conduct tending to arouse alarm, anger, or bring resentment in others.
  - c. Harassment: Participating in or conspiring with others to engage in harassing acts that injure, degrade, or disgrace other individuals. Harassment, whether willful or otherwise, includes disability, gender, race, sexual orientation, and/or age.

- d. Reporting: Any concern regarding the conduct of a player must be reported directly to the coach by the player or player's parents who the behavior is impacting.
  - e. Response: If any of these incidents occur, I realize that I may be suspended from the program or other disciplinary action may be taken. The Grievance Committee will make this decision after reviewing the situation. A report will be made to the Board President regarding the outcome.
5. Understand the importance of teamwork and team concept.
  6. Recognize that the coaches, not parents, are the primary source of instruction and authority.
  7. Be prompt for all practices and games.

**B.** Playing or practicing without required equipment will result in not playing that game or practice. The following is a chart that shows the equipment that is required for each particular level of play.

<u>Equipment</u>	<u>Tator Tots/ Mites/8U</u>	<u>Squirt/10U</u>	<u>Peewee/12U</u>	<u>Bantam/15U</u>
Approved Helmet/Mask	R	R	R	R
Approved Mouth Guard	R	R	R	R
Shin pads	R	R	R	R
Elbow pads	R	R	R	R
Breezers/Girdle pads	R	R	R	R
Cup or Pelvic Protector	R	R	R	R
Shoulder pads	R	R	R	R
Hockey Gloves	R	R	R	R
Throat protector	R	R	R	R

\*Throat protector collar is required for all players and goalies.

\*All standard goalie equipment when practicing or playing in the goal (except Tator Tots).

\*Players are strongly encouraged to wear the base color of black for their gloves, helmet, and hockey pants when they are playing in a travel game.

\*Players will wear the matching game uniforms and socks as handed out by MYHA. There will be no deviations from this.

\*Players will carry jerseys on hangers in a garment bag at all times.

\*All helmets will be clear of any stickers with the exception of "warning" decals provided by the manufacture of the helmet, numbers on the back to match your uniform, and stickers distributed by MYHA (Spuddy) .

- C.** The use of tobacco, alcohol, legal or illegal drugs will result in an immediate suspension. Minnesota Hockey rules will be followed which is a two-week suspension or four games, whichever is greater, and the Grievance Committee may add additional penalties.
- D.** Any player removed from a game or practice for fighting or intentionally injurious conduct will be suspended for the next game and/or practice until reviewed with the Hockey Director and Level Coordinator and a correction plan is made. A Coach may suspend a player for fighting during practice or travel.
- E.** Chronic discipline problems will be brought by the Hockey Director to the Grievance Committee for consideration of suspension for the remainder of the season.
- F.** In the event question or concerns arise, the procedure to follow is:
1. Take the concern directly to the party - coach, parent, etc.
  2. Take the concern to the Level Coordinator and Hockey Director.
  3. Appeal the decision to the MYHA Grievance Committee.

I have read the above stated agreement and by my signature agree to abide by these rules. I am fully aware that failure to abide by the code of ethics rules can result in disciplinary action that may include suspension from participation in activities associated with MYHA.

## **IN-HOUSE TEAMS:**

### **A. LEVELS**

The levels are determined by the age of the skater on or before May 31.

1. Tator Tots --- ages 4-5
2. Mites/Girls 8U --- ages 6-8
3. Squirts/Girls 10U --- ages 9-10

### **B. TEAM SELECTION**

1. All players will be evaluated and placed on a team as soon as possible.
2. All player evaluations shall be confidential and available only to the Hockey Director, In-house Coordinator, Girls Coordinator, and the In-house coaches.
3. The In-house Coaches, with the assistance of the In-house Coordinators and Girls Coordinator, will choose team members.
4. Players will be drawn from pools established according to evaluation.
5. As close as possible, teams will receive the same number of players evaluated equally.
6. The In-house/Girls Coordinators will have final authority in cases of dispute.
7. Teams will start their season with a jamboree type tournament (every team will play every other team in shortened games), and player changes, if necessary, will be made according to the recommendations of the Coordinators following the tournament.

### **C. PLAYER MOVEMENT**

1. No movement of players between age levels will be allowed, without the consent of the player, player's parents, the In-house/Girls Coordinators and Hockey Director. **All players will start the season at their required age level. All girls will be asked to**

**register at the age-appropriate girls' level. Girls with an interest in playing at a boy's level will be asked to email the Hockey Director.**

2. USA Hockey, Minnesota Hockey, and MYHA age limits for playing levels change on June 1<sup>st</sup> of each year. Minnesota school age limits for grade change on September 1<sup>st</sup> of each year. ***If a player's birth date falls between June 1<sup>st</sup> and August 31<sup>st</sup> and the player is enrolled in the grade corresponding to the player's school age, the player's parents may request him or her to play at the higher playing level.*** A written request to have a player move to a higher level must be in the MYHA office no later than September 1<sup>st</sup> of the playing year. Failure to meet this deadline may result in denial of request. The Hockey Director will make this decision after reviewing the situation. A report will be made to the Board President regarding the outcome. A letter or email will be sent to the player's parents with the decision.
3. Once the player has been granted permission to move up and has begun the tryout process at the higher level, he/she must remain at the level chosen. Additionally, a skater electing to move up may review this request with the Hockey Director every 2<sup>nd</sup> year to determine the best level of play for his/her social and physical development. The Hockey Director will make this decision after reviewing the situation. A report will be made to the President regarding the outcome.

**D. PRACTICES:** Subject to Ice Availability:

1. Tator Tots will practice 1 time per week.
2. Mites/8U and Squirts/10U will have a minimum of two (2) practices per week.
3. During practice, coaches will stress skill development appropriate to each level. A minimum of 75% of the ice time should be devoted to skill development.
4. MYHA will follow the American Development Model (ADM).

**E. GAMES:** Subject to Ice Availability:

1. After the regular season begins, Mites/8U will play a minimum of one game per week and Squirt/10U in-house will play a combination of full ice and cross ice games each week.
2. Under the direction of the Hockey Director and In-House Coordinator the Mite/8U, and Squirt/10U games will be played the following ways:
  - a. Mites/8U will play cross-ice games thru December and then rotate between full-ice and cross-ice games beginning in January with a max of 6 full-ice games.
  - b. Squirt/10U will play one half-ice or cross-ice game each week.
  - c. Squirt/10U will change on the fly with a buzzer every 1 minute 30 seconds.
3. Playing time should be equal for all players.
4. The coach will try to control runaway scores
5. The association will try to give each in-house level a weekend off during the season.

**F. INFRACTIONS:**

1. Tator Tots- Coaches will use discretion in calling penalties in regard to tripping, slashing, checking and player will be asked to sit out the rest of their shift.
2. Mites/8U
  - a. No checking or slap shots.
  - b. Offsides will be called.
  - c. Icing will be called.
  - d. Referees shall call additional infractions only if they are deliberate.
2. Squirts/10U

- a. No checking.
- b. Observe all MINNESOTA HOCKEY rules for infractions.
3. Penalty  
A Mite/8U, or Squirt/10U who draws a penalty will serve the penalty sitting the remainder of his/her shift.

## **G. POSITIONS:**

1. Coaches will use all players at each position each game under the direction of the Asst. Hockey Director and In-House Director.
2. All coaches should encourage interest in the goalie position. No coach should exclude any player from the opportunity to play goalie throughout the course of the season.

## **H. LOCKER ROOM POLICY:**

1. The Locker Room policy is set by the MN Hockey SafeSport guidelines.  
<https://www.minnesotahockey.org/handbook> Page 41, Section I

# **TRAVELING TEAMS:**

## **A. LEVELS**

The levels are determined by age of the skater, as of on or before May 31.

1.	Squirt	ages 9 - 10
2	10U Girls	ages 9 - 10
3.	12U Girls	ages 11 - 12
4.	Peewee	ages 11 - 12
5.	15U Girls	ages 13 - 15
6.	Bantam	ages 13 - 14
7.	Junior Gold	ages 15 - 17

## **B. TEAM SELECTION:**

1. The Hockey Director along with the Hockey Committee will determine the number of traveling teams at all levels.
2. The Hockey Director will approve the number of players on traveling teams after Consulting with the traveling team coaches and the Hockey Committee.
3. Players will be selected on their ability and attitude.
4. Try-outs for Peewee, 12U and Bantam travel teams will be conducted the week of October 6-12, 2025. Travel team rosters will be posted by October 12th and all rosters are final December 31, 2025.
5. Once a player (boy/girl) makes a commitment to tryout at a certain level/group, the player will not be allowed to move. Players are limited to tryouts for one level/group with discretion by the Hockey Director.

## **C. PLAYER MOVEMENT:**

1. No movement of players between age levels will be allowed, without the consent of the player, player's parents, Level Coordinator and Hockey Director. **All players will start the season at their required age level. All girls will be asked to register at the age-appropriate girls level. Girls with interest in playing in a**



**boy's level will be asked to discuss this with Hockey Director or the Hockey Committee.**

2. USA Hockey, Minnesota Hockey, and MYHA age limits for playing levels change on June 1<sup>st</sup> of each year. Minnesota school age limits for grade change on September 1<sup>st</sup> of each year. ***If a player's birth date falls between June 1<sup>st</sup> and August 31<sup>st</sup> and the player is enrolled in the grade corresponding to the player's school age, then the player's parents may request him or her to play at the higher playing level.*** A written request to have a player move to a higher level must be in the MYHA office no later than September 1<sup>st</sup> of the playing year. Failure to meet this deadline will result in denial of request. The Hockey Director will make this decision after reviewing the situation. A report will be made to the President regarding the outcome. A letter or email will be sent to the player's parents with the decision. Once the player has been granted permission to move up and has begun the tryout process at the higher level, he/she must remain at the level chosen. Additionally, a skater electing to move up may review this request with the Hockey Director every 2<sup>nd</sup> year to determine the best level of play for his/her social and physical development.
3. **Player movement after team selection** may occur only under the following special circumstances:
  - a. Season ending injury
  - b. A player moves from the area
  - c. Suspension of a player
  - d. Serious behavioral problems
  - e. At the discretion of the coach and Hockey Director.
4. For player movement to occur due to player ability or conduct, the following steps must be followed:
  - a. Hockey Director & coaches from the age group must be informed of concerns.
  - b. The coaches of the team must have a meeting with the player and parents to discuss the concerns and expectations.
  - c. If concern continues, player movement will occur, or suspension of player will be reviewed.

**D. PRACTICES:**

1. Bantam, Peewee, and 12U, 15U Girls' traveling teams will have a minimum of three (3) practices per week, which may be alone or combined subject to ice availability. Combined practices are mandatory for players and coaches. The combined practices are to be the responsibility of both coaching staffs.
2. Travel Squirt/10U will have one practice per week, subject to ice availability. These practices may be combined or individual team. The combined practices are to be the responsibility of the coach of the higher-level team.
3. All travel teams will participate in MYHA sponsored off-ice dry land training as scheduled. (Bantam/15U optional) and Jr Gold doesn't have any off-ice dry land training.

## **E. GAMES:**

1. Travel team game counts will follow this chart, not including playoffs.

	Minimum
▪ Squirt/10U	25
▪ Peewee/12U	25
▪ Bantam/15U	25
▪ Junior Gold	25

2. Any games above 40 (excluding MN Hockey & MN VFW playoff post season tournaments) must have approval of the Hockey Director after consultation with the Hockey Committee. When scheduling Non-District games, an attempt should be made to match teams of equal skill.
  - a. Each travel team may participate in at two, at the most, invitational tournaments outside of Moorhead. The Hockey Director can make exceptions after consulting with the Tournament Director. The association will not pay additional tournament fees or expenses. Team fees will be adjusted for any additional tournaments. The assigned coaches for that team must agree to attend the additional tournament and there will be no player movement between the teams to fill a roster.
  - b. The head coach and Hockey Committee should determine which invitational tournaments to enter based upon the above guidelines. Once an entry fee has been paid, the team must enter that tournament unless otherwise agreed between the Hockey Director and the Head Coach.
  - c. All Junior Gold, Bantam, Peewee, 12U, and 15U coaches may play the players at their discretion with regard to ice time, number of shifts per game, etc. Coaches have the right to sit a player for disciplinary reasons.
  - d. All traveling Squirt/10U coaches must play their players as equally as possible over the course of the year with each player's development being the primary guide for decisions. The exception to this guideline is in the closing minutes of a tournament game and is within the discretion of the coach. Coaches have the right to sit a player for disciplinary reasons within a reasonable context and length of time.

- F.** All teams will attempt to have one day per week in which no practice, dryland or game will be held, except during play-offs.

- G.** OVERNIGHT SUPERVISION: On overnight trips, the players are under the supervision of their parents, unless different arrangements are worked out with the Head Coach by the parents.

- H.** Squirts, 10U Girls, 12U Girls, 15U Girls, Peewees, Bantams and Junior Gold players are to observe all MINNESOTA HOCKEY and Moorhead Youth Hockey rules for infractions.

## **I. LOCKER ROOM POLICY:**

1. The Locker Room policy is set by the MN Hockey SafeSport guidelines.  
<https://www.minnesotahockey.org/handbook> **Page 41, Section I**

### Season Outline:

The hockey season runs from October through March.

All information, such as clinic times, tryout dates, and the MYHA Rules and Regulations can be found on our website. We will also send an email to members, and information can be obtained on Registration night.

High school coaches and players run the travel fall clinics (practices).

Sept 22-Oct 5 ..... Fall Clinic Start 12U/Peewee/Bantam

Sept 22 – Oct 24 ..... Fall Clinics/Tryouts 15U

Oct 6-12 ..... PW/12U/Bant Travel Teams Tryouts

Oct 12 ..... PW/12U Bant Travel Teams Posted

Oct 20-30 ..... Mite/8U/Tator Tots 1st Day Fall Clinics

Oct 31..... All In House teams Posted

Oct 20 (week).....Travel Team Practices begin

Nov 2-6..... Squirt/10U In House Jamboree

Nov 7..... Squirt/10U Travel Teams Posted

There is a mid-season Jamboree and an end of season jamboree for in-house teams.

The in-house season will end with a March for Tator Tots and Mites, and in .... for Squirts.

After the season's end, MYHA will have recognition for Mites and Tator Tots. Travel teams plan their own season end gatherings and recognition.

### A. COACH EXPENSE POLICY:

Non-Parent Travel Team Coach Expense Policy is as follows: (Effective June 1, 2020. This excludes the Travel Squirt/10U program). **Parent (of players) Coaches are not reimbursed for expenses.**

1. MYHA will provide one double occupancy room to be shared by the Head Coach and his assistant (one) when an overnight stay is necessary. If there are three coaches on the team, two rooms will be provided with the coaches deciding on the distribution of these rooms.
  - a. **EXCEPTION:** MYHA will pay for two rooms when the spouse accompanies the head or assistant coach.
  - b. A receipt for this lodging expense must accompany the individual's expense reimbursement form.
2. Team members and parents are discouraged from staying with coaches.
3. The Head Coach and his assistant(s) (up to two) shall each be allowed a maximum of \$45.00 per day for food (\$10.00, \$15.00 and \$20.00 for breakfast, lunch and dinner respectively) to be substantiated by a properly completed expense reimbursement form.
4. Coaches must request reimbursement in the same month traveled. You have until the 15<sup>th</sup> of the following month otherwise it is voided.
5. Coaches leaving the night before for games the next day must have approval from the Hockey Director one week prior to the first scheduled game. (Example: If you must drive three hours and your first game is at noon, you will need approval to go the night before.)
6. The appropriate MYHA individual will approve all claims for reimbursement before the issuance of payment.
7. MYHA will allow \$0.50 per mile per team. If two vehicles are necessary (two vehicles maximum), the \$0.50 mileage allowance will be divided accordingly.
8. Coaches will be paid their contracted amount either in full at the end of the season or half on December 15<sup>th</sup> and the remainder at the end of the season. Coaches must declare at the beginning of the season how they wish to be paid.

9. Bus reimbursement. Coaches traveling on a team bus will be reimbursed based on the equivalent mileage had they driven their own vehicle. Written verification from the team manager will be needed to ensure the coach was charged for riding the bus.
10. All coach pay and reimbursements for travel can be processed as an ACH deposit to your bank account. Coaches must have paperwork on file with the Office Manager at MYHA to receive disbursements. Reimbursement requests should be made immediately following an out-of-town trip and are due Tuesday by noon to be processed on Wednesday. Deposits to your account will take up to three business days. Requests received after the deadline will be processed the following week.

## **SKILL DEVELOPMENT**

### AGE LEVEL

#### **A. Skating**

- |                        |                           |
|------------------------|---------------------------|
| 1. Forward             | TT M/8U S/10U P/12U B/15U |
| 2. Backward            | TT M/8U S/10U P/12U B/15U |
| 3. Controlled form     | TT M/8U S/10U P/12U B/15U |
| 4. Stopping            | TT M/8U S/10U P/12U B/15U |
| 5. Balance             | TT M/8U S/10U P/12U B/15U |
| 6. Crossover forward   | TT M/8U S/10U P/12U B/15U |
| 7. Crossover backward  | M/8U S/10U P/12U B/15U    |
| 8. Pivot forward       | M/8U S/10U P/12U B/15U    |
| 9. Pivot backward      | M/8U S/10U P/12U B/15U    |
| 10. Agility            | S/10U P/12U B/15U         |
| 11. Acceleration       | S/10U P/12U B/15U         |
| 12. Stride and power   | S/10U P/12U B/15U         |
| 13. Lengthening stride | P/12U B/15U               |

#### **B. Stick Handling**

- |                     |                           |
|---------------------|---------------------------|
| 1. Head up          | TT M/8U S/10U P/12U B/15U |
| 2. Stick on the ice | TT M/8U S/10U P/12U B/15U |
| 3. Side to side     | TT M/8U S/10U P/12U B/15U |
| 4. Front to back    | TT M/8U S/10U P/12U B/15U |
| 2. Backhand         | M/8U S/10U P/12U B/15U    |
| 3. Slot area        | S/10U P/12U B/15U         |
| 4. Rebounds         | S/10U P/12U B/15U         |
| 5. Snap             | P/12U B/15U               |
| 6. Slap             | P/12U B/15U               |
| 7. Creating screen  | P/12U B/15U               |
| 8. Blocking         | B/15U                     |

#### **D. Passing**

- |                    |                           |
|--------------------|---------------------------|
| 1. Forehand pass   | TT M/8U S/10U P/12U B/15U |
| 2. Backhand pass   | TT M/8U S/10U P/12U B/15U |
| 3. Receiving angle | M/8U S/10U P/12U B/15U    |
| 4. Drop Pass       | S/10U P/12U B/15U         |
| 5. Saucer Pass     | S/10U P/12U B/15U         |

- |    |                              |                   |
|----|------------------------------|-------------------|
| 6. | Break to open spot/area pass | S/10U P/12U B/15U |
| 7. | Not throwing the puck away   | S/10U P/12U B/15U |
| 8. | Changing lanes               | P/12U B/15U       |
| 9. | Off boards                   | P/12U B/15U       |

## **E. Team**

- |     |                                |                        |
|-----|--------------------------------|------------------------|
| 1.  | Position breakout              | M/8U S/10U P/12U B/15U |
| 2.  | Position for fore-checking     | M/8U S/10U P/12U B/15U |
| 3.  | Lanes                          | M/8U S/10U P/12U B/15U |
| 4.  | Fore check on angles           | M/8U S/10U P/12U B/15U |
| 5.  | Fore check 1 - 2 - 2           | S/10U P/12U B/15U      |
| 6.  | Fore check 2 - 1 - 2           | S/10U P/12U B/15U      |
| 7.  | Backing up fore-checker        | S/10U P/12U B/15U      |
| 8.  | Back checking                  | S/10U P/12U B/15U      |
| 9.  | Checking-stick                 | S/10U P/12U B/15U      |
| 10. | Checking-angling               | S/10U P/12U B/15U      |
| 11. | Checking-covering in front     | S/10U P/12U B/15U      |
| 12. | Checking-face-off (offensive)  | S/10U P/12U B/15U      |
| 13. | Checking-face-off (defensive)  | S/10U P/12U B/15U      |
| 14. | Breakout-center in, wings out  | S/10U P/12U B/15U      |
| 15. | Breakout-wings in, center out  | S/10U P/12U B/15U      |
| 16. | 2 - 1 - 2 in defensive end     | S/10U P/12U B/15U      |
| 17. | Neutral ice play               | P/12U B/15U            |
| 18. | Attacking the blue line        | P/12U B/15U            |
| 19. | Position in the attacking area | P/12U B/15U            |
| 20. | Defensive coverage             | P/12U B/15U            |
| 21. | Face-offs neutral ice          | P/12U B/15U            |
| 22. | 3 - on - 2 offensive end       | P/12U B/15U            |
| 23. | 3 - on - 2 defensive end       | P/12U B/15U            |
| 24. | Individual position            | P/12U B/15U            |
| 25. | Power play                     | B/15U                  |
| 26. | Man short situations           | B/15U                  |

## **F. Goaltending**

- |     |                                 |                   |
|-----|---------------------------------|-------------------|
| 1.  | Moving side to side in the goal | S/10U P/12U B/15U |
| 2.  | Goalie stance                   | S/10U P/12U B/15U |
| 3.  | Keeping the eye on the puck     | S/10U P/12U B/15U |
| 4.  | Freezing the puck               | S/10U P/12U B/15U |
| 5.  | Catching the puck               | S/10U P/12U B/15U |
| 6.  | Moving in and out of the goal   | S/10U P/12U B/15U |
| 7.  | Deflecting the puck stick       | S/10U P/12U B/15U |
| 8.  | Deflecting the puck pads        | S/10U P/12U B/15U |
| 9.  | Deflecting the puck blocker     | S/10U P/12U B/15U |
| 10. | Passing the puck                | P/12U B/15U       |
| 11. | Stopping puck behind net        | P/12U B/15U       |

# **JUNIOR GOLD: Guidelines For The 2024-2025 Season – Junior Gold**

## **A. AGE:**

1. All players must be age eligible as defined by MN Hockey to play Junior Gold. Players who try out for High School Hockey and are cut or decide to come back to Moorhead Youth Hockey, even if they are eligible to play Bantams, will automatically need to try out for the Junior Gold team. The Hockey Director will use discretion when placing a player at the appropriate level.

## **B. ELIGIBILITY RULES:**

1. MINNESOTA HOCKEY regulations will be followed.
2. MYHA Rules and Regulations will be followed.
3. High School enrollment rules will be followed.

## **C. HIGH SCHOOL RELATIONSHIP:**

1. Any player who is released by the High School Coach after the Junior Gold final team selection may request a review for playing on the Junior Gold Team. In that case, there will be a discussion between the High School Coach, Junior Gold Coach and Hockey Director.
2. The Junior Gold coach must be recommended to the board by the Hockey Director.

## **D. REGISTRATION:**

1. Begins July 1<sup>st</sup> the same day as MYHA in-house/travel team.
2. Final registration date is December 30, 2025.
3. In the case a player has registered and subsequently makes the high school team, his registration fee will be refunded less the USA Hockey fees. If a player is cut from Junior Gold, the full registration fee will be refunded.

## **E. PRE SEASON:**

1. Pre-season workouts will begin for registered players in early November subject to the availability of ice.

## **F. LENGTH OF SEASON:**

1. The season will start after the High School team has been selected and runs through the MINNESOTA HOCKEY Junior Gold State Tournament.

## **G. TRY-OUTS:**

1. To be fair to those players who are trying out for the high school teams, actual try-outs will begin when the high school team has been selected.

## **H. NUMBER OF GAMES:**

1. A minimum of 25 games and a maximum of 40 not including MINNESOTA HOCKEY Districts, Regions, State, Etc.
2. Further games are possible with board approval.

## **I. NUMBER OF PRACTICES:**

1. The Junior Gold team will have 2 scheduled practices per week.

**J. PARTICULAR TEAM RULES:**

1. To be worked out by coach and Hockey Director, and then approved by MYHA Board of Directors.

**K. PLAYING TIME:**

1. During the game, it is the coach's discretion as to the amount of playing time each player will receive.

**L. NUMBER OF PLAYERS:**

1. Roster up to 23 players if available.
2. There will be two Junior Gold teams if we have more than 26 players. Teams will be split by age with discretion given to coaching staffs and the Hockey Director. Player's ability, attitude, and age will be all taken into account.

**JG Season Outline:**

The hockey season will run from November through the end of MN Hockey Season (usually March).

Open Ice will be available to players wishing to practice before the season, if needed we will begin a tryout process mid-November (after high school tryouts).

Nov 24..... Junior Gold Registration & Meeting Night @ CHC

Jan 2-4, 2026..... Junior Gold 16U Home Tournament

Jan 2-4, 2026..... Junior Gold 18U B Home Tournament

After the season's end, JG Teams will organize a team gathering and recognition ceremony.

**IMPORTANT MANDATORY Parent/Guardian Meetings:**

**September 16<sup>th</sup> Horizon Middle School-Performing Arts Center**

**5pm PW/12U/Bantam/15U**

**6:45pm Mite/8U/Squirt/10U**

This is where ALL your questions can be answered, where you can pick up raffle tickets, wreath packets, and where any current information for the season is explained. We will have a sign-in sheet and require one parent/guardian to be in attendance.

## **Open Hockey Policy**

**Please review and familiarize yourself with this Policy:**

MYHA does an outstanding job maintaining a strong emphasis on skill development during the season. It comes as no surprise that most of the successful past and current MYHA players spent countless hours on the outdoor rinks or at open hockey with their friends honing their skating, shooting, and stickhandling skills. Researchers Frank L. Smoll and Ronald E. Smith found that "at all ages the variable that determined the skilled players from the lesser skilled players was the amount of time spent practicing/playing with a friend(s) a player spent outside of the organized practice and game sessions. In fact, the skilled players reported nearly **twice** as much time practicing with a friend than the non-skilled players."

Throughout the year, MYHA provides scheduled “Open Hockey” for our players to further develop their skills and understanding of the game in an unstructured setting with friends and teammates. The Hockey Committee continues to identify ways to offer more “Open Hockey” during the year for our players to further their enjoyment and love of the game. It is important that players and parents understand and follow MYHA’s “Open Hockey” guidelines:

- WE WANT TO DISCOURAGE ADULTS/PARENT/COACHES ON THE ICE AND ORGANIZING THE ACTIVITIES FOR THE PLAYERS. ADULTS/PARENTS CAN BE PRESENT TO MONITOR PLAYER BEHAVIOR, BUT WE DO NOT WANT THEM TO DICTATE THE TYPE OF GAME OR ACTIVITIES THAT ARE GOING ON DURING OPEN HOCKEY. WE WANT TO CREATE A BACKYARD ATMOSPHERE WHERE PLAYERS CREATE GAMES OF THEIR INTEREST IN AN UNSTRUCTURED SETTING. (WITH EXCEPTIONS OF ROOKIES) – PLAYERS ONLY
- Attend the scheduled time for your level.
- You (the player) must be a current member of MYHA to attend open hockey.
- Be respectful of others on the ice. Please divide the ice equally so all players have the opportunity to form a game or work on a skill set. Please include all players!
- No checking or contact.
- Make sure all doors are shut.
- All players need full equipment which includes a facemask.
- No hard slap shots.
- No food or drink on the ice.
- Report any dangerous situations or behavior to staff immediately.
- If players fail to follow the above guidelines, they will be asked to leave the ice

## **TOTS – MITE/8U – SQUIRT/10U - PEEWEE/12U – BANTAM/15U**

There will be mandatory parent/guardian orientation meetings again this year where one parent/guardian of each player will be required to attend and sign in. These meetings are for the parents/guardians of players who will be playing at the Mite/8U, Squirt/10U, Peewee/12U, or Bantam/15U level. There will be one scheduled meeting per level and at least one parent/guardian must attend the sessions.

The meeting times and location are as follows:

### **DATE**

### **LOCATION AND TIME**

Peewee/12U/Bantam/15U – Tuesday Sept 16, 2025

Horizon Middle School-  
Performing Arts Center 5 pm

Tots/Mite/8U/Squirt/10U – Tuesday Sept 16, 2025

Horizon Middle School-  
Performing Arts Center 6:45 pm