



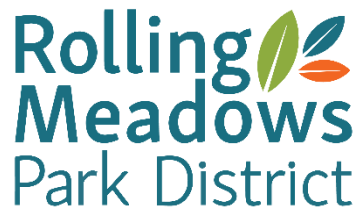
PARENT HANDBOOK

Rolling Meadows Renegades Youth Hockey
Spring 2026

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Welcome to Rolling Meadows Renegades Youth Hockey!

We are excited that you have chosen to play for the Rolling Meadows Park District Renegades Youth Hockey program! In order to familiarize yourself with our program, we have put together the following handbook designed to answer many of your questions about our program. Although we feel this handbook is thorough, we realize that it is not all-inclusive and that you may still have some unanswered questions and comments. Please feel free to contact the Youth Hockey Coordinator with your questions and comments. We look forward to a fun and exciting hockey season with your family!

Mission Statement:

The Rolling Meadows Park District Renegades Youth Hockey program is a recreational hockey program that encourages play at the Tier III and pre-hockey level. Our program is designed to give all kids a fair and equal opportunity to play ice hockey. This will be accomplished by placing an emphasis on learning individual skills, team concepts, sportsmanship and fun without the pressures of winning.

Renegades Operations:

Superintendent of Ice Arenas:

Bob Veller
847-398-2700 x1444
bveller@rmparks.org

Youth Hockey Coordinator:

Austin Spahr
847-398-2700 x1448
aspahr@rmparks.org

Registrar and Finance:

Patti Lowth
847-398-2700 x1443
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Rink information:

West Meadows Ice Arena
3939 Winnetka Avenue
Rolling Meadows, IL 60008
847-398-2700

Nelson Sports Complex
3900 Owl Drive
Rolling Meadows, IL 60008
847-818-3210

Renegades Website: <https://www.rmrenegadeshockey.com/>

The website contains important dates, upcoming events, cancellations, organization news, rosters, registration information, skill development videos and drills, web-based hockey games, and more. To ensure our parents, coaches and players receive all important information, please register your email address with the Website.

Organizational Structure of Amateur Hockey

The Renegades Youth Hockey program is a member of several hockey organizations that govern the way we play hockey. Throughout this handbook, we will refer to these organizations by their acronyms. These organizations are:

1. **USA Hockey (USAH)**: Specifically appointed by Congress, USA Hockey is the national association governing amateur hockey in the United States. This organization promulgates playing rules, publishes USA Hockey Magazine, provides insurance and generally oversees the organization of the sport.
2. **Amateur Hockey Association of Illinois (AHAI)**: AHAI was organized in 1975 and is the sanctioned affiliate of USA Hockey for Illinois. AHAI is the local governing arm of USA Hockey, and administers the rules of play. They oversee youth, high school and adult hockey. AHAI disciplines organizations and players, defines club memberships and sponsors annual state championship tournaments.
3. **Northwest Hockey League (NWHL)**: NWHL is comprised of teams primarily within the geographic limits of the Northwest Chicago area and surrounding suburbs. This is the league that oversees the play of a majority of Tier III (“House”) league programming in the Northwest Suburbs.
4. **Chicago United Hockey League (CUHL)**: CUHL is comprised of clubs in the Chicagoland area. This league is for programs that want a “Full Ice” option for their 8U teams. CUHL is currently operating under the **Amateur Athletic Union (AAU)** and follows their policies and procedures.
5. **American Development Model (ADM)**: The ADM is a nationwide model for successfully developing American hockey players. The Program was implemented after an extensive international study by USAH of educators, child development experts, coaches (from many different sports), physiologists and National Sports Federations. The ADM goal is to provide a defined systematic (building block) approach to developing athletes starting from the earliest stages of participation, thus increasing the athlete’s skill, enjoyment and proficiency. By implementing ADM, associations will see an increase in player retention. Again, ADM is a set of guidelines designed specifically to help kids reach their full potential by decreasing standing or idle time and increasing puck touches, movement, game play and fun.

The Structure of the Renegades Youth Hockey Program

Our hockey program is a Tier III or “House” hockey program. Our teams compete with other teams within the Renegades organization as well as teams outside the Renegades organization that are members of the Northwest Hockey League (NWHL) in the Fall.

Our program is divided into age divisions pursuant to the USA Hockey rules. These divisions are:

8U Minor	Ages 8 and under by January 1 st of the playing year, *divided by skill as well
8U Major	Ages 8 and under by January 1 st of the playing year, *divided by skill as well
10U	Ages 9 and 10 by January 1 st of the playing year
12U	Ages 11 and 12 by January 1 st of the playing year
14U	Ages 13 and 14 by January 1 st of the playing year
18U	Ages 15, 16 & 17 by January 1 st of the playing year (must be enrolled in High School)

Our 8U level is further divided into Hockey Tot, Pre-Mite, Pre-Mite League, 8U Minor and 8U Major Cross-Ice, depending on age and skill. The 10U, 12U, 14U, 18U divisions comprise the “Tier III” of our program.

Hockey Seasons:

There are essentially three seasons of hockey:

- The first season (Fall/Winter) runs from August/September through February with playoffs and tournaments extending into early March.
- The second season (Spring) runs from late March through late May.
- The third season (Summer) is when players attend clinics and other training or drop in hockey programs. Summer runs from June through August. It is also when players should focus on playing other sports and activities.

The Renegades organization offers programs during all three seasons and players are welcome to participate in any or all three seasons.

Renegades Plus Teams:

Renegades Plus teams are set up at the 8U, 10U, 12U, and 14U age levels. The concept of these teams is to allow some of the more serious players an opportunity to play in more tournaments and have more ice times throughout the season (see below note about 8U). Plus Teams are NOT a replacement for a player’s NWHL team. At the 8U level, 8U Plus is an opportunity for players to play in full ice games. 8U Plus teams are not guaranteed extra practice slots as 8U players already skate three times per week within the Renegades 8U ADM program.

AHAI has very strict guidelines for fielding these teams. Registration will occur during the Renegades regular registration. The program has specific registration and refund policies separate from regular Renegades registration and refund policies. Specific information on this additional program will be posted on the Renegades website.

Parent Education Program:

The coaches meet with their teams individually at one of the first few practices. Dates for practices and games will be released as early as possible so you can plan accordingly. This set up will also ease scheduling and increase attendance. It will also allow for more specific information to each age group and better involve players and parents. Parent and player conduct before, during and after games will be discussed along with USA Hockey and the Renegades Zero Tolerance Policy. 8U Major and 8U Minor parents will have a separate meeting to discuss the format of the 8U program and how it follows the important guidelines for 8U hockey set by AHAI and USA Hockey.

Registration & Payment

Participants (players, volunteers, coaches, etc.) must be in good financial standing with Rolling Meadows Park District and/or Rolling Meadows Renegades Hockey in order to register and/or continue playing for the Renegades Hockey Program.

Registration is online only and can be done at <https://www.rmrenegadeshockey.com> Payment (in full or a deposit) is due at the time of registration. Payment options are as follows:

- **Full Payment**
 - Pay in full at time of registration.
- **Monthly payment option**
 - Credit card only (no checks or cash accepted).
 - Fall Payment Plan: 25% of registration fee due at time of registration. Balance of fee paid by three installments, automatically charged to credit card on the 16th of the month (September, October & November).
 - Spring Payment Plan: 50% of registration fee due at time of registration. Balance of fee automatically charged to credit card on April 16.
 - Goalie fee is not eligible for the payment plan option and must be paid in full at time of registration.
 - **\$25 administrative fee applied to the account if an installment payment is declined.**
- **USA Hockey Insurance**
 - All players (10U through 18U) must enroll for USA Hockey insurance, on-line through USA Hockey, prior to registration. USA Hockey registration confirmation number must be submitted with Renegades Youth Hockey League registration.

ALL PLAYER FEES MUST BE PAID IN FULL BEFORE PLAYOFFS AND END OF SEASON TOURNAMENTS. Failure to do so will result in your player being excluded from any playoff or tournament games and receiving an AHA! financial suspension, which denies your player's participation in any ice hockey program anywhere in Illinois. This suspension is binding until full payment is received by the Renegades Youth Hockey Program.

Resident Rates:

Through a reciprocal agreement, park district residents from the following communities receive resident rates for all Rolling Meadows Park District hockey programs: Salt Creek, Palatine and Arlington Heights. Teams will be filled by registrations in order of receipt. You may only register for the age group in which your child's date of birth categorizes him/her. You may not register for an age group above or below your child's birth date, without permission from the Youth Hockey Coordinator.

Cancellations:

If you have registered for both Renegades and travel/high school hockey and do not intend to play for the Renegades it is your responsibility to cancel your registration with the Renegades to receive your full refund. You must inform the Rolling Meadows Renegades registrar (Patti Lowth at plowth@rmparks.org) of your cancellation prior to the Renegades team draft date. This includes moving to another organization or deciding not to play. **A 25% penalty will be withheld from the total player fee for skaters who do not inform the Renegades that they are withdrawing their registration prior to the team draft date. No refund will be given for cancellations after September 30 (fall season) or April 30 (spring season). Goalie fee is not refundable if requested after teams are drafted.**

Injury/Illness Refunds:

Calculated refunds will only be given for an injury or illness which keeps the player out of hockey for one month or longer. All requests for a refund must be in writing and be accompanied by a signed doctor's note. The request must include the player's team level and number, the date of injury and the date of return, if any. Refunds will not be issued for deciding not to participate in the remainder of the season when an injury or illness is not the cause. Any refund will take into consideration ice times the player has already participated in, jersey fees, registration fees, league and tournament fees. Refunds will not be given if notified more than 30 days after the injury/illness or the completion of the season.

Sponsorship Program:

Each year the Renegades allow families the opportunity to pay 100% of their fees by securing sponsorships from local restaurants and businesses. Players must still go through the normal player registration process and will be reimbursed any sponsorship credit earned through the program. The Renegades Ad/Yearbook includes

information from the current season, team photos, including names of players and coaches, and advertising slots for Sponsors of our program. All sponsorship registrations, payments and artwork are due no later than October 1 each season. Players receive credit towards their fees/reimbursement once all sponsorships have been turned in and processed.

Evaluations & Team Placement

Each player is required to go through a pre-season evaluation. This includes individual and team skill ratings based on a numeric scale. Renegades coaches, along with the Youth Hockey Coordinator, rate each player individually during group evaluations. The Renegades staff has the right to request that a skater not participate at the current level of hockey if we believe it is in his/her best interest. We will try to place the skater at the proper instructional level until the player's skills meet the basic requirements for their designated age level. Per USA Hockey rules, players that are 10 years or older cannot be placed in the age group below their birth year. Per USA Hockey and AHAI rules, 8U players cannot play up at 10U.

Requests to Play Up or Down an Age Level & Age Restrictions:

The Renegades program strives to fit each player in the best possible category for that player's development, while staying within the guidelines of AHAI and USA Hockey and maintaining a fair policy for all Renegades players. All players must be evaluated at their appropriate age level.

The 8U ADM Program does not operate under USA Hockey roster guidelines, which means that beginner players that will struggle at the 10U level have the option to play down at the 8U level, if the Renegades Hockey program has availability. 12U and above players are not allowed to play in the 8U ADM program. Our 10U through 18U teams play under the guidelines of USA Hockey and AHAI roster rules, which do not allow any player to "play down" an age level. For example, a 14U player who may be just starting out cannot play at the 12U level, they must play at the 14U level.

The Rolling Meadows Park District does not promote or condone players playing above their USA Hockey age category. Requests to skate up at the next age level must be delivered in writing at least three weeks prior to evaluations. Players that are requesting to play up at the next age level must be evaluated with both their proper age group and the age group they would like to play in. Movement of players to the next age level will depend on:

- The player must be a second year player in their proper age category.
- The player must be rated as one of the top 5 skaters in their proper age category.
- The player must be evaluated at both their proper age category and the category they wish to participate in.
- The player may not cause a team roster to go beyond 15 skaters or take a spot away from a player that would fall into that age category (ex. a 10U moving to 12U and taking the spot of a 12U wanting to register).
- A limit of four players per category will be considered.
- The player may not move up if it causes a decrease in teams in that player's proper age category.
- 14U players that are in high school may request to play on the 16U/18U team only if that player does not take a position away from a 16U/18U age player or force a second team to be formed.
- 8U Players are not allowed to move up to 10U.

A written request must be emailed or mailed to West Meadows Ice Arena c/o Bob Veller (bveller@rmparks.org) at least three week prior to evaluations. This letter must include the reason for the requested move and an agreement to play at the proper level if the Renegades staff does not agree to the move to the older level. If the player is allowed to play up an age level they lose any request for carpool or coaching and will be the last player picked in the draft.

Carpool Requests:

Due to past carpool requests leading to the formation of unequally balanced teams, with the exception of family members, **CARPOOL REQUESTS ARE NOT GUARANTEED**. This is also in compliance with the NWHL rule on carpooling. Families are allowed to request one family to be paired with. The request must be submitted via the electronic Renegades Carpool Request Form, which can be found on the Renegades website. The request must be mutual, with both families completing the electronic form. If only one family completes the request form the request will be void. The reciprocal request must be submitted to the West Meadows office prior to evaluations. Completing the Carpool Request Form does not guarantee the two players will be rostered together on the same team. Multiple player requests will not be honored or noted on the draft forms. Carpool requests are researched for location of housing and must be in the same neighborhood.

Recruiting/Team Requests:

AHAI, the governing body of youth hockey in Illinois, makes it illegal for any coach at any level to openly recruit players. There is absolutely no guarantee that you will end up on a specific coach's team. Every player is open to selection by any coach during the draft. The NWHL also mandates that no trades may take place during the draft process. Therefore, whatever team your skater is drafted on is the team that your player will play on for the season – NO Exceptions. Requests to **not** have a certain coach, but only one coach, will be considered. The NWHL does review draft sheets and team rosters, and reserves the right to request player movement if teams are not drafted equally. The Renegades must obey this ruling in the event that it occurs. Therefore, **COACH/TEAM REQUESTS WILL NOT BE GRANTED.**

Team Draft:

The objective of the draft is to give every team an equal selection. After all registered players have been given a numeric rating, the Renegades staff will draft all teams 8U through 18U.

Coaches are only able to protect their own skater and the skater of ONE assistant coach. The assistant coach cannot be the parent of a goaltender or the parents of a player moving up an age level. Prearranged selections due to friendships, manager positions, carpools or coach requests will not be honored. The NWHL also regulates that no more than 50% of the skaters can be on the same team as last year. The NWHL also restricts how many ex-travel players are allowed per team. The Renegades staff have final say on all selections, without question and without dispute. After review of the draft sheets the NWHL can request player changes due to a player's previous team or player strength.

Coaches will not be able to have the same goalie for consecutive years, unless that goalie is the coach's son or daughter.

Double Rostering

Fall:

- All players are NOT allowed to double roster with Renegades and another organization, whether it be CUHL (8U), Tier 3, Tier 2, or Tier 1.
- 14U & 18U high school players are allowed to double roster ONLY if they are not taking away spots from a player that is not on a high school roster. In the event of a waitlist, players that are rostered on a high school team will be refunded, in order of registration, to make room for wait list players not double rostering. The double rostered HS player must be on a JV or "lower" level Varsity team and fill out necessary forms to participate in league play.

Spring:

- All players are NOT allowed to double roster with Renegades and another organization, whether it be CUHL (8U), Tier 3, Tier 2, or Tier 1.
- 14U & 18U high school players are allowed to double roster with a high school team ONLY if they are not taking away spots from a player that is not on a high school roster. In the event of a waitlist, players that are rostered on a high school team will be refunded, in order of registration, to make room for wait list players not double rostering. The double rostered HS player must be on a JV or "lower" level Varsity team and fill out necessary forms to participate in league play.

Schedule

Spring:

- If playing in-house (Renegades vs. Renegades) schedule will be uploaded after teams are drafted.
- If playing in a league or exhibition games schedule will be posted after scheduling meetings.

Fall:

Schedules will be distributed in four parts. **Parents, players & coaches must understand that it is impossible to hand out a full season schedule due to the scheduling meetings and tiering system that are in place for NWHL and AHAI.** Once games are determined, all team practices and other ice times are scheduled.

- **Schedule #1** (September-October): Posted the first week of September, after teams have been drafted.
- **Schedule #2** (October-November): Posted at the end of September typically, after the seeding round.
- **Schedule #3** (November-February): Remainder of the regular season, typically posted mid-November.
- **Schedule #4** (February-March): End of season Tournament is released after the league notifies the clubs.
- **8U Minor and 8U Major** schedules are prescheduled with the entire season posted during evaluations.

USA Hockey & AHAI Zero Tolerance Policy

Rolling Meadows Renegades Youth Hockey follow the zero-tolerance policy under USA Hockey and AHAI. Please refer to the most updated resources on this policy at AHAI.com

THIS IS NOT AN EXCLUSIVE LIST. FOR THE MOST UPDATED AND INCLUSIVE AHAI LIST GO TO THIS [WEBSITE](#)

Violating the zero tolerance is cause for dismissal of you and your skater from the Renegades organization.

The Renegades Youth Hockey Organization is governed by the policies, rules, and regulations of NWHL, AHAI, and USA Hockey. We expect our players, coaches, parents, and other Renegades spectators to follow the words and spirit of the ZERO TOLERANCE POLICY (ZTP) of USA Hockey and AHAI, which is described below. Please also note the Renegades policy relating to violations of the ZTP in the summary.

If you witness an incident that you believe may violate the ZTP, we urge you to contact the Youth Hockey Coordinator, Austin Spahr (aspahr@rmparks.org) with the following information: date/time of incident, location, teams involved, Renegades coach's name (if known), names of people involved, description of incident and your contact information. Your contact information will not be shared, but is necessary for any follow-up questions Renegades or Rolling Meadows Park District Staff may have.

USA HOCKEY & AHAI ZERO TOLERANCE POLICY

USA Hockey is committed to creating a safe and fair environment for all participants. Respect for the game, the opponents, coaches and officials is a critical part of the environment that is created. This Zero Tolerance Policy summarizes required actions to be taken when violations occur.

All players, coaches, officials, team officials and administrators and parents/spectators are required to maintain a sportsmanlike and educational atmosphere before, during and after all USA Hockey sanctioned games. Thus, the following points of emphasis must be implemented by all USA Hockey participants and spectators.

Players

A minor penalty for unsportsmanlike conduct (zero tolerance) shall be assessed whenever a player:

- 1) Openly disputes or argues any decision by an official.
- 2) Taunts or incites an opponent.
- 3) Visually creates a disturbance during the game.

Any time that a player persists in any of these actions, they shall be assessed a misconduct penalty. A game misconduct shall result if the player continues such action.

Coaches

A minor penalty for unsportsmanlike conduct (zero tolerance) shall be assessed whenever a coach:

- 1) Openly disputes or argues any decision by an official.
- 2) Uses obscene, profane or abusive language to anyone at any time.
- 3) Visually displays any sign of dissatisfaction with an official's decision including standing on the boards or standing in the bench doorway with the intent of inciting the officials, players or spectators.

Any time that a coach persists in any of these actions, they shall be assessed a game misconduct penalty.

In addition, any player/coach who uses language that is hateful or discriminatory in nature anywhere in the rink before, during or after the game shall be penalized under Rule 601(e.3) resulting in a match penalty. Such behavior is reprehensible and has absolutely no place in our game. The offender shall be immediately suspended until a hearing is conducted by the governing USA Hockey Affiliate or Junior League.

Parents/Spectators

Parents are expected to be a positive role model by treating all players, coaches, officials and fellow spectators with respect and support. The game will be stopped by game officials when parents/ spectators displaying inappropriate and disruptive behavior interferes with other spectators or the game. The game officials will identify violators to the coaches for the purpose of removing parents/ spectators from the spectator's viewing and game area. Once removed, play will resume. Lost time will not be replaced, and violators may be subject to further disciplinary action by the local governing body. This inappropriate and disruptive behavior shall include:

- 1) Use of obscene, profane or abusive language to anyone at any time.
- 2) Taunting of players, coaches, officials or other spectators by means of baiting, ridiculing, threat of physical violence or physical violence.
- 3) Throwing of any object in the spectators viewing area, players bench, penalty box or on ice surface, directed in any manner as to create a safety hazard.

USA Hockey strongly recommends that each local youth hockey registered team designate a volunteer to serve as a parent/spectator monitor during all team games. This monitor will, ideally, address inappropriate spectator behavior prior to the situation escalating to the point it has an impact on the game. This designated monitor shall have the full support of the youth hockey association and the arena management to remove any spectator in violation of the Zero Tolerance Policy.

Parents/Spectators (Continued):

A game will be stopped by on-ice officials when the parents/spectators displaying inappropriate or disruptive behavior interfere with other parents/spectators or the game. The on-ice officials will identify violators to the coaches for the purpose of removing parents/spectators from the parents'/spectators' viewing and game area.

Once removed, play will resume. Lost time will not be replaced. Violators will incur a minimum mandatory 3-game suspension from that team's games and may be subject to further disciplinary action by the local governing body.

The reasons for this necessary minimum 3-game suspension rule are simple; last season there was a marked increase in parents'/spectators' behavior being out of control. These behaviors included verbal and physical altercations with officials, players and other spectators. Additionally clubs/teams that have a responsibility to help control and penalize these behaviors were asking for guidance from AHAI.

No matter why a spectator is asked to leave, the minimum suspension is 3 games. **There is emphasis on a minimum of 3 games.**

Here is how the reporting system works:

- An official will file an electronic "Incident Report" detailing the official's version of the occurrence with the AHAI R&E Committee.
- The Committee sends the report to the spectator's club in order for the club to investigate.
- Upon completion of the spectator's club investigation (that should include talking to the accused spectator) the investigating club will report back to the AHAI R&E Committee for final approval of the minimum 3-game suspension or any additional imposed suspension.

This is a very simple rule. Any spectator asked to leave a rink by an official or by the rink personnel will automatically miss a minimum of 3 games. No questions asked.

24 Hour Rule & Complaint Procedures:

The 24 Hour Rule is designed to prevent families and friends from voicing their concerns or displaying their emotions towards coaches, staff, players, until 24 hours after a Renegades event.

The following examples are violations of the 24 Hour Rule... Within 24 hours of a Renegades event, a parent, family member, or friend of a family:

- Contacts/approaches a coach or Renegades staff about playing time during a Renegades event
- Contacts/approaches a coach or Renegades staff with feedback about a game or Renegades event
- Contacts/approaches a coach or Renegades staff about feedback received during a game or practice

If at any time you have any questions about team orientated activities (schedule, ice time, problems in the stands, etc.), please bring these to the attention of your Team Manager first. Please remember to wait 24 hours after a game when issuing a complaint to a coach. If your problem continues, please email the Youth Hockey Coordinator at West Meadows Ice Arena. If the Youth Hockey Coordinator is not able to assist you with an answer to the problem they will refer the situation to their superior or the NWHL Rules and Ethics Committee. If you have an issue regarding the coaching staff please bring it to the Youth Hockey Coordinator's attention immediately.

If you wait until the end of the season there is nothing we can do to rectify the situation. If you have financial questions, you must contact Patti Lowth (plowth@rmparks.org) at (847) 398-2700 x 105 during normal business hours.

Team Structure

Renegades teams will have a coaching staff that includes at least one head coach and a designated team manager by either Renegades staff or the team's coaches.

Players and Coaches are required to skate only for the team that they are placed on, unless there is approval before the scheduled practice or game by the Youth Hockey Coordinator.

Coaches:

Renegades coaches are volunteers. All of our coaches take time out of their busy schedules and donate their hard work to the program. Please take into consideration that there is no financial compensation to any of our coaches. Without these generous volunteers the program would not exist.

All coaches must be registered with USA Hockey (or AAU) and have their proper USA Hockey Coaching Certificate, Safe Sport training and their on-line age appropriate certification. All coaches/parents must also complete a background check, at the expense of the Rolling Meadows Park District, in order to be on the ice, bench or in the locker room with the team. Due to USA Hockey insurance policies, only the coaches/parents that are listed on the AHAI roster may be on the ice or on the bench with the team. Any variation is a forfeiture of insurance eligibility for that ice time. USA Hockey has passed a rule stating that all coaches participating in on ice activities **must wear a certified HECC helmet at all times while on the ice**. Any coach caught violating the helmet rule during practice will be suspended for 1 game.

All coaches/volunteers must also complete a background check and volunteer request form, at the expense of the Rolling Meadows Park District, in order to be on the ice, bench or in the locker room with the team.

Team Managers:

Renegades managers are volunteers. Team managers are an important link between Renegades office staff and teams. Our managers handle the team administrative work for coaches and provide much of the team specific communication to players and families. There is no financial compensation to any of our managers, so please take that into consideration. Each team must designate a team coordinator/manager. The coordinator's main responsibilities include:

- Communication between coaches, parents, Renegades Staff
- Assigning a scorekeeper and/or clock manager for each game
- Maintaining the Team Roster
- Team webpage updates (scores, event times, etc.)
- Sending scoresheets to the league, tournament, etc. you're participating in
- Scheduling on and off ice events and tournaments

A [Team Manager Page](#) can be found on the Renegades website. The page was created with information gathered from previous Renegades Team Coordinators/parents to help newer parents who would like to become involved. It is through their hard work and knowledge that we were able to put this information together for future volunteers. Thank you!

Siblings, Coaches and Assistants at Practice:

Due to AHAI and USA Hockey rules no coaches or siblings of a player are allowed on the ice to assist with practice unless they are properly certified with USA Hockey through their coaching certification program. Any parent that wishes to participate in practice must also be fully certified with USA Hockey and/or cleared by the Rolling Meadows Park District. Information on this coaching program can be found at usahockey.com or from the Renegades Staff. Players and Coaches are required to skate only for the team that they are placed on, unless there is approval before the scheduled practice or game by the Youth Hockey Coordinator.

Types of On Ice Events

Practices:

As a Rolling Meadows Park District recreational program, Renegades practices are geared toward maximum participation and fun. The goal of practice is to:

- Increase skills – both individual and team
- Build team rapport
- Build endurance
- Build player confidence

Renegades coaches receive access to resources that outline drills, strategies and skills to be worked on at each practice. Full ice scrimmages between two Renegades teams is not encouraged at practices, due to the ratio of players on the ice and off the ice is not beneficial to the development of players.

No refunds will be given for missed practices. Refer to the “Playing Time” section below for the ramifications of missed practices on game playing time. Players are expected to arrive at least 30 minutes before practice to allow for adequate time to get ready. Players must dress in the locker rooms at all times. Dressing in the lobby of the rink is unacceptable. (Exception to the locker room rule is for girls playing on a co-ed team).

Skills Nights:

In order to get more touches on the ice per week the Renegades rotate skills night for 10U, 12U, and 14U teams. These skills nights are typically held on Monday nights. Sessions are 50-60 minutes, run by either Renegades coaches, staff, or a third party. These skills nights are typically organized in stations with the help of the Renegades coaches. This set up allows players to work on multiple skills throughout the night and moving on the ice.

Due to a higher volume of players attending on skills nights and limited locker room space, players may use the pool locker rooms to dress in addition to the regular locker rooms. Skates must not be put on in the pool locker rooms, they can be put on in the rink lobby.

Goalie Clinics:

Participation is mandatory and included in the goalie fee. Goalie clinics will be scheduled throughout the Fall season and hosted by Renegades staff or a third party organization. Any additional goalie clinic and instruction is paid for by the goalies and not by the Renegades organization.

Games:

The NWHL runs a seeding round, where each team will play six games against a randomly selected group of teams in their age bracket. After completing the seeding games, teams are tiered so that the games will be more evenly matched. The regular season will then consist of 12 games (six home and six away). There will also be a NWHL post-season tournament at the end of the season. Teams will be divided into new brackets for the tournament. All teams (10U through 18U) will participate in the end of season tournament.

Players are expected to arrive at least 30 minutes before games to allow for adequate time to get ready and receive instructions from the coaches.

Tournaments:

It is recommended that Renegades 10U through 14U teams participate in only one out of town tournament during the season. Teams can participate in additional tournaments, as long as it is agreed upon by team parents. All tournaments must be voted on by parents/coaches and must be by majority ruling. Should a family on the team choose not to attend an out of town tournament, and inform the coach before the registration for the tournament, they will not be charged any tournament fees. In-town tournaments will be treated the same way. **All fees for tournaments are an additional/separate fee from the Renegades registration fee and will be absorbed by all participating players/families.**

Playing Time:

It is our goal that all players get as close to equal ice time as possible. **The Rolling Meadows Park District and Renegades Staff do not condone double shifting players to win, setting up powerhouse lines or playing favorites to higher skilled players.** This is a Rolling Meadows Park District recreational program and a player does not develop if they are sitting on the bench.

The NWHL follows the BIT (Balanced Ice Time) Program, which prohibits unequal playing time. **Although other hockey programs may or may not follow this rule, the Renegades teams and coaches are expected to follow this for every game.** This program is in place at every level and reads:

"It is the philosophy of the NWHL to encourage all clubs to adhere to a balanced ice policy for games. Players, regardless of ability, who follow the rules set forth by the coach/club, should expect to play a reasonable amount in each game. The NWHL will use an on-line reporting system for any BIT infractions. Coaches and parents will be able to go on the NWHL web site and report coaches or teams that repeatedly play their best players while other players sit on the bench."

Goalie Protocol:

Renegades goalies pay a lower registration fee, with the idea that there will be multiple goalies per team. Due to the BIT rule, goalies would only be playing half of the games for the season and sitting out the other half. The discounted fee is not changed for teams that only have one goalie as it is too difficult to plan the amount of goalies per team prior to evaluations and the team draft. Goalies that are paying the lower fee are not allowed to "skate-out" as a skater when not playing in goal. The discount is for FULL TIME goalies only. In the event that a goalie would like to skate out when not in net, they must pay the part time goalie fee. Goalies may not skate out when there are 15 rostered players on a team and all players are at the game. Should a team have a combination of a full time goalie and a part time goalie (also skating out as a skater), the full time goalie should play in at least 2/3 of the total games scheduled.

Practice Attendance Rule:

The Renegades follow the NWHL BIT program, however the Renegades have a practice attendance rule. If you are going to miss practice, call or email and inform your coach. If you are going to miss a practice, please make sure that the coach is fully aware of your skater's absence.

Renegades Three (3) Penalty Rule:

Per AHAI and USA Hockey rules: if a player receives four (4) penalties in the same game, that player receives a game misconduct and is removed from their current game and is suspended for their next USA Hockey and/or NWHL game.

To avoid the potential suspension and further discipline from AHAI or any governing body, Renegades coaches and staff are taught to sit a player for the remainder of a game if they already have three (3) penalties in the same game.

Player Suspensions/Discipline:

If a player receives:

- **3 penalties in a game:** player will sit the remainder of the game on the bench (Can be 3 minor penalties or a combination of major, game misconduct and minor penalties). Players are benched for the remainder of the game to avoid a 4th penalty.
- **4 penalties in a game:** player will be removed from the game and bench and will be suspended next 1 game
- **A Fighting major penalty:** player will be suspended the next 3 games
- **Two Game Misconduct Penalties** (8 min or 10 min penalties): player will be suspended the next 1 game
- **A match penalty:** player will be removed from the current game and suspended from all hockey activities both on and off the ice or a minimum of 30 days and a meeting with both NWHL R&E and AHAI/USA Hockey
- Any and all suspensions received at a tournament or during Renegades PLUS event will carry over to their NWHL team (and vice versa).

The above suspensions double after each infraction. If a player has a history of multiple suspensions, that player can be removed from the program at any time.

Injury Protocols

Head Injury & Concussion Protocol:

Any player that exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the game or practice and shall not return to play until cleared to play by an appropriate health care professional.

In cases where the player has been removed due to a head injury, the player shall not return to play or practice until the athlete is evaluated by and receives written clearance to participate from a licensed health care professional. Written clearance must be on file in the West Meadows main office (Renegades organization) and with the coach of the team prior to the player having any participation on the ice with the team. After being cleared to participate, the player must practice with their team at least 2-3 times before being allowed to play in a game.

Injury & Return to Play Protocol:

If a player receives an injury that is requiring medical attention or evaluation by a physician, and requires more than one week of rest, the player must have written clearance (by a physician) on file in the West Meadows main office (Renegades organization) and with the coach of the team prior to the player having any participation on the ice with the team. After being cleared to participate, the player must practice with their team at least 2-3 times before being allowed to play in a game. If the injury has kept the player out of participation for a month or more, the player must participate in at least 4 practices after receiving written clearance from a physician before playing in a game.

Renegades Concussion Guide

A concussion is an injury to the brain that can be caused by a blow to the head, face, neck or body.

FACTS:

A concussion can....

- Change the normal functioning of your brain for a period of time.
- Affect the way you think or remember things.
- Affect your balance and reaction time.
- Happen during a practice or game.
- Occur even if you have not been knocked out (loss of consciousness).
- Affect school work, sports, recreational activities and your social life.



A concussion must be addressed in a timely manner. Playing through a concussion can put an athlete at risk for a more serious injury. It can even end a playing season and leave an athlete with long term consequences.

RECOGNIZING A CONCUSSION:

- You cannot see a concussion.
- Symptoms may occur right away, hours later or even the following day.

SIGNS OBSERVED

- Confusion/disoriented, does not know: Time, place, date, activity, opposing team or score of game
- Cannot remember what happened before, during or after the injury
- A brief loss of consciousness
- Easily distracted, difficulty concentrating (knocked out)
- Suddenly not playing well
- Slurred speech
- Slow to answer a question or follow instructions
- Strange or inappropriate emotions (laughing, crying, anger)
- Glassy stare / glassy eyed

SYMPTOMS REPORTED

- Headache
- Nausea (sick to stomach) or vomiting
- Memory problems
- Dizziness
- Feeling "dazed" or dinged or foggy
- Seeing stars or flashing lights
- Ringing in ears
- Drowsiness
- Double or blurred vision
- Poor balance and coordination

Managing a Concussion, a Player Should:

- Tell their coach or parents right away if you have any of the above symptoms.
- See a physician as soon as possible (pediatrician, family physician, or ER). The physician is the only one that can determine if the player has had a concussion. Receive information on care for the injury and a plan for return to play.
- Give the brain time to rest and recover.
- Be symptom free for at least a week and receive a note from the physician before returning to play.
- Return to activity gradually and communicate with their physician before full return to play occurs.

Players are more likely to have a second concussion if they return to play before the brain is fully healed. Repeat concussions can be far more dangerous and take much longer to recover from.

Miscellaneous Protocols & Procedures

Renegades Logos:

All items that will have the Renegades logo on it must be approved by the Renegades Staff or Ice Arena Superintendent. Practices jerseys, t-shirts, jackets and other apparel items must all be approved. The goal of the protocol is to make any item available to all Renegades players. We have certain logos that we only use for our branding and marketing purpose. Each year, at the beginning of the season, the Renegades will offer apparel for purchase to players and families. For that reason, we do not allow individual teams or families to use the Renegades name or logo to produce apparel for teams or individual skaters. If you would like to see certain products offered or would like to help with apparel please contact the Youth Hockey Coordinator (aspahr@rmparks.org).

Uniforms:

Renegades players wear reversible (home/away) maroon & white jerseys and socks. Jerseys and socks are not included in the player registration fee and should be ordered, if needed, at the time of registration. It is the responsibility of the player to make sure they order the correct size jersey and socks. Sample jerseys and socks, for sizing, are available at the West Meadows Ice Arena office. **The Rolling Meadows Renegades do NOT recommend the game jersey be worn during practices.** Players should purchase two practice jerseys (one dark and one light colored) to wear at practices. Each player/family is responsible for their game jersey and socks once they are distributed. Costs for replacement jerseys, lost or damaged/worn out jerseys, or ordering the incorrect size will be at the player's expense.

Jersey Number and Last Names:

Renegade jerseys are ordered months before the season starts and numbers are randomly selected when divided out for each team. We do not take jersey number requests.

Due to the sublimated material of the Renegades jerseys, we do not recommend last names to be put on the jerseys. In the event that a player/family attempts to put a name on a jersey and damages the jersey they will be charged \$100 for a new jersey and will have to wait for production and delivery of that jersey.

Duplicate Jersey Numbers:

In the event that, multiple players have the same number on a team, there will need to be a new number/s assigned to ensure every player on a roster has their own number.

The player/s with most consistent seniority (no Fall season gap years/breaks) in the Renegades program (from Hockey Tots) will have the first option to either keep their jersey and number or request a new jersey and number. If they decide to keep their jersey and # it will then move to the next most senior player who will have to change their jersey and number.

In the event that, multiple players have the same seniority and neither player wants a new jersey or number, the younger player by (birthday) will be required to get a new jersey and number. The player who needs/wants a new number will pay a discounted fee of \$40 for their new jersey.

SPRING IN HOUSE HOCKEY: Players are allowed to have duplicate numbers. Spring PLUS still requires non-duplicate numbers.

Cell Phone Usage:

Due to state and local laws regarding cell phones, no cell phones will be allowed in the locker rooms at the West Meadows Ice Arena or the Sports Complex Ice Arena.

Team “Slush Fund” (Treat Fund):

The Renegades do not allow team slush funds to be formed. What is a slush fund? This would occur when the team manager, or other parent, collects a sum of money from the rest of the team with the intent of paying for treats, parties or other team activities throughout the season. The accounting of the money is something the Renegades do not care to place on any individual. Any collection of money for a specific tournament or activity (ex: end of season party) can be done with a specific and detailed list of what each player is responsible for and has paid. If you have any questions regarding payments that are to be made to a team manager, please let us know as soon as possible.

Neck Laceration Protection:

As of August 1, 2024, USA Hockey requires all players and officials under the age of 18 to have a neck laceration protection for practices and games. All Renegades players are required to follow this rule.