

Shawano Hockey League, Inc.
Family Handbook
www.shawanohockey.org

Thank you for becoming a member of Shawano Hockey League. This handbook was developed to provide everyone involved with youth hockey an opportunity to become acquainted with the philosophies, policies, rules, and expectations that shape the SHL Youth Hockey Association program. Please review it carefully.

Specific benefits participants of youth hockey receive:

- Development of the skills necessary to play ice hockey
- Knowledge of the rules and strategies of the game
- Knowledge of conditions and techniques that affect short and long term health and performance
- Enjoyment and recreation
- Commitment to teamwork
- Good sportsmanship

1. Player Code of Conduct

- a. No electronic devices including cell phones are to be brought by players into locker rooms. If you must bring these items to the hockey center, please leave them with a parent/guardian or team manager.
- b. The SHL Board of Directors and its coaches, team managers and volunteer parents/guardians all have a vested interest in providing a safe, fun-filled environment for each player. In turn, each skater must understand that coaches, assistant coaches and parent helpers are to be treated with respect and consideration. SHL skaters are expected to be attentive to coaches' directions and instructions and avoid disruption. The Board of Directors supports the coaching staff in cases where reasonable discipline must be exercised in order to maintain an organized and enjoyable learning environment.
- c. Punctuality: Ice time is valuable and should not be wasted. All participants are to arrive at games and practices in sufficient time to allow for suiting up and the necessary pregame/practice instruction and/or warm up. Unless your coaches have told you differently, be ready to take the ice at least 15 minutes before the scheduled starting time.
- d. Attendance: Reliable attendance is essential to personal skill development and the development of team continuity.
- e. Treat everyone fairly within the context of their activity, regardless of gender, place of origin, color, religion, political belief or economic status.
- f. Direct comments or criticism at the performance rather than the individual.
- g. Consistently display high personal standards and project a favorable image of the sport.
- h. Refrain from public criticism of fellow athletes, coaches or officials.
- i. Abstain from drinking alcoholic beverages, using tobacco products, and using performance enhancing or mind altering drugs.
- j. Refrain from the use of profane, insulting, harassing or otherwise offensive language.
- k. Communicate and cooperate with registered medical practitioners in the diagnosis, treatment and management of medical problems. Respect the concerns these medical people have when they are considering the athletes' future health and well being and when they are making decisions regarding the athletes' ability to continue to play or train.
- l. Regularly seek ways of increasing your athletic development and self-awareness.
- m. Uphold the rules of the sport, the spirit of such rules and encourage fellow athletes to do the same.
- n. Treat opponents and officials with due respect both in victory and defeat. Encourage fellow athletes to act accordingly.
- o. Be aware of the role sports plays in all athletes' lives and respect the pressures that may be placed on yourself and other athletes as you strive to balance physical, mental, and emotional elements of your lives.
- p. Any participant found guilty of stealing shall be dismissed from the program without refund.
- q. It is expected that a player will conduct himself in a controlled manner while on the ice. Foul language and direct insubordination is unacceptable behavior and will be dealt with accordingly.
- r. Respect fellow athlete's dignity: verbal or physical behaviors that constitute harassment or abuse are not tolerated.
- s. Report inappropriate behavior of players, coaches, volunteers and parents to SHL officials.
- t. Participate in a manner that ensures the safety of fellow athletes, coaches and officials also participating in the game.

2. Player Disciplinary action

- a. It is required by SHL that a suspended player still attend practices during the time period of the suspension with the coach's determination of what would constitute an appropriate practice for a suspended player. SHL expects the suspended player to be present on the bench with his team during the game in appropriate protective attire until the mandated game suspensions are served, unless otherwise directed by WAHA or USA Hockey. If the player is not on the

bench during his suspended game and acting in accordance with the Players Code of Conduct, it will be considered that he did not serve his suspension and will have to serve it at a subsequent game.

- b. Any major incident or repeat minor incident as defined in the Shawano Hockey League Code of Conduct Guidance guidelines will result in at least ONE game suspension with further disciplinary actions to be determined by the Code of Conduct Committee.
- c. Coaches have the right to discipline, by way of sit outs and other means, any behavior not conducive to the goals and philosophy of SHL. The Code of Conduct committee will act as a disciplinary committee to review serious or repeated misconduct of offenses and determine appropriate action(s).
- d. SHL will adhere to all USA Hockey and league rules with respect to minor and major penalties. All match or gross misconduct penalties will be reported to the USA Hockey Central Section President and the SHL Board of Directors. It is the responsibility of the team coach to report such infractions to the SHL Board within 24 hours of the occurrence.

3. Parent/Guardian Code of Conduct

- a. On-Ice officials are directed to stop the game when parents/guardians/spectators display inappropriate and disruptive behavior that interferes with other spectators of the game. The On-Ice officials will identify violators to the coaches for the purpose of removing parents/guardians/spectators from the spectators' 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 SHL Board of Directors and/or rink officials.
- b. Display good sportsmanship. Always respect players, coaches, and officials.
- c. Act appropriately; do not taunt or disturb other fans. Enjoy the game together.
- d. Cheer good plays of all participants.
- e. Cheer in a positive manner and encourage fair play; profanity and objectionable cheers or gestures are offensive.
- f. Help provide a safe and fun environment; throwing objects on the ice surface can cause injury to players and officials.
- g. Do not lean over or pound on the glass; the glass surrounding the ice surface is part of the playing area.
- h. Support the referees and coaches by trusting their judgment and integrity.
- i. Be responsible for your own safety and remain alert to help prevent accidents or injuries.
- j. Be supportive after the games, win or lose. Recognize good effort, teamwork and sportsmanship.
- k. Refrain from public criticism of players, coaches, fellow spectators and fellow parents.
- l. Abstain from drinking alcoholic beverages when minors are present.
- m. Obscene or vulgar language is not tolerated.
- n. Taunting of players, coaches, officials or other spectators is not tolerated.
- o. Throwing of any object in the spectators' viewing area, players' bench, and penalty bench or on the ice surface, is not allowed as this creates a safety hazard.
- p. SHL will enforce USA Hockey's Zero Tolerance Policy, which is posted at the Crawford Center.

4. Coach Code of Conduct

- a. It is the policy of USA Hockey that one responsible adult is supervising the locker room during all team events.
- b. Ensure the safety of the athletes with whom they work.
- c. At no time become intimately and/or sexually involved with their athletes. This includes requests for sexual favors or threat of reprisal for the rejection of such requests.
- d. Respect athlete's dignity; verbal or physical behaviors that constitute harassment or abuse are unacceptable.
- e. Never advocate or condone the use of drugs or other banned performance enhancing substances.
- f. Never provide under age athletes with alcohol, never encourage its use.
- g. Abstain from drinking alcoholic beverages, using performance enhancing or mind altering drugs, including after hours or between games or at tournaments where players or other minors are present.

5. Grievance Procedure

- a. The Code of Conduct for the SHL is centered on and incorporates the USA Hockey and WAHA Codes of Conduct. The various code provisions give a solid foundation for expectations and goals. The codes set the ground rules, standards of behavior and establish a perspective regarding the objectives of a youth hockey program.
- b. Any parent or guardian of a SHL player or coach may file a grievance. The Grievance Form must be completed and submitted within 3 days of the occurrence to a member of the Code of Conduct Committee or an SHL board member.
- c. The coach, parent or guardian, or player addressed in the grievance has 3 days to reply to the grievance. If no reply is received the Code of Conduct Committee shall decide the matter.
- d. If the reply or decision of the Code of Conduct Committee is not acceptable to the grieving party, the Code of Conduct Committee will meet with both parties within 7 days. If no resolution is reached, the Code of Conduct Committee shall decide the matter. Their decision will be final.

6. Fair Play

- a. SHL Supports fair ice time for all players. Coaches are encouraged to use their best efforts to give ice time fairly to all players on their team.

- b. Meaning of Fair Ice: Fair Ice does not mean equal ice in each game. The flow of the game, penalties, power plays and penalty killing may occasionally result in unequal playing times in a particular game. In addition, some teams may carry two lines of defense and three lines of forwards that will obviously result in different playing times between defensemen and forwards.
- c. Motivation/Discipline: Motivation and discipline may also affect ice time. Coaches may use a player's ice time as a motivational/disciplinary tool, either for violations of team rules, repeated failures to follow directions or for lack of hustle during a game. When this occurs, the coach should explain to the player how he/she failed to meet the coach's expectations and the impact that this will have on the player's ice time. As is always the case, motivational disciplinary actions should be applied consistently and without regard to the perceived importance of a player to a team. A coach, at his or her discretion, may suspend a player for up to one game. However, any such disciplinary action by the coach may be appealed to the SHL Board in accordance with these policies.
- d. Goalies: In general, the fair ice policy applies to goalies. However, it is left to the coaches to decide how to rotate goalies on teams with more than one. Coaches may choose to play both goalies in one game. The coach may also choose to play goalies game-by-game. Coaches are not required to play goalies in alternating games. Coaches may choose to play a goalie in consecutive games so long as the games played during the course of the season are roughly even between goalies.

7. Injury and Sickness Policy

- a. Any injury or sickness, which causes a player to miss a practice or game, should be reported to the team coach or assistant coach. Players with illnesses are encouraged to not practice. Any player who has been absent from practice and/or games for fourteen (14) or more consecutive days due to injury or illness must have a written doctor's permission before he/she will be allowed to return to the ice. Refunds are not given due to injury or illness.
- b. If a skater experiences a concussion or loss of consciousness in a game or practice that player will not be able to participate in any further games or practice until a doctor's written permission is received.

8. Equipment

- a. All skaters in the SHL, when on the ice (practice and games), must be wearing helmets and masks properly certified by the Hockey Equipment Certification Council (HECC) and approved by USA Hockey. Mouth guards for all skaters are required.
- b. The SHL has goalie equipment available for the Mite Cross Ice, Squirt, and Peewee levels including pads, chest protectors, and gloves. Goalies must provide the remainder of their equipment including throat guards. Play will not begin unless the goaltender is properly equipped.
- c. Hockey equipment may be provided for players at the Mite Cross Ice level. Mite Cross Ice skaters must have skates, helmets with facemask, shin pads, and elbow pads. Mittens or gloves should be worn. The SHL recommends the use of neck protection for all skaters.
- d. Squirt, Peewee, and Bantam player provide their own USA Hockey approved hockey equipment. Note, in particular, the following:
 - i. Hockey pants with pads, shoulder pads, hockey gloves, elbow pads covered with shirtsleeves, protective cup or pelvis protector, and shin pads.
 - ii. Players are strongly encouraged to wear all official SHL team attire, including socks.
 - iii. The SHL recommends the use of neck protection for all skaters.

9. Miscellaneous

- a. Players and coaches must keep off the ice and bench until the Zamboni is off and the gate is closed. No player is allowed on ice unless a coach is present.
- b. The playing of floor hockey or horseplay in and around the rink is forbidden by SHL and other rinks to avoid injury to players and damage to the rink unless in an approved designated area.
- c. There will be a no tolerance policy of tobacco or alcohol in the Crawford Center unless an appropriate alcohol license is obtained.

10. Expectations of Parents

- a. Be a part of the team.
- b. Participate in fundraising opportunities.
- c. Serve as minor officials as needed.
- d. Each team needs a team manager (preferably two); specific duties are listed on the website. WAHA does require a criminal background check be completed.
- e. Teams are responsible for cleaning the rink one night per month; participation by all families is required and is a great way to get to know fellow hockey families.
- f. Always be a publicity representative (ex. write articles for insertion into local papers with approval by Board of Directors, encourage other families to get involved with SHL).
- g. Find important information on the website or the SHL Bulletin Board at the Crawford Center.
www.shawanohockey.org.

- h. Have skaters at the rink early enough (30 min. before games and practices unless directed otherwise by coach) for them to begin play at the scheduled time.
- i. There is a minimum of twenty (20) work hours per family for the Mite Cross Ice families and forty (40) work hours per family for the rest of the teams.
 - i. Concession hours will be scheduled by the concession committee per family and are mandatory. A penalty of \$25.00 will be assessed for any missed concession hours and must be paid by the following practice for the skater to be on the ice.
 - ii. There will be a \$12.50 per hour charge for any family under their work hour minimum at the end of the season.
 - iii. A Mite Cross Ice family may buy out their hours for \$250.00, other team families may buy out their hours for \$500.00
 - iv. Examples of how to reach your hours are listed on the SHL website.

11. Nutrition

- a. Hydration is critical before, during and after practices and games.
- b. For evening practices and games, eat a normal breakfast and lunch. Before the game or practice, eat a light snack. After the game or practice, eat a meal.
- c. For early morning games and practices, eat lightly at breakfast.
- d. For tournaments, if you play more than one game on the same day or several games in successive days, emphasize foods that are high in carbohydrates (fruit, hot or cold cereal, pancakes, cold meats, soup, rice, pasta) while avoiding those foods with a high sugar content.

12. Hockey Basics

- a. Hockey is a team game; it is comprised of a series of inter-related facets that make up the game. Skill building is critical to developing a good team and good players.
- b. Pieces to the hockey puzzle include:

Player skills and development	Offense	Defense	Forecheck	Backcheck
Understanding of the game	Position Play	PowerPlay	Neutral Ice Play	Breakout
Penalty Kill Situation	Team Systems			

When all of these parts are in place the result is a TEAM (note there is no "I" in team)
For success, it is critical that the kids in the program have help and guidance from the adults in their lives.
- c. **About the Game** – The game is played in three, generally 20-minute periods. The time of the periods are adjusted for the various age classifications.
- d. **Start of Game and Periods** - Each period shall begin with a face-off in the center of the rink. The players facing off stand squarely facing opponent's end of the rink approximately one stick length apart with stick blades on the ice. Players must have one skate on each side of the line running through the face-off spot and behind the line parallel to the goal line. No other player is allowed to enter the face-off circle or be within 15 feet of the players facing off. Any violations require another face-off.
- e. **Substitution** - Substitutions may be made while play is in progress provided that the player coming off the ice is at the players' bench and out of play before the substituting player enters the rink.
- f. **Goals and Assists** - A goal is scored when the puck enters the goal from the stick of a player of the attacking side. The puck must be completely across the goal line. If any part of the puck is touching the goal line it is not a valid goal. The scoring of a goal is credited to the player who propels the puck into the opponent's goal. Each goal counts one point in the player's record. When a goal is scored, an "assist" may be credited to the player or players, not more than two, taking part in the play immediately preceding the goal. As assist also counts one point in the player's record.
- g. **Offside Blue Line** - The puck must precede the players of the attacking team across the blue line of their opponent's defensive zone.
- h. **Offside Pass** - AHAUS rules provide that the puck may be passed by a player to a teammate within any one of the three zones. A player may not, however, pass the puck from his defensive zone to a teammate who is beyond the center red line. If the puck precedes the player across the line, there is no violation of this rule. The position of the player's skates is the determining factor in calling an offside pass violation. The player is considered onside if any part of either skate is behind or touching the center red line.
- i. **Icing** - Icing the puck shall be called if a player shoots the puck from behind the center red line across his opponent's goal line. Icing occurs the moment the puck crosses the goal line unless it enters the goal or passes through the goal crease.

Icing is Not Called When:

 - i. An opposing player touches or has a chance to play the puck before it crosses the goal line.
 - ii. The team of the player shooting the puck is short-handed because of a penalty.
 - iii. An attacking player who is not offside touches the puck before it crosses the goal line.

- j. **Playing the Puck** - The puck must be advanced at all times. Except to carry the puck behind its goal once, a team with possession of the puck in its defensive zone must advance the puck toward the opposing goal unless prevented from doing so by an opposing player. For a violation of this rule, a face-off shall take place at a spot adjacent to the goal of the team causing the delay.
 - i. If the puck goes outside the rink or strikes any obstacles above the playing surface other than the boards, glass or screen the face-off takes place where it was last played, except if it was last touched by an attacking player in his attacking zone. In this case the face-off shall be in the neutral zone.
 - ii. If the puck is tied up between two opposing players, the face-off will take place at the nearest point to where the stoppage occurred.
 - iii. A player, except the goalkeeper, may not close his hand on the puck; for such an infraction, a minor penalty is imposed. Any player other than the goalkeeper who deliberately falls upon the puck or gathers it into his body shall be subject to a minor penalty.
- k. **Officials** - There are two systems of officiating. The three-man system is made up of one referee and two linesmen and the two-man is composed of two referees. The off-ice officials consist of a game timekeeper, a penalty timekeeper, an official scorer and two goal judges.
- l. **Penalties** –
 - i. **Minor Penalty:** The player is ruled off the ice for a period of two minutes. A substitute is not permitted.
 - ii. **Major Penalty:** The player is ruled off the ice for a period of five minutes. A substitute is not permitted unless the “co-incident major penalties” rule applies.
 - iii. **Match Penalty:** The player is ruled out for the balance of the game. A teammate shall take his place on the penalty bench to serve the five- or ten-minute time penalty depending on the rule for which the match penalty was imposed.
 - iv. **Game Misconduct:** The player is suspended from the balance of the game. An immediate substitute is permitted.
 - v. **Misconduct Penalty:** This involves the removal of a player from the game for a period of ten minutes. A teammate is permitted to replace the penalized player.
 - vi. **Goalkeeper Penalties:** When a minor, major or misconduct penalty is imposed on a goaltender, the time penalty shall be served by a teammate on the ice at the time the penalty is imposed.
 - vii. **Penalty Shot:** The puck shall be placed on the center face-off spot. All the players of both teams shall be at their respective players’ bench. Only the goalkeeper may defend against a penalty shot. The player taking the penalty shot may skate in any direction, except that once he crosses the blue line, he must proceed directly toward the goal. The goalkeeper must remain in the goal crease until the player taking the penalty shot has touched the puck. The player is allowed to take one shot and may not play a rebound from the goalkeeper, goal or back- boards. Once the puck has crossed the goal line the penalty shot is completed.
 - 1. While there are several violations for which a penalty shot may be awarded, the most common of these is when an offensive player, with no other opponent to pass other than the goalkeeper, is fouled from behind (Penalty times are adjusted in relation to the length of the periods in youth games).
- m. **Common Infractions**
 - i. **Abuse of Officials** - A misconduct penalty shall be imposed on any player who uses obscene, profane or abusive language directed toward any game official. A bench minor penalty may be imposed if any player, trainer, coach, manager or club executive on the players’ bench uses abusive language.
 - ii. **Attempt to Injure or Deliberate Injury** - A match penalty shall be imposed on any player who injures or attempts to injure an opponent or official.
 - iii. **Boarding**- A minor or major penalty, at the discretion of the referee, shall be imposed on any player who body checks, cross-checks, elbows, charges or trips an opponent in such a manner as to cause him to be thrown violently into the boards.
 - iv. **Charging** - A minor or major penalty shall be imposed on a player who runs, jumps into, or charges an opponent.
 - v. **Cross-Checking** - At the discretion of the referee, a minor or major penalty shall be imposed on a player who cross-checks an opponent. A *cross-check* shall mean a check delivered with both hands on the stick without any part of the stick touching the ice.
 - vi. **Elbowing and Kneeing** - A minor penalty shall be imposed on any player who checks an opponent with his elbow or knee.
 - vii. **Falling on Puck** - A minor penalty shall be imposed on a player other than the goalkeeper who deliberately falls on or gathers a puck into his body.
 - viii. **High Sticking** - Carrying of sticks above the normal shoulder height is prohibited. A minor or major penalty shall be imposed on any player violating this rule, at the discretion of the referee.

- ix. **Holding** - A minor penalty shall be imposed on a player who holds an opponent with hands, stick or in any other way.
- x. **Hooking** - A minor penalty shall be imposed on a player who impedes or seeks to impede the progress of an opponent by hooking him with the stick.
- xi. **Interference** - A minor penalty shall be imposed on a player who body checks or impedes the progress of an opponent who is not in possession of the puck.
- xii. **Kicking** - A match penalty shall be imposed on any player who kicks or attempts to kick another player. A substitute is permitted after five or ten minutes at the discretion of the referee.
- xiii. **Slashing** - At the discretion of the referee, a minor or major penalty shall be imposed against a player who slashes or attempts to slash an opponent.
- xiv. **Spearing** - A minor or major penalty, at the discretion of the referee, plus an automatic misconduct shall be imposed against a player who spears or attempts to spear an opponent with his stick.
- xv. **Tripping** - A minor penalty shall be imposed on any player who positions his stick, knee, foot, arm or elbow in such a manner as to cause an opponent to trip or fall.

13. Skill Development

- a. **Mites** age up to age 8 (Cross-Ice) - Focus with this age group is skating ability, puck control, shooting, and basic positions (center, wings or forwards, defense and goalie) on the ice. Emphasis is placed on developing skating skills and learning basic principles of the game.
 - i. Skating – edge control, ready position or hockey position, forward start, forward stride, hockey stop, backward skating, backward stop, control turn, forward and backward crossover, skating with agility
 - ii. Puck Control – lateral dribble, forward to backward dribble, diagonal dribble
 - iii. Passing/Receiving – passing and receiving with stick both forehand and backhand
 - iv. Shooting – wrist, backhand
- b. **Squirts** age 9 to 10 – Focus builds with this age on what was learned at the mite level with increased focus on positioning on the ice, introduction of game strategy, and refining skating skills.
 - i. Skating – edge control, forward start right and left, quick start, forward stride, hockey stop, backward skating, backward stop, control turn, forward and backward crossover, skating with speed and agility
 - ii. Puck Control – lateral dribble, forward to backward dribble, diagonal dribble, change of pace
 - iii. Passing/Receiving – passing and receiving with stick forehand and backhand, raising the puck, receiving with skate
 - iv. Shooting – wrist, backhand, snapshot
- c. **Pee Wee** age 11 to 12 – Focus builds with this age on what was learned at the squirt level with increased focus on game strategy, penalty killing, power play situations, and introduction of body checking and hockey systems.
 - i. Skating – edge control, control stop, backward skating, backward stop, control turn, forward and backward crossover, skating with speed and agility
 - ii. Puck Control – lateral dribble, forward to backward dribble, diagonal dribble, change of pace, slip through, slip across, puck off boards
 - iii. Passing/Receiving – passing and receiving with stick forehand and backhand, raising the puck, receiving with skate, snap, receiving with hand
 - iv. Shooting – wrist, backhand, snap, flip, slap
- d. **Bantam** age 13 to 14 – Focus builds with this age on what was learned at the pee wee level with increased focus on advanced hockey systems with more emphasis on advanced game strategy.
 - i. Skating – edge control, control stop, backward stop, control turn, forward and backward crossover, skating with speed and agility
 - ii. Puck Control – lateral dribble, forward to backward dribble, diagonal dribble, change of pace, slip through, slip across, puck off boards, slip around, fake shot, spin around, stop and go
 - iii. Passing/Receiving – receiving with stick forehand, backhand, flip, receiving with skate, snap, receiving with hand, slap
 - iv. Shooting – wrist, backhand, snap, flip, slap