

District 8 Hockey

8U/Mite Hockey Guide

The purpose of this guide is to help educate associations, coaches, and managers about the expectations and restrictions required by District 8 and MN Hockey. It is positioned as “*developmental*” ONLY.

Associations that make up District 8: *Apple Valley, Cottage Grove, Eagan, Eastview, Farmington, Hastings, Inver Grove Heights, Johnson-Como/N St Paul, Lakeville, Red Wing, Rosemount, Sibley Area, South St. Paul, Woodbury.*

Resources: www.minnesotahockeydistrict8.com/connect; www.minnesotahockey.org/handbook
District 8 – Rule Book starting on pg 19; Minnesota Hockey Handbook starting on pg 25

I. **Girls 8U Specific Information**

Girls 8 & Under (8U) hockey became a formal ALL girls age division in the 2003-04 hockey season. Given the huge success and growth when the girls 10U age division was formed, it is believed extending girls hockey to 8U would further fuel the growth of girls' hockey.

1. Your association player registration form should include **Girls 8U** as well as Mites
2. When declaring your roster, DO NOT register them as Mites, it is important that you register them as Girls 8U. This will help the district and Minnesota Hockey better track girls' hockey growth at this level and it will allow you to scrimmage other 8U teams within the district.
3. 8U and under teams are allowed to scrimmage other Mite and younger registered teams within your association with association approval. Before doing so, parents and players must be made aware of these scrimmage scenarios.

II. **8U/Mite teams within your associations**

1. To help ensure focus on skill development. Target practice to game/scrimmage ratios should be no less than ~3 to 1.
2. Coaches are required to have a USA Hockey Level 1 CEP certification, Background Check, SafeSport, and Mite/8U specific online module. CEP certification can expire and still be eligible to coach at the Mite/8U level and lower.
3. Note that rosters are approved by the Associate Registrar. DOB/Citizenship must be verified before a player is allowed on the USA/MN Hockey official roster.

III. **8U/Mite scrimmage opportunities outside your association**

1. YOU MUST GET APPROVAL FROM YOUR ASSOCIATION BEFORE PLANNING SCRIMMAGES OUTSIDE YOUR ASSOCIATION.
2. District 8 does not provide an 8u/Mite Traveling league. However, you are permitted to scrimmage 8U/Mite teams from associations within District 8.
3. To ensure continued emphasis on development, the standard playing surface for all scrimmages is cross-ice or half-ice. After December 31st, up to **TWO** full-ice scrimmages are allowed with the District Director's approval. The Director's decision is final.
4. Any scrimmages **outside** of the district require prior approval from the District Director of each district. If the scrimmage is more than 1 hour away from your home association, it is likely that your request will be rejected. This rule includes jamborees outside of the district. (see MN Hockey handbook “Levels of Play” paragraph “F”. Page 26)
5. Scrimmaging or doing Jamborees outside of MN (e.g. River Falls, Hudson) teams must fill out and submit the interstate travel request form before approval is given.
6. **8U and under teams CANNOT play Mite teams outside of your association.**
7. Rest-time for Mites can be reduced to 1.25 hours for on-ice activities of 60 minutes or less. For half/cross-ice activities of 45 min or less, up to four on-ice team activities can occur in a day, with a min of 45 min rest between activities. is required between the ending and beginning of the next on-ice event of 60 min or less.

IV. District 8 – Organized Scrimmaging & Jamborees

1. We would like to see an 8U/Mite jamboree(s) hosted by associations in District 8 with invitations extended to all District 8 8U teams (i.e. end of February or early March). See rule book (pg 37) for running jamborees. If enough teams, **D8 recommends an upper division and lower division jamboree (or more as appropriate)**. Emphasis will be on fun and promoting hockey at this level.
2. MH does not allow for full ice Mite Tournaments. Cross/half ice Mite tournaments are allowed with restrictions

American Development Model (ADM) Red, White & Blue Hockey

For more info go to:

<http://www.admkids.com> ; <http://www.minnesotahockey.org/page/show/718504>

or see your coaching/player development coordinator

8 & Under Mites

"FUNdamentals"

Practice Fundamental Movement Skills (FMS) like running, swimming or jumping. Also introduce the ABC's of athleticism:

ABC's - Agility, Balance & Coordination and Speed.

Focus on flexibility during this stage. This is the first window for speed training with an emphasis on agility, quickness and change of direction. Less than 5 seconds in duration. Once a week, prior to or after practice, spend 30 minutes off-ice working on the Fundamental Movement Skills and the ABC's. This can be done through games and challenging activities. Keep it fun!

30 – 60 players each practice session

2-3 ice touches per week

50 min ice sessions

5 month's = 20 weeks per season maximum

50 to 60 ice touches per season

Group players into top 1/3, middle 1/3, beginner 1/3.

Min 16 cross ice/half-ice games & 34 practices

Max 20 cross ice/half-ice games & 40 practices

9 to 13 players/team; no full time goalies

Introducing USA Hockey's Red, White & Blue Hockey initiative: Why cross-ice hockey works for 8-and-under programs.

Interested in more information? [Click here to download our Red, White and Blue Hockey brochure.](#)

Why Cross Ice?

As it relates to cross-ice practices and games, you may be asking yourself a lot of whys and hows. "Why should my son or daughter practice in a way that doesn't look like how I perceive hockey to be? How will they learn the game if they're on the ice with 40 other kids?" Well, let's start with this fact:

HOCKEY IS THE ONLY MAJOR SPORT THAT DOESN'T SHRINK ITS PLAYING SURFACE TO MATCH THE AGE GROUP.

There are four main tenets to Red, White and Blue Hockey.

More Puck Time: Smaller spaces mean more opportunity for a player to touch the puck – and ultimately improve their game.

Age-appropriate training: By shrinking the ice down to their level, kids can get more involved and learn skills quicker and easier.

Cost savings: Because multiple teams share the ice, parents save on ice time costs.

Increased competition: A smaller ice surface makes players of all skill levels think and act quicker, resulting in more frequent battles for the puck.

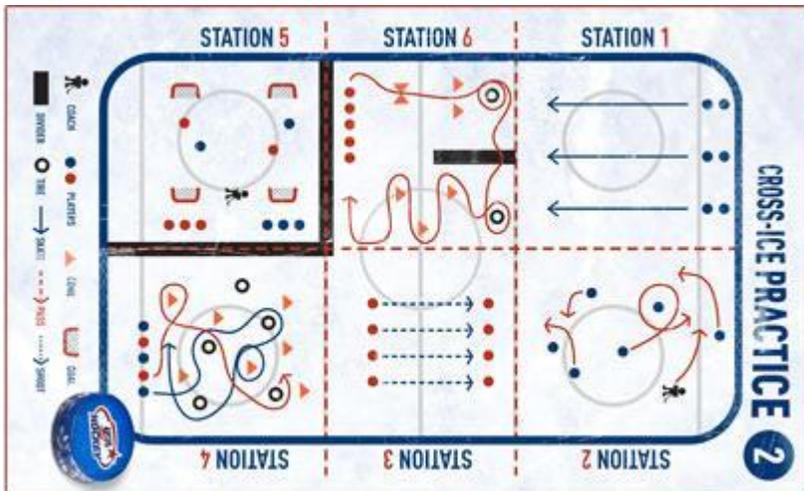
"We play small-area games during our practices and it helps us become better players. It's great to see cross-ice hockey as the standard for young players. There's no need to play full-ice at the youngest ages. In cross-ice you really get a chance to improve your puck handling, among other skills."

Zach Parise (former MN Wild, US Olympian)



The fun part of practice should always last a full 60 minutes.

With all the increased touches and playing time they'll get with cross-ice hockey, kids will remain active over the course of an entire practice. And the more active we can keep them, the more enjoyable their experience will be. Because at the end of the day, all that matters is how much they love the game.



- [Click here for detailed practice structure.](#)
- [Click here for practice plans.](#)

"It's exciting to see the cross-ice revolution sweeping the country. I know there are skeptics, but I can assure parents that cross-ice hockey at young ages is without question the best model for their child's development."

Katie King

Head Women's Ice Hockey Coach at Boston College

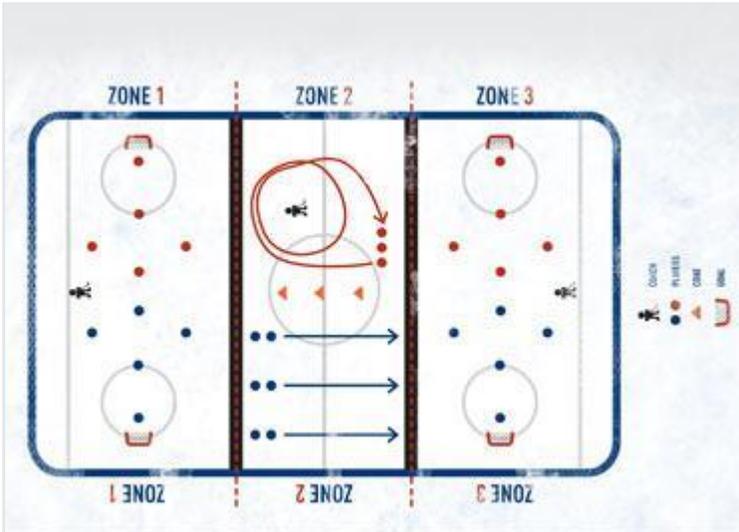
Three-Time Olympian

Practice ▲

Game Play ▼

Every inch of ice has its own story to tell.

Hockey is a game of inches. And playing cross-ice will use every one of them. But implementing cross-ice practices is one thing. How would a cross-ice game work?



Kids would spend 5 minutes warming up in each zone, then play a 17-minute game with a minute break in between sessions and then rotate through playing two other opponents. The game would work like any regular hockey game, with face-offs used after goals, and coaches changing lines every 90 seconds or so. The smaller ice surface means kids need to make quick decisions with the puck and lean on the skills they developed in practice.