

2019-2020

**Dubuque Youth
Hockey Association
(DYHA)
Handbook**



“Keep Kids Out of Hot Water, Put Them on Ice!”

www.dubuquehockey.org

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Dubuque Youth Hockey Association

History

Organized in 1979, the Dubuque Youth Hockey Association (DYHA) was formed as a nonprofit, volunteer organization to benefit the youth in our community. Learning the skills to play the game of hockey is the focus, but not the sole purpose of this organization. Youth development is our goal, and our motto is “Keep kids out of hot water, put them on ice.” DYHA is guided by a board of directors elected by the membership and sanctioned by USA Hockey (www.usahockey.com).

The Benefits

DYHAH is structured to teach the four basic hockey skills of skating, stick-handling, passing and shooting, which facilitate the development of motor skills, hand/eye coordination, quickness, and endurance.

Physical size is not an important factor in becoming a skilled and successful hockey player. Every player participates in the action, which is exciting and fast moving.

Every level involves practices and competitive actions. Each skater is encouraged to “do the best you can” by the coaching staff and to contribute to the success of the team. In doing so, each skater learns to win with pride and to lose with dignity.

More Than Hockey

In this program our youth will learn some of life’s lessons that they will take with them forever. They will learn teamwork and sportsmanship, discipline, how to take instruction, and listen. Self-esteem and work ethic will grow every year a player participates in this program, along with respect for teammates, coaches, and opponents.

DYHA – A Volunteer Organization

This organization is for the kids. It is structured most of all to have fun. Without **volunteers** DYHA would not exist. Every parent is expected to volunteer in some capacity. You need not know much about hockey to help out tying skates, operating the scoreboard, organizing equipment, taking care of statistics, assisting at registration, or attending monthly board meetings. And, if you do have knowledge of the game, consider coaching or refereeing. As teams are formed each year, team managers will be the main contact in asking parents to volunteer for team-specific events. Please volunteer your time to help our organization support our kids.

Hockey Parents

This information has been prepared to assist parents in becoming more familiar with the sport of ice hockey and its organization and structure at the grass-roots level. Within this handbook, you will find information designed to enrich the entire youth hockey experience for parents and players alike. Keep in mind that, above all, the motivation factor for most children who enter an organized youth sports program is their desire to have fun. This is particularly true with young children, many of whom are newcomers to the youth sports scene. With a supportive attitude and a fundamental understanding of the 'basics' of ice hockey, everyone will come away from their youth sports experience with a positive feeling.

In the Stands

Parents should enjoy the game and applaud good plays. Parents can take the fun out of hockey by continually yelling or screaming from the stands. The stands are not a place from which parents should try to personally coach their kids. Kids often mirror the actions of their parents; if they see Mom or Dad losing their cool in the stands, they'll probably do the same on the ice. In compliance with the USA Hockey's Zero Tolerance Policy, DYHA has implemented a similar policy.

Please see the DYHA Parent's Code of Conduct.

Car and Home

Some parents not only spoil the fun for their kids at the ice rink, but also in the car, believing this is the perfect place for instruction. Parents should try to keep things in perspective. There's more to life than hockey, and the car and home are not the places to coach. Parents are responsible for supporting and respecting the coach's decisions and abilities. It is unfair to put children in a position of having to decide who to listen to – their parents or their coach.

At Practice

Parents should remember that if a child wants to improve, they have to practice – not just play. Even if a child is not the "star" player for a team, practice stresses the importance of teamwork, establishing goals, discipline, and learning to control your emotions, all of which are important lessons children can use both in and away from the rink.

At the Rink

Hockey parents can help create a fun environment by making certain their children are on time for games and practices, and wearing properly fitted equipment. If you are unsure about how a piece of equipment should fit, please feel free to ask a coach before or after practice. Parents also need to stress fair play and risk management to help eliminate injuries.

Support Your Child

There are many benefits that are derived from playing youth hockey. Boys and girls learn good sportsmanship and self-discipline. They learn to work together, sacrifice for the good of the team, enjoy winning, and handle defeat. In the process, they also learn important lessons about physical fitness and personal health.

The degree to which your child benefits from his or her youth hockey experience is as much your responsibility as it is theirs. In order for your child to get the most out of a youth hockey program, it is important for you to show support and offer encouragement while maintain a genuine interest in the team.

Always Be Positive

Parents serve as role models for their children, who often look to adults for advice, direction, and approval. Never lose sight of the fact that you are a role model, and strive to be a positive one. As a parent, one of the most important things you can do is show good sportsmanship at all times to the coaches, referees, opponents, and teammates.

Remember that your children are playing hockey. It is important to allow them to establish their own goals and play the game for themselves. Be careful not to impose your own standards, objectives, and especially criticisms.

The best way to help children achieve goals and reduce their natural fear of failure is through positive reinforcement. After all, no one likes to make mistakes. If your child does make a mistake- and he or she will (remember, they are just kids!) – keep in mind that mistakes are an important part of the overall learning process. Strive to be supportive and point out the things they do well.

Let the Coach Coach

Avoid placing an exaggerated emphasis on winning. The most important aspect of your child's youth hockey experience is for them to have fun while developing physical and emotional skills that will serve them in life. A healthy, risk-free environment that emphasizes the importance of fair play, sportsmanship, discipline, and most importantly, fun will be invaluable for your child as he or she continues to develop a positive self-image and life skills.

Hockey Divisions/Levels

In hockey, your child's level is determined by birth year. For the 2019-2020 season, the following chart will help you determine the appropriate division/level for your child.

Division/Level Name	Birth Year of Skaters	Main Player Focus
Little Saints	2013 +	An introduction to skating
Mites	2011, 2012	A start to learning the fundamentals of the game with an emphasis on skating
Squirts	2009, 2010	Skill development, play-making, and teamwork
Pee Wees	2007, 2008	Continued skill development, along with systems development
Bantams	2005, 2006	Introduction to body checking along with continued skill and systems development
JV/High School	High School	Must be enrolled in a tri-state area high school – focus on competition to drive development

Coaching

All coaches are volunteers with hockey experience and classroom training.

DYHA coaches are all Level 1 certified in accordance with USA Hockey guidelines, as well as certified in SafeSport. Emphasis is on skating fundamentals in the younger divisions; teamwork and sportsmanship as a player advances. Each division has a structured program with key objectives to achieve at each age level.

If you are interested in coaching, please contact any member of the DYHA Board of Directors, listed on the DYHA website.

Please see the DYHA Coaching Code of Conduct.

Equipment

DYHA offers the option to rent equipment (as available) for the duration of the season, or you may choose to purchase your own equipment. DYHA rental includes all protective gear, however sticks and socks need to be purchased by the family for each individual child.

Selection of hockey equipment is a key issue for players, parents and coaches. When purchasing and fitting equipment, remember two important factors: 1) make certain the player is adequately protected, and 2) be sure the fitting allows freedom of movement so the player can properly perform the necessary skills. By carefully considering these two factors, your child will be more comfortable and will enjoy the sport more.

All youth players wear protective helmets with face shields, gloves, and plenty of padding to help protect their shoulders, ribs, chest, hips, groin, and lower back. The goalie's padding is heavier than that of other players and includes extra-thick leg pads. The goalie also wears a catching glove and a blocker for use in handling and deflecting the puck. Equipment descriptions and helpful hints are listed below:

Skates – purchase or choose skates that will fit your child for today, do not size up to leave room for growth. Skates need to be snug on the foot or they will hamper your child's ability to skate. Skates should be sharpened every 2-4 weeks depending how frequently the skater is on the ice. Skate blades should never touch concrete or metal flooring – teach your skater to stay on the rubber mats and ice only!

Helmet – must be fitted properly (and most are able to be adjusted with small screws) and provide adequate protection. Chin straps must always be fastened on the ice.

Mouthguard – USA Hockey encourages players of all ages and ability levels to use a mouthpiece. Required at some levels.

Stick – length should generally extend from the ice to the player's chin (with their skates on).

Breezers – provide protection for the lower spine, hips and thighs. Breezers should be long enough to touch the ground when the player kneels.

Shin Pads – check for proper length so they protect the knee and shin completely.

Elbow Pads – properly fitted so they do not slide.

Shoulder Pads – adjust to fit the individual at the time of purchase. The shoulder cap should extend to the tip of the shoulder.

Gloves – check for proper fit with good finger and hand mobility.

Supporter and Cup – essential protective equipment for male skaters.

Neck Guard – required in some leagues and tournaments.

DYHA Apparel

DYHA offers opportunities throughout the year to purchase shirts, hats, sweatshirts and other miscellaneous apparel to support your skater and your team.

Leagues and Teams

DYHA offers two programs for kids wanting to play hockey: DYHA House Program and DYHA Travel Teams. All skaters, regardless of the program they participate in, are responsible for abiding by the **DYHA Player Code of Conduct** which outlines the responsibilities of the player while representing the organization.

House Leagues – Little Saints, Mites and House

Overview - This program allows kids to play “at home” in Dubuque where teams are made from each division. Practices with scheduled drills are a regular part of the program, along with refereed games. Currently, all games and practices occur at the Mystique Ice Center. (If each division does not have enough skaters registered, some divisions may be combined for the House Program.)

House League Fees

USA Hockey Registration - All players must complete **USA Hockey registration**. Registration can be completed at the USA Hockey website (www.usahockey.org) under the Youth Hockey tab. Registration is \$50 per skater (exception for skaters born in 2013 or after – then registration is required, but free).

Fundraiser Fee – All players must pay an annual fundraiser fee of \$100. DYHA will offer a fundraiser that allows each family to earn this fee back if they choose. If there is more than one skater per family, each subsequent fundraising fee is reduced to \$50.

DYHA Registration Fee – These fees are paid to DYHA to cover the cost of ice, equipment, and program expenses. The current DYHA fee is \$250.

*Please note that all fees are non-refundable.

Travel Teams – Red, White & Blue Mites, Squirt, PeeWee, Bantam

Overview - Each division has a Travel Team, which plays in a separate league against teams in other communities. They have separate coaches and practices. Each travel team collects fees to cover expenses for playing in their league, tournaments, and pickup games. Travel Teams are a way for skaters to obtain additional instruction, ice-time, and the opportunity to compete at a higher level. **Please refer to the Travel Hockey Handbook.**

Travel Team Fees

Travel Team players will incur the same expenses as House League players, in addition to the following:

Travel Team Fee – Travel Team fees vary from year to year based on team size, ice scheduling, number of games scheduled, referees and tournaments selected by the team. Season fees will be set once schedules are finalized. First payments are due October 1, with the entire payment being due by December 1. If full payment is not received by December 1 the player will no longer be able to participate until payment is received. Listed below are averages based on team fees from the past three years at each age division:

Red, White & Blue Mite: \$400-500

Squirt: \$650-\$950

PeeWee: \$950-\$1200

Bantam: \$1300-1500

Jersey/Warm-Up Fee – Typically, team jerseys and warm-ups do not need to be purchased each year. However, if this is a skater's first year on a travel team, both need to be purchased. Fees for these items typically run around \$300.

Try-Out Fee – Tryouts for travel teams are typically held two evenings in August/September. Participation is required on both nights and a non-refundable fee of \$30 is required.

*Please note that all fees are non-refundable.

Financial Assistance

DYHA offers multiple scholarships to assist with the cost of the sport. Anyone looking for a scholarship may make a confidential inquiry to DYHA by emailing our board treasurer, Melissa Baker, at mrsmelissabaker@yahoo.com. Details of the program will be explained and an application mailed to you. Scholarships are awarded to the individuals who demonstrate a sincere need for assistance and a commitment to the hockey program. The level of assistance is determined by the funds available.

Ice Schedule

All ice time is scheduled in advance for games and practices and will be listed on TeamSnap. It is critical for each family to ensure they are able to access TeamSnap to receive updates and notifications. Please review your son or daughter's schedule carefully. The times listed are when the players take the ice. It is advisable to arrive at the rink 30-45 minutes prior to ice time so your player can dress and be ready to skate.

Communication

Most communication within the organization will happen via TeamSnap. This website will allow coaches, team managers, and the board of directors to easily communicate updates, schedule changes, announcements, etc with appropriate members effectively. An app is available for mobile devices and strongly encouraged as this is our primary form of communication during the season. Updates and information may also be found on our website and Facebook page.

Board of Directors

The DYHA Board of Directors consists of a president, vice president, secretary, treasurer, and eight regular members elected by general membership at the annual meeting, plus a 13th member determined as follows: The immediate past president will automatically serve on the board for one year following his/her term as president. In the year where there is no immediate past president, the 13th board member will be elected by the general membership.

Board Meetings

The DYHA typically holds their board meetings on the second Tuesday of the month at 6:00pm at the Mystique Ice Center. Meetings may be open or closed to the membership at the discretion of the Board of Directors.

For a current listing of board members, please see the DYHA website at www.dubuquehockey.org

By-Laws

Please see the DYHA website (www.dubuquehockey.org) for a link to our by-laws and additional information about our Board of Directors.

Annual Meeting and Year-End Party

Held at the end of the season, everyone is recognized for their assistance with the past season, and voting for the next year's board of directors takes place. If your child participates in DYHA, you as a parent or guardian are a member of the association and eligible to vote at the general election or run for a board seat. Each family is given one vote.

Hockey: The Game

Overview

Ice hockey is played in a rink, on a sheet of ice which is approximately two-thirds the size of a football field, usually between 185-200 feet long, and 85 feet wide. The game is played in three periods of equal length; 20 minutes per period at most levels, but often 12-15 minutes in youth divisions. The sport involves four basic skills; skating, passing, stick-handling and shooting. These skills can be learned at any age, and a good hockey player continually works to improve and refine his or her skills.

Physical size is not an important factor in becoming a skilled and successful hockey player. Every player has an opportunity to be a part of the action, given the speed of the game, the number of players on a team, and the size of the surface upon which the game is played.

The Four Basic Skills

Skating is the skill that makes hockey unique, and it's something that players at all levels of the sport continually strive to improve. Without adequate skating ability, players are less able to perform the other essential skills of the sport.

Stick-handling is perhaps the most difficult of the basic skills to master. It allows a skilled player to maneuver around opponents and create better offensive opportunities.

Passing is what makes hockey a true team sport and helps make the game fun. Passing gets everyone on the ice involved in the action and turns scoring into a team effort. Helping teammates experience success is what the game is all about, and passing allows the thrill of scoring to be shared.

Shooting is the end result of an offensive team play and is the action that produces a goal. Many players spend most of their time practicing shooting because they believe scoring is the most fun. Players should, however, place an equal emphasis on the other basic skills of hockey, given the fact most players generally take fewer than six shots in an entire game.

The Team

A team is comprised of a maximum of six players on the ice at any one time. One goalie, two defenders, and three forwards. The goalie is responsible for guarding the team's goal and preventing the opposing team from scoring. The primary responsibility of the two defenders is to prevent the opposing team from having a good shot at the goal. The defenders attempt to gain possession of the puck and pass it to teammates to initiate an offensive scoring opportunity. The primary responsibility of the three forwards (right wing, center, and left wing) is to score. However, forwards also assist the defensive players by back-checking after their team has given up control of the puck to the opposing team.

The Playing Zones

The ice surface is divided by blue lines into three zones: defensive, offensive and neutral. The defensive zone is the area in which a team protects its own goal and attempts to keep the opposition from scoring. The offensive zone is the area in which a team is attempting to score. The neutral zone is the area between the blue lines.

The Officials

At higher levels of ice hockey competition, three officials – one referee (identified by an orange armband) and two linesmen – are utilized. At the youth level, two officials – both of whom are referees – are common. The referee is the ultimate authority during the game and is primarily responsible for calling penalties and determining if goals have been legally scored. Everyone should observe the 24 hour rule before addressing any issues with officials or coaches. The primary responsibilities of the linesmen include determining violations of off-side and icing while assisting the referee in enforcing the rules of the game.

The Rules of the Game

The playing rules of hockey are divided into three basic categories:

- 1) Violations that result in a face-off,
- 2) Violations that result in a player being awarded a penalty shot,
- 3) Violations that result in a player being sent to the penalty box for a specific period of time.

Off-side – an offensive player may not precede the puck across the blue line into the offensive zone.

Icing – depending on the level of play, and league/association a game is being played in, a team may not shoot the puck from behind the center line over their opponent's goal line.

Penalty Shot – a shot is most commonly awarded if: a player, while in a scoring position, is fouled from behind and deprived of a scoring opportunity, or a defensive player grabs or falls on the puck when it is in the goal crease. To take a penalty shot, an offensive player takes control of the puck at center ice and tries to score against the opposing goalie. All other players are removed from action.

Penalties

For the following penalties, the penalized team must play minus the number of players serving such penalties, with one exception: The penalized team can have no fewer than four players, including the goalie, on the ice. The player serving the penalty will sit in the penalty box for the duration of the time to be served.

Minor penalty – two minutes in the box. If a team is scored upon while they are short-handed because of a minor penalty, the penalty shall terminate immediately.

Major penalty – five minutes in the box. This penalty does not terminate early for any reason.

Match penalty – five or ten minutes, depending upon the violation, and served by a teammate. If assessed a match penalty, the offending player is ejected for the balance of the game and may not play in future games until the case has been reviewed by league administrators.

Misconduct – ten minutes served in the penalty box.

Game misconduct – ejection for the balance of the game and the player or coach will serve an additional one-game suspension.

Gross misconduct – ejection for the balance of the game and the player may not participate in any future games until the case has been reviewed by league administrators.

The following is a list of penalties and their definitions:

Slashing – hitting or swinging at an opponent with the stick.

Holding – impeding the progress of an opponent by using the hand, stick, or any other means.

Elbowing – checking an opponent with the elbow extended.

Hooking – using the stick to impede the progress of an opponent.

Tripping – an action against an opponent's leg which causes the opponent to fall.

Charging – body checking an opponent at the excessive speed; checking or pushing from behind

High-sticking – carrying the stick above normal shoulder height. If the violation results in an injury to an opponent, a major penalty should be assessed.

Interference – impeding the progress of an opponent who is not in possession of the puck.

Cross-checking – checking an opponent with the stick across the body.

Checking from behind – an extremely dangerous action characterized by a player checking an opponent directly from behind. Parents, players, coaches and referees must all work together to eliminate this infraction from our sport.

Glossary of Hockey Terms

Assist – an assist is credited in the scoring record to the offensive player involved in the play immediately preceding a goal. A maximum of two assists can be credited per goal.

Back check – the action of the forwards skating back into their defensive zone to break up the opposing team's offensive play.

Body check – using the body to impede an opponent who has possession of the puck to break up or disrupt an offensive play.

Breakaway – a scoring opportunity that occurs when there are no defending players between the puck carrier and the opposing goaltender.

Breakout – movement of a team in possession of the puck out of its defensive zone.

Changing on the fly – substitution of players without stoppage in play.

Clearing the puck – shooting the puck out of the defensive zone or away from the front of the goal.

Delayed penalty – a team shall not be shorthanded on the ice more than two players at any one time because of imposed penalties. Therefore, should a team receive a third penalty, that penalty shall be delayed in its start until one of the preceding penalties has terminated. Also, the referee will not call a penalty until the offending team has touched the puck.

Delayed whistle – when a violation occurs, the official will not blow the whistle to stop play as long as the non-offending team is in possession of the puck. The moment the offending team touches the puck, play will be stopped.

Face-off – dropping the puck between one player from each team to initiate play.

Fore-checking – pressuring the opponent when they control the puck in the neutral or defensive zone.

Goal crease – the area marked off in front of the goal. An offensive player may not enter the goal crease unless the puck is already inside this area.

Goal judge – an off-ice official who sits behind the goal, outside the boards, and determines if the puck enters the goal. Should there be a difference of opinion, the referee will have the final decision.

Hat trick – term referring to a player scoring three goals in a single game.

Icing – a player may not shoot the puck from behind the center red line over their opponent's goal line.

Offside – when an offensive player precedes the puck across the blue line and into the offensive zone. For an offside violation, a face-off will be conducted in the neutral zone.

Poke check – using the blade of the stick to knock the puck away from an opponent.

Power play – an attempt to score by a team which has a numerical advantage in players due to a penalty or penalties.

Referee's crease – a restricted area, marked by a red semicircle, in front of the referee's table, which a player is prohibited from entering while the referee is reporting a penalty.

Screen – offensive players positioning themselves to block or shield the opposing goalie's view of the puck.

Shorthanded – when a team is playing with one or two fewer players than their opponent due to penalties.

Slap shot – a sweeping motion with an accentuated backswing to shoot the puck.

Slot – an unmarked area in front of the goal approximately 10-15 feet in diameter.

Wrist Shot – the motion of shooting the puck with the puck directly against the blade of the stick.

Zamboni – a machine used to resurface the ice between periods.