



**2018-2019**  
**LAHA**  
**Guidebook**

Updated July 2018

# Table of Contents

<b>LAHA Board of Directors 2018-2019</b>	<b>4</b>
<b>Introduction</b>	<b>5</b>
<b>LAHA Status</b>	<b>5</b>
<b>LAHA Mission Statement</b>	<b>6</b>
<b>Hockey Is For Everyone</b>	<b>6</b>
<b>Oregon Hockey Family Tree</b>	<b>7</b>
<b>American Development Model (ADM)</b>	<b>9</b>
<b>Level of Competition</b>	<b>10</b>
<b>Levels of Play</b>	<b>11</b>
Intro to Hockey Program	11
Special Hockey Program	11
Eugene Jr. Generals Youth Program	11
Player Development	11
<b>Registration</b>	<b>12</b>
Fees	13
Multiple Children Discount	14
Registration Fee Payment Failure	14
Player Release / Financial Default / Sanctions	14
<b>Anticipated Hockey Expenses</b>	<b>15</b>
USA Hockey Registration	15
Background Check	15
Gear	15
Travel and Tournaments	16

Sponsor Hotels/Motels	16
Team Fees	16
Fundraisers	16
<b>Scholarships</b>	<b>17</b>
<b>Coaching Staff</b>	<b>18</b>
Reimbursement Policy for Level 4 Certification	18
Additional Coaching Requirements	18
<b>Team Guidelines</b>	<b>19</b>
Hockey Team	19
Team Duration	19
Background Checks	19
SafeSport Certification	19
Persons on the Bench	20
Responsibilities -- Coach and Team Manager	20
Game	20
Travel Permits	21
Tournaments	21
Games with Teams from Other Federations	21
Ice Rental	21
Pacific District Guidebook	22
USA Hockey Rules	22
<b>Player Guidelines</b>	<b>23</b>
Movement Between Age Divisions	23
Goalie Rotation	23
Tryouts	23
Locker Rooms and Dressing	23

<b>Equipment</b>	<b>25</b>
Eugene Jr. Generals Apparel	25
<b>Volunteering</b>	<b>26</b>
Team Manager	26
Time Clock Operator	27
Scorekeeper	27
Penalty Box Attendant	27
<b>LAHA Discipline Policy</b>	<b>28</b>
Players	28
Appeals	29
Coaches	29
Parents	29
Disciplinary Guidelines for Use by Coaches	30
<b>Codes of Conduct</b>	<b>31</b>
Player Code of Conduct	31
Parent Code of Conduct	32
Coach's Code of Conduct	33
Spectator Code of Conduct	34
<b>LAHA Rules and Regulations In Effect at The Rink Exchange</b>	<b>35</b>
<b>LAHA General Timeline</b>	<b>36</b>
<b>Appendix: LAHA Player Development Protocol</b>	<b>38</b>

# LAHA Board of Directors 2018-2019

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## Committee Chairpersons

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# Introduction

This Guidebook is presented to assist parents and players gain a more complete understanding of the Lane Amateur Hockey Association (LAHA) operations, rules and expectations. The key to a successful youth hockey program is a plan to provide the best possible path for growth and player development under the direction of well trained coaches who implement ADM practice plans in a fun, supportive and safe environment.

While this Guidebook is a good resource for our members, not all circumstances can be included herein. Therefore references to the USA Hockey Annual Guide and the USA Hockey Rule book are included as USA Hockey is the overriding governing authority. The Board of Directors always welcomes your questions or feedback.

## LAHA Status

The Lane Amateur Hockey Association is a non-profit corporation registered in the State of Oregon. All elected Board of Directors members, coaches, team managers and representatives are unpaid volunteers. LAHA operates under the authority of the State of Oregon with guidance from the LAHA By-laws and this guidebook. As a non-profit, LAHA has an IRS 501(c)(3) tax exempt status.

\*Please note: This tax exempt status does not allow donations to be earmarked for specific players. All donations must serve to benefit a team or the whole of the organization.

As LAHA is a non-profit association, there is not a “business” income producing aspect to support operations. The financial well-being of LAHA is dependent on the fees paid by the players, donations of equipment, supplies, money, time, and occasionally team or association fundraising activities. Individual and corporate financial and material donations are tax deductible under LAHA’s 501 (c) (3) non-profit status.

# Mission Statement

Lane Amateur Hockey Association promotes citizenship, sportsmanship, fellowship and physical development among the youth of Eugene, Lane County, and outlying counties. This is accomplished by sponsoring and promoting the game of ice hockey at both a recreational and competitive level through education and development of players, parents, coaches and officials. This helps to promote the growth and enjoyment of hockey through honest work, self-discipline and fair play for boys and girls from the ages of 4 through 18 years of age in compliance with the rules and regulations of USA Hockey and the Oregon State Hockey Association.

## Hockey Is For Everyone

LAHA believes hockey is a sport for everyone. We do not discriminate on the basis of race, religion, national origin, gender, sexual orientation, age, handicap or veteran status. All qualified individuals will be given equal opportunity to play, coach, and volunteer.

# Oregon Hockey Family Tree

USA Hockey

Pacific District of USA Hockey

Oregon State Hockey Association (OSHA) -- A USA Hockey Affiliate  
Lane Amateur Hockey Association, Portland Jr. Winterhawks,  
Rose City Hockey Club, Rogue Valley Hockey Association,  
Bend Rapids, Klamath Falls (Associations)

## Oregon State Hockey Association

Currently OSHA holds quarterly meetings. The OSHA offices are in Beaverton and the quarterly meetings are rotated between member associations. The meetings are typically open to visitors and interested parties are encouraged to become involved. Meeting dates are set three to six months in advance.

## USA Hockey Pacific District

The Pacific District is one of eleven Districts established by USA Hockey and is composed of five(5) Affiliates which represents the states of California, Arizona, Oregon, Washington, Alaska, and one non-affiliated State: Hawaii. The Pacific District follows the objectives of USA Hockey as they pertain to the support and management of competition for its common benefit. The Pacific District supports OSHA and LAHA in the implementation of the zero tolerance, sexual abuse, physical abuse screening, hazing, and consumption/use/abuse of mood altering substances and codes of conduct as set forth in the USA Hockey guidebook.

Please keep in mind that OSHA and USA Hockey governs all Oregon Associations. Each Association is an individual entity that also has Bylaws that govern the Association business. Questions, problems and suggestions regarding LAHA should all be directed to the appropriate person(s) within LAHA. After talking/writing to the appropriate person within LAHA and if an issue remains unresolved, everyone is free to bring the issue to the LAHA president. If an issue continues to remain unresolved it can be referred to the Oregon State Hockey Association President. If outcomes are not satisfactory then the appeal process goes to USA Hockey. Please refer to the USA Hockey Annual GuideBook Chapter 10 for the process.

LAHA operates under the direction of an elected Board of Directors. The Board is made up of five (5) members, two (2) elected and three (3) elected in based on even or odd years. The Board of Directors meets in open meetings once per month in each of the twelve months. Typically, the meetings are the first week of each month and are held at The Rink Exchange. During the off-season, meetings are held at alternate locations which are posted on the LAHA



website. The meeting minutes will be posted either on the website or on the LAHA bulletin board at the rink.

## **USA Hockey Sanction**

USA Hockey, Inc., is recognized as the country's national governing body for the sport of ice hockey under the Ted Stevens Olympic and Amateur Sports Act Title 36, Chapter 17 §391 United States Code. For additional information concerning USA Hockey and the Annual Guide please visit the USA Hockey website at [www.usahockey.com](http://www.usahockey.com), click on the "AboutUSAH" tab then click on "Annual Guide". You can also check [www.pacificdistricthockey.com](http://www.pacificdistricthockey.com) for information on the Pacific District.

# American Development Model (ADM)

LAHA structures its youth hockey program based on the American Development Model (ADM).

From USA Hockey:

## Building Blocks of ADM

### PLAY

Playing the game is where kids learn that the game is, in its simplest form, fun. And if you can mix in age-appropriate training and practice with skills and athleticism introduction, kids will have even more fun. And to keep it fun, there should be a low priority placed on winning and losing and a high priority placed on just introducing the game to a young kid.

### LOVE

Once a kid learns to play the game and begins to develop skills and athleticism, hockey starts to take priority among other activities. Skills become more refined, their physical and mental makeup is stronger and the friendships they developed early on continue to grow. The games become more important and hockey in general becomes a bigger part of their life.

### EXCEL

Now that they play and love the game, a higher premium is placed on excelling at it. Tougher competition and more of a focus on mastering skills play an increased role in their development. Hockey starts to take a larger priority over other activities. But, above all, the game is still fun and the friendships that were forged back in Mites are as strong as ever.

The bottom line is that if we can give kids reasons to stick with the game, we can unlock their potential and help them excel at the game they play and love.

# Level of Competition

## Travel Hockey

By definition, any team that plays outside of their association is deemed a travel team. Due to the size of our program, all LAHA teams will play some games outside of our association and will therefore be referred to as travel teams.

The availability of a competitive team is variable and may not be readily available at all age levels. While we strive to create a playing schedule that highlights an equal share of home and away games with other associations within the state of Oregon, in any given season, it is not always possible. In some situations, teams may elect to attend additional games or tournaments than those provided through the LAHA registration process. The cost of these games will be covered by the members of the team electing to participate in them.

The cost of travel to away games is NOT covered by LAHA and is the responsibility of each player family.

# Levels of Play

## Intro to Hockey Program

This program is available once per week for youth who are new to the sport of ice hockey and want to learn some fundamentals before joining a Eugene Jr. Generals team for regular season practices and games. The program is administered by The Rink Exchange and is not a direct program of LAHA.

## Special Hockey Program

This program is available once per week for athletes with both physical and developmental disabilities and works with the disabled hockey section of USA Hockey, and with local agencies and organizations.

## Eugene Jr. Generals Youth Program

This program is available for youth ages 4-18 who wish to practice and play regular season games. Teams are formed at the following age levels:

- 8U Birth years 2010-2014
- 10U Birth years 2008-2009
- 12U Birth years 2006-2007
- 14U Birth years 2004-2005
- 18U Birth years 2000-2003

## Player Development

In alignment with USA Hockey Guidelines and with ADM, LAHA has adopted a player development protocol. This protocol outlines the expectations for rosters, coaches, season length, practices, games and tournaments for each age division. This player development protocol is located in the Appendix.

# Registration

Open registration enables all players to enroll in the LAHA Youth Hockey Program. Registration generally begins in July or August. After open registration is complete, players will be divided among their respective age divisional teams based on the number of players registered. As a general rule, a team roster will not exceed 20 players (18 players and 2 goalies).

LAHA will not turn away players during the "open registration" process. In the case where a divisional team has more than 20 players, the head coach, along with the guidance from the coaches committee, will determine how best to divide the team. This decision will be based on number of players, skill level of players and the head coaches' recommendations on how best to effectively manage the size of the team.

After open registration is complete, new players may register through December 31st of the calendar year to accommodate late registration. After December 31st, exceptions can only be made with the approval of the LAHA President and the OSHA Registrar. "Late registration" is permitted as long as the player has properly registered on or before December 31st and the size of the available team is under 20 players.

Players are encouraged to register early in the process. This helps LAHA to determine numbers of players, the need for one or more teams per age division, and the reserving of ice time to accommodate the teams.

Late registration is based on a first come, first serve basis. It is not anticipated that season fees will be prorated because of late registration. Special circumstances or requests falling outside of this general rule must be reviewed, discussed and voted on by the LAHA Board of Directors. At this time proration is limited. Registration is to be completed online through the LAHA website: [www.laha.org](http://www.laha.org). Should proration be allowed it would be calculated in the following way:

*full registration fee / total # of weeks in the season = weekly cost*

*Weekly cost x # of weeks remaining in prorated season = prorated registration fee*

For example: If the season is 18 weeks long, the full registration fee is \$1,470 and the player is starting 4 weeks late. Providing the Board of Directors approves the prorated registration fee, it will be calculated as follows:

*\$1,470 Reg Fee / 18 weeks = \$81.66 weekly cost*

*\$81.66 weekly cost x 14 weeks remaining in the season = \$1,143.24 prorated registration fee*

Proration is determined on a case-by-case basis upon Board approval. It will only be considered via written request to the Board.

Registration will not be effective for any purpose, including insurance, until all required information is completed through the online registration system and payment is received, either in full or through an approved payment plan.

Registration is available on the LAHA website ([www.laha.org](http://www.laha.org)) and for USA Hockey on their website ([www.usahockey.com](http://www.usahockey.com)). Registration must be complete prior to a player taking to the ice for practice or games.

LAHA uses and complies with OSHA and USA Hockey registration rules and processes and utilizes the USA Hockey Cybersport system. OSHA and USA Hockey rules or procedures may take precedence over LAHA handbook guidance.

## **Fees**

The player fees assessed cover the basics required to provide for the program. The fees cover the costs of a number of items including but not limited to:

- Ice rental for practices
- Ice rental for games
- Officials to referee games
- Equipment such as pucks, puck bags, cones, nets, medical kits, etc.
- Supplies for printing, mailing, advertising, post office box, telephone, forms and supplies, and related administrative costs
- Clinic fees for coaching improvements and advancements and education
- Team entry fees for tournaments
- Player uniforms

Fees are not collected to cover team expenses outside of tournament entry fees. If teams choose to host end-of season celebrations, have team dinners, etc., the costs for these activities are optional and up to each team to manage pending the following guidelines:

- The “Team Financial Records” are open to review by the player families and LAHA Board of Directors. Receipts and records should be kept of all monies spent and collected for team expenses.
- Individuals are not allowed to make a profit from team fees.
- Unused team fundraising money may be used for such activities agreed on by the team (such as a team party); returned in a fair manner to the families as agreed upon by the team; donated back to LAHA to help support the organization.

## **Multiple Children Discount**

Families registering three (3) or more siblings for LAHA's regular season teams (8U-18U) in the same season are eligible for a 15% discount off the combined registration fees. In order to receive this discount, all registrations and payment must be completed and submitted for all (3 or more) children at the same time.

Intro to Hockey registration does not qualify for this discount.

Families taking advantage of the "Multiple Children Discount" in a given season will not be eligible to receive a scholarship during the same season.

The LAHA Board of Directors reserves the right to make final decision regarding qualifying for the discount, questions of eligibility and/or in cases of special circumstances. Proof of relationship or of residence may be required upon request by the LAHA Board of Directors.

## **Registration Fee Payment Failure**

LAHA allows families to pay their player registration fees either in full or through an installment plan. If payment fails to clear the bank or if an installment payment fails to process on the monthly draft date, your player(s) will not be allowed to participate until payment is resolved. Any fees incurred by LAHA for payment failures will be added to your total amount due.

## **Player Release / Financial Default / Sanctions**

Players in debt or default to LAHA are ineligible for membership to any other USA Hockey registered association or team until the indebtedness is satisfied and a player release letter from LAHA is obtained. The release letter or form will be required for presentation as proof of payment to the receiving association or team.

Prior to LAHA seeking assistance from the affiliate (OSHA) or USA Hockey, it is required that a certified/return receipt requested letter be sent to the last known address of the party that owes the money. The letter will contain the following: the amount of debt, what the charges are for; the fact that the player may not register with another association until the debt is paid (citing this LAHA guidebook as reference); and that if the player has registered with another association or team then further action/sanction will be sought through OSHA and USA Hockey. The player will have fifteen (15) days to reply.

# Anticipated Hockey Expenses

The following are the anticipated expenses outside of the LAHA season registration fees. In any given season it is possible an expense may arise that is not covered in this Guidebook. Should that occur, the team and/or families affected should work with the LAHA Board of Directors to find an appropriate resolution to any related issues.

## USA Hockey Registration

Each season, all players are required to register as a member with USA Hockey through their website ([www.usahockey.com](http://www.usahockey.com)). USA Hockey membership is valid for one year and expires August 31st.

The fee paid for USA Hockey membership includes a small fee for Oregon State Hockey Association so that the affiliate can work with state associations to organize, assist and administer programs as well as provide funding for special activities, player development camps, and approved initiatives.

## Background Check

All coaches and volunteers are required to complete a background check. Completed background checks are valid for two years. Background checks are required to be completed before being allowed on the ice, in the locker rooms, or in any other situation where meaningful and regular contact with youth occurs. The fee for a background check is in the \$25-30 range and is not refundable. To complete your background check, you must use the link provided on the LAHA website to Verified Volunteers so that your background check connects with OSHA and LAHA. Background checks from other services or providers will not be accepted.

Go to: <https://app.verifiedvolunteers.com/Candidates/Account/Register>

When registering for your background check you will need to enter the following “Good Deed” code: **9mxa215** so that Verified Volunteers runs the checks required for OSHA.

## Gear

All players are required to have the appropriate, non-expired gear in order to take to the ice for practices, games, and other on-ice activities. A list of what equipment is required is available on the LAHA website ([www.laha.org](http://www.laha.org)). LAHA has limited number of temporary loaner gear for use by new players to the sport who have not yet had a chance to obtain their own gear. This gear is available on a first come, first serve basis and may be requested from the LAHA Board of Directors.



## **Travel and Tournaments**

Each individual team member is responsible for their travel costs for participating in away games and tournaments. To the best of our ability, overnight travel is kept to a minimum for regular season games although it cannot be avoided completely due to the geographic distance between rinks across Oregon and Washington.

Team Managers, whenever possible, will work with local hotels to block a book of rooms at a negotiated rate to minimize expense. Families are not required to stay in these hotels (outside of a sponsor/host hotel situation) but doing so can often be a great bonding opportunity for players and their families.

Funds are collected through the player registration process at the beginning of the season to cover the entry fee for a team into two to three (depending on each entry fee) tournaments. Team managers should submit a written request to the LAHA Treasurer to pay tournament entry fees two weeks in advance of being due to the host organization.

## **Sponsor Hotels/Motels**

Teams may be required to comply with an organization's host/sponsor hotel when traveling. Associations who have this policy generally use funds from these hotels to help grow and/or sustain their programs and failure to comply can result in a financial penalty to the team in violation of the policy. Determination and enforcement of this policy is up to each individual organization and LAHA has no jurisdiction on what other organizations choose to do in this regard. The team manager should be in contact with opposing teams or organizations to determine if a host hotel is required.

## **Team Fees**

Teams may elect to fundraise to cover the expense for end of season celebrations, team gifts, team dinners, coach appreciation gifts, etc. These fees are optional and up to each family as to how they participate. It is strongly recommended, for added accountability, that team funds are run through the LAHA treasurer.

## **Fundraisers**

LAHA is committed to keeping costs down by fundraising. There is, usually, at least one fundraiser per year and more opportunities may become available throughout the year. Please cooperate with your team manager's request for help. All activities are intended for the benefit of the players.

# Scholarships

LAHA supports inclusiveness with this sport and provides scholarships to assist families in need. Questions regarding scholarships can be directed to the LAHA Vice President. The application is available on the LAHA website ([www.laha.org](http://www.laha.org)).

## Scholarship Policy

- Each year, based upon the current season's fees, the Board will establish, and make public, the maximum allowable amount of scholarship to be paid out per player. This amount must not exceed 30% of established annual fees for each player's current registered level. The current maximum allowable amount is \$500 per player with a family maximum of \$1,000.
- Completed applications must be received by September 15 for the current season to qualify for consideration. Late applications will not be accepted unless the player is new to the organization and not previously registered.
- Applicants must have significant financial need. Proof of state/federal assistance must accompany the application.
- Applicants must be in good financial standing with the Association.
- Applicants will normally be eligible for scholarships every other year. Extenuating circumstances, including, but not limited to extreme financial hardship, significant, unexpected medical expenses, job or housing loss, may be considered for an exception to this rule, at the discretion of the Board.
- An approved payment plan and a received first payment must be on file prior to the awarding of the scholarship. Scholarships, when awarded, will be applied directly to the player's account after receipt of a first payment.
- Scholarship applications will be first reviewed by the Vice President for completeness of the application and then proposed to the Board, for approval.

Scholarship amounts will vary based upon the financial needs of the applicant. The primary determination will be based upon a family's qualification for the Free and Reduced Meals program through the Oregon Department of Education. LAHA will use the following criteria to determine eligibility and need:

- Families qualifying to receive "Reduced" fee meals may receive a maximum of 70% of total allowable scholarship monies. Families qualifying to receive "Free" meals may receive up to 100% of total allowable scholarship monies.
- Families not qualifying to receive either Free or Reduced meals must supply proof of an alternate State or Federal program, or other documentation demonstrating significant financial need. Determinations for eligibility will then be made on a case by case basis by the Board.

# Coaching Staff

To insure quality and to continue improving our hockey program, all LAHA coaches are required to have current season USA Hockey membership and be certified through the USA Hockey Coaching Education Program (CEP). All coaches must recertify based on current USA Hockey guidelines prior to the start of the season. In addition to completion of CEP coursework, all coaches are required to complete modules specific to the age and gender division(s) they will be coaching. Head coaches are preferred to have at least one year of assistant coaching experience before taking a head coach position. LAHA also maintains a coaching committee that meets to discuss coaches, coaching needs and continuing education. Part of the mission of LAHA is to continue the development of coaches as well as players and volunteers.

## Reimbursement Policy for Level 4 Certification

LAHA will reimburse a coach the certification fees associated with a Level 4 certification ONLY when the following process has been followed and the Board has approved the request. Transportation and travel expenses will be the responsibility of the coach, and will not be included in the reimbursement. LAHA may limit the number of Level 4 reimbursements in a calendar year based on the availability of funds.

Process: If a coach is planning to request a reimbursement, then prior to registering for the Level 4 certification, coaches should receive confirmation from the LAHA Board of Directors that the coach actually is required to receive the certification and that the coach will be eligible for reimbursement. (Not all coaches needing to recertify at a Level 4 will be approved. LAHA reserves the right to deny a coach's request for reimbursement if there are other, senior coaches at the same level who already possess a level 4.) After providing documentation showing successful completion of the course, LAHA will reimburse the certification fees to the coach.

## Additional Coaching Requirements

Coaches are also required to complete a background check and SafeSport certification. These two items are for the protection of both the coach and the players. Head Coach is responsible for ensuring compliance by their assistant coaches, team manager, players, and families of all LAHA policies and guidelines, background checks and SafeSport training.

To further the improvement of coaches and coaching practices there will be a coaching evaluation made available to the parents/players of each team at the end of the season. The completion of the evaluation and provision of additional written feedback will allow the coaching committee and the Board of Directors to continue to improve coaching, communications or training for the betterment of the program and growth of the sport.

# Team Guidelines

To provide an understanding of authorities and responsibilities for the individual or collective actions of a team the following descriptions shall be used.

## Hockey Team

A hockey team is comprised of the coaches, manager(s), and players duly registered and listed with USA Hockey and the affiliate of the Oregon State Hockey Association.

## Team Duration

A team becomes a team upon the proper registration with USA Hockey, the Oregon State Hockey Association and with the Lane Amateur Hockey Association. Registration is deemed complete with presentation of the USA Hockey Individual Membership Registration (IMR) barcoded receipt, the LAHA registration forms and full registration fee. Upon receipt of these items and activation of the IMR a team will become an official team. A team will go out of existence when formally disbanded at the end of the hockey season on a date as listed in the LAHA calendar; after the date of the team end of year function or no later than the last day of the USA Hockey playing year, currently August 31.

## Background Checks

Background checks are required for all LAHA coaches, team managers, and LAHA Board members. Other volunteers age eighteen (18) and over, who have regular contact with the youth participants, are also be required to complete a background check. (See Background Check Policy on page 12 of this Guidebook)

## SafeSport Certification

SafeSport training and certification is required for all LAHA coaches, team managers, and LAHA Board members. Other volunteers age eighteen (18) and over, who have regular contact with the youth participants, are also be required to obtain SafeSport Certification before being allowed to take to the ice or have meaningful contact with youth participants. The training and certification is free and is valid for two years upon successful completion. Register for SafeSport training here: <https://www.usahockey.com/safesporttraining>

## **Persons on the Bench**

Players may not be on the ice, on the bench or in the area of the bench unless dressed to play in a game (full gear). The exception is an injured player that will not be participating in the game but will assist in gate opening or in learning from the coaches as the game progresses. The player is required to have a certified helmet on and gloves. No player who is ineligible to play in a game due to suspension may be in the area of or on the bench during a game. No player may count for purposes of fulfilling the minimum game requirements a game in which the player is ineligible. There shall not be anyone on or in the area of the bench that is not a member of that team.

## **Responsibilities – Coach and Team Manager**

Responsibility for the team rests with the Head Coach who in his/her absence may delegate any and all team responsibilities to the registered assistant coach(s). If no team coaches are available for the bench, a temporary coach substitution may be made with approval of appropriate game or tournament officials provided the coaching level requirements have been met. No further delegation of team responsibility is allowable consistent with risk management and legal considerations.

- Up to four (4) persons maybe allowed on the bench. The team manager may be allowed on the bench if they also have a proper coaching registration and USA Hockey certification.
- All Tier I and Tier II coaching staff must be certified in accordance with USA Hockey if that coach/team is planning on participation in a regional or national tournament. The coach(s) must have a valid USA Hockey certification and be listed in the USA Hockey database.
- At all times and places and during events that would qualify the team or any of it members for USA Hockey required insurance coverage as defined above and during team travel by private conveyance, the Head Coach has responsibility for all public actions/behaviors of all team members; however, such responsibility may be delegated to assistant coaches in the required, excused or unavoidable absence of the Head Coach. Additional considerations may be contained in the USA Hockey Annual Guide that is referenced here and made a part of these guidelines.

## **Game**

A game is defined as the time during which a team is in the rink preparing to go on the ice, physically on the ice, moving between the ice and the dressing room, and in the dressing room during the game intermission. The Game ends upon signature of the score sheet and the exiting from the ice of all players, coaches and officials.

## **Travel Permits**

Travel permits are required for teams traveling outside of Oregon. Travel permit forms are available on the LAHA website ([www.laha.org](http://www.laha.org)). Completed travel permit(s) are submitted to the OSHA designated board member prior to the travel occurring. Travel to Canada requires travel permit approval sixty (60) days in advance and must also be submitted to the OSHA designated board member for approval.

## **Tournaments**

Local Association tournaments must be sanctioned and have a USA Hockey tournament permit.

Out of State/Canada Tournaments: Match penalties occurring while traveling must be reported to the appropriate authority (LAHA board and OSHA) upon return to home association.

## **Games with Teams from Other Federations**

Games with Canadian teams can be approved with a Travel Permit or a Tournament Sanction Form. Games with all other teams from differing Federations, even when played in the USA, must be sanctioned as provided in the USA Hockey Annual Guide, Section XV, INTERNATIONAL. Please note that there will be a fee associated with playing a team from another Federation, excluding Canadian; consult the USA Annual Guide or the website for details.

## **Ice Rental**

Per the ByLaws of LAHA only the LAHA President may obligate LAHA to financial obligations and therefore the President must rent ice time on behalf of the Association or any one team for ice time to be included under the LAHA registration fee for that year.

If any LAHA team desires to purchase extra ice, the team coach or team manager must communicate their need with the LAHA President stating if the requested ice is rescheduled ice or if it is additional ice rental outside of the ice time included in the LAHA fee. The extra ice must be booked through the LAHA President, not The Rink Exchange.

If for any reason ice time must be cancelled, the team manager of that team is responsible for letting the LAHA President know four (4) weeks in advance. If thirty-two (32) days advance notice is not given, that team will be responsible for either the cost of the reserved ice time or for selling the ice to another LAHA team if another team is interested in purchasing the ice. Final approval of ice changes is dependent on the contract with the rink of the current season.

## **Pacific District Guidebook**

Supplemental information concerning the Pacific District of USA Hockey can be obtained in the Pacific District Guidebook. Please check on line at [www.pacificdistricthockey.com](http://www.pacificdistricthockey.com) for information.

## **USA Hockey Rules**

The official USA Hockey playing rules shall be used in LAHA games and tournaments. The USA Hockey Annual Guide shall prevail.

# Player Guidelines

## Movement Between Age Divisions

Players and parents desiring a change of play level must petition the LAHA Board directly for consideration. LAHA will abide by OSHA and USA Hockey Guidelines.

## Goalie Rotation

It is LAHA's policy that the goalie position at the house program 8U level and the 10U level be rotated on an equal basis upon all players that are interested in that position. There are to be NO dedicated goalies at the 8U and 10U levels. All players should be able to "skate out" as well as play goaltender at these age divisions. The ability to adequately skate applies to all players regardless of position. At 12U level and above, dedicated goalies are allowed. It is recommended that if a player wants to be a dedicated goalie that he/she does not skate out and devotes himself/herself to being the best player in that position as possible.

## Tryouts

Based on roster sizes/enrollment tryouts may be needed at the travel level of play. Tryout information and dates will be determined if needed.

## Locker Rooms and Dressing

All LAHA players are to use the rink's locker room facilities, and not the rink's lobby, to dress and undress prior to practices and games. Because teams will often have both boys and girls on the same roster, the following policies will be referred to with respect to the issue of gender-specific locker rooms.

**Meeting:** In lieu of an individual team procedure, all players will meet in the rink lobby or foyer 30-minutes prior to the scheduled practices and 45-minutes prior to a scheduled game. By meeting in the lobby locker room determinations and assignments can be easily made.

**8U:** Players are allowed to use the same locker room; parents are allowed into the locker room to help their child dress and undress. This joint use would occur if players are not undressing fully or utilizing the showers. If a player wishes to use a gender-specific locker room, they are welcomed to do so. All locker rooms require a minimum of two like-gender coaches or managers or parents or combination thereof be present while the players are in there, both before and after the practice or game.



**10U:** Players are allowed to use the same locker room; with coach's permission, parents are allowed into the locker room to help their child dress and undress. This joint use would occur if players are not undressing fully or utilizing the showers. If a player wishes to use a gender-specific locker room, they are welcomed to do so. All locker rooms require a minimum of two like-gender coaches or managers or parents or combination thereof be present while the players are in there, both before and after the practice or game.

**12U and Above:** Players of different genders are not to use the same locker room when dressing, undressing, showering, etc. Parents should not be in the locker rooms unless a background check has been done prior to fulfilling any locker room monitoring request of the coaches. Both locker rooms should be supervised when occupied by players. A minimum of two adults of the appropriate gender should supervise as coordinated by the Head Coach or team manager. Once players have their underlayers on, they may join together in the same locker room for pre- and post-game team talks.

**Alternate Dressing Facilities:** On occasion a facility will lack adequate locker rooms for genders to dress separately. At these times, it may be necessary to utilize one of the facility's restrooms for dressing and undressing purposes. Should this occur, the coach should note the need to use the restroom and arrange to have the restroom monitored by the team manager or another background checked individual. At the time the team is ready for a pre-game or post game chalk talk, the coach will notify players to join together in the team's assigned locker room. At this time there will be a minimum of two coaches/managers in the room at all times.

**Special Hockey:** Typically a parent, or coach/mentor assist the players with their preparation to enter the rink. The players typically are engaged in skating and skills development and must wear, at a minimum, helmet, gloves, elbow pads, shin guards, and skates. Learning is on a more individual level and as such, dressing and undressing only partially occurs at the rink and often can take place near the gate entrance to the rink at the southwest corner. If possible, it is recommended to use the locker rooms for ease of dressing and as part of the hockey experience.

# Equipment

The following is a list of ice hockey equipment that each player is required to have to meet the protection and safety needs of the player and of LAHA. There may be some loaner/rental equipment available from LAHA although the LAHA inventory is not great and varies in sizes. If sizing of equipment or skates is in question please consult with one of the coaches or Board members who will be pleased to answer your questions.

- Mouth guard
- Protective cup and athletic supporter (boys)
- Pelvic protector (recommended for girls)
- Skates
- Stick (in good repair – sticks with chips or nicks in the blade may be disallowed by an Official in a game scenario as it can be dangerous)
- Garter belt/shorts with sock attachments (players may elect to use sock tape in addition to the garter or shorts with sock attachments but not in lieu of)
- Approved non-expired HECC helmet with mask and ear pieces with chin strap and mask straps
- Neck guard (optional in LAHA but may be worn if desired)
- Shin guards
- Hockey socks (ordered or provided thru LAHA)
- Hockey pants
- Jersey (ordered thru LAHA)
- Shoulder pads
- Elbow pads
- Gloves – ice hockey style gloves
- Equipment bag (not required, but handy)

## Eugene Jr. Generals Apparel

LAHA has made arrangements with designated vendors to produce Eugene Jr. Generals branded apparel and accessories. Orders for items with the Eugene Jr. Generals logo and/or name may only be purchased through these specified vendors. A link for placing orders is available on the LAHA website. For additional items or questions, please contact the LAHA Board.

# Volunteering

LAHA is an all volunteer run organization. As such, it takes all families working together to make for a fun and successful season. We ask that each family volunteer a minimum of four (4) hours of their time to assist with team operations during the season. The following are ways you can help support LAHA and your player's team.

Please note: ALL volunteers who have regular and meaningful contact with youth are required to have completed background checks and SafeSport certification. This is not required for volunteers in the penalty box, time keeping, score keeping, or when assisting in open areas like the rink lobby where multiple adults are present.

## Team Manager

- One background checked and SafeSport certified volunteer per team
- Intermediary between parents and coach
- Attend monthly LAHA Board meetings (or designate a representative to attend)
- Arrange for time clock operator, scorekeeper and penalty box personnel (minor officials) at home games
- Coordinate locker room attendants for security
- Train all parents, or arrange for their training by another LAHA member for all parents interested in running the time clock, operating the penalty boxes and keeping score
- Fill out player information on the scoresheet for scorer
- Distribute practice and game schedules
- Use TeamSnap for communicating with parents so they can be informed of important information quickly
- Promote LAHA fundraising
- Help coordinate tournaments, both in town and out of town
- Arrange a block of hotel rooms for out of town travel
- Provide directions to out of town hotels and ice arenas. Many associations will have this information on their websites or can be emailed by the manager of the out of town team
- Make sure disciplinary committee is aware of discipline issues
- Report match penalties occurring while traveling to the appropriate authority (LAHA board and OSHA) upon return to home association
- Make sure injury reports are filled out and provided to the President
- Duties last until the completion of all hockey functions for the year
- Have team credentials with them at all hockey functions where required
- The team manager should be in contact with opposing teams or organizations to determine if a host hotel is required when LAHA travels. In addition, LAHA team managers should inform visiting teams of their responsibility to utilize host hotels in the Eugene area, should there be any designated at the time of their visit.

- Delegate duties. Not all duties have to be completed solely by the team manager. As all functions are voluntary it is suggested that the manager obtain assistance from as many team parents as possible to complete the tasks needed.

## **Time Clock Operator (off ice official)**

The volunteer person that operates the time clock performs the duty of time keeper or time keeper/scorekeeper. The time keeper performs the operations of setting the time, inputting penalties and tracking time between periods. Timeclock operator is selected by and assists the team manager for game operations.

## **Scorekeeper (off ice official)**

The scorekeeper is the person that fills in the score sheet and sits in the time keeper's box with the time keeper. The scorekeeper and time keeper help each other in tracking time, stoppage, penalties, and the infraction, player off the ice, player on the ice, and the player receiving the penalty. Also communicates with penalty box attendants concerning length of penalty and at times when a player may be let out of the penalty box.

## **Penalty Box Attendant**

This person is located in the penalty box, one in the home box and one in the away team's box. LAHA recommends this person to be at least 18 years of age but should be at least one age group higher than the teams involved in the game. The team manager will check with the visiting team's manager to determine if the visiting team would like to place a visiting team parent in the visitor's penalty box. The attendant is responsible for letting the player in the box and in letting them out when the penalty expires or a score has been made prior to the ending of the penalty time or the time for concurrent penalties has expired and a whistle stops the play. The Attendant opens the door upon approach of the player and shuts the door behind the player immediately after the penalized players enters the penalty box; helps calm the players in the box; communicates with the scorekeeper or time clock operator if there is some uncertainty of penalty length, when to let player(s) out or other concerns.

# LAHA Discipline Policy

LAHA, as a USA hockey affiliate organization, and all our players, as USA Hockey members, are bound by Bylaw 10 as it appears in the USA hockey Bylaws available here:

[https://cdn3.sportngin.com/attachments/document/0039/8240/Annual\\_Guide\\_1718\\_web.pdf](https://cdn3.sportngin.com/attachments/document/0039/8240/Annual_Guide_1718_web.pdf).

LAHA strives to create a positive, sportsmanlike environment for our hockey players. We, as an organization, believe that it is important to set and maintain high standards and expectations for team, player, and parent conduct. Therefore the following LAHA policies are:

## Players

Players who receive a game misconduct are subject to the following disciplinary actions:

- First Offense: Automatic USA Hockey 1 game suspension.
- Second Offense: USA Hockey 1 game suspension plus 1 additional game suspension (two total). The second suspension is per LAHA policy
- Third Offense: USA Hockey 1 game suspension plus 2 additional game suspensions (3 total)
- Fourth Offense: Player is suspended from all games until player's behavior is reviewed by the Disciplinary Committee. Player review and recommendations will be sent to the LAHA Board of Directors for final approval.

**Match Penalty** -- The player is suspended immediately and will not return to the ice until a full investigation is completed by the Disciplinary Committee. Per USA Hockey Annual Guide, the Annual Guide process will be followed with a review and decision process not to exceed 30 days.

In all circumstances the player consequence ladder must be enforced by the coaching staff immediately. Failure to do so may result in further player suspension and disciplinary action toward the coaching staff.

A player may also be brought before the Disciplinary Committee for actions deemed "violations of the spirit of the Player Code of Conduct". Grievances of this type must be submitted in writing to the Chairman of the Disciplinary Committee at least 24 hours before a scheduled disciplinary hearing.

## Appeals

A player or player parent may appeal any suspension. Appeals will be heard at a regularly scheduled committee meeting or a meeting specifically called for the purpose of reviewing an appeal. Appeals must be filed in writing with the chairman of the committee at least 24 hours prior to a scheduled meeting. No “emergency” appeals will be heard under any circumstance.

## Coaches

Coaches are responsible for establishing a high level of discipline on and off the ice. The number of game misconducts accumulated by a team will be an important factor in evaluating the coaching staff.

Coaches may also be subject to disciplinary considerations. At the start of each season the LAHA Coaches Committee will provide to all Head and Assistant Coaches a copy of USA Hockey’s Coaches Code of Conduct ([http://assets.ngin.com/attachments/document/0076/1854/usa\\_hockey\\_coaches\\_code\\_of\\_conduct.pdf](http://assets.ngin.com/attachments/document/0076/1854/usa_hockey_coaches_code_of_conduct.pdf)) and the Coaching Ethics Code ([https://cdn1.sportngin.com/attachments/document/0042/0990/Coaching\\_Ethics\\_Code\\_13\\_PROOF1.pdf](https://cdn1.sportngin.com/attachments/document/0042/0990/Coaching_Ethics_Code_13_PROOF1.pdf)) that outlines the expectations and requirements to be held to by coaches. Violation of these can result in disciplinary actions up to and including dismissal.

## Parents

At the time of registration all parents are required to read and sign a Parent Code of Conduct. Signing by one parent will serve as agreement from all biological/step/adoptive parents and/or guardians. Violations of the Code of Conduct may result in disciplinary measures against the parent(s).

## **Disciplinary Guidelines for Use by LAHA Coaches**

Each coach is responsible for his or her own disciplinary actions. However, the following guidelines are intended to be helpful when deciding if disciplinary action should be taken and if so decided, the coach will have the full support of the disciplinary committee, coaches committee and the Board. Coaches are to provide the LAHA Discipline Committee Chair (Vice President) written documentation of all disciplinary issues within one week of occurrence.

**Breach of Player Code of Conduct: Defined as non-compliance with ANY of the terms outlined in the code of conduct provided to and signed by the player at registration.**

### **Recommended Disciplinary Ladder for Breach of Player Code of Conduct:**

- First Offense: Player is reminded of his agreement to comply and a copy of the signed code of conduct is provided to the player and their parent(s).
- Second Offense: Player does not play the next three games (game) but practice is mandatory.
- Third Offense: The player's offence record will be reviewed by the disciplinary committee and the board and a decision of expulsion from the program can be made.

**Breach of Parent Code of conduct: Defined as non-compliance with ANY of the terms outlined in the code of conduct provided to and signed by the parent at registration.**

### **Recommended Disciplinary Ladder for Breach of Parent Code of Conduct:**

- First Offense: Parent is addressed by the coaching staff of the team about the aspects of the code that are being broken and copy of signed code is provided.
- Second Offense: Parent is given a warning letter from the Board that their behavior is in violation and they are asked to not be present at the next game.
- Third Offense: Parent is given a letter from the Board requesting they no longer attend games and/or practices but to please only provide transportation to and from the team events.

# Player Code of Conduct

Each player is required to read the following guidelines. A separate Code of Conduct will be provided to the players for their signature and filed in their player records. The Code of Conduct was established so that all players understand the commitment needed to make the team a cohesive unit, all working together for the good of the team. Please consider the terms carefully. Players who breach the Player Code of Conduct may be referred to the Discipline Committee for further review and / or action.

## **The Player Code of Conduct:**

- I will play the position or positions that my coaches feel will be the best for my team, reserving the right to ask for playing time in other positions.
- I will, to the best of my abilities, practice as hard as possible, giving 100% of my energies to becoming a better hockey player at practices and games.
- I will support, encourage and motivate my fellow team members. I will strive to be a positive member of my team.
- I will notify my coaches as soon as possible if a game, practice or meeting will be missed.
- I will, at all times, strive to maintain sportsmanlike conduct on the ice, in the box and in the locker room.
- I will refrain from swearing or using abusive language while representing LAHA on the bench, in the rink, or at any team function.
- I will refrain from using drugs, alcohol, chewing tobacco or illegal substances.
- I will not lash out at any official no matter what the call is. The coaching staff will handle all matters pertaining to officiating.
- If I receive a penalty, I will skate directly to the penalty box.
- I will not fight. Fighting will not be tolerated. Fighting will result in an appearance before the Discipline Committee.
- I will conduct myself in a befitting manner at all facilities (ice rink, hotel, restaurant, etc.) during all team functions and at all times when wearing team attire.



# Parent Code of Conduct

Parents are asked to read the following guidelines. The Code of Conduct was established so that all parents understand the commitment needed to make the team a cohesive unit, all working together for the good of the team. Please read and consider the terms carefully. Parents that breach the Parent Code of Conduct may be spoken to about their behavior or may be asked to leave the immediate area of the Ice Rink. If an official, tournament director, or a member of the Board of Directors request the parent to leave the immediate area of the Ice Rink or to leave the building the parent will do so. The matter of breach of Parent Code of Conduct may be referred to the LAHA Discipline Committee for further review and / or action.

## **The Parent Code of Conduct:**

- I will support the coaches' decisions, reserving the right to have my questions addressed at the appropriate time. I will not approach a coach or team manager during a game or in the locker room. I realize the job of my team manager is as a liaison between parents and coaches if needed.
- I will notify the coaches as soon as possible if my player will miss a game, practice or meeting.
- I will, at all times, strive to maintain sportsmanlike conduct as a parent representative of LAHA.
- I will support, encourage, and motivate the team to uphold the positive image of LAHA.
- I will follow the proper channels provided for any grievances, comments, or suggestions concerning my player, the team, the coach or the LAHA board.

# Coach's Code of Conduct

Coaches will be asked to read and sign a copy of the following Code of Conduct. The Code of Conduct was established so that all coaches understand the commitment needed to make the team a cohesive unit, all working together for the good of the team. Please read and consider the terms carefully. Coaches that breach the Coaches Code of Conduct may be spoken to about their behavior or may be asked to leave the immediate area of the Ice Rink. If an official, tournament director, or a member of the Board of Directors request the coach to leave the immediate area of the Ice Rink or to leave the building the coach will do so. The matter of breach of Coaches Code of Conduct may be referred to the LAHA Discipline Committee for further review and/or action.

## **The Coach's Code of Conduct:**

- Winning is a consideration, but not the only one, nor the most important one. Care more about the child than winning the game. Remember, players are involved in hockey for fun and enjoyment.
- Be a positive role model to your players, display emotional maturity and be alert to the physical safety of players.
- Be generous with your praise when it is deserved; be consistent and honest; be fair and just; do not criticize players publicly; learn to be a more effective communicator and coach; don't yell at players.
- Adjust to personal needs and problems of players; be a good listener; never verbally or physically abuse a player or official; give all players the opportunity to improve their skills, gain confidence and develop self-esteem; teach them the basics.
- Organize practices that are fun and challenging for your players. Familiarize yourself with the rules, techniques and strategies of hockey; encourage all your players to be team players.
- Maintain an open line of communication with your players' parents. Explain the goals and objectives of your association.
- Be concerned with the overall development of your players. Stress good health habits and clean living.
- To play the game is great. To love the game is greater.
- USA Hockey requires coaches wear helmets at all practices.

# Spectator Code of Conduct

Spectators are asked to read the following guidelines. The Code of Conduct was established so that all spectators understand the commitment needed to make the team a cohesive unit, all working together for the good of the team. Please read and consider the terms carefully.

Individuals that breach the Spectator Code of Conduct may be spoken to about their behavior or may be asked to leave the immediate area of the Ice Rink. If an official, tournament director, or a member of the Board of Directors request the individual to leave the immediate area of the Ice Rink or to leave the building the individual will do so. The matter of breach of Spectator Code of Conduct may be referred to the LAHA Discipline Committee for further review and/or action.

## **The Spectator Code of Conduct:**

- Display good sportsmanship. Always respect players, coaches and officials.
- Act appropriately; do not taunt or disturb other fans; enjoy the game together.
- Cheer good plays of all participants; avoid booing opponents.
- Cheer in a positive manner and encourage fair play; profanity and objectionable cheers or gestures are offensive.
- Help provide a safe and fun environment; throwing any items on the ice surface can cause injury to players and officials.
- Do not lean over or pound on the glass; the glass surrounding the ice surface is part of the playing area.
- Support the referees and coaches by trusting their judgment and integrity.
- Be responsible for your own safety – be alert to prevent accidents from flying pucks and other avoidable situations.
- Respect locker rooms as private areas for players, coaches and officials.
- Be supportive after the game – win or lose. Recognize good effort, teamwork and sportsmanship.

# LAHA Rules and Regulations In Effect at The Rink Exchange

- Players are not permitted to enter the locker rooms without the minimal required SafeSport certified volunteers.
- Players dress both into and out of hockey gear in the locker rooms, not the lobby area.
- Children are not allowed to “run wild” throughout the rink.
- Parents are responsible for any damage to the rink grounds or property caused by their child.
- No hockey is to be played anywhere on the grounds except on the ice or a designated dry land practice area. No wall hockey, no lobby hockey, or street hockey.
- Keep children out of the restrooms unless they are using the facilities. No playing is permitted in or around the restrooms.
- Parents are not allowed near the player benches during games or practices.
- The time on the ice with your children belongs to the coaches. If you wish to address the coach, please do so either before or after the game or practice. A parent who disregards this rule will be asked to leave the area immediately. Continued disregard will result in expulsion from the arena and the offender may be subject to further disciplinary action.
- No one is allowed on the ice until the Zamboni/Olympia doors are closed and locked. Anyone found continually violating this policy will be subject to disciplinary action.
- No player is allowed to go onto the ice surface without a coach present. Players must wait for a coach to enter the bench area or take the ice.
- Players must leave their helmets on while on the ice or the bench. Removal of helmets is strictly prohibited.
- All players must treat rink employees, league officials, coaches and referees with respect. Players and children will listen to adults and follow directions when reprimanded.
- Foul language will not be tolerated. Players and coaches are subject to immediate disciplinary action for failure to comply with this rule. We have guests in the rink to watch games and small children present on a regular basis.
- No alcohol or drugs are allowed on the grounds at any time. Rink employees are instructed to call police if alcohol or drugs are present. In addition, any player or coach who comes to a LAHA practice or game under the influence of alcohol or drugs is subject to further disciplinary action, up to and including expulsion from the program. This is a serious area of concern and will be strictly enforced. If you witness this violation, please notify the rink staff immediately or contact a board member.

# LAHA General Timeline

## January

- Announce open Board of Directors positions
- Board Meeting – regular monthly schedule
- Oregon State Hockey Association Quarterly Meeting
- Oregon USA Hockey Development Camps U-17, 16, 15, & 14

## February

- Nominations open for announced Board positions
- Board Meeting – regular monthly schedule
- LAHA Ice Cup Tournament

## March

- Regular LAHA Season ends
- Board Meeting – regular monthly schedule (this is the Annual Membership Meeting)
- Election of members to open Board positions
- Distribute Coaches Evaluation Survey to families

## April

- Board Meeting –regular monthly schedule
- Newly Elected Board Members take office
- Create new financial budget – first draft projections
- Create new Ice Schedule – first draft
- Number of Players – first projection
- Coaches End of Year Review and Planning Meeting
- Coaching Applications and next season intentions / desires due
- Oregon State Hockey Association Annual Meeting

## May

- Board Meeting – regular monthly schedule
- Financial Budget – second draft, update projections
- Ice Schedule – second draft, update potential usage
- Pacific District USA Hockey Meeting

## June

- Board Meeting – regular monthly schedule
- Ice Schedule – final tentative draft (revisions at time of registration completion)
- Oregon Hockey Officials – contact for any changes in fees and availability
- Registration Plans – Draft completed
- Jerseys and Apparel draft proposals / changes
- USA Hockey Annual Congress – Colorado Springs

## **July**

- Board Meeting – regular monthly schedule
- Financial budget completion and setting fees
- Oregon State Hockey Association Quarterly Meeting
- Registration plan completed and prepared for posting on LAHA website

## **August**

- Board Meeting – regular monthly schedule
- Registration plan emailed to members and posted on LAHA website
- Game Schedules – work with other associations for potential season game schedule times and dates
- Oregon Hockey Officials Association – check in for updates and scheduling
- Registration Day and Gear Swap

## **September**

- Board Meeting – regular monthly schedule
- LAHA Hockey Season Begins
- Photographs – research photographers, schedule October date for team and individual photographs

## **October**

- Board Meeting – regular monthly schedule
- Oregon State Hockey Association Quarterly Meeting
- LAHA Team Photographs

## **November**

- Board Meeting – regular monthly schedule
- LAHA breaks from schedule for Holidays and Tournaments

## **December**

- Board Meeting – regular monthly schedule
- LAHA breaks from schedule for Holidays and Tournaments

# Appendix

## LAHA Player Development Protocol

### I. Classifications

In accordance with the USA Hockey Annual Guide, LAHA has established criteria for the each of the age classifications consistent with best practices as established by USA Hockey, the Pacific District, OSHA, LAHA Board of Directors, and the LAHA Coaching Committee.

#### A. 8U - Mite (8 and under)

1. **Roster.** Each team roster will consist of a minimum of 6 players and shall not exceed 11 players. Each team shall be formed in such a way that parity of competition is achieved. Goalies will not serve full time in the position and only one goalie will be dressed during a game.
2. **Coaches.** Each team will have a Head Coach and a minimum of one (1) Assistant Coach.
3. **Season Length.** The maximum season length is twenty-two (22 weeks). A week shall be counted starting on the first day of any sanctioned activity of any kind to include on-ice or off-ice practices, games, or tournaments. The season shall start in October and end no later than the last day in February.
4. **Practices.** There shall be a minimum of two (2), 50 minute on-ice practices per week during the season. For at least one (1) of the on-ice sessions per week, prior to the scheduled practice, an off-ice practice to include work on ABCs (agility, balance, coordination) shall be conducted. The practice shall last between 15 and 30 minutes. The total number of on-ice practices shall be between 34 and 40 for the season. The total number of off-ice practices shall be between 20 and 40.
5. **Games.** All games shall be conducted cross-ice and shall be against in-house opponents only. These games shall be played with medium sized nets. Each game shall last no longer than 60 total minutes (including warm-ups and intermissions). A minimum of 16 and maximum of 20 games shall be played during the season.
6. **Tournaments.** A total of one (1) cross-ice tournament and one (1) jamboree may be played during the season. Should a tournament be played during the season, the total game count, inclusive of those defined in the section I.A.5 will not exceed 22 games. Team must seek written approval of LAHA prior to registering for any tournament. Tournaments may only be played within a 200-mile radius of the Rink.

**B. 10U – Squirt (10 and under)**

1. **Roster.** Each team roster will consist of a minimum of 9 players (8 skaters and 1 goalie) and shall not exceed 18 players (16 skaters and 2 goalies). Each team that shall be formed in such a way that parity of competition is achieved. Goalies may serve full time in the position however, only one goalie will be dressed during any one game. Coaches are encouraged to continue to develop multiple goaltenders at this classification.
2. **Coaches.** Each team will have a Head Coach and a minimum of one (1) Assistant Coach.
3. **Season Length.** The season shall be between twenty-two (22) and twenty-six (26) weeks. A week shall be counted starting on the first day of any sanctioned activity of any kind to include on-ice or off-ice practices, games, or tournaments. The season shall start no earlier than September 15 and end no later than March 15 of the playing year.
4. **Practices.** There shall be a minimum of three (3), sixty (60) minute on-ice practices per week during the season. For at least two (2) of the on-ice sessions per week, prior to the scheduled practice, an off-ice practice to include work on ABCs (agility, balance, coordination) shall be conducted. The off-ice practice shall last between 15 and 30 minutes. The total number of on-ice practices shall be between sixty-six (66) and seventy-eight (78) for the season. The total number of off-ice practices shall be between forty-four (44) and fifty-two (52).
5. **Games.** All games shall be played against in-house or interstate opponents only. All games prior to December 31 of the playing year shall be conducted half-ice 4 v 4 or 5 v 5. These games shall be played with medium sized nets. Each game shall last no longer than 60 total minutes (including warm-ups and intermissions). A minimum of 20 and maximum of 25 games shall be played during the season. No more than five (5) games shall be played on full ice. A majority of games shall be played against in-house (local association) opponents.
6. **Tournaments.** A total of two away (2) tournaments or jamborees may be played during the season. Should a tournament be played during the season, the total game count, inclusive of those defined in the section I.B.5 will not exceed 27 games. Only one (1) of these tournaments may be full-ice. Team must seek written approval of LAHA prior to registering for any tournament. Tournaments may only be played within a 200-mile radius of the Rink.

**C. 12U – Pee wee (12 and under)**

1. **Roster.** Each team roster will consist of a minimum of 10 players (9 skaters and 1 goalie) and shall not exceed 20 players (18 skaters and 2 goalies). Each team that shall be formed in such a way that parity of competition is achieved. Goalies may serve full time in the position. Coaches are encouraged to continue to develop multiple goaltenders at this classification.
2. **Coaches.** Each team will have a Head Coach, and a minimum of one (1) Assistant Coach.



3. **Season Length.** The season shall be between twenty-six (26) and twenty-eight (28) weeks. A week shall be counted starting on the first day of any sanctioned activity of any kind to include on-ice or off-ice practices, games, or tournaments. The season shall start no earlier than August 15 and end no later than March 31 of the playing year.
4. **Practices.** There shall be a minimum of three (3), sixty (60) minute on-ice practices per week during the season. For at least two (2) of the on-ice sessions per week, prior to the scheduled practice, an off-ice practice to include work on ABCs (agility, balance, coordination) and hockey skills shall be conducted. The off-ice practice shall last between 30 and 45 minutes. The total number of on-ice practices shall be between seventy-eight (78) and eighty-four (84) for the season. The total number of off-ice practices shall be between fifty (52) and fifty-six (56).
5. **Games.** At minimum of 20 games shall be played against in-house or interstate level opponents during the playing season. Each game shall last no longer than 60 total minutes (including warm-ups and intermissions). A minimum of 30 and maximum of 35 games shall be played during the season.
6. **Tournaments.** A total of two away (2) tournaments and one (1) jamboree may be played during the season. Should a tournament be played during the season, the total game count, inclusive of those defined in the section I.C.5 will not exceed 35 games. Team must seek written approval of LAHA prior to registering for any tournament. Tournaments may only be played within a 300-mile radius of the Rink.

**D. 14U – Bantam House (14 and under)**

1. **Roster.** Each team roster may consist of a minimum of 15 players (13 skaters and 2 goalies) and shall not exceed 20 players (18 skaters and 2 goalies). Each team that shall be formed in such a way that parity of competition is achieved. Goalies are encouraged to serve full time in the position.
2. **Coaches.** Each team will have a Head Coach, and a minimum of one (1) Assistant Coach
3. **Season Length.** The season shall be between twenty-eight (28) and thirty (30) weeks. A week shall be counted starting on the first day of any sanctioned activity of any kind to include on-ice or off-ice practices, games, or tournaments. The season shall start no earlier than August 15 and end no later than April 30 of the playing year.
4. **Practices.** There shall be a minimum of three (3), sixty (60) minute on-ice practices per week during the season. For at least two (2) of the on-ice sessions per week, prior to the scheduled practice, an off-ice practice to include work on ABCs (agility, balance, coordination) and hockey skills shall be conducted. The off-ice practice shall last between 45 and 60 minutes. The total number of on-ice practices shall be between eighty-four (84) and ninety (90) for the season. The total number of off-ice practices shall be between fifty-six (56) and sixty (60).
5. **Games.** All games shall be played against in- house or interstate (including Vancouver, WA) level opponents during the playing season. Each game shall last no longer than 75 total minutes (including warm-ups and intermissions). A minimum of 35 and maximum of 40 games shall be played during the season.

6. **Tournaments.** A total of three (3) away tournaments may be played during the season. Should a tournament be played during the season, the total game count, inclusive of those defined in the section I.D.5 will not exceed 45 games. Team must seek written approval of LAHA prior to registering for any tournament.

**E. 14U – Bantam Tier II (14 and Under)**

1. **Roster.** A minimum of thirty (30) players must be registered at the 14U division prior to any and all consideration to the formation of a Tier II team. Shall the number of players be greater than fifteen (15) but less than thirty (30), two 14U House teams must be formed for the playing year.
2. Each team roster shall consist of a minimum of 15 players (13 skaters and 2 goalies) and shall not exceed 20 players (18 skaters and 2 goalies). Goalies shall serve full time in the position.
3. **Coaches.** Each team will have a Head Coach, and a minimum of two (2) Assistant Coaches.
4. **Season Length.** The season shall be between thirty-two (32) and thirty-six (36) weeks. A week shall be counted starting on the first day of any sanctioned activity of any kind to include on-ice or off-ice practices, games, or tournaments. The season shall start no earlier than August 15 and end no later than April 30 of the playing year.
5. **Practices.** There shall be a minimum of three (3) and up to five (5), sixty (60) to seventy-five (75) minute on-ice practices per week during the season. For at least two (2) of the on-ice sessions per week, prior to the scheduled practice, an off-ice practice to include work on age appropriate LTAD training shall be conducted. The off-ice practice shall last between 45 and 60 minutes. The total number of on-ice practices shall be between 120 and 130 for the season. The total number of off-ice practices shall be between sixty (60) and seventy (70).
6. **Games.** A minimum of 40 games and no more than 50 games shall be played during the playing season. Each game shall last no longer than 90 total minutes (including warm-ups and intermissions).
7. **Tournaments.** A total of four (4) away tournaments may be played during the season. Should a tournament be played during the season, the total game count, inclusive of those defined in the section I.E.5 will not exceed 45 games. Team must seek written approval of LAHA prior to registering for any tournament.

**F. 18U – Midget House, HS (18 and under)**

1. **Roster.** Each team roster may consist of a minimum of 15 players (13 skaters and 2 goalies) and shall not exceed 20 players (18 skaters and 2 goalies). Goalies are encouraged to serve full time in the position.
2. **Coaches.** Each team will have a Head Coach, and a minimum of one (1) Assistant Coach.
3. **Season Length.** The season shall be between twenty-eight (28) and thirty (30) weeks. A week shall be counted starting on the first day of any sanctioned activity of any kind to include on-ice or off-ice practices, games, or tournaments. The season shall start no earlier than August 15 and end no later than April 30 of the playing year.

4. **Practices.** There shall be a minimum of three (3), sixty (60) minute on-ice practices per week during the season. For at least two (2) of the on-ice sessions per week, prior to the scheduled practice, an off-ice practice to include work on ABCs (agility, balance, coordination) and hockey skills shall be conducted. The off-ice practice shall last between 45 and 60 minutes. The total number of on-ice practices shall be between eighty-four (84) and ninety(90) for the season. The total number of off-ice practices shall be between fifty (50) and sixty (60).
5. **Games.** All games shall be played against house level opponents during the playing season. Each game shall last no longer than 75 total minutes (including warm-ups and intermissions). A minimum of 35 and maximum of 40 games shall be played during the season.
6. **Tournaments.** A total of three (3) away tournaments may be played during the season. Should a tournament be played during the season, the total game count, inclusive of those defined in the section I.F.5 will not exceed 45 games. Team must seek written approval of LAHA prior to registering for any tournament.

**G. 18U – Midget Tier II (18 and Under)**

1. **Roster.** A minimum of thirty (30) players must be registered at the 18U division prior to any and all consideration to the formation of a Tier II team. Shall the number of players be greater than fifteen (15) but less than thirty (30), two 18U House, HS teams must be formed for the playing year.
2. Each team roster shall consist of a minimum of 15 players (13 skaters and 2 goalies) and shall not exceed 20 players (18 skaters and 2 goalies). Goalies shall serve full time in the position.
3. **Coaches.** Each team will have a Head Coach, and a minimum of two (2) Assistant Coaches.
4. **Season Length.** The season shall be between thirty-two (32) and thirty-six (36) weeks. A week shall be counted starting on the first day of any sanctioned activity of any kind to include on-ice or off-ice practices, games, or tournaments. The season shall start no earlier than August 15 and end no later than April 30 of the playing year.
5. **Practices.** There shall be a minimum of three (3) and up to five (5), sixty (60) to seventy-five (75) minute on-ice practices per week during the season. For at least two (2) of the on-ice sessions per week, prior to the scheduled practice, an off-ice practice to include work on age appropriate LTD training shall be conducted. The off-ice practice shall last between 45 and 60 minutes. The total number of on-ice practices shall be between 120 and 130 for the season. The total number of off-ice practices shall be between sixty (60) and seventy (70).
6. **Games.** A minimum of 40 games and no more than 50 games shall be played during the playing season. Each game shall last no longer than 90 total minutes (including warm-ups and intermissions).
7. **Tournaments.** A total of three (3) tournaments may be played during the season. Should a tournament be played during the season, the total game count, inclusive of those defined in the section I.G.5 will not exceed 45 games. Team must seek written approval of LAHA prior to registering for any tournament.