



Littleton Hockey Association

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www.littletonhockey.org

MEMBER HANDBOOK

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CHAPTER 1 – GENERAL INFORMATION

1.1 MISSION STATEMENT

The Littleton Hockey Association Hawks (LHA) is a non-profit, 501(c)(3) corporation, which enjoys an affiliation agreement with the Colorado Competitive Youth Hockey League (CCYHL), the Colorado Amateur Hockey Association (CAHA) and USA Hockey and conducts its programs primarily at the South Suburban Ice Arena and The Ice Ranch in Littleton, Colorado. All teams are registered with CAHA and USA Hockey. In partnership with the parents, coaches, South Suburban Parks and Recreation and The Ice Ranch, we want to ensure that children are provided a meaningful, enjoyable, challenging and safe hockey experience. We are an athlete-centered organization that places the needs of children first. We give each Member the opportunity to participate to the best of their ability and to develop as a young athlete.

Together, we will nurture the physical and emotional well being of all Members in an environment that fosters and promotes a sense of community. We are guided by the values of good sportsmanship, honesty, respect for all individuals and personal integrity. The Hawks are committed to the long-term growth and development of all levels of developing ice hockey players. The success of LHA will be measured by having more children who enjoy playing and participating in hockey in the future.

1.2 LHA PHILOSOPHY

The consistent demonstration of good sportsmanship by all players, parents and fans at the ice rink is the guiding principle of our mission. We are committed to giving these young players a positive experience in ice hockey in these important years. In our Association, this means ensuring that every young player is treated with dignity and respect. We will be encouraging and promoting the true competitive spirit while focusing on player's personal growth.

1.3 LHA CORE VALUES

- **SPORTSMANSHIP** – A sense of fair play; be humble in victory and gracious in defeat and show friendship with teammates and opponents.
- **RESPECT FOR THE INDIVIDUAL** – Treat all others as you expect to be treated.
- **INTEGRITY** – Foster honesty and fair play beyond strict interpretation of the rules and regulations of the game.
- **PURSUIT OF EXCELLENCE** – At both the individual and team level, perform each aspect of the game to the highest level of his/her ability.
- **ENJOYMENT** – The hockey experience should be fun, satisfying and rewarding.
- **LOYALTY** – Aspire to teach loyalty to the ideals and to fellow members of the sport of hockey.
- **TEAMWORK** – Value the strength of learning to work together.

1.4 LHA BOARD OF DIRECTORS MEETINGS

The LHA Board of Directors will host monthly Board meetings for the purpose of conducting LHA business. These meetings are open to those Members in good standing with LHA. Issues affecting the general membership will be decided upon by a majority vote of the Board of Directors. LHA By-laws outline Board voting procedures and Board responsibilities. Issues affecting on-ice matters will be handled by the Hockey Operations Committee as outlined later in this manual. Meeting dates and minutes will be posted on the LHA website.

1.5 LHA PARENTAL CONDUCT

LHA fully supports USA Hockey's ZERO TOLERANCE policy in our facilities and reserves the right to enforce it within. LHA asks for your cooperation while at the arena. Please refrain from:

- **Any abusive language directed at any official, player, coach or other fans;**
- **Any unruly behavior during LHA practices or games;**
- **Any behavior deemed inappropriate in a private facility.**

As Members of LHA, parents/guardians are subject to fines and/or suspension for violations of USA Hockey and CAHA Policies. At registration, parents are expected to read and agree to follow LHA's Parent Code of Conduct. One parent from each family is also required to register with the CAHA/AVS Cares Program each season.

1.6 USA HOCKEY ZERO TOLERANCE

In an effort to keep ice hockey a more desirable and rewarding experience for all participants, CAHA has instructed the Officiating Program to adhere to certain points of emphasis relating to sportsmanship. This campaign is designed to require all players, coaches, officials, team officials and administrators and parents/spectators to maintain a sportsmanlike and educational atmosphere before, during and after all USA Hockey sanctioned games. Thus, the following points of emphasis must be implemented by all on-Ice Referees and Linesmen:

PLAYERS

A minor penalty for unsportsmanlike conduct (Zero Tolerance) shall be assessed whenever a player:

- Openly disputes or argues any decision by an official;
- Uses obscene or vulgar language at any time, including any swearing, even if it is not directed at a particular person;
- Visually demonstrates any sign of dissatisfaction with an official's decision.

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

COACHES

A minor penalty for unsportsmanlike conduct (Zero Tolerance) shall be assessed whenever a coach:

- Openly disputes or argues any decision by an official;
- Uses obscene or vulgar language at any time, including any swearing, even if it is not directed at a particular person;
- Visually displays any sign of dissatisfaction with an official's decision: including standing on the boards or standing in the bench doorway with the intent of inciting the officials, players or spectators.

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

OFFICIALS

Officials are required to conduct themselves in a businesslike, sportsmanlike, impartial and constructive manner at all times. The actions of an official must be above reproach. Actions such as baiting or inciting players or coaches

are strictly prohibited. On-ice officials are ambassadors of the game and must always conduct themselves with this responsibility in mind.

PARENTS / SPECTATORS

The game may be stopped by an on-ice official when the parents/spectators displaying inappropriate or disruptive behavior interfere with other spectators or the game. The on-ice officials will identify violators to the coaches for the purpose of removing the offending parents/spectators from the viewing and game area. Once removed, play will resume. Lost time will not be replaced and violators may be subject to further disciplinary action by the local governing body.

This inappropriate and disruptive behavior shall include:

- **Use of obscene or vulgar language in a boisterous manner to anyone at anytime;**
- **Taunting of players, coaches, officials or other spectators by means of baiting, ridiculing, threat of physical violence or actual physical violence;**
- **Throwing of any object in the spectators viewing area, players' bench, penalty box or on ice surface, directed in any manner as to create a safety hazard.**

Any parent removed from a scrimmage/game/tournament by an official is required to meet with the LHA Hockey Operations Committee and LHA Disciplinary Committee. If a 2nd infraction takes place, the parent is required to go before the LHA Board of Directors for further discipline, which could include a parent no longer being permitted to attend LHA games.

1.7 LHA PARENT / COACH 24-HOUR RULE

Parents may not approach or contact a coach(es) to voice complaints or displeasure with coaching decisions immediately following a game or practice. Parents must arrange a meeting through the team manager to meet with the coach and assistant(s) not sooner than 24 hours after the game or practice. At the meeting, all questions and concerns will be addressed by the coach in an effort to move towards a resolution. If the coach, or coaching staff, feels the violation of the 24-Hour Rule is significant, the HOC may automatically suspend the parents, or parents, until a hearing with the Hockey Operations Committee may be scheduled.

ALL HOCKEY PARTICIPANTS AND FANS ENTERING FACILITIES WHERE LHA IS PARTICIPATING SHALL:

- Display strict adherence to the policies and procedures of LHA.
- Have respect for opponents and play by the rules of the game.
- Display respect for the players and parents of other youth hockey organizations.
- Display respect for officials, coaches and volunteers of LHA and accept their decisions.

Coaches, players, parents and officials will always agree to act in the spirit of good sportsmanship while participating in LHA activities.

The LHA Hockey Director is permitted to suspend any parent or family member until a hearing can take place. A parent, or family member, who does not follow the suspension from the Hockey Director will have his/her son/daughter suspended immediately.

1.8 LHA SEXUAL ABUSE / HARASSMENT / DISCRIMINATION POLICY

The Association hereby adopts the sexual abuse, screening and physical abuse policies of USA Hockey. These policies may be amended from time to time; provided, however, that upon reasonable notice to the Members, the Board shall have the discretion to adopt and enforce policies, or sanctions for the violation of such policies, which are more stringent than the prevailing policies and/or sanctions promulgated by USA Hockey.

- LHA SafeSport Handbook - Sexual abuse, physical abuse and harassment is covered in the USA Hockey/CAHA/LHA SafeSport Handbook. This handbook can be found on LHA's Website (www.littletonhockey.org).
- **DISCRIMINATION:** The unfair or unequal treatment of a person or group (either intentional or unintentional) based on race, color, age, national origin, religion, sex, or disability.

Harassment and Sexual Harassment will not be tolerated within the LHA organization.

It is the policy of LHA that there shall be no sexual abuse of any participant involved in any of LHA's sanctioned programs. Sexual abuse of a minor participant occurs when a volunteer touches a minor participant for the purpose of causing sexual arousal or gratification of either the minor participant or the volunteer. Sexual abuse of the minor participant also occurs when a minor participant touches a volunteer for the sexual arousal or gratification of the volunteer or minor participant, if the touching occurs at the request or consent of the volunteer. Neither consent of the participant to the sexual contact, mistake to the age of the minor participant, nor the fact that the sexual contact did not take place at a hockey function are defenses to a complaint of sexual abuse.

Upon being notified of a violation of this policy, the Board will conduct a thorough initial investigation and may contact the appropriate law enforcement authorities for additional investigation. Upon proof of the violation, the violator will be permanently banned or suspended from all LHA sanctioned programs, including its affiliate programs with USA Hockey, CCYHL and CAHA. LHA's level of proof will be based upon a majority vote of the Board of Directors or a guilty plea or finding in a court of law. LHA will not need to prove "beyond a reasonable doubt" that sexual contact occurred to enforce this section.

1.9 LHA WHISTLEBLOWER POLICY

A whistleblower as defined by this policy is an LHA member, volunteer, executive committee member, or board member of LHA who reports an activity that he or she considers to be illegal or dishonest to one or more other parties specified in this policy. The whistleblower is not responsible for investigating the activity or for determining fault or corrective measures; appropriate management officials are charged with these responsibilities.

Examples of illegal or dishonest activities are violations of federal, state or local laws; billing for services not performed or for goods not delivered; and other fraudulent financial reporting.

If a member or volunteer has knowledge of or a concern of illegal or dishonest fraudulent activity, the member or volunteer is to contact the LHA Hockey Director, LHA President and LHA Vice President who are responsible for investigation and coordinating corrective action. The member or volunteer must exercise sound judgment to avoid baseline allegation. A member or volunteer who intentionally files a false report of wrongdoing will be subject to discipline up to and including suspension.

Whistleblower protections are to cover two important areas: confidentiality and retaliation. Insofar as possible, the confidentiality of the whistleblower will be maintained. However, identity may have to be disclosed to conduct a thorough investigation, to comply with the law and to provide accused individuals of their legal rights of defense. There shall be no retaliation against a whistleblower. This includes, but is not limited to, protection from retaliation in the form of an adverse action such as suspension, fines or threats of physical harm. Any whistleblower who believes he or she is being retaliated against must contact the LHA Treasurer and President immediately. The right of the whistleblower for protection against retaliation does not include immunity for any personal wrongdoing that is alleged and investigated.

Members or volunteer with any questions regarding this policy should contact the LHA President.

1.10 LHA RECORD RETENTION POLICY

LHA abides by the USA Hockey and CAHA policy for records retention. This document can be found on the CAHA Website.

1.11 LHA PUBLICATION OF DOCUMENTS

LHA will distribute documents to the Membership throughout the season using both the LHA Mailing List and the LHA Website.

CHAPTER 2 – MEMBERSHIP AND REGISTRATION

2.1 MEMBERSHIP / EEOC

LHA shall provide equal membership / employment / service opportunities to all eligible persons without regard to race, religion, color, national origin, citizenship, age, gender, sexual preference, marital status, parental status, veteran status, handicap, membership in any labor organization, political affiliation, and for employment purposes only, height, weight, and record of arrest without conviction.

Membership in LHA shall be comprised of the following (collectively, the Members):

Participant Members: Players currently registered with the Association ("Participants"), which in the case of a Participant Member who is not at least eighteen (18) years of age shall include the parent(s) or guardian(s) legally authorized to act on behalf of such minor Participant Member. As stated in the By-laws, a minor Participant Member and his or her parent(s) or other legal guardian(s) shall together be deemed to be a single Participant Member.

Coach Members: Members of the Littleton Hockey Coach's Association, or its successor (the "LHCA"), who are not parent(s) or legal guardian(s) of minor Participant Members. An LHCA membership list shall be provided to the Secretary/Registrar at least annually (or more frequently as may be reasonably requested by the Secretary/ Registrar) in order to determine those persons who then qualify as Coach Members.

Other Members: Other persons who are deemed necessary to the operation of the Association's program and who are elected to membership by the Association's Board of Directors

All registrants must complete all forms or provide any documentation required by LHA or USA Hockey to participate in any LHA skating activity. Skating activities include tryouts, evaluations, practices, games, clinics, power skating classes, treadmill training sessions and LHA sponsored open hockey.

2.2 LHA RETURNING PLAYER REGISTRATIONS AND DEPOSITS

Returning Player Registration begins in April with the announcement that the LHA Registration Program has opened and concludes in May. Once the Returning Player Registration deadline has passed, the association will begin filling all available slots with players seeking membership at LHA.

Should a returning member not register by the Returning Player Registration deadline, he/she will be placed on a waitlist. If there is room in the association, the returning player will be assessed a late fee in addition to their registration total. This fee is as follows:

June Registration - \$100 July Registration - \$200

August Registration - \$300

To hold a space for the upcoming LHA hockey season, a **NON-REFUNDABLE deposit**, designated by the Board of Directors prior to the registration process, will be required with your registration. This deposit affords the Association the ability to assess and organize league schedules, place jersey orders, make coaching determinations, perform other pre-season duties and account for other fixed costs.

Our goal is to have finalized season information and schedules distributed to the membership as early as possible. We can accomplish this if and when we know the participation status of our membership. **A player is not considered registered until the deposit is received.**

In order to remain a Member of Littleton Hockey, a returning player must be registered by the registration deadline. If the player is not registered, the player will forfeit their membership at Littleton Hockey.

Any returning player who is approved by the Hockey Director to register with LHA after the registration deadline will be charged a reinstatement fee (listed above), which will **NOT** be applied to the player's full registration fee.

LHA provides on-line registration through the website: www.littletonhockey.org under the Player Registration tab on the left side of the page.

2.3 NEW PLAYER REGISTRATION

Available player slots at LHA will be filled each spring and summer. A **NON-REFUNDABLE deposit** will be assessed once accepted into LHA. New players to LHA must provide a CAHA Financial Release from their previous association prior to completing the registration at LHA, if applicable. Open slots at the Travel, House and U8 level will be filled on a first come, first served basis. New U8 players can register on-line until all age levels are full. Returning U8 Players will have a guaranteed spot until the May deadline, and then they will be accepted only if room is available. All players, coaches, board members and teams must register with USA Hockey.

2.4 LHA REGISTRATION & ASSOCIATION FEES

All players must pay LHA Registration fees. This registration fee does not include registration with USA Hockey or CAHA. Each player is responsible for registering with USA Hockey and submitting the confirmation number to the registrar. Registering with USA Hockey also covers the player's CAHA registration. A fee is assessed for USA Hockey Registration.

Total Travel Registration fees vary from team to team and are determined based on the number of practice hours, game hours, league participation and many other factors. A deposit is due when registering for LHA as a Returning Player or when a new player is admitted to LHA. A second deposit is due prior to travel team tryouts. **All players must pay the first and second deposit prior to tryouts.** The third and final deposit is due upon a player's placement on a team following tryouts. The first two payments will be equal amounts. The third payment will vary based on the participant's level of play. Players who are reassigned to a CRHL Team will have the overpayment transferred to their team account.

Please note: Traditionally teams have also incurred additional "ice bills" over the course of the season based upon additional ice touches that will be scheduled. With the current fee structure, LHA is working to eliminate any additional fee assessments for additional ice usage. LHA strongly urges each team to provide an estimated team budget at the start of the season for the parents.

2.5 LHA FINANCIAL REPORTS, ASSESSMENTS AND DUES

Each team will have a team bank account. If, at the end of the season, the team has surpassed the hours paid for by the registration fees, the team will be responsible for the difference at an ice rate determined by LHA. All fees must be paid in-full before any player is eligible to register for the next season or obtain a release from LHA.

Each team treasurer is responsible for providing a financial report to the members of his/her team and the LHA Treasurer and President throughout the season. The LHA Treasurer will provide an annual financial report to the Littleton Hockey Association at the annual meeting held in August each year.

2.6 LHA “NO PAY, NO PLAY” POLICY

If it is determined that a player’s registration fee, and/or a pro-rata share of team expenses, has not been made by said player, the "no pay, no play" policy takes effect immediately and the delinquent family will be notified. A player will be deemed delinquent if the initial team fee payment is not paid prior to the team’s first tournament. Payment compliance must be made at that time, or the player's coach will be notified. The player will not be allowed to skate until the player is in Good Standing with the association, as deemed by the Registrar and Hockey Director. In addition, per the CCYHL rule, any player who has an outstanding balance with a CAHA team cannot be registered and ‘rostered’ on another CAHA team until the outstanding balance is paid.

Tier II Team Fees are significantly more than Rec Team Fees. This is due to the amount of travel the Tier II teams do. Please make sure to contact LHA’s Hockey Director with any questions prior to tryouts with regard to Tier II vs Rec Team Fees. For clarity, all teams that are National Bound, meaning they can play for a National Championship, are considered Tier II. All other levels are considered Recreational under USA Hockey’s definition.

2.7 REFUND POLICY

Generally, all LHA fees and deposits are non-refundable and non-transferable. However, in very limited circumstances LHA may refund or transfer registration/program fees with the approval of the LHA Board of Directors (“LHA Board”). Unless noted otherwise below, the following rules apply:

- All refund requests must be made in writing to the LHA Registrar at least two weeks (14 days) prior to the start of the program.
- LHA Board has up to 90 days after receiving the refund request to render a judgment. The decision of the LHA Board is final on all requests.
- Approved refunds/transfers will be assessed a *\$75.00 administration fee* prior to reimbursement.
- LHA will issue an appropriate financial release so player can join another hockey association.

Specific refund circumstances include:

- 1) Player relocates outside of the Denver metro area (60 mile radius).
- 2) Player advances to a Tier I/Boarding school program.
 - a) Prior to LHA tryouts: LHA Members who pay registration fees and then tryout and make a Tier 1 Team or are accepted and moving to a Boarding school will be allowed to apply the LHA registration fee (via transfer) to that program. LHA will send the fees refunded directly to the Tier 1 Program or Boarding school.
 - b) After LHA tryouts are complete: If a player makes an LHA team and subsequently moves to a Tier 1 Team or Boarding school, the LHA Board has the right to evaluate the transfer request. The LHA Board has full discretion to deny the request, or else approve a partial or full transfer.
- 3) Player incurs an injury.
 - a) Entire Season-Ending Injury: Player incurs injury prior to tryouts. A note from the doctor explaining the injury and the expected duration of the injury must be sent to LHA Registrar along with the refund request. A financial release, if requested, will only be granted at the end of the current season impacted.

- b) Partial-Season Injury: Player may request a refund if player is injured after making an LHA team and that injury results *in at least 2/3rds of the season being missed*. A note from the doctor explaining the injury and the expected duration of the injury must be sent to LHA Registrar along with the refund request. *In this situation, all refund amounts will be adjusted to reflect the fixed expenses that LHA incurs in order to field a registered hockey team*. There will be no financial release in this situation, since the player is not requesting to play for another organization.

In all other scenarios a player is not entitled to a refund or fee transfer. If a player gives notice prior to tryouts and does not participate in LHA tryouts, player will have no further financial obligation to LHA beyond fees already paid. However, if a player participates in LHA team tryouts and makes an LHA travel team, or is reassigned to an LHA CRHL Team, and said player later decides to forego his/her commitment to play at LHA, player is responsible for the *remaining full fee* for the team/level the player makes. In addition, player will not receive a financial release from LHA in order to play for another hockey association/independent team, until said player has completed his/her financial obligation to LHA.

2.8 RECOVERY OF LEGAL FEES

Should any civil action be instigated under the Registration Agreement in regard to any alleged negligent acts, or dispute of non-refundable fees, LHA shall be entitled to recover reasonable attorney fees and costs incurred as a result of that civil action.

2.9 SHARING OF INFORMATION / MEDIA RELEASE

LHA reserves the right to disclose player information to other youth hockey associations with respect to the player's financial standing with LHA as well as the player's standing with respect to the player's Code of Conduct.

Additionally, by signing all LHA registration paperwork, said parents and players give LHA and its approved Members or business associates permission to use their likeness (photo, video, digital image) in any LHA approved hockey related production for the purpose of promoting LHA, its teams and/or its players.

2.10 USA HOCKEY INSURANCE

LHA Members are responsible for their own USA Hockey registration. Members can access the form by visiting www.usahockey.com and clicking "on-line registration". Registrations are effective for one year from May 1 to April 30. Upon registering, Members will then need to provide a copy of their USA Hockey confirmation to the LHA Registrar as part of their registration paperwork for the upcoming season. USA Hockey registration is a requirement for participation in LHA Programs.

Once registered, this program provides Accident Insurance for covered medical expenses of Members in excess of their personal or group medical insurance. Please be sure to report all hockey related injuries that require outside medical attention to the LHA Hockey Director or the USA Hockey Risk Manager Liaison to LHA. LHA must be kept informed of all serious injuries.

USA Hockey Registration fees include **EXCESS** insurance coverage through USA Hockey.

2.11 PLAYER RELEASE

Approved releases must be signed by the LHA Hockey Director.

Any LHA Player will have to request a player release before participating with another program. Past and present financial obligations must be paid in full before a release will be granted.

Players requesting releases will relinquish their position with the LHA organization. Released players, seeking to return to LHA, will not be considered for membership for a period of two full hockey seasons after leaving the club. This two-year period does not apply to Tier I teams, prep school, or Junior program releases.

Based upon LHA's mission statement, we believe in the promotion of our players to the highest level of competition available. To that end, we will grant a release to a player in order to play at a USA Hockey sanctioned Tier I team or Junior level without relinquishing their protected position at LHA or sitting out the two-year period.

2.12 SCHOLARSHIPS

LHA maintains a limited financial scholarship fund to aid applicants with legitimate hardships. Financial assistance is offered on good faith and Members are reminded that their LHA financial obligations are a condition for their child's or children's participation. For further information on an LHA Scholarship, contact the LHA Hockey Director.

These guidelines address funding for two types of scholarships: (1) needs based financial assistance and (2) trade based scholarships

Each year the scholarship committee will propose to the LHA board for approval a financial assistance scholarship amount to be awarded to needs-based members. The budget to support funding these scholarships will be derived from the following sources:

- 1) YSPN revenue sharing agreement proceeds from previous year
- 2) Apparel sales revenue sharing agreements proceeds from previous year
- 3) Other fundraising and contributions specifically designated for scholarships

If this budget is insufficient to support the scholarship committee's proposal, the LHA board may authorize additional funding up to 1% of all registration fees for the current year's fall season. Any scholarship budgeted funds not allocated to scholarships will be rolled back into the LHA general operating account.

2.13 FUNDRAISING

There are multiple opportunities to participate in association wide or team specific fundraising activities throughout the season. All fundraising activities must align with the overall mission statement of Littleton Hockey and therefore must go through an approval process. Please reference [LHA's Fundraising Page](#) for more details. One benefit of team fundraising activities is that it helps to offset team expenses and while participation is encouraged it is not required.

All team fundraising proceeds must be deposited into the main LHA bank account for adherence to non-profit tax status. LHA will retain 15% on all team fundraising proceeds, distributing the remaining 85% to the team account. Those net proceeds will be distributed equally among the players on that team regardless of level of participation in the fundraising activity (with the exception of the Avs Season Ticket Holder Rebate).

The net 15% retained by LHA supports the LHA scholarship fund as well as other supportive activities to the organization. Fundraising activities that are included in this includes (but is not limited to): King Soopers fundraising, restaurant events, fundraising product sales, Avalanche program sales and season ticket rebates, as well as any other fundraising activity approved by LHA.

2.14 SUBSTANCE ABUSE POLICY

LHA'S Substance Abuse Policy must be agreed to by both the parents and player who is being registered. The document is part of the registration process and can also be found on LHA's Website under the Policies section.

CHAPTER 3 - HOCKEY OPERATIONS

3.1 HOCKEY OPERATIONS COMMITTEE

The Hockey Operations Committee (HOC) will be made up of a minimum of seven coaching members. These positions include the LHA Hockey Director, LHA Director of Player and Coaching Development, an LHA Midget Representative, LHA Bantam Representative, LHA Peewee Representative, LHA Squirt Representative, LHA CRHL Representative and LHA U8 Representative. The organization of programs and divisions, specification of formats and local playing rules, screening of coaches, and evaluation and placement of players are the responsibilities of the HOC.

The HOC Representatives are elected by the LHA Hockey Director and Director of Player and Coaching Development. No HOC Member can represent the level of hockey in which his/her son/daughter is a member of.

The HOC facilitates all LHA programs: U8 Program, Recreation Program and Competitive Travel Program. The recreational format emphasizes instruction, enjoyment, equal participation and balanced competition. The Travel format organizes teams on a voluntary, select basis where the emphasis is more on continuing development, higher levels of competition and giving LHA representation in league play and tournament play.

The LHA Assistant Director, U8 Director and Director of Goaltending will advise the HOC during the tryout process and throughout the season.

3.2 LHA DISCIPLINARY COMMITTEE

The function of the Disciplinary Committee will be to enforce all USA Hockey rules and LHA regulations as they apply to LHA players, coaches and parents. The Committee will also be informed of all Game and Gross Misconducts, as well as Major and Match penalties, and is responsible for assessing or ensuring that the minimum USA Hockey suspensions are served.

The Disciplinary Committee will be made up of the HOC along with two Members of LHA, in good standing, appointed by the Board of Directors. The additional two Members to the Disciplinary Committee can be selected as needed throughout the season.

The Committee may assess additional penalties for a Game Misconduct. For all incidents involving a Match Penalty, the state affiliate (CAHA) has jurisdiction. The Match Penalty hearing is held by the CAHA Disciplinary Committee, as described in section 10 of the CAHA Policies. The hearing must be held within 30 days of the penalty. Littleton Hockey may impose additional suspensions, as deemed necessary by the HOC and LHA Disciplinary Committee.

The Disciplinary Committee also has the power to impose sanctions and / or expulsion from LHA for any rules violations by a player, coach or parent.

Players receiving discipline other than a Game Misconduct shall be notified in writing of their discipline hearing, when and where the player should appear for the hearing. Decisions by the Disciplinary Committee will be made in a timely manner and the player shall be notified in writing of the decision.

COACH / MANAGER REMOVAL

- All coaches and team managers will conduct themselves in a manner consistent with the spirit of the LHA Mission Statement. Any inappropriate behavior may result in disciplinary action by the Disciplinary Committee. This may include removal of the individual from their position.

- The Disciplinary Committee can remove a coach or manager by a majority vote of the committee. The Hockey Director will inform the coach or manager of their dismissal in writing, which will include an explanation for the action and steps available to appeal the decision.
- The Hockey Operations Committee will select the replacement coach or team manager.

PLAYER REMOVAL POLICY

- All players will conduct themselves in a manner consistent with the spirit of the LHA Mission Statement. Any inappropriate behavior may result in disciplinary action by the Disciplinary Committee. This may include removal of the individual from the team or LHA.
- The Disciplinary Committee may dismiss any player from any team by a majority vote and then final approval by the LHA President. The Hockey Director will inform the Player and his/her parents of their dismissal in writing, which will include an explanation for the action and steps available to appeal the decision.

3.3 DISCIPLINE APPEAL PROCESS

Those wishing to appeal a disciplinary decision made by the LHA Disciplinary Committee may seek a hearing of the full LHA Board of Directors.

To appeal a disciplinary decision the appeal must be submitted in writing to the LHA President. The appeal shall include the Disciplinary Committee's ruling, along with the petitioner's case. The appeal will be reviewed by the LHA President who will make a determination on the merit of the appeal within three business days. If the LHA President determines that the appeal warrants further review, it shall be heard by the full Board of Directors at their next regularly scheduled meeting. No special meeting will be convened to hear a disciplinary appeal. Should the appeal lack merit, the matter will be considered closed and any discipline handed down by the Disciplinary Committee will be served. The LHA Board of Director's decision is final.

Note: Minimum suspensions assessed according to USA Hockey rules are not reviewable.

Any Member or Official who complains, or openly grieves to other Members or individuals outside of this formal process may be in violation of the LHA policies as they pertain to the prevention of harassment and abuse of LHA Members.

3.4 TEAM DISPUTE RESOLUTION

- All criticisms within a team should first be taken to the Team Manager of that team. Thereafter, meetings should be set up with the Head Coach and/or Manager.
- If the issue is not resolved, a letter must be written to the appropriate HOC Representative for that age level. A meeting will be arranged with the Hockey Director and HOC Representative. If further review is necessary, a meeting can be arranged with the entire HOC.
- If the issue is not resolved after meeting with the HOC, the dispute can be taken to the LHA Board of Directors.

3.5 VOLUNTEER COACHES

LHA has over 150 USA Hockey certified coaches with more becoming certified each year. There are seven requirements that each coach must complete to be considered eligible to participate with his/her team.

1. LHA Registration (Annual)
2. USA Hockey Registration (Annual)
3. USA Hockey SafeSport Certification (2 season certification)
4. CAHA Background Check (Annual)

5. Concussion Certification (Annual)
6. USA Hockey Age-Specific Online Module
7. USA Hockey Coaches Education Program (CEP) Class (Level 1-5)

Items 1-6 must be completed prior to a coach being placed on any roster or participating at any practice/game. Items 7 must be completed by December 1 of the current year.

All coaches, managers and Board Members must register online with CAHA each season and provide copies of each certification/registration to the association.

It is important to remember that the majority of LHA coaches are volunteers. Without their dedication and commitment to the growth and development of our players, LHA could not operate to the level we currently enjoy. Please take time this year to thank your coaches for their efforts!

3.6 LHA SELECTION OF COACHES / PROCESS

The HOC, under the guidance of the Hockey Director and Director of Coaching and Player Development, after a review of the upcoming season, will announce application dates for new coaches, process applications, conduct interviews and select coaches for the different teams of LHA.

At the end of each season, in an effort to continually improve the quality of coaching at LHA, the Membership will be provided the opportunity to submit a "Coach Evaluations" for their team. All coach-evaluations will be reviewed by the Littleton Hockey Director following the survey.

3.7 PLAYER TRAVEL TEAM TRYOUTS

In late August or early September of each year, the LHA staff will conduct on-ice evaluations of the respective registered players to rate hockey skills and playing ability. These ratings are used to assign players to teams in order to achieve balance throughout the divisions.

MOVE-UP / PLAYING UP

LHA encourages players to only tryout at the specific age group as decided by USA Hockey guidelines. However, any player wishing to tryout at a higher age group must:

- Submit the request in writing, to the LHA Hockey Director, ten days prior to the start of tryouts.
- Sign a waiver releasing LHA from any claims of injury.
- The Hockey Operations Committee must approve the player to move-up by a majority vote.
- The player moving up must be an "Impact Player" at the next level and make the top team at the next level.
- The Hockey Director will notify the player and parent(s) of its decision prior to tryouts, or at the conclusion of the tryouts, should the player not qualify for the top team at the next level of play.

TRAVEL TEAM TRYOUT PROCESS

The Hockey Operations Committee will oversee the tryout process for LHA. The LHA website will list the schedules for all tryout dates and times.

- Any player properly registered with LHA and in good standing may tryout for the top team at their respective age level as determined by USA Hockey guidelines.
- The coaches, along with appointed representatives of the Hockey Operations Committee, or their designees, will first select the top team for each level of play.

- Players not making the top team will be reassigned to the next tryout pool for the next level. The same aforementioned process will be followed until all players are assigned to their appropriate teams.
- Players will be notified via the LHA Website as to team placements and additional tryout dates and times.

NOTE: Any parent coach at any level will not be allowed to participate in the team selection process until approved by the HOC. It is the discretion of the Hockey Director and Head Coach to invite a parent on to the coaching staff as an assistant coach. At that time, the assistant coach can participate in the tryout selection process.

3.8 LHA U8 PROGRAM OVERVIEW

The following information will answer many of your questions regarding the U8 Program at LHA

USA Hockey firmly believes that by giving children the opportunity to participate in the U8 Program, which supports cross-ice practicing and playing, that their enjoyment of hockey as well as their hockey skills will be greatly enhanced. To help further understand the benefits of the cross-ice practicing and playing model, some of the advantages are listed below.

- The children have more energy with which they can improve their skills when they are skating 85 feet across the Ice surface as opposed to the 200-foot length of the Ice surface.
- Group sizes become smaller which means learning and teaching will become more effective.
- The close feeling of belonging to a team will motivate a child to participate with even greater enthusiasm.
- Drills designed according to the varying skill level of players within the group are easier to organize.
- More puck contact, resulting in improved puck control skills.
- More repetition/frequency in drills in one ice session, resulting in improved skill development.
- Decision-making skills are enhanced, as more decisions must be made more frequently at a higher tempo.

Who is a U8 Player?

U8 players are ages 8 and under.

CCYHL requires that any U8 player wishing to play at the Squirt level (10-U) must play on the Squirt AA team. At no time shall U8 players play on Squirt A or Squirt B teams at LHA.

Program Philosophy

Fun and player development are the priorities of our program. It's helpful for the player to have some skating experience when starting hockey, but our program is designed to place any U8 beginner in the appropriate setting. In addition to skill development, we want our players to learn good sportsmanship, teamwork, and many other life lessons that are taught through the great sport of hockey.

Season & Pool Placement

The U8 season begins at the beginning of October and runs through the first weekend of March. All U8 players will be evaluated and placed into pools based primarily on skill and age. Placement is based on the following guidelines, with very few exceptions:

- U8 Beginner Pool: typically ages 5-6, mostly 1st and 2nd year players.
- U8 Intermediate Pool: typically age 7, mostly 2nd and 3rd year players.
- U8 Advanced Pool: typically age 8, mostly 3rd and 4th year players.

Practices

All U8 players will average 2-4 practices per week over the course of the entire season.

Practice schedules will come out at the beginning of the season. Schedules will be posted on the LHA website. Practices are scheduled on both weekday evenings and weekend days.

U8 Games

Beginner Pool Games:

- Scrimmages (no official score) played on one-third ice.
- Play begins in mid-November.
- Focus is on fun and camaraderie.

Intermediate Pool Games:

- Scrimmages (no official score) played on half ice.
- Play begins in mid-November.
- Focus is on fun and sportsmanship.

Advanced Pool Games:

- Scrimmages (no official score) played on half ice.
- Play begins in mid-November.
- Focus is on fun, sportsmanship, and preparation for Squirts (U9 & U10).

Jamborees:

Jamborees are tournaments with no official scores or standings.

All U8 teams (Advanced, Intermediate, and Beginner) can play in a maximum of three Jamborees.

All U8 scrimmages, games, and jamborees will be held in Colorado, mostly along the Front Range area. No U8 team can travel out of state during the season.

Additional U8 Fees

- The U8 Registration fee covers overhead, ice fees, jerseys and socks.
- Additional team fees may be required to cover the cost of jamborees, parties, and other team activities.
- USA Hockey registration is separate and must be completed on-line at www.usahockey.com.

Uniforms

A jersey and pair of hockey socks will be provided to each player by LHA at the beginning of each season.

We look forward to having you in the Littleton Hockey Family!

If you have any questions, please go to the LHA website to contact our Hockey Director.

3.9 LHA TRAVEL PROGRAM OVERVIEW

LHA offers a Travel program for each age division: This program is designed for players who have the desire and ability to play at a challenging level of competition. The tryout process begins in August.

Teams will be selected at the Squirt through Midget age levels. Currently, all LHA AA, A and B teams participate in the Colorado Competitive Youth Hockey League (CCYHL). LHA does not currently offer a Tier I program. However, LHA supports and maintains an affiliate agreement with the Colorado Thunderbirds Tier I program, providing ice time, players and coaching. LHA does not have "tournament only" teams. All LHA members are required to complete registration with USA Hockey and CAHA.

The Tier II Midget Major U18, Midget Minor U16 and Bantam U14 teams participate in the Central States Developmental Hockey League, in addition to participation in CAHA.

It is fully understood that due to the nature of travel hockey, LHA policy does not guarantee equal or fair ice time during travel games. The head coach has full discretion when determining the amount of playing time each player receives.

Travel Team Note:

There are other costs associated with travel participation in addition to the initial registration fees, including but not limited to: transportation, lodging, meals, tournament fees, coaches travel expenses, additional ice time, clothing and miscellaneous costs which are outside the scope of the basic registration fee and are the responsibility of the participant. Tournament fees are shared equally amongst all players on the team regardless of participation.

3.10 LHA FEMALE HOCKEY PROGRAMS

LHA is committed to the development of Female Hockey programs. Currently, LHA provides a Tier II U14 team and Tier II U19 team. LHA is also looking to expand with Rec teams at U10 and U12 and does have a U12 Tournament Team. LHA will provide multiple developmental opportunities year-round for female players of all ages.

LHA & CCYHL occasionally schedule games against all-girls teams during the course of the season.

3.11 LHA CRHL PROGRAM OVERVIEW

LHA's CRHL Program is an alternative to the highly competitive Travel Program. USA Hockey and LHA encourage a non-competitive environment, in which the distractions of Travel Hockey are forgotten and the basic skills of hockey are developed. Players who participate in the CRHL Program can expect their fees to be lower than those for the Travel Program, travel less often, and have fewer ice touches.

League

LHA's Recreational Program is a member of the Colorado Recreational Hockey League (CRHL). Games will be played against the Member teams of this league.

Levels

LHA fields teams at the Squirt through Midget level.

Season

Seasons consist of approximately 24 weeks at The Ice Ranch and the South Suburban Ice Arena. Teams will have one half-ice or third ice practice during the week with all games on the weekend. Exceptions are made on a case-by-case basis. CRHL teams will receive additional practice ice on the weekend throughout the season, as time permits. Practices begin in September. No league games will occur during Thanksgiving, Christmas, Martin Luther King or Presidents Day weekends, although tournaments may be participated in. League playoffs begin approximately the first weekend of March. Dates are subject to change.

LHA does run a CRHL Tournament over Thanksgiving.

Cost

The fees for the CRHL Program will be posted on the LHA website: www.littletonhockey.org. Tournament fees are shared equally amongst all players on the team regardless of participation.

3.12 PLAYER ROSTERING

LHA only allows a member to double roster in the following leagues:

- Colorado High School Activities Association (CHSAA)
- High Plains Hockey League (HPLL)

For instance, LHA does NOT allow a player to be on a roster with both an LHA team and any other CCYHL, CDYHL or independent team or association. If a member is on a roster with an independent association, he/she will be removed from the LHA roster and all funds will be forfeited to LHA. Please contact the Hockey Director if you have any questions.

3.13 CAHA Participation

The Littleton Hockey Association will abide by and act in accordance with Articles of Incorporation, Bylaws, Rules and Regulations, and Playing Rules of CAHA.

CHAPTER 4 - ADMINISTRATION

4.1. HOME FACILITY

The South Suburban Ice Arena and The Ice Ranch are the home ice rinks for LHA, serving as the primary facilities for all home games and practices.

South Suburban Ice Arena

6580 South Vine Street

Littleton, Colorado

(303) 703-8085

www.littletonhockey.org

The Ice Ranch

841 Southpark Drive

Littleton, CO 80120

(303) 285-2110

www.theiceranch.com

Additional ice may be obtained at other facilities/arenas throughout the season.

4.2 LHA / ICE ARENA RULES AND REGULATIONS

The game of hockey provides much excitement and enthusiasm at South Suburban and The Ice Ranch. Parents and all other spectators are reminded that South Suburban and The Ice Ranch are your rinks and should be treated accordingly. The following rules and regulations must be adhered to at all time by LHA Members. If you, as a Member, witness a violation, please enforce or inform a Member of the LHA or rink staff immediately. Your assistance is greatly appreciated.

- **Please dress players in locker rooms only, not in lobby area.**
- In an effort to avoid injury to others, we encourage parents of younger players to carry their child's stick through the lobby.
- Do not allow your child to "run wild" throughout the rink. Your child is your responsibility.
- Parents are responsible for any damage to rink grounds or property caused by their child.
- Absolutely **NO** hockey is to be played anywhere on the grounds except on the ice. No wall hockey, lobby hockey, passing, of pucks or balls, knee hockey or street hockey.
- Please keep children out of restrooms unless they are using the facilities. No playing is permitted in or around the restrooms.
- No one is allowed on the bench or bench area except rostered players, coaches and/or game officials. A limit of 4 coaches are allowed on the bench during a game, all of which must be USA Coaching Certified. All players are required to wear helmets on the bench. No others are allowed on the bench at any time.
- Parents are not allowed near player benches during games or practices. The time on the ice with your child belongs to the coaches.
- No players are allowed on the ice until the Zamboni doors are closed and locked. Any player found continually violating this policy will be subject to disciplinary action.

- No players are 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. Coaches are also required to wear helmets, as outlined with USA Hockey, while conducting any on-ice activities. Sanctions will be imposed upon coaches and teams for violations of the helmet rule.
- Players must leave their helmets on while on the ice or the bench. Removal of helmets is strictly prohibited.
- All players, coaches, managers and parents must treat rink employees, league representatives, coaches and officials with respect. LHA will not tolerate the mistreatment of or disrespect towards anyone involved in the program or the rink staff. 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. We have small children present on a regular basis. There is no need for foul language at any time. Maintaining the integrity of the Association is everyone's responsibility.
- Alcohol, drugs and chewing tobacco are not allowed. Any player or coach who shows up to a LHA practice or game under the influence of alcohol or drugs is subject to disciplinary action, up to and including expulsion from the Association.

4.3 LOCKER ROOM POLICIES

All LHA players will treat the locker rooms with respect. Trash, water bottles, tape and miscellaneous garbage will be picked up and vandalism will not be tolerated.

Males and females of all ages will dress in separate locker rooms at South Suburban, The Ice Ranch and at all rinks that provide separate dressing facilities. The females' locker room is located next to the restrooms near the South Rink.

Males and females will be permitted in the same locker room for coach briefs once fully dressed, generally 10 to 15 minutes before and after a practice or game.

- LHA Electronics Policy – Please refer to LHA's SafeSport Handbook
- A locker room key can be secured from the Front Lobby Window. Keys can only be secured by an adult 18 years of age or older.
- Collateral in the form of car keys or a driver's license must be left with the rink representative.
- **Teams are responsible for the cleanliness of their locker room and the collateral item will be returned only when the locker room has been inspected by a South Suburban Ice Arena or Ice Ranch representative who confirms the locker room was left in a clean and presentable manner.**
- Locker rooms will be locked 45 minutes after the last ice sessions end each day.
- Any items left in the locker room will be turned into the South Suburban Ice Arena or Ice Ranch Lost & Found which is located in the Skate Rental / Office area.
- Teams causing damage to the locker room will be assessed the charges to repair the damages. Teams may also lose locker room privileges at either rink should the room not be cleaned following its use.

4.4 MEETING ROOM POLICIES

- Default mode for all South Suburban Ice Arena and Ice Ranch meeting rooms will be 'Locked'.
- Birthday party rooms at South Suburban are provided at no charge for LHA user groups (based on availability).

- South Suburban rooms must be reserved at least 24 hours in advance by calling Dirk Doty at 303-798-7881. To reserve rooms at The Ice Ranch, please contact the front desk at 303-285-2113.
- When booking, please specify the approximate number of people and the number of tables and chairs required.
- Room reservations are first come, first serve with no group receiving preferential treatment over another.
- A birthday party room key can be secured from the Lobby Window or On-Duty Rink Supervisor.
- Keys can only be secured by an adult 18 years of age or older.
- **Groups are responsible for the cleanliness of the meeting room. A \$50 cleaning fee will be assessed to any team that leaves the meeting room in any shape other than in a clean and presentable manner**

4.5 CUSTOMER CARE ITEMS

In the event a LHA player forgets an equipment item, LHA may be able to help. Please look for a LHA staff Member or go to the South Suburban Ice Arena lobby window, or The Ice Ranch front desk, as they may have a 'loaner' item for you.

4.6 VOLUNTEER POSITIONS

For parents wanting to be directly involved, LHA offers numerous positions that require only small increments of time. Those interested in any of the following should contact their respective team Head Coach who will place you in a volunteer position that works for you and the team.

Team Manager - Assist by getting information to and from your team via e-mails, phone calls, flyers, etc. Act as the team representative when dealing with issues involving your team and Hockey Operations. Assure that a qualified Member of your team is available to run the scoreboard or score sheet during games. This position requires some dedication and you will be required to attend at least one meeting at the start of the season. Each team is required to have a team manager. Spouses of the coaching staff are not allowed to be managers and/or treasurers. Manager and treasurer duties cannot be performed by the same individual.

Special Events - The goal is to have a list of 5-10 "on call" individuals who would be willing to work on the production of special events. These include team parties, team fundraising activities, etc.

Team Duties - Willing to serve on a team where your general expertise in a certain area can be utilized. Additionally, volunteer hours will be required for tournaments, games (Sport NGIN & clock), penalty box, treasurer, SafeSport Manager, etc.

4.7 CORRESPONDENCE & WEBSITE

It is important to maintain open lines of communication between the administration and the membership. In an effort to accomplish this goal, LHA will utilize electronic correspondence (e-mail) and telephonic communications to the membership as their primary source of information. It is extremely important that all Members provide the Association with a valid e-mail address to ensure you receive this valuable information. Once you receive these notices, please take the time to read the material to ensure you are up to speed on all Littleton Hockey matters.

Another vital information tool for LHA Members is the website. Members can access program and league schedules, team rosters, standings, LHA News & Information, and other important issues regarding LHA. Littleton Hockey requires all members to register online for all levels of play at LHA. To view this site, please go to: www.littletonhockey.org

4.8 FINANCIAL GUIDELINES

- LHA prohibits bank accounts outside the control of the LHA Treasurer for any team. Such accounts may jeopardize LHA's non-profit status.
- Prior to each season the LHA Board of Directors will establish the upcoming season's registration fee and distribute that information to the membership.
- Any player leaving the Association after being assigned to a team is responsible for payment of the entire LHA registration fee, unless they meet the refund guidelines outlined in Chapter 2.
- Expenses incurred by any LHA team are team expenses and therefore the responsibility of all team Members.

For all teams at LHA, a player not participating in a tournament, home or away, is still responsible for the fees associated with the team's participation, i.e., Tournament Registration fee, coaching expenses, etc. This does not include team meals, entertainment, etc..

- Reimbursement is as follows:

Non-CSDHL Tier II & Rec Teams – AA, A, B Teams

The team is responsible for reimbursement for three non-parent coaches or two parent coaches when traveling outside of league play, including:

- Round-trip airfare if the majority of the team is flying
- Two hotel rooms
- One vehicle rental
- A per diem of \$30.00 per coach per day
- If a team meal is organized, the coaches are included

Tier Team – U18, U16, U14 CSDHL

The team is responsible for reimbursement of up to three coaches and manager when the team travels outside of league play, including:

- Round-trip airfare if the majority of the team is flying
- Double-occupancy hotel rooms to accommodate two coaches
- One vehicle rental
- Per Diem of \$30.00 per day per coach
- If a team meal is organized, the coaching staff is included

MANAGERS REIMBURSEMENT

- Managers of Squirt Travel, Peewee Travel, Bantam A/B and Minor A Travel teams may choose to receive a one-time payment of \$250 to be funded from the team account at the completion of the season. Payment is to be shared equally among all players on the team.
- Managers of the CSDHL Tier II U14, U16 and U18 teams do not receive a stipend. Instead, their airfare, hotel and transportation is covered by the team's fees paid to the team account.
- Managers of Rec and U8 Teams do not receive a stipend.

4.9 IRS NON-PROFIT STATUS

The Association shall at all times maintain its tax-exempt status under Section 501(c)(3) of the Internal Revenue Code of 1986, as amended (or any successor legislation). There are very stringent guidelines regarding finances and fundraising for LHA and its Members. For guidance in this matter, you may contact the Fundraising Coordinator or the LHA Treasurer. Failure to adhere to the guidelines can impact our non-profit status negatively.

4.10 POLICY AND PROCEDURE MANUAL MAINTENANCE

On an annual basis, the Board of Directors will review the existing policies of LHA. A Board appointed committee will present their recommendations to the Board for approval of any recommended changes by the annual meeting of each year. Any Member in good standing may request the creation or change of LHA policies. Such request must be submitted in writing to the President of LHA. The President shall acknowledge the receipt of the request, refer the request to the next regularly scheduled Board meeting for action, and notify the requestor of the outcome of the action taken by the Board regarding the proposed policy change.

CHAPTER 5 - HELPFUL INFORMATION

5.1 ELECTRONIC SCORING

Sport Engine is the on-line software tool LHA uses with the Tier II, CCYHL and CRHL Leagues under CAHA to track game scores, tournaments, penalties and suspensions. This program gives instant access to league and program rosters, standings and other important league items.

Please familiarize yourself with all the Sport Engine features, as this program will help keep you informed.

5.2 EQUIPMENT

Equipment is very important to a hockey player. There are several local retail shops that provide an outstanding selection of hockey equipment, skates, and also provides unparalleled equipment repair and skate sharpening services.

As an LHA player, please review the following equipment list to ensure you have what you need.

Jerseys - All U8 players are furnished with one jersey and a pair of socks to keep. Travel and Recreational teams will also own their jerseys and socks. If a jersey or socks are lost, the replacement cost is dependent on that season's per unit cost.

Goalie Equipment - Goalies need to have skates, goalie mask, chest protector, blocker, catcher, leg pads, cup, neck/throat protection and a stick. LHA does provide sets of goaltending gear for their U8 Program. U8 Coaches/Team Managers will be responsible for this gear.

Required Player Equipment

HECC Helmet & faceguard (Black helmets are required)

Colored mouth guard (Peewee, Bantam, Midget)

Shoulder pads and elbow pads

Athletic supporter and cup

Shin guards

Hockey skates

Stick

Hockey pants (breezers)

Gloves

Neck Guard

5.3 HOCKEY 101

For those new to hockey, this section is designed to help you get more familiar with this great sport. Basically, there are (2) main rules you need to understand. This will explain these rules. By watching the game and using this help sheet, you'll be a hockey expert in no time!

Icing

Very simply, "Icing" is merely shooting the puck the full length of the ice. If the puck sails across both the big center red line and the goal line (the thin red line at the other end of the rink), it's "Icing". Icing does not result in a penalty, it merely results in a face-off back in your own zone, near your goalie, who doesn't like to see face-offs so close to him.

"Icing" is not called:

- If the goalie plays the puck by leaving his net prior to the puck crossing the goal line
- If the puck cuts across part of the goal crease
- When a defending opponent, according to the linesman, could have played the puck before it crossed the thin red line.
- When a team is playing shorthanded because of a penalty.

Offside

Offside is governed by the two blue lines. The easiest way to detect an offside is simply this: if you are on the attack and are skating into your opponent's zone, the first thing that has to go over the blue line is the puck. You can shoot it in and chase in after it, or the puck-carrier can skate in with it, but the puck must enter the zone ahead of any attacking player. If the play is offside, there's a face-off just outside the blue line.

5.4 PENALTIES

Penalties in hockey are more obvious than in any other sport. The problem is the referee simply cannot catch every misdeed on the ice. Penalties have graphic descriptions, with such labels as "tripping", "hooking", "charging", "elbowing", "holding", "slashing", and "interference". These are good for two minutes each in the penalty box. There are other infractions like "spearing" and "fighting" that warrant a 5-minute penalty, called a "major penalty". In most cases, a "major penalty" will also carry a "game misconduct" and the player will be removed from the current game and be suspended from the next scheduled game.

5.5 REFEREES

All sanctioned CAHA, CSDHL, Tier II, CCYHL and CRHL games are refereed by members of the Colorado Ice Hockey Referee's Association (CIHRA). Each referee is USA Hockey certified and has full control of all game officials, coaches and players. While watching a game, it is important to know that only the referee, not the linesman, can call penalties (except in a two-man officiating system). It is also important to know that the referee has full jurisdiction on the ice and all appropriate USA Hockey rulings made by the referee will be supported by LHA.

Although you may not agree with every call the referee may or may not call, it is important to remember that you, as a parent and member, are responsible for conducting yourself in an appropriate manner. Remember, it's only a game.

Please see Rink Rules for a complete listing of proper conduct while at the South Suburban Ice Arena. Maintaining your composure and the integrity of the Association should be the goal of every LHA Member.

5.6 GLOSSARY OF HOCKEY TERMS

POINT / POINTMAN - the defenseman in the attacking zone.

POSITIONAL PLAY - a player's position on the ice for the play or situation.

POWER PLAY - when a team has a one or two man advantage.

PUCK CARRIER - the player in control of the puck.

PUCK CONTROL - possession of the puck in stick handling, passing, pass receiving, shooting, tip-ins and rebounds.

REBOUND - when the puck bounces off the boards or a player. Usually refers to a shot that bounces off a goalie.

RINK - the walled area of the ice where hockey is played.

RINK WIDE - a pass from one side of the rink to the other.

RUSH - quickly advancing up the ice by a player(s).

SAFETY / VALVE - the player positioned at the back of the play to provide assistance if the designed play fails.

SCRAMBLE - a play with no pattern.

SCREEN - the action of blocking the view of someone, usually the goalie.

SHORTHANDED - playing with fewer players than the other team.

SLOT - the area in front of the goal.

STICKHANDLING - the skill of controlling the puck while moving.






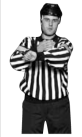





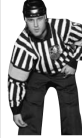



TIP-IN - deflecting a shot into the goal.

TRAILER - the player skating behind, or following the puck carrier.

WIDE - far to one side of an intended target.

ZAMBONI - machine used to "clean" or resurface the ice sheet.

5.7 REFEREE SIGNALS

 <p>BOARDING Forcing a player in to the boards violently. Striking the closed fist of the hand into the open palm of the other hand.</p>	 <p>HIGH-STICKING Carrying or using stick above shoulder level. Holding both fists clenched, one immediately above the other, at the side of the head.</p>	 <p>ROUGHING Unnecessary roughness on an opponent. Thrusting the right arm straight out to the side.</p>
 <p>CHARGING When a player runs, jumps or charges into an opponent. Rotating clenched fists around one another in front of the chest.</p>	 <p>HOLDING Holding an opponent with hands or stick. Clasp the wrist of the whistle hand well in front of the chest.</p>	 <p>SLASHING Chopping at an opponent with stick blade. One chop of the hand across the straightened forearm of the other hand.</p>
 <p>CROSS-CHECKING Hitting opponent two handed with the shaft of the stick. A forward motion with both fists clenched, extending from the chest.</p>	 <p>HOOKING Impeding an opponent's progress by hooking with the stick. A tugging motion with both arms, as if pulling something toward the stomach.</p>	 <p>SPEARING Spear or attempted spear on opponent with stick. A single jabbing motion with both hands together, thrust forward in front of the chest, then dropping hands to the side.</p>
 <p>DELAYED PENALTY Penalty to follow when offending teams gain control of the puck. The non-whistle hand is extended straight above the head.</p>	 <p>INTERFERENCE Impeding the progress of opponent not in possession of the puck. Crossed arms stationary in front of chest with fists closed.</p>	 <p>TRIPPING Using stick or any appendage to trip an opponent. Strike the side of the knee and follow through once, keeping the head up and both skates on the ice.</p>
 <p>ELBOWING Using elbow in any way to foul an opponent. Tapping the elbow with the opposite hand.</p>	 <p>MISCONDUCT Continued unsportsmanlike conduct after warning. Placing both hands on hips one time.</p>	 <p>WASHOUT Goal is not allowed or no off-sides. Both arms swung laterally across the body at shoulder level with palms down.</p>