



WELCOME TO THE 2025-2026 TIFHL SEASON

MISSION OF LEAGUE

- HAVE FUN!!!
- GOAL - Every game ends in a tie – but is highly competitive!
- LEARN SOMETHING!
 - New to hockey!
 - New teammates! New position!

MODIFIED TIFHL RULES

- 3 minute warm-up, 1 minute between periods.
- 3 x 13 minute periods, last 2 minutes of EACH PERIOD will be stopped time (time permitting).
- No penalty box - penalty shots only!
 - Whoever the penalty is drawn on, takes the penalty! If that player already has three goals, they choose another player (that doesn't also have three goals).
 - Players not taking the penalty shot need to start BEHIND the blue line of playing taking puck (ref will notify)
- GOALIES - we will switch goalies 1/2 way through the game if there is a BIG difference in score (+5), Goalies are not assigned to a specific team but rather a night so that goalies are of equal-ish skill.
- NO CHECKING
- 1.5 minute shifts – a buzzer will go off (time will keep going, except the last 2 minutes). This promotes equal time and matching lines.
- No ONE PLAYER can score more than 3 goals in a GAME! Let them get their HAT TRICK and then force them to pass the puck! If someone scores more than 3 goals, automatic PENALTY SHOT for the opposing team.

COACHING and ROSTERS

First – thank you for helping. This league is designed to have a variety of skill – that’s the point. But is 100% competitive FUN!

- Your rosters have players from many teams with many experiences. Work with other coaching staff (other team) for a signal to match up players correctly on the ice.
 - Example:
 - 1’s – Lowest Skill 5 players on the ice if needed).
 - 2’s - Mid Skill
 - 3’s – Higher Skill & sometimes size
 - Move a Lower skill to middle if you need to, Middle skill can move up or down as needed.
- As much EQUAL TIME as you can to all players.

MEETING NOTES

- Welcome
- Mission: **FUN-DAMENAL HOCKEY!** Learn to love the game, grow our individual skills, have fun!
- Coaching Staff
 - AJ/Ryan
 - 4 x Coaches Per Bench, any more gets too crowded, every week may be different depending on coaching, we have a lot of people who can’t make it every week – and that’s okay!
 - Clipboards (Roster/Goalie)
- Monday/Wednesday
 - AJ Will review the rules on the first night with both teams! No warm-up the first night!
- Things to DO
 - Keep things positive! Don’t be yelling at the other coaches! Kids are sponges and we at TI are HUGE on making sure kids are seeing and hearing positive people and coaches at the early ages for retention and development.
 - Chat with the other coaches prior to the game – depending on who shows up that night, could drastically change who are 1, 2, 3’s
 - Coach from the bench! We all yell, but work with kids individually on the bench about what you see on the ice.
 - Keep it simple – tonight we are focusing on “protecting the house”, “no offsides”, etc.
 - Challenge kids, in a positive manner! Some don’t want to play defense, challenge them.

- KEEP IT FUN!!!! CELEBRATE EVERYTHING!!! A good shift, a great shot, a great save, a block, a cut, a rebound, a goal!!
- Pucks – Pucks are in the Coaching Closet
- Jerseys will be handed out next week – if a kid forgets their jersey – they can usually pull another one from the office or closet – they will be similar to colors of our normal TI colors (because of this).