

INFORMATION GUIDE FOR MITES, SQUIRTS, & JUNIORS

Welcome to The Golden Skate Hockey League! To help new and returning players, the staff has put together an information sheet to get everyone acquainted with the wonderful, fast-paced sport of Inline Hockey.

The Golden Skate is a family entertainment center. Hockey is a community service that The Golden Skate provides for the young people of the community. The Golden Skate Hockey League (GSHL) is not an income generating business. There may be times when hockey practices or games will be cancelled due to income producing business of The Golden Skate. However, there will always be advance notice of the cancellation by your Team Parent, and The Golden Skate will make every effort to reschedule the cancelled practice or game.

The League Director represents and reports to The Golden Skate. Comments, suggestions, and complaints should be addressed to the Director.

GSHL relies on the efforts of volunteers. Parents will be asked to volunteer in some way to support the League.

Hockey Divisions:

Mites -- 6 to 9 year olds.

Squirts -- 10 to 13 year olds.

Juniors – 14 to 17 year olds.

Coaching Staff:

The coaches are parents who volunteer their time because they love hockey and kids.

Referee Staff:

Experienced Referees officiate at the Mites, Squirts and Junior hockey games.

Parent Involvement:

All coaches expect parent participation and assistance with helping to make the league run smoothly. Parents can do this by volunteering for jobs such as Team Parent or working the scoreboard. Parents can also help by bringing their child to every practice and game, talking to their child about good sportsmanship, teaching the child how to get dressed on their own and letting him or her know how well they are doing and how much they are improving. Cheering during games is always welcome – the children can hear you out on the rink – let them know that they are doing a great job. But, **NO PARENT COACHING FROM THE SIDELINES PLEASE.**

It is important to let your child's coach know in advance if your child will be unable to participate in a game or practice, so that arrangements can be made for substitute players.

All parents will be required to learn how to work the scoreboard and do so for at least one game per season. Please let your team parent know what date you will be available.

Jerseys:

Mites coaches will pass out team jerseys before each practice and game. Players should return the jerseys to the coach after each practice and game for washing.

Zero Tolerance:

Parents/Spectators are not allowed to degrade, physically touch or verbally abuse coaches, referees, players, The Golden Skate staff, or other Parent/Spectators at any time. Parents/Spectators who violate this policy will be asked to leave the premises.

Goals for Your Child:

It is our goal to make sure that this is an enjoyable time for you and your child.

At the Mites level, most children are just learning the game. Our goals will be the following:

1. To teach sportsmanship and how to be cooperative and supportive of teammates.
2. To increase self confidence.
3. To teach basic hockey skills: forward/backward skating, stopping, stick handling, puck (ball) handling, ready position, how to get back up after a fall, and goaltending (for those interested).
4. To instill a love of hockey and to HAVE FUN!

At the Squirts and Juniors level, the play is more competitive. However, there is still a big emphasis on the basics of skating, passing, shooting, and teamwork. There is a wide range of skating skills at the Squirts level. A player that does not skate well has plenty of time and space to develop. Players in the Juniors level typically have good to excellent skating skills, and the play is fast and very competitive.

Various hockey clinics (run by coaches and Junior players) will be offered during the season and the coaches will decide who should attend which clinic.

Checking is not allowed in any of the divisions.

Playing Hockey --The Basics

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1. Inline hockey is a fast moving sport played with four or five players and one goaltender for each Mites team on the rink. In our league, we will have six players, three offensive, two defensive and one goalie, or three offensive and three defensive and no goalie. Squirts and Junior level teams will have two offensive players, two defensive players and one goalie on the floor.
2. Inline hockey is a very wide-open offensive game, with most rinks playing without any offside or clearing rules.
3. Mites games will consist of three ten-minute periods with at least two minute breaks in between periods. Squirts and Juniors will play three sixteen-minute periods with at least two minute breaks between periods.
4. Our league uses a ball instead of a puck.

The Penalty Box

Of course there is a set of rules by which the players must abide. When a player breaks one of these rules, that team must play with fewer players on the surface. At the Mites level, penalties are rarely called. When a penalty is called, the referee explains what the penalty was. If the penalty is a Major Penalty, the player can be asked to go to the Penalty Box.

Minor Penalties

The offending player is sent to the penalty box for two minutes while his/her team plays shorthanded. If the opposing team scores a goal during the penalty, the penalty automatically terminates. Minor penalties include, hooking, holding, tripping, slashing, elbowing, etc.

Major Penalties

The offending player is sent to the penalty box for five minutes while the team plays shorthanded for a full five minutes, regardless of goals scored by the opposing team. Major penalties include fighting, injuring an opponent with a high stick, slashing or other stick infractions.