



Annual Coaching Director's Meeting

August 2018

New Jersey Youth Hockey League



Topics For Today's Meeting

- Coaching Director Responsibilities
- Positive Coaching
- USA Hockey Coaching Expectations
- USA Hockey Rule Updates and Changes, Regulations and Penalties
- NJYHL Rules, Schedules and Participation
- Game Management Expectations
- Officiating and Assigning
- American Development Model (ADM) and 6U/8U Guidelines
- Links
- Questions



Meet The Staff

- Anthony D'Anna
 - NJYHL Coach in Chief
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 - NJYHL Secretary
 - AAHA ADM Coordinator
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Coaching Director Responsibilities in the NJYHL

- Design and implement a plan of development for your club
- Know the science behind child development, skill development and USA Hockey's recommendations
- Train your coaches to deliver skill development in a consistent manner throughout the club
- Disseminate information from USA Hockey, Atlantic Affiliate and New Jersey Youth Hockey to your coaches and families
- Instill an understanding of acceptable behavior in spectators and players





USA Hockey Coaching

Credentials and Training Requirements



USA Hockey Coaching Philosophy

COACHING ETHICS

- **COMPETENCE** Maintain a standard of excellence with regard to education and information related to coaching and make an on-going effort to maintain competence in the skills they use.
- **INTEGRITY** Exercise integrity in the practice of coaching and be honest, fair and respectful of others.
- **PROFESSIONAL RESPONSIBILITY** Uphold professional standards, clarify professional roles and obligations, accept appropriate responsibility for behavior and adapt methods to the needs of participants.
- **RESPECT FOR PARTICIPANTS** Respect the fundamental rights, welfare, dignity, values, opinions and worth of all participants and will be aware of cultural and individual differences including those due to age, gender, race, ethnicity, national origin, religion, sexual orientation, disability, language and socio-economic status.
- **CONCERN FOR PARTICIPANTS** Be sensitive to different roles and responsibilities of all participants and not exploit or mislead them.
- **RESPONSIBLE COACHING** Be aware of ethical responsibilities to society and the community in which they work and live as well as comply with the law and encourage the development of policies which serve the interest of the sport and USA Hockey.



USA Hockey Coaching Education Program Seminar Attendance Requirements

USA Hockey mandates that all coaches progress through a series of Coaching Education classes as they continue to participate as a coach of youth hockey.

- All coaches must register with USA Hockey as a coach
- All coaches may attend only one (1) certification clinic per year.
- Coaches who do not coach in continuous years remain at the level they last attained. They must re-enter the CEP program at the next level (unless L3 or L4) when they resume coaching responsibilities.
- All coaches must enter at Level 1, and must continue their education with a coaching clinic each year until, at a minimum, they achieve Level 3.
- **EXCEPTION:** Coaches of 8U or younger players may remain at Level 1 or their current level.



USA Hockey Coaching Education Program Seminar Attendance Requirements

- Once Level 3 is achieved, periodic renewal is required for coaches who have not achieved Level 4. The initial Level 3 certification is valid for two seasons, as indicated by the expiration date. There are two Recertification Tracks (1 and 2) which are also valid for two seasons each. A Level 3 coach must either take one of the Recertification Tracks or move up to Level 4 when each two year validation period expires. A Level 3 coach must advance to Level 4 at the end of the sixth (6th) season of a Level 3 certification.
- Coaches of national tournament bound teams (Tier I 14U, 16U and 18/19U and Tier II 14U, 16U and 18/19U) must complete Level 4 in their fourth season of coaching. Coaches who attain Level 4 certification are not required to attend any further certification clinics but must adhere to the age-specific requirement.



USA Hockey Coaching Education Program Seminar Attendance NJYHL Update

- If a coach **fails** to meet the Coaching Education Program requirements for the current season by December 31st, **the coach will be ineligible to coach in the NJYHL for a minimum of 45 days and a maximum of one year, starting at the beginning of the following season.**
- That coach will not be permitted to return until all CEP Requirements are met, with final approval from League Commissioner and Coach-in-Chief.
- **Explanation** There is a loophole where a coach can avoid being CEP compliant if they do not make playoffs. This ensures that coaches will attain the proper CEP credentials.



Additional Certification Requirements - UPDATE

ON LINE AGE-SPECIFIC MODULES

- All coaches must complete the on-line age-specific training module for the level of play they are coaching **OR THEY CANNOT BE ADDED TO A ROSTER.**

SAFESPORT CERTIFICATION

- All coach and manager SafeSport certifications must be up to date for the current season or **THEY CANNOT BE ADDED TO A ROSTER.** Safe Sport Certification is valid for two years.

BACKGROUND SCREENING

- **NEW FOR THIS SEASON** - All coaches and managers must have an up to date background screening or **THEY CANNOT BE ADDED TO A ROSTER**

NOT ON A ROSTER = NOT ON THE ICE WITH THE TEAM

FOR GAMES OR PRACTICES



Under Age (Student) Coaches

- Age 13 through 17 who is currently properly registered with USA Hockey as a player.
- Requirements include:
 - Attendance at a training session at the local club or audit a Level 1 CEP clinic
 - Must always be supervised by an approved, rostered coach
 - During games (cannot act as assistant or head coach at any time and counts as one of 4 team officials permitted)
 - Practices (cannot act as assistant or head coach at any time)
 - Must wear a helmet with full face shield, gloves and skates at practices and helmet on bench during games while on the bench
 - May not participate as a player in games or scrimmages when acting as a Student Coach
 - May only work with players at least one age level below his/her own
- Registration forms must be signed by the parent/guardian, head coach and organization administrator and submitted through the club Registrar to USA Hockey.



Atlantic Affiliate CEP Seminar Schedule

Date	Levels	Location
May 19-20	1-4	Allentown, PA
August 11-12	1-3	Allentown, PA
October 7	1-3	Chalfont, PA
October 27-28	1-3	Montclair, NJ
December 1-2	1-3	Allentown, PA
December 8-9	1-3	West Chester, PA
		(as of July 16 th)





Skills Progression For Coaches

For the betterment of your club and for the sport



Level	Fun, Active, Age Appropriate	Game Knowledge	Station Based Practices & Small Area Games	Individual Skill Development	Hockey Sense	Systems (team play training)
Mite	X	Basic	X	85%	15%	0%
Squirt	X	Rules	X	75%	15%	10%
Pee Wee	X	Team Support	X	65%	25%	10%
Bantam	X	Team Play Situations	X	50%	35%	15%
Midget	X	Learning to Compete	X	50%	25-30%	20-25%

Level	Speed and Suppleness	Skill Acquisition	Stamina and Strength	Body Contact	Off Ice Training	Emotional Intelligence
Mite	X					Be a good team member
Squirt	X	X		Prevent injury	Agility and balance	Respect
Pee Wee		X		Body checking	Agility and balance	Take responsibility
Bantam	X		X	Body checking	Speed, strength, range of motion	Handling adversity
Midget	X		X		Importance of warming up	Honesty and integrity



Rules Regulations and Penalties

USA Hockey and New Jersey Youth Hockey League



USA Hockey Rules and Regulations – 2017-2021

- At the 2017 USA Hockey Annual Congress, the governing body voted on a series of new rules that are **now in effect** through the 2021 season. The major changes are:
 - At the 14U and below age categories, **a shorthanded team is no longer permitted to ice the puck without a consequence**. It will now result in an icing call by the officials and the resulting faceoff will occur in the offending team's defensive zone similar to when both teams are at equal on-ice strength.
 - All face offs will occur at one of the **nine dots** on the ice.
 - Rule 601 now includes language for racial/ethnic slur to include any language that is **"offensive, hateful or discriminatory in nature"**.
 - The new USA Hockey Rule Book can be reviewed online at www.usahockeyrulebook.com.



USA Hockey Rules and Regulations

HELMETS

- All ice hockey coaches and instructors of registered USA Hockey Youth 18U and below, high school, girls'/women's 19U and below, and disabled programs must properly wear **an approved ice hockey helmet** during all on-ice sessions, including practices, controlled scrimmages and all Coaching Education Program clinics and/or workshops.
- **Penalty for not wearing a helmet is a minimum thirty (30) day suspension.**



USA Hockey Rules and Regulations

Rule 411 Aggressive Infractions Include

603 Boarding	609 Cross Checking	622 Holding an Opponent(facemask)	639 Tripping/Clipping
604 Body Checking	611 Elbowing	627 Kicking	640 Roughing
606 Butt Ending	619 Head-Butting	628 Kneeing	
607 Charging	620 Head Contact	634 Slashing	
608 Checking from Behind	621 High Stick	635 Spearing	

There is a separate progressive suspension rule for fighting – Rule 615 (f)

Organizations and players are responsible for tracking the progressive suspensions assessed. Coaches and players can be suspended for violation. Penalty follows the player –HS/Rec/MS



USA Hockey Rules and Regulations

PROGRESSIVE SUSPENSIONS - PLAYERS

- USA Hockey Rule 411 states:
 - Any player who receives their **third** major penalty during the same season for any combination of aggressive infractions shall receive an **additional three game suspension**.
 - Any player who receives their **fourth** major penalty shall receive an **additional five game suspension**.
 - Any player who receives their **fifth** major penalty shall be **suspended until a hearing is conducted by the Affiliate**.
 - These suspensions are in addition to any others imposed through the official playing rules.



USA Hockey Rules and Regulations

PROGRESSIVE SUSPENSIONS - COACHES

- USA Hockey Rule 4.11 states:
 - Any team who receives **three major penalties in the same game** shall have its Head Coach **suspended for the next game** for that team.
 - **Any subsequent game** where the team receives three or more major penalties in the same game the Head Coach shall serve a **three game suspension**.
 - **For the third game** with three or more major penalties by the same team during the same season, the Head Coach shall be **suspended indefinitely** until a hearing has been conducted by the Atlantic Affiliate.
 - These suspensions are in addition to any others imposed through the official playing rules.



Tournaments

- Any tournament that your teams participate should be a USA Hockey sanctioned tournament.
- Sanctioned tournaments provide consistent
 - Rules
 - Penalty assessments
 - Age categories
 - Insurance coverage
- The AAHA Registrar keeps a list of the sanctioned tournaments hosted in our Affiliate. They can be found on the USA Hockey website www.usahockey.com/tournaments





USA Hockey rules govern except as modified in the NJYHL Guidebook



NJYHL Rules and Regulations 2018-2019 Season Changes

The NJYHL Board of Directors voted on and approved a major update of the Guidebook at the 2018 Annual Meeting. All changes in the book are highlighted.

We recommend you read the entire Guidebook to familiarize yourself with these changes.

The Guidebook can be found on the NJYHL website, www.njyhl.org. Some of the changes include:



Team Registration and Rostering

- USA Hockey Rosters must be submitted to NJYHL Registrar before the first NJYHL game is played.
- 20 players maximum; 10 players minimum.
- 8 player movements between teams through 12/31 (excluding goalies).
- A player cannot be rostered on more than one NJYHL team.
- A player cannot compete in the NJYHL if he is also rostered on a Tier I youth team or a Junior team.
- 16U/18U players may roster with a Tier I or Junior team at the conclusion of the NJYHL team's season **but will be ineligible for post-season participation with their NJYHL team once released.**
- Players must be rostered to participate.



League Schedule

- All games are scheduled (or re-scheduled) by the Master Scheduler and must be entered into Scorekeeper before the start of the season
- Any game changes once the schedules are final require Admin VP approval and concurrence of both clubs
- All games **MUST** be played – no FORFEITS – there are fines
- Two full periods must be played for game to be official – must be stop time – no running clock – 10 goal mercy rule
- A suspended game will resume where the game was stopped. Any ineligible player in the initial game cannot participate when game is resumed.
- It is recommended non-league games follow the same rules as NJYHL games
- Any player on the bench or in the penalty box must have a helmet on at all times
- Must have a minimum of seven (7) players on its bench by 10 minutes after the scheduled game start or game is forfeited



Penalties And Suspensions

- Fighting
 - 8U/10U/12U
 - 1 game suspension for first infraction
 - 3 game suspension for second infraction
 - Season suspension for third infraction
 - 14U/16U/18U
 - 2 game suspension for first infraction
 - 5 game suspension for second infraction and automatic review
 - Season suspension for third infraction



Penalties And Suspensions

- 15 or more penalties in one game = 1 game suspension for coach. If this happens 3 times in the same season, it is an additional 3 game suspension for the coach.
- Racial, ethnic or gender related slurs on the ice or in the rink, before, during or after the game is an automatic 3 game suspension and will be reviewed by the Commissioner for further action.
- Match penalty is a minimum automatic 3 game suspension and the Commissioner must be contacted immediately to determine the overall length of the suspension.
- A coach leaving the bench for any reason except to tend to an injured player shall be ejected and receive a 3 game suspension.
- A coach encouraging players to violent action or condoning such action shall be ejected and suspended for a minimum of 5 games.
- Placing hands on or otherwise touching an official is a minimum 5 game suspension for the first infraction and expulsion if it happens a second time.



Serving Suspensions

- When a **Game Misconduct** or **Match Penalty** is received in an NJYHL game, the suspension is served in the immediate subsequent NJYHL game.
- If the immediate next game is a **non-league game**, the suspension is served in that game (to satisfy USA Hockey requirement) and then also in the next NJYHL game on the schedule (potential for 2 games missed).
- The Commissioner must be contacted immediately when a fighting major penalty or match penalty is assessed. The offending team is responsible to initiate the contact.
- Penalties requiring suspension in non-league games must be sent to the Commissioner.
- Any player serving a suspension must not be in the playing area (bench, penalty box or scorekeeper area)
- Any coach serving a suspension may not be near the player bench **or in the locker room before the game** or be coaching in any way.



Serving Suspensions

- Any coach using a player under suspension incurs additional suspension and fine (covered earlier under rule changes)
- Officials do not assess suspensions – they assess penalties. The written penalty attaches a suspension. Officials do not have the authority to comment on the length of a suspension nor can they lessen (or increase) a suspension
- The **NJYHL Commissioner** is the only one that can reduce or increase a suspension at his discretion.
- There is a right of appeal for any suspension involving more than three games.



Standings, Playoffs, Methods of Determining a Winner

METHOD OF DETERMINING A WINNER – RULE 87

- League Division Championship
 - A. The team in each division accruing the greatest number of points will be declared the champions. Points are awarded as follows:
 - Win 2 points
 - Tie 1 point
 - Loss 0 points
 - B. If two or more teams are tied in total points, see earlier slide regarding tie-breaker. We have adopted a modified version of the USA Hockey Tournament tie-breaker rule.



Standings, Playoffs, Methods of Determining a Winner

14U, 16U, 18U PLAYER PLAYOFF ELIGIBILITY – RULE 90

- Each player must participate in a minimum of 50% of the League games scheduled for the team.
- Any player rostered after the end of league play is ineligible for post season play. In the event of an injury or other extraordinary circumstances, the Board reserves the right to waive this rule.
- It is the responsibility for the individual teams to insure that all their players are eligible.
- If a team uses an ineligible player in a playoff game, that game will be declared a forfeit and a fine of \$1,000 will be assessed.



Standings, Playoffs, Methods of Determining a Winner

PLAYOFF FORMAT

- The NJYHL rules state the playoff format and seeding is released at the September Delegates meeting.

The word "September" is written in a colorful, bubbly, and stylized font. Each letter is a different color: S (blue), e (red), p (yellow), t (blue), e (red), m (yellow), b (red), e (blue), r (yellow). The letters have a white outline and a slight shadow effect.

NJYHL Schedules and Participation

Planning and Volunteering



NJYHL Schedule

Date	Event	Location
August 11, 2018	16U/18U Season (AA & A) Begins	State-wide
August 9, 2018	NJYHL Team Manager Meeting	Ramada Conference Center Jamesburg
September 8, 2018	14U and 12U Season Begins	State-wide
September 15-16, 2018	10U Jamboree	North – TBD South – TBD
September 22-23, 2018	AAHA 6U/8U Jamboree –NJ	Ice Vault – Wayne, NJ
October 13, 2018	10U Season Begins	State-wide
October 21, 2018	16U/18U AA Season Ends	State-wide
October 28-30, 2018	16U/18U AA Playoffs	TBD



NJYHL Schedule Continued

Date	Event	Location
November 2-4, 2018	16U/18U AA - AAHA Championships (best of 3)	Ice Vault, Wayne, NJ
November 3, 2018	8U Season Begins	State-wide
February 10, 2019	16U/18U A, 14U, 12U and 10U Season Ends	State-wide
February 22-25, 2019	10U and 12U Playoffs	TBD
March 8-10, 2019	14U and 16U/18U A Playoffs	TBD
March 15-18, 2019	AAHA District Tournament – All Levels	Hatfield Ice World and Ice Line
April 3-8, 2019	USA Hockey National Tournament	14U –South Bend, IN 16U –Plano, TX 18U –San Jose, CA



NJYHL Schedule Continued

Date	Event	Location
March 25, 2019	2019-2020 Tier II Tryouts Begin (After 4:00 pm) 6U, 8U, 10U, 12U	District-wide
April 15, 2019	2019-2020 Tier II Tryouts Begin (After 4:00 pm) 14U, 16U, 18U	District-wide
April 22, 2019	2019-2020 Independent Tryouts Begin(After 4:00 pm) 14U, 16U, 18U AND all age level Spring/Summer teams	District-wide

NJYHL Participation

- **10U JAMBOREE**
- In accordance with NJYHL rules – every club Hockey Director must participate in the evaluation process. Please plan on attending the Jamboree to review and assist in placement for the teams
- **6U/8U JAMBOREE**
- As this is an Atlantic District event, there is no NJYHL for participation but evaluators are needed at this very busy event.





Game Management Expectations

Common Sense and Common Mistakes



Game Responsibilities

- Communicate respectfully with officials, players, opponents and parents
- You are the role model – Positive Coaching Alliance
- You are responsible for your organization's behavior during games
 - Parents in the stands
 - Penalty box management
 - Score and time keeping – off ice officials
- Know the rules
- Be a gracious host
- Big brother is watching



Game Responsibilities

Rule 505 Official Scorer

- Before the start of the game, the “OFFICIAL SCORER” shall obtain from the Manager or Coach of both teams a list of
- all eligible players of each team. The Official Scorer shall secure the names of the Captain and Designated Alternate(s) from the Manager or Coach of each team and will indicate each by placing the letter “C” or “A” opposite their names on the scoresheet.
- (For all Youth and Girls’ Classifications) **Prior to the start of the game, the Official Scorer shall obtain on the scoresheet the signatures of all coaches of each team**, one of whom shall be designated as Head Coach, along with the CEP card number, CEP level and the year the CEP level was attained for each coach.

Game Responsibilities

- Confirm player roster reflects bench attendance
- Review the score sheet at the end of the game **before** you initial it. **Once it is signed AND initialled, changes cannot be made.**
- Remind your parents **website statistics will not be corrected** unless it impacts the outcome of the game.
- Who do you contact if you have questions, concerns, complaints?
 - NJYHL Coach in Chief
 - Referee Assignor
 - **Remind your coaches and families that all contact with the NJYHL must come through your organization NJYHL Delegate**





Officiating and Assigning

NJYHL Practices





Skill Development for Players American Development Model (ADM)





AAHA 6U-8U Season Description



6U-8U SEASON DESCRIPTION

Rev. 2-15-18

	Half Ice - 8U	Cross Ice - 6U
Schedule Information		
Season length	20 weeks	20 weeks
Season start date	First weekend in November	First weekend in November
Pre-season scrimmages	From October 1-November 1 – maximum of 4 games – recommended one per weekend	Not applicable
Season end date	First weekend in March	First weekend in March
Game count	20 game days maximum	20 game days maximum
AAHA Placement jamboree	Open to all 8U teams. Held in late Sept/early Oct. Mandatory participation at league discretion	Open to all 6U teams. Held in late Sept/early Oct. Mandatory participation at league discretion
Travel radius	Games w/i a 30-45 min. radius of home rink (girls teams - 1.5 hr radius)	Games w/i a 30-45 min. radius of home rink
Tournaments	Up to 2 (not included in game count above and excludes placement jamboree)	Up to 2 (not included in game count above and excludes placement jamboree)
Weekly on ice time limit	6 hours	4 hours
Practice count	40 minimum	40 minimum
Weeknight practices	1 night minimum	Not required
Practice types	Station based practices and small area games to permit teaching concepts	Station based practices and small area games to permit teaching concepts



	Half Ice – 8U	Cross Ice – 6U
Rosters		
Roster size	Suggested minimum of 8 skaters and one goalie and maximum of 12 skaters and two goalies*	Suggested minimum of 7 skaters and maximum of 10 skaters*
Goaltenders	Rotating goalies with full equipment	Rotating goalies – goalie equipment optional
Team format & Number	4 v 4 and total number of teams unlimited	3 v 3 or 4 v 4 and total number of teams unlimited
Game Layout		
Playing surface/location of nets	Divide rink into two equal playing surfaces from the goalie crease to the red line. Studio sized ice surfaces are permitted. 6U format also permitted	Divide rink into 3 equal playing surfaces either perpendicular to zone lines or from crease to blue line with 3rd surface in neutral zone
Benches	All teams share benches	All teams share benches
Pucks	Blue pucks	Blue pucks
Goal nets	3/4 net or full ice net if 3/4 net not available	3/4 net or full ice net if 3/4 net not available
Referees	One USA Hockey certified official required for each half ice game paid the current 8U officiating rate	Not required. Coaches in helmets to officiate. One coach per team.
Uniforms	Home and away jerseys or reversible jersey	Home and away jerseys or reversible jersey
Scorekeeping	No scorekeeping or standings	No scorekeeping or standings
Game length	Three 15 minute periods – running clock (can add more periods if ice time permits) additional time is encouraged	Three 15 minute periods – running clock (can add more periods if ice time permits) additional time is encouraged
Ice slot length	Suggested 1 hour – can be 1.25 hrs	Suggested 1 hour – can be 1.25 hrs
Line changes	At buzzer or whistle after 1.5 minutes of play. More skilled teams should shift on the fly. Coaches to confirm at start of each game*	At buzzer or whistle after 1.5 minutes of play
Face offs	At center of ice at the start of each period and after every goal. Behind the net on saves. After either event, whistle blown and ref retrieves puck from net to initiate puck drop behind net or at center ice.	At center of ice at the start of each period and after every goal. Behind the net on saves. After either event, whistle blown and ref retrieves puck from net to initiate puck drop behind net or at center ice.
Coaches on the ice	Not permitted	Required – 1 per team
Penalties	Player goes to side lines for remainder of shift plus one full shift – replace player on the ice – penalty shot is awarded to receiving team	Player goes to side lines for remainder of shift plus one full shift – replace player on ice ice



6U-8U Guidelines

FULL ICE GAMES

- The Atlantic Amateur Hockey Association **does not permit** the playing of full ice games at the 6U or 8U levels at any time.

BIRTH YEARS

- **8U – 2010-2012 6U – 2012 and younger***
- 2011 and 2012 birth year players ARE NOT permitted to play at the 10U level. **NO WAIVER REQUESTS ACCEPTED.**
- 2009 birth year players ARE NOT permitted to play at the 8U level. They must play at 10U level.
- Rosters listing birth year players that are outside of the required age bracket will not be processed in accordance with the AAHA rules.
- *2012 birth year (6U) players CAN play on 8U teams, but cannot move to the 10U level until age appropriate.



Links

- ADMkids – www.admkids.com
- Atlantic Affiliate Background Screening Program <https://www.atlantic-district.org/online-screening-instructions>
- NJYHL – www.njyhl.org
- Positive Coaching Alliance – www.positivecoach.org
- USA Hockey Coaching Education Program - www.usahockey.com/coaches
- USA Hockey Mobile Coach App - www.usahockey.com/mobilecoach
- USA Hockey Rulebook – www.usahockey.com/rulesandresources
- USA Hockey Safe Sport Program – www.usahockey.com/safesportprogram
- USA Hockey – Heads-up Hockey – www.usahockey.com/headsuphockey



Questions?

Thank you for your time and dedication to the kids, your club, the NJYHL and to the great sport of hockey.

