



# HOCKEY

## PARENT GUIDE

2021 - 2022 SEASON



PARKS AND  
RECREATION

Idaho  
**IceWorld**




---

## CONTENTS

---

HOCKEY AGE .....	3	BASIC RULES .....	15
LEARN TO PLAY .....	4	MIGHTY MITES.....	16
INSTRUCTION .....	5	ICE PILOTS .....	16
AMERICAN DEVELOPMENTAL MODEL..	6	HIGH SCHOOL HOCKEY .....	17
EQUIPMENT AND RENTAL .....	7	JUNIOR VARSITY HOCKEY .....	17
STICK LENGTH.....	12	FALL LEAGUE.....	18
TYING THE SKATES.....	13	GIRLS HOCKEY .....	19
CONCUSSIONS .....	14	EXTRA ICE TIME.....	19
REGISTRATION.....	14	CODE OF CONDUCT .....	20
SCHOLARSHIPS .....	15	24 HOUR RULE .....	22
USA HOCKEY .....	15	ADDITIONAL RESOURCES .....	22
TEAM SIDELINE.....	15		




---

## HOCKEY AGE

---

### HOW OLD IS YOUR CHILD?

Idaho IceWorld has two Hockey Learn to Play age groups: 4-7 years old and 8-17 years old. 18+ will enter our adult program. As you can see below, USA Hockey divides the ages even more, as players become competitive in games.

### USA HOCKEY AGE CLASSIFICATIONS

Players will be placed in the division that coincides with their age listed below. Only the Hockey Department can make an exception to this classification (restrictions apply).

AGE CLASSIFICATIONS   2021-2022 SEASON		
DATE OF BIRTH	AGE CATEGORY	AGE DIVISION
2003	18 Years	18 & Under (Midget)
2004	17 Years	18 & Under (Midget)
2005	16 Years	16 & Under (Midget)
2006	15 Years	16 & Under (Midget)
2007	14 Years	14 & Under (Bantam)
2008	13 Years	14 & Under (Bantam)
2009	12 Years	12 & Under (Peewee)
2010	11 Years	12 & Under (Peewee)
2011	10 Years	10 & Under (Squirt)
2012	9 Years	10 & Under (Squirt)
2013	8 Years	8 & Under (Mite)
2014	7 Years	8 & Under (Mite)

*No USAH Registration Fee 2015 and younger (6 & Under)*



---

## LEARN TO PLAY

---

### WHAT LEVEL WILL MY CHILD BE WHEN THEY START?

For our Learn to Play program, there are two age groups for new hockey players: 4-7 years old and 8-17 years old. At both age groups, there are four levels of Learn to Play Hockey skate instruction. If your child has never skated before or is fairly new, they will start in Hockey 1. The Hockey Coaches will help place your child in accordance with their skill level. We provide the full gear that is needed at every level.

After your child has passed Hockey 4, they will be ready to play in our in-house league. *Your child must pass Hockey Level 4 to be eligible for any in-house league.* Normally, there are Fall and Summer leagues. As your child progresses, there are travel teams, all girl teams and High School Hockey.

### AGES 4-7

#### Hockey 1

Learn to Play Hockey 1 will teach fundamentals of skating, as endorsed by USA Hockey. Professional Skating Coaches facilitate the class.

#### Hockey 2

Learn to Play Hockey 2 will teach fundamentals of skating as endorsed by USA Hockey. Staff Professional Skating Coaches facilitate the class. Skaters must pass Hockey 1 before this class.

#### Hockey 3

USA Hockey American Developmental Model (ADM) is introduced. This class is a prerequisite for the Hockey 4 program.

## **Hockey 4 or Mighty Mites**

An instructional program with a professional atmosphere for boys and girls. New players must have basic skating skills, or have completed Hockey 3, or other Learn to Skate classes. USA Hockey American Developmental Model (ADM) is used during each practice. Children may play at intermissions during Idaho Steelheads home games. Your child must pass the Hockey 4 class before playing any in-house team games.

## **AGES 8-16**

### **Hockey 1**

Learn to Play Hockey 1 will teach fundamentals of skating, as endorsed by USA Hockey. Professional Skating Coaches facilitate the class.

### **Hockey 2**

Learn to Play Hockey 2 will teach fundamentals of skating as endorsed by USA Hockey. Staff Professional Skating Coaches facilitate the class. Skaters must pass Hockey 1 before this class.

### **Hockey 3**

USA Hockey American Developmental Model (ADM) is introduced. This class is a prerequisite for the Hockey 4 program.

### **Hockey 4**

An instructional program with a professional atmosphere for boys and girls. New players must have basic skating skills, or have completed Hockey 3 or other Learn to Skate class. USA Hockey American Developmental Model (ADM) is used during each practice. Your child must pass the Hockey 4 class, before playing any in-house team games.

---

## **INSTRUCTION**

---

### **HOW LONG ARE THE CLASSES?**

Hockey 1 and Hockey 2 are each 30 minutes. Hockey 3 and 4 are 60 minutes of instruction. The classes run for 6 to 8 week sessions throughout the year. Once your child has mastered the developmental skills in one level, they will be placed immediately into the next level.

### **WHO ARE THE COACHES?**

All instruction is given by certified Learn to Skate USA Instructors or Certified USA Hockey Coaches.

### **WILL MY CHILD LIKE IT?**

Idaho IceWorld's goal is that your child will have so much fun while making new friends and learning to skate that they will love hockey for years to come! According to USA Hockey, children play sports for a variety of reasons.

## The reason children play sports, listed in order of importance:

1. They have fun playing sports.
2. They enjoy the challenge of improving skills and learning new skills.
3. They like to be with their friends and meet new people.
4. They like being a member of a team.
5. They find it exciting to perform in front of people.
6. They like to win.
7. They see it as something to do that is good exercise.
8. They enjoy traveling and seeing new places.

## CAN I BECOME A COACH?

Parents who wish to coach can get their USA Hockey coaching certification by taking a hockey coaching class, taking Safe-sport Training and passing a USA Hockey background check. Just contact an IceWorld Hockey Coaches and they will help you with this process. Classes are usually held around September each year.

## I WOULD LOVE TO VOLUNTEER. WHAT DO I NEED TO DO?

We love and need volunteers. Contact the Hockey Coordinator, and he will approve requests. You will then have to go to the city's website for volunteers and have your hours approved. It's an easy process, so please come join us!

---

## AMERICAN DEVELOPMENTAL MODEL

---

### I KEEP HEARING THE COACHES TALK ABOUT ADM. WHAT IS IT?

ADM or the American Developmental Model was launched by USA Hockey in 2009, providing a detailed blueprint for optimal athlete development.



By giving your child the ADM experience, you're positioning them for long-term success. It's proven programming, built on qualitative and quantitative research from leading hockey nations, sport scientists, coaches and educators. In 2015, USA Hockey granted rights to the USOC to use the ADM name and logo as part of its effort to improve the well-being of future generations and help every American athlete reach their full potential.

- Age-specific, age-appropriate skill development.
- An opportunity to efficiently learn and refine essential skill without an over-emphasis on winning games at the younger age classifications.
- A sensible practice-to-game ratio that encourages efficient skill development.



- High-performance practice and game programming that emphasizes skill development.
- Structured training programs for coaches and qualified adult leadership.
- A philosophy that reduces burnout and disenchantment.

The ADM builds players well-suited for the highly skilled, creative, fast-paced game of today. The ADM is fun. USA Hockey believes in letting kids be kids. We believe that kids and their families should get the most out of hockey, without feeling undue performance or financial pressure. We believe in community-based youth hockey. We believe in keeping kids engaged, moving and smiling. We believe in creating great athletes, not just hockey players. The ADM encourages children to play multiple sports. At Idaho IceWorld, Mites play cross-ice with no score and Squirts play half ice.

### **WHY MUST PLAYERS PASS HOCKEY 4 BEFORE PLAYING GAMES?**

Idaho IceWorld instruction comes from USA Hockey American Developmental Model (ADM). Competition is at the heart of the ADM, but it emphasizes age and developmentally appropriate forms of competition, i.e., two players competing for a loose puck, rather than an overemphasis on the final score of a 6U or 8U hockey game. With so many children learning to play, we place our emphasis on fun and skills first. We wish to develop the skills first so when they do join our in-house programs they will continue to have fun for years to come.

---

## **EQUIPMENT AND RENTAL**

---

### **WHAT ABOUT ALL THE EQUIPMENT? WILL I HAVE TO BUY IT?**

We keep hockey affordable through our “rental” equipment program. Idaho IceWorld “rents” the equipment to you free of charge. If you do not return it, the City of Boise could end up sending you a bill. Refer to Idaho IceWorld’s website under Hockey Learn to Play (HLTP) for fitting dates and times scheduled prior to each HLTP session for “rental” gear fittings. If your child does not like hockey (which does not happen often), just check the gear back in so another child can use it. All you need to buy to get started is an approved hockey helmet with a cage and a hockey stick. Skate rental comes free with your HLTP registration. When your child completes Hockey 4, you will need to return the gear.

### **NECK GUARDS**

Idaho IceWorld highly recommends neck guards for all hockey players, but they are not required. These lightweight pads, which fit around the neck, assist in lessening the chance of a skate blade cutting a player.

### **MOUTH GUARDS**

Mouth guards are not required for Hockey Learn to Skate, but are required at all Squirt age level league games and up. Mouth guards help prevent injuries to the



mouth, teeth and biting the tongue. Preliminary studies indicate that mouth guards also aid in the prevention of concussions.

## HOW DOES ALL THAT EQUIPMENT FIT ON MY CHILD?

This is a great question. So many parents ask this, that USA Hockey has a video to help you out. Our own in-house coach, USA Hockey Coach Wil Smoke, also has a [YouTube channel](#) for videos.

## THERE IS SO MUCH GEAR. WHAT DO I BUY?

LAX ID, located inside Idaho IceWorld, has a few suggestions. Their qualified staff can help with all your needs. LAX ID is the largest hockey and figure skating shop in Idaho.

## HELMET

Helmets and face masks are mandatory in youth hockey. A proper fit ensures maximum protection. Look for the CSA certification label prior to purchase.

- Place a tape measure 1" (2.54 cm) above the eyebrows and measure the distance around the head.
- Select a helmet with the corresponding inches and corresponding level of play. Open your helmet to its largest setting.
- Position the helmet on the head so the rim is one finger width above the eyebrow. Gradually begin to downsize the helmet (if necessary) until a comfortable snug fit is achieved. Tighten and secure the helmet adjustment. The helmet must be snug enough to prevent rotation with the adjustment secure and the chin strap securely fastened at all times.
- An oversized helmet can lead to unnecessary injuries.
- The hockey face mask should match the helmet model and size, must meet CSA Standards and must be approved for use with the helmets to which they are attached.

## PANTS

Hockey pants provide your child with added protection against shots, sticks and falls. If the pants fit well, they will not affect your child's mobility on the ice.

- Measure the player's waist.
- From the sizing chart, select the hockey pants with the corresponding size for that model. Pants should reach the top of the player's knees and extend up to cover the kidney and lower ribs. The molded polyethylene hip, kidney and tailbone pads and foam padding should cover critical areas.



# EQUIPMENT CHECKLIST

Always be prepared, both on and off the ice!

- STICKS (2)**  
Bring at least two sticks with you and write your name somewhere on the shaft. Cut the shaft of your stick so that it is “up to your mouth when standing on your tip toes” (as though you were on skates).
- SKATES**  
It is very important to make sure they fit correctly. Get them sharpened and throw in an extra pair of laces just case you break one when you tighten them up. Bring a towel to dry off your blades after you get off the ice.
- SHIN GUARDS**
- GARTER BELT AND HOCKEY SOCKS**  
Either the old style belt and fasteners, or the newer velcro tabs attached to a snug fitting short with a built-in cup
- ATHLETIC CUP AND SUPPORTER**  
Don't leave home or step onto the ice without it.
- HOCKEY PANTS**  
Including belt or suspenders.
- ELBOW PADS**  
Bring them and wear them always
- SHOULDER PADS**  
Required during all on-ice workouts.
- GLOVES**  
Make sure they're comfortable and still fit properly.
- HELMET WITH FACE MASK**  
Helmets approved by CSA and HECC are required at all times a player is on the ice.
- JERSEY**
- MOUTH GUARD**
- THROAT PROTECTOR**
- UNDERWEAR**
- TAPE (2 ROLLS)**
- WATER BOTTLE**



## **SHIN PADS**

Covering the knee and shin area, these mainly plastic pads should extend from the bottom of the hockey pants to the top of the skate boot. Shin pads are identified in inch long increments. (“I need a pair of 14 inch pads.”)

- Shin guards are measured best while the player is sitting.
- Measure from the center of the kneecap to the top of the skate boot.
- Shin guards which are either too long or too short will result in the knee or instep being exposed and unprotected.
- Shin guards should be secured with shin guard straps or tape, never tight hockey stockings.

## **HOCKEY SOCKS**

Hockey socks are used to cover the shin pads.

## **STICK**

For kids in our Learn to Play Hockey program, we suggest a stick cut right under the chin, to make them bend their knees more. Two sticks should be readily accessible, in case of breakage during a practice or game. (See section on Stick Length)

## **GARTER BELT AND CUP**

Sometimes the “cup” requires a separate garter belt. This belt provides a mechanism to keep hockey socks in place. Opt for the shorts with Velcro on the front and back as these wear better and are more comfortable for the player. It is recommended that boys wear a cup and girls should wear a pelvic protector.

## **ELBOW PADS**

These pads begin at the bottom of the shoulder pad on the player’s arm and should extend to the top of the glove.

- Measure the length between the shoulder pad and the cuff of the glove.
- Match the player’s measured size to the size of the elbow pads by inches. When fastened securely, there should be no gap between the pad and either the biceps extension of the shoulder pad or the cuff of the glove. Players who wear a short cuff style glove should choose the longer model of elbow pad.

## **SHOULDER PADS**

These pads should have a combination of foam and plastic padding for a good fit.

- Measure the player’s chest just below the armpits.
- Match the player’s chest size to the shoulder pad that corresponds.
- Shoulder pads should fit snugly, while the tip of the shoulder should be under the shoulder pad caps. The bicep pads should not interfere with the player’s elbow pads.



## GLOVES

Look for a good fit that allows your child to grip their stick. A layer of foam inside the glove and coverage to the middle of the forearm is suggested. Gloves are identified in inch long increments.

- With the player's arm bent, measure the distance between the fingertips and the elbow pad.
- Gloves should fit properly. Gloves that are too large will hinder their ability to properly feel the stick, and if too small, will jam fingertips to the end of the glove.

## SKATES

Priorities should be on value and comfort. Skates should feel comfortable right out of the box. A common mistake is to buy skates a size or two bigger than they need to be, hoping that the child will get an extra year out of them.

- While sitting down, the skater should put the skate on and kick their heel back into the skate. The toes should barely touch the toe cap. Lacing the boot up, the heel should be continuously kicked back to ensure a tight fit.
- When finished lacing, get up and walk around. The foot should feel comfortable with the heel snug and resting on the foot bed. When fitting children, follow the above steps, allowing  $\frac{1}{2}$  size extra for growth.

## JERSEY OR SWEATER

Your player may need a practice jersey for team scrimmages and hockey camps.

## TAPE

Required for taping the handle and blade of the stick. Most players use tape for keeping their socks in place as well. Stick tape is usually cloth-based while sock tape is more plastic-like and will stretch.

## HOCKEY BAG

Required for lugging gear back and forth from the house to the rink. Buy one with wheels - consider it a gift to yourself. Put a name tag on it.



## GOALTENDERS

If your child wants to try being a goaltender, Idaho IceWorld offers goalie equipment on a trial period from Mites to Peeeweewee ages. You just need to check out the equipment from one of our staff coaches.

---

## STICK LENGTH

---

### HOW DO I KNOW WHAT STICK LENGTH MY CHILD SHOULD HAVE?

Most pro-shops will say somewhere between the tip of the nose and the chin when a child is in skates. When children are new to skating, shorter is better, as it helps them learn to bend their knees. With skates on, at the chin is a good fit.

### PROPER FITTING

Based mostly on comfort and personal preference, the proper hockey stick length will be relative to the height of the player, their most common skating stance and their position or style and depend on how much the player bends over while skating. Off the rack, hockey stick sizes are categorized as Adult, Intermediate and Junior. These categories not only apply to the length of the stick, but also the flexibility and circumference of the shaft and the blade size. It is not beneficial for skill development to buy a hockey stick that is too big and then wait for the player to grow into it.

- In street shoes, stand up straight with your feet flat on the ground. The stick should reach between the player's chin and the upper lip, or just below the chin with skates on. This will help your child to learn to bend their knees as they develop their skills.
- Junior sticks (with no curve) should be used for younger players, as these sticks have features which are more suitable for this age group.

---

# TYING THE SKATES

---

## WHAT ABOUT SKATES?

Skate rental comes with the price of lessons.

The art of lacing hockey skates is elusive to many hockey parents. With some simple tips, you can learn to lace up hockey skates to provide comfort and stability to the hockey player in your family. Hockey skates are made to be stiff and supportive, but in order to get full support from the boot, you must lace them up properly. Each player ties their skates just a little bit tighter or looser than the next guy, but you generally want your skates to be as tight as possible without cutting off circulation or causing pain to your feet. Thin socks in your skates will help prevent blisters.

Your ankles should be secured in the boots with minimal side-to-side wiggle room. The top of the boot should be laced up just loose enough to allow full forward flex in your ankles as you take strides, without being so loose as to sacrifice ankle support. There's a delicate balance between full support and full range of motion.

The goal is to simultaneously achieve maximum boot support and comfort. Everyone's feet and ankles are different shapes, sizes and strengths, so everyone will lace up their skates just a little bit differently in order to find the right amount of support and comfort. Practice tying skates at home so your child has a better idea of what's comfortable.

- Start at the bottom of the hockey skate boot and begin to pull the laces snugly, but not too tight. Continue this process until you get closer to the top of the hockey skate boot.
- Change to a very snug lace technique at the fourth eyelet from the top of the boot. Pull the laces fairly tight and hold that tension while continuing to the top of the hockey skate boot.
- Tie the laces into a double bow to insure security when skating. Loose or unsecured laces can cause falls and injuries while on the ice.
- Pull hockey socks up above the knee, add shin guards and return the hockey socks to their original position.

TIP: It is a good idea to wear long thin socks in their skates so the upper part of the sock can prevent any skin rub from the shin pads. Do not tuck sweats or hockey socks inside the skate boot.

## SHARPENING NEW SKATES

Both figure and hockey skates need to be sharpened when they are first purchased. Depending on usage, the skates need periodical sharpening. This can be done at our Pro Shop, operated by LAXID.



---

## CONCUSSIONS

---

### **I'M VERY CONCERNED ABOUT MY CHILD RECEIVING A HEAD INJURY.**

Idaho IceWorld has a great working relationship with St. Luke's Hospital. St. Luke's puts on classes for parents at different times of the year to educate everyone on concussions. The staff at Idaho IceWorld takes the safety of the players very seriously. If your player is seen taking a hit to the head or they complain of a hit to the head, the player will be removed from the game or practice and the parents notified. If a player is removed from play they will need to complete the concussion protocol program and not be allowed to return until cleared by a doctor.

---

## REGISTRATION

---

### **HOW DO I GET STARTED?**

1. The first thing is to get registered with USA Hockey. Read about the USA Hockey benefits at [USAHOCKEYREGISTRATION.COM](http://USAHOCKEYREGISTRATION.COM). Registrations expire the end of August each year.
2. Apply for a scholarship with City of Boise. (Optional - see below)
3. Register with Idaho IceWorld in one of three ways:
  - Online at [CITYOFBOISE.ORG/PARKS](http://CITYOFBOISE.ORG/PARKS)
  - Over the phone 208-608-7680
  - In person at Fort Boise Community Center, 700 Robbins Rd, Boise, ID 83702
4. Ensure your child has the required proper equipment or make an appointment with us for a rental equipment fitting.



5. Pick one of the two age groups: 4-7 yrs. or 8-17 yrs.
6. Sign up for Hockey 1, 2, 3 or 4. Most will start at Hockey 1, but we can assess on case by case.
7. Register your child at Idaho IceWorld. Let our professional coaching staff teach them how to have fun and play hockey.

---

## SCHOLARSHIPS

---

### DO I QUALIFY FOR A SCHOLARSHIP?

The City of Boise offers the Kristin Armstrong Youth Scholarship through the Parks and Recreation Department. Scholarships are available for the youth in our community who experience hardship. Please review the application for scholarship requirements at City of Boise Parks and Recreation Department.

---

## USA HOCKEY

---

### I HEARD THAT I NEED TO REGISTER FOR USA HOCKEY AND ITS FREE?

USA Hockey Membership fee has always been and continues to be waived (FREE) for all participants ages 6 and younger. Players 7 and older must pay an annual \$56 USA Hockey Membership Fee. You will receive secondary insurance, USA Hockey Monthly Magazine and other member benefits. Register today with USA Hockey and then submit that form to Idaho IceWorld Hockey Department. USA Hockey has a wealth of information. Check [USAHOCKEY.COM/MEMBERSHIP](http://USAHOCKEY.COM/MEMBERSHIP).

---

## TEAM SIDELINE

---

### I KEEP HEARING PARENTS TALK ABOUT TEAM SIDELINE. WHAT IS IT?

Team Sideline, is a secondary website to our own Idaho IceWorld website, [IDAHOICEWORLD.COM](http://IDAHOICEWORLD.COM). There are links from Idaho IceWorld website to get to it, or go to [TEAMSIDELINE.COM/IDAHOICEWORLD](http://TEAMSIDELINE.COM/IDAHOICEWORLD). Everything IceWorld does with hockey is on this website. The site has league information, game times, practice times, adult, youth, woman, girls hockey, stats, scoresheets, photos and tons of other information.

---

## BASIC RULES

---

### OFFSIDE

A team is offside when any member of the attacking team precedes the puck carrier over the defending team's blue line. The position of the player's skates, and not their stick is the determining factor. If both skates are over the blue line before the puck,

the player is offside. If they have only one skate over the blue line, and one on it, they are onside.

## ICING THE PUCK

Icing the puck is not permitted when the teams are at equal numerical strength. Thus it is an infraction when a player on their team's side of the red center line shoots the puck all the way down and it crosses the red goal line itself and is first touched by a defending player. When this occurs, play is stopped, and the puck is returned to the other end of the ice for a face-off in the offending team's zone.

Icing the puck is not called:

- A. If the goalie plays the puck by leaving his net.
- B. If the puck cuts across part of the goal crease.
- C. When a defending opponent, in the judgment of the linesmen, could have played the puck before it crossed the red goal line.
- D. When an attacking player who was onside when the puck was shot down the ice, manages to touch it first.
- E. When a team is playing short-handed because of a penalty.

---

## MIGHTY MITES

---

### I HAVE SEEN CHILDREN PLAYING AT THE IDAHO STEELHEADS GAMES. WILL MY CHILD BE ABLE TO PARTICIPATE?

To participate in the intermissions at the Steelheads games, your child must be currently registered in the Hockey 4 class at Idaho IceWorld. Players are randomly picked to play at intermission for the Idaho Steelheads games; usually on Friday nights. A child and parent receive complimentary admission to that game.

---

## ICE PILOTS

---

### IS THERE A LEAGUE FOR PLAYING GAMES?

Yes! Ice Pilots is the name of our in-house hockey programs. All in-house programs wear Ice Pilot jerseys. That is the team name sanctioned by Idaho IceWorld. Ice Pilots play in the Fall and Summer leagues.

We are always looking for sponsors to offset the cost of team jerseys. If you would like the name of your business on the jersey, contact the Hockey Coordinator at Idaho IceWorld.





---

## HIGH SCHOOL HOCKEY

---

### **IS THERE HOCKEY FOR MY CHILD WHO IS IN HIGH SCHOOL?**

High School Varsity hockey is run under the direction of the Hockey Coordinator. It is for 9th-12th grade only. High School Hockey coaches coach the varsity teams; this is a full check competitive league. Ice time is not equal at this level. At the Varsity level, coaches are trying to win the Treasure Valley League and also the State Tournament. Teams can also compete at the National Level. High School Hockey is growing, with high school bands, cheerleaders and pep squads.

There is also a high school game of the week where players are introduced, spotlighted and the national anthem is sung by a student from the high school. This allows the player to play in front of their family and friends. There is an ice cut at intermission and a skater from the Boise Figure Skating Club and the home team school will perform a routine to entertain the crowd, and highlight their own skating skills.

---

## JUNIOR VARSITY HOCKEY/18U NON-CHECK

---

### **MY CHILD JUST STARTED PLAYING. I DO NOT THINK THEY CAN MAKE THE VARSITY TEAM. WHAT ABOUT THEM?**

During the tryout stage your player will either make the Varsity or the Junior Varsity squad. Junior Varsity (JV) players will play in their own Idaho IceWorld in-house league. This is a non-check league. However, during practice time they will be taught how to check and receive a check. At the discretion of the high school coach, a player making the JV squad can be red shirted by their high school. This allows the red shirt player to come up at different times and play in high school games. The red shirted player can also join varsity practices at a small additional cost.



### Bantam 14 & Under, Midget 18 & Under

- Jerseys and socks provided.
- Assessments will take place prior to practices starting.
- We will be playing for a Mini Stanley Cup where team player names will be engraved on the cup.

Coaches follow the USA Hockey American Development Model (ADM). Please visit the USA Hockey link for more information on the ADM at [ADMKIDS.COM](http://ADMKIDS.COM).

---

## FALL LEAGUE

---

### IS THERE A LEAGUE WHERE MY CHILD CAN PLAY GAMES?

#### Mites 8 & Under—Girls and boys

- Cross Ice Play.
- No score is kept at the Mite level.
- Jerseys and socks provided.
- Must have passed Learn to Play Hockey level 4.
- Assessments will take place prior to practices starting.

The primary focus in the Mite 8 & Under program is introducing fundamentals/skill development while making it fun and developing a passion for the game. The Mite 8 & Under program continues to follow the guidelines of the USA Hockey American Development Model (ADM). Please visit the USA Hockey link for more information on the ADM at [ADMKIDS.COM](http://ADMKIDS.COM). The Mite 8 & Under program will set the foundation for the players' hockey development and prepare them to progress through the older age divisions of Squirt, Peewee, Bantam and High School.

## Squirt 10 & Under

- Half Ice Play 5 on 5.
- Jerseys and socks provided.
- Must have passed Learn to Play Hockey level 4.
- Assessments will take place prior to practices starting.
- We will be playing for a Mini Stanley Cup where team player names will be engraved on the cup.

Coaches follow the USA Hockey American Development Model (ADM). Please visit the USA Hockey link for more information on the ADM at [ADMKIDS.COM](http://ADMKIDS.COM).

## Peewee 12 & Under

- Jerseys and socks provided.
- Must have passed Learn to Play Hockey level 4.
- Assessments will take place prior to practices starting.
- We will be playing for a Mini Stanley Cup where team player names will be engraved on the cup.

Coaches follow the USA Hockey American Development Model (ADM). Please visit the USA Hockey link for more information on the ADM at [ADMKIDS.COM](http://ADMKIDS.COM).

NOTE: For all age group games and practice times refer to Team Sideline at [TEAMSIDELINE.COM/IDAHOICEWORLD](http://TEAMSIDELINE.COM/IDAHOICEWORLD).

---

# GIRLS HOCKEY

---

## IS THERE A GIRLS HOCKEY PROGRAM?

All of our programs from Mighty Mites to High School Hockey are coed. Girl's hockey is growing fast! We offer girls the opportunity to join the Fireblades girl's travel program.

---

# EXTRA ICE TIME

---

## WHERE DO I FIND EXTRA ICE TIME FOR MY CHILD?

For those looking for a little bit more we have our house Ice Pilot selects. The selects practice 1-2 times a week extra and attend 2-4 tournaments. During the season, the selects have tryouts and may attend the IAHA State Tournament.

## SHOULD MY CHILD BE WORKING OFF THE ICE TO GET BETTER?

USA Hockey recommends playing sports outside of hockey to increase athletic ability and to ensure young players aren't practicing too much and getting "burnt out" at a young age. Age-specific off ice training drills can be found at [USAHOCKEY.COM](http://USAHOCKEY.COM).



---

## CODE OF CONDUCT

---

### IDAHO ICE WORLD PARENT/GUARDIAN CODE OF CONDUCT

Idaho IceWorld has implemented the following Parent/Guardian Code of Conduct. It contains the rules for the proper role a parent/guardian plays in supporting recreational youth hockey. Parents must read and understand this form prior to their child participating in our recreational hockey league.

Any Parent or Guardian guilty of improper conduct at any practice, game or within the facility may be asked to immediately leave the facility. Upon being asked to leave, the spectator will be subject to the City of Boise exclusion ordinance and face possible further disciplinary action.

I therefore agree:

- I will not force my child to participate in sports. I will remember that children participate to have fun, and that the game is for youth, not adults.
- I will refrain from coaching my child or others during games and practices, unless I am an official coach of the team.



- I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or their performance. I will applaud a good effort in both victory and defeat, and enforce the positive points of the game.
- I will teach my child to play by the rules, and to resolve conflicts without resorting to hostility or violence.
- I (and my guests) will be a positive role model for my child, and encourage sportsmanship by showing respect and courtesy; and by demonstrating positive support for all players, coaches, officials and spectators.
- I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as: booing, taunting, using vulgar or profane language, rude gestures, threatening or actual physical violence.
- I will not encourage any behaviors or practices that would endanger the health and well being of the athletes.
- I will never yell or physically abuse my child before, during or after a game or practice – it is destructive!
- I will work toward removing the physical and verbal abuse in youth sports.
- I will emphasize skills development and practices over winning. I will encourage my child's development of the character values, sportsmanship, team-work, respect, hard-work and responsibility.
- I will respect the officials, and their authority during games, and will never question, discuss or confront coaches at the facility.
- I will demand a sports environment for my child that is free from drugs, tobacco and alcohol, and I will refrain from their use at the facility.
- I will recognize the importance of volunteer coaches. They are important to the development of my child, and the sport.

## **USA HOCKEY CODE OF CONDUCT**

- Hockey is fun.
- Officials are to be viewed as honest arbitrators.
- Honest representation, skills should decide final outcome of games.
- Both players and opponents are to be respected and complimented.
- Rules and regulations are to be viewed as mutual agreement in spirit and trust.
- Winning is a consideration, but not the only one, nor the most important one.
- Set a good example of behavior.

---

## 24 HOUR RULE

---

### WHAT IS THE 24 HOUR RULE?

When an issue occurs and a party has a resulting complaint to make or issue to be resolved, they are asked to wait 24 hours and then put the issue in writing and submit it to the appropriate party. Whether this issue is labeled as coaching error, Idaho IceWorld staff issues, teammate interference, parent conflict or any other of a number of possible situations, it is very important that all parties involved take the full 24 hours to remove or decrease the emotional element so that the actual issue can be resolved quickly, in a civilized manner and to everyone's satisfaction.

Violation of the 24 Hour Rule will be addressed as Zero Tolerance by the Idaho IceWorld Hockey Coordinator and/or Staff. A violation could result in removal from the facility.

Please respect the significance of the 24 Hour Rule Policy. If we honor this concept, concerns will be moved away from an audience with our children, a possible ill-timed discussion and issues will be viewed in the proper perspective. (Please see Team Sideline for the full Policy.)

---

## ADDITIONAL RESOURCES

---

### USA HOCKEY

A wealth of hockey knowledge including a section dedicated to parents and players and a parent handbook on what USA Hockey can offer parents and players.  
[USAHOCKEY.COM](http://USAHOCKEY.COM)

### USA HOCKEY

Register with USA Hockey at [USAHOCKEYREGISTRATION.COM](http://USAHOCKEYREGISTRATION.COM)

### ADM FOR KIDS

Detailed information on the ADM model with a section for parents. [ADMKIDS.COM](http://ADMKIDS.COM)

### IDAHO ICEWORLD

Visit for current hockey schedules and registration, public skate times and stick times.  
[IDAHOICEWORLD.COM](http://IDAHOICEWORLD.COM)

### TEAM SIDELINE

For all Idaho IceWorld hockey information, go to [TEAMSIDELINE.COM/IDAHOICEWORLD](http://TEAMSIDELINE.COM/IDAHOICEWORLD).



PARKS AND  
RECREATION

**Idaho  
IceWorld**

[IDAHOICEWORLD.COM](http://IDAHOICEWORLD.COM)