

Fall 2024 HSHA In-House Fall League

League Goals

Hyland Hills In-House league provides a unique opportunity for players from the first time skater to a slightly experienced beginner to enter the game of ice hockey in a controlled environment. This allows players to focus on core fundamental hockey skills (i.e. skating, puck handling, shooting, etc.). The goal of this program is to graduate players into our Recreation or Competitive program when their next season begins in 2025 (August-September). Ultimately, we want every player to find their spark for the love of the game of hockey!

Practice Format

All four teams will practice together during our Saturday practice slots at 12:00pm to 1:00pm. The initial focus at the start of the season is to build a solid foundation for all the players' skating ability. We also have a 30 minute classroom session following the first practice on September 7th in the Green Party Rooms to go over the rules of hockey and basic understanding of the game.

As we progress throughout the season the focus will continue to be on skating, but incorporating puck handling, shooting, and passing skills. Progression will then include game tactics.

Practice Schedule

All Four Teams Practice Together

Saturday, September 7th @ The Ice Centre at the Promenade (ICAP) 12:00-1:00PM

Saturday, September 14th @ ICAP 12:00-1:00 PM

Saturday, September 21st @ ICAP 12:00-1:00 PM

Saturday, September 28th @ ICAP 12:00-1:00 PM

Saturday, October 12th @ ICAP 12:00-1:00 PM

Saturday, October 26th @ ICAP 12:00-1:00 PM

Saturday, November 2nd @ ICAP 12:00-1:00 PM

Saturday, November 9th @ ICAP 12:00-1:00 PM

Saturday, November 16th @ ICAP 12:00-1:00 PM

Saturday, November 23rd @ ICAP 12:00-1:00 PM

Game Format

Each game will have will the same format:

5 Minute On-Ice Warm Up

Period One will be 18 Minutes run clock

Period Two will be 18 Minutes run clock (Teams will NOT switch sides for this period)

Period Three will be 15 Minutes run clock

Every 90 seconds the score keeper will buzz the horn to signify a full line change for both teams. When this happens, all players on the ice must leave the puck where it is and immediately go to the bench for a line change. If there is a faceoff taking a play close to when the line change buzzer is supposed to blow, we will blow the line change buzzer earlier so the next line can line up for the faceoff (this is a subjective rule at the discretion of the scorekeeper). The purpose of this is to maximize and create equal time of play for all the players.

Line Change Buzzer Times:

Periods 1 and 2

16:30

15:00

13:30

12:00

10:30

9:00

7:30

6:00

4:30

3:00

1:30

Period End

Period 3

13:30

12:00

10:30

9:00

7:30

6:00

4:30

3:00

1:30

Game End

The goal is to have the on-ice play be five on five, but depending on team roster size for the game, one shift might be five on five and the next line change could be 4 on 4. This is done to try and equalize ice time for all the players.

If there is a Penalty infraction, we will tell the player to go to their bench for the remainder of their shift and their team will play shorthanded until the buzzer goes off for the line change. The

player that committed the infraction will be allowed to return to the ice for their next shift. If the infraction takes place right before the buzzer is supposed to go off, the player that committed the infraction will miss their next shift and then that team will play short handed for the entirety of the shift.

Game Schedule

Game 1 - Game 2

Sunday, September 8th @ ICAP 9:15-10:15 AM Team Black vs Team Grey
Sunday, September 8th @ ICAP 10:30-11:30 AM Team Orange vs Team White
Sunday, September 15th @ ICAP 9:15-10:15 AM Team White vs Team Grey
Sunday, September 15th @ ICAP 10:30-11:30 AM Team Black vs Team Orange
Sunday, September 22nd @ ICAP 9:15-10:15 AM Team Black vs Team White
Sunday, September 22nd @ ICAP 10:30-11:30 AM Team Orange vs Team Grey
Sunday, September 29th @ ICAP 9:15-10:15 AM Team White vs Team Orange
Sunday, September 29th @ ICAP 10:30-11:30 AM Team Black vs Team Grey
Sunday, October 13th @ ICAP 9:15-10:15 AM Team Orange vs Team Black
Sunday, October 13th @ ICAP 10:30-11:30 AM Team White vs Team Grey
Sunday, October 27th @ ICAP 9:15-10:15 AM Team Grey vs Team Orange
Sunday, October 27th @ ICAP 10:30-11:30 AM Team White vs Team Black
Sunday, November 3rd @ ICAP 9:15-10:15 AM Team White vs Team Orange
Sunday, November 3rd @ ICAP 10:30-11:30 AM Team Black vs Team Grey
Sunday, November 10th @ ICAP 9:15-10:15 AM Team Grey vs Team White
Sunday, November 10th @ ICAP 10:30-11:30 AM Team Black vs Team Orange
Sunday, November 17th @ ICAP 9:15-10:15 AM Team White vs Team Grey
Sunday, November 17th @ ICAP 10:30-11:30 AM Team Orange vs Team Black
Sunday, November 24th @ ICAP 9:15-10:15 AM Lower Final Game
Sunday, November 24th @ ICAP 10:30-11:30 AM Upper Final Game

Goaltending

We have quick change goaltending equipment that takes a few minutes to put on top of the player gear they typically wear. We highly encourage all players to try out playing goalie at least once. If a player is intending on playing goalie their next game, we highly recommend that the player interested in playing goalie also plays goalie for the practice before their game on Saturday.

In previous seasons, players have made the decision to stick with goalie, which we encourage. If a team has an individual that wants to continue playing goalie, the other players on the team do not have to play goalie if the goalie individual is at the game.

If a team does not have a dedicated goalie and no one wants to volunteer to play goalie, it will be up to staff discretion to ask individuals to play goalie for that game. If an individual has previously played goalie, they will be asked last.

Competitive Balance

The goal of the player evaluations is to make four teams that are competitive with each other. If there is a competitive discrepancy during a game due to a multitude of reasons (players missing, differential in player growth, etc), the Hyland Hills staff has the discretion to try and balance the game. This could be asking players to temporarily play for the other team (potentially playing a period or a whole game on the other team). If this happens, we will provide the player with an appropriate jersey. Our intention is to avoid having games with scores that run away.

For Competitive Balance, there is a possibility for fluid rosters. If there is discrepancy between teams, the Hyland Hills staff has the discretion to adjust rosters.

There will be a seven goal differential rule. Example:

Team A has scored seven goals and Team B has not scored a goal yet.

Every goal scored by Team A after the seventh goal will be tallied by the scorekeeper, but will not be put on the official score board. So if Team A scored their eighth goal, it will not be put up on the scoreboard, but will be tallied by the scorekeeper. If Team B scores a goal, the goal will go up on the official scoreboard at the same time, Team A's eighth goal will also be put up. The scorekeeper will then erase the tally they had for the Team A goal.

Volunteers

A part of youth hockey is having parents volunteer for various roles. These roles include, but are not limited to running the scorekeepers box, bench managing, team managing and more.

Team Managing: It is highly recommended that each team has a Team Manager. This role includes communications for their own team. It is each team's discretion if they would like to have a signup for post game snacks or have team building events (team lunch/dinner). We will have a Managers meeting to discuss what this role looks like if you decide to volunteer for this position.

Bench Managing: We would like parents that are interested in helping out coaching to come out on the ice during practice and help on the benches during the games! If you would like to help out on the ice during practice, you will need to become a certified coach through USA Hockey. More information will be provided to those individuals that want to follow this path. We will have brief coaches meetings prior to every practice to go over the plan for the day.

Scorekeepers: Scorekeeping is running the clock and updating the score for that current game. We will have a training session for running the clock for those interested in helping. We will coordinate the time for that. Ideally we will have these training sessions during our practices on Saturdays.

It takes a village to keep our great game running! We will create a parent signup for volunteers, so please sign up if you are able to help out!

Officiating

Given that this is an introduction to hockey program, some rules such as Offside and Icing will have slightly looser calling as all the players are learning the rules. This is because if we are not slightly looser with calling, especially on offsides, we will lose precious playing time for all the players. As the season progresses, the official calls will be getting tighter.

With this being a beginner program, there will be plays that look like there was a rule infraction where it is just coincidence.

Zero Tolerance

We will have a strict Zero Tolerance policy with regards to officials. Parents or fans that are making a scene about what they think is a missed call or yelling at officials will be asked to leave. There has been an epidemic in youth sports as a whole where officials are berated. There will be mistakes made by officials, the Hyland Hills staff will work with our officials when mistakes are made. It is ok to be frustrated with a call or non call by an official, but spectators and coaches will not make a scene about it. It is an overall organizational goal to not be the reason why officials stop officiating. We will make it our best effort to support our officials.