



**Boys & Girls
Traveling Tryouts
2025 - 2026**

Updated 8/2025

Change Summary in 2025-26

- Day 1 Skills scores are once again part of the player's total score
- Skills will count as 20% of each player's final score
- Day 2 is 45 minutes and will consist of only 3x3
- Board members are eligible to apply as an Inside Evaluator.

General Notes

- Players should arrive 30-45 minutes prior to their session and must be ready to get on the ice 15 minutes prior to the start time.
- Players must check-in using their tryout jersey number before every session, inside the main RCC arena entrance, or risk being marked absent.
- Players that have not provided a DIBs check will NOT be allowed on the ice for tryouts.
- No evaluator/coach scores will be given to the parents after the tryout process is complete.
- At the end of each session, players may stay in the same pool, move up or move down, based on the most recent session's performance.
- Subsequent session assignments will be posted to the RAHA website as soon as possible following that day's tryout. Updated pools will never be posted during school hours.
- It is your responsibility to monitor the RAHA website and understand which pool session you must attend each day during tryouts. If your player misses his/her tryout time, he/she will receive a 1 for that session.

Tryout Jerseys, Socks and Equipment

Tryout jerseys and the season's socks are handed out at the parent meeting, prior to tryouts. Each player receives a reversible tryout jersey to be used for all tryout sessions. Jerseys are to be placed in a bag/box at RCC after the Day 4 session. Parents will be charged if the tryout jersey is not returned.

All skaters are **required** to wear the new season's socks or any previous season standard RAHA socks during tryout.

Players are **required** to wear navy equipment (breezers, gloves and helmet) with NO IDENTIFYING TEAM MARKINGS or STICKERS (AAA, team names, etc.). Board members will remove stickers off helmets if they are not covered before taking the ice.

Wear all the standard hockey equipment, including mouth guards and neck protection. Players will NOT be allowed on the ice without mouth guards or neck protection.

How are players evaluated?

Any unexcused absence by a player/goalie will receive the lowest score possible (1) for that session.

During each tryout session, 4 outside evaluators and 4 RAHA coaches will score each player based on a preset scale, following a common scoring structure.

Evaluators/coaches will score players on 4 criteria:

- Skating: Forward-Backward-Speed-Agility
- Puck Skills: Shooting-Stick Handling-Passing & Receiving
- Physicality: Aggression-Hustle-Body Contact-Defensive Tenacity
- Hockey IQ: Positioning-Ice Awareness-Read & React Ability

Scores from each evaluator/coach are recorded and used for subsequent tier assignments and final team selection.

Players are evaluated for negative contributions to play. Inappropriate conduct or penalty situations will result in a decrease in score. This includes, but is not limited to:

- Penalties
- Use of foul language on or off the ice
- Play intended to injure, illegal checks

Parent-Coach evaluators are prohibited from scoring his/her own player.

Boys Tryout Pools (girl's numbers don't require more than one pool)

All skaters are placed in random pools for the Day 1 Skills session. Pool assignments are posted to the RAHA website a few days prior to the first session.

Scores from sessions are used for subsequent pool assignments at each level. The tryout facilitator re-pools the players after Sessions 1, 2 and 3.

Each player has the opportunity to move up/down within tiers based on each day's session evaluation – ***therefore each and every session matters.***

Updated pools will be posted to the website as soon as they become available. It is your responsibility to monitor the RAHA website and understand which pool you are assigned.

	# Sessions
Bantam	4
PeeWee	4
Squirt	4
Jr. Gold	3

Girls Tryout Jersey Assignments

All skaters are placed in random jersey colors for the Day 1 Skills session.

Scores from sessions are used for subsequent jersey color assignments at each level to create teams for balanced competition.

	# Sessions
12U Girls	4
10U Girls	4
15U Girls	3

Skaters

The tryout process is based on registration numbers; therefore, this process may change if the actual number of players changes.

- **Day 1: Skills (Squirt/10U, PeeWee/12U)** (20% of *total* evaluation score)
 - Session consists of 5 drills designed to grade a player's skating (forward and backwards), shooting, & puck skills
- **Day 1: Skills, 4X4 (Bantam/15U)** (20% of *total* evaluation score)
 - Session consists of 3 drills designed to grade a player's skating (forward and backwards), shooting, & puck skills.
 - Remaining time will be 4x4 is full contact hockey for Bantams. Players will be instructed to avoid open-ice hits.
- **Day 2: 3x3 Scrimmages** (40% of *total* evaluation score)
 - Using Day 1 scores, pools are shuffled based on score, then the teams within the pools are balanced
 - 5-minute warm up
 - 3x3 is cross-ice
 - Bantam – body contact allowed, no open-ice hits
- **Day 3: 5x5 Scrimmage** (40% of *total* evaluation score)
 - Using Day 2 scores, pools are shuffled based on score, then the teams within the pools are balanced
 - Skaters are systematically rotated through all positions
 - Bantam – checking allowed
- **Day 4: Coach Led**
 - Accumulative scores from Day 1, 2 & 3, players are put into final pools
 - Players are still evaluated, but not scored

Goalies

MEGA Goaltending is the sole evaluator for all traveling level goalies. All traveling goalies will attend the goaltender's skills session (Day 1) on September 22nd, for evaluation. 15U, 10U, and Squirt goalies will then complete the remaining tryout days with the skaters from their level. Goalies attend the skater's skills session and are NOT evaluated.

- **Day 1: Goalie Skills**
 - Goalie sessions consist of 4 drills designed to grade a goalie's movement/body position, technique and efficiency, rebound control/how he/she moves to a 2nd or 3rd puck, competition/intensity, and overall puck stopping
- **Day 2: 3x3 Scrimmages**
 - Using Day 1 scores, goalies are placed in appropriate pools
 - 5 minute warm up
 - 3x3 is cross-ice (25 minutes)
 - Temporary creases will be drawn
- **Day 3: 5x5 Scrimmage**
 - Using Day 2 scores, goalies are placed in appropriate pools
- **Day 4: Coach Led**
 - Goalies are still evaluated, but not scored
 - Coaches determine on-ice activities

Goalies changing nets during 5v5 scrimmages will be done in this order:

- If 2 goalies are in the pool, the goalies will switch nets halfway through the session to get half the time in each net, facing each team.
- If 3 goalies are in the pool, the goalies will switch nets every 5 whistles. The rotation for the goalies will be Goal A, Goal B, and rest.
- If 4 goalies in the pool, 2 goalies will be assigned to each team and switch every 5 whistles. At the halfway point, the goalie duos will switch nets to get half the time in each net. They will continue to follow the change every 5 whistles.

How are teams selected?

After the third tryout session (Day 3) is complete, the RAHA Board of Directors meet to determine pick pools which are based on team sizes (scope of the team) and finding a natural break/gap in the total evaluation scores. These pick pools are approved by the Board of Directors.

Once the pick pools are determined, the Coaches Coordinator identifies the potential head coaches based on the applications approved by the RAHA board. For parent-coached teams, the coach's child must be within the pick pool to be selected as head coach. In the scenario where two head coach applicants are approved by the board, the Coaches Coordinator and Committee may conduct interviews before determining the head coach. In rare cases, the only coach candidate within the pick pool will be asked to head coach.

Potential head coaches are given the list of tryout jersey numbers within their pick pool AT THE START OF THE SESSION to assist in their team selection process. The coach can only select from players in the pick pool to be placed on that team in addition to any players not selected from the pick pool above that are automatically placed on the next highest team.

Once a coach is officially selected and notified of their position on a team, he/she goes into a room with the tryout facilitator, registrar and at least two board members, none of which are parents of any player in the pick pool. The coach will select players based on tryout jersey numbers within the pick pool.

In the event there are two teams at any given level (i.e. two Squirt B1 teams), District 8 requires the teams be equally balanced. In this case, both head coaches are in the room at the same time and choose their players by snake draft. This starts with the tryout facilitator choosing a group of players that are clustered together and the coaches taking turns selecting jersey numbers. This repeats until the teams are filled. After the teams are made, the committee analyzes to ensure they are even based on total accumulative evaluation scores.

How are head coaches selected?

The Coaches Committee evaluates all coaching candidates at each level on experience, reputation and past performance/survey results. Coaches will not be ranked this year, but the Committee will be familiar with all coach applicants.

The parent-coach's player must fall within the pick pool to be selected as head coach of that team. If there is more than one parent coach who has a player within the pick pool, the Coaches Committee will interview each of those parent-coaches and make a determination of who will be selected as the head coach.

How will I know what team my child is on?

After all team selections are complete for a level, the rosters will be posted to the RAHA website and an email announcement will be sent.

Please be aware that your first practice can be the very next day following tryouts.

What if I believe a mistake took place?

We understand that the outcome of tryouts might not always be what you had hoped for; however, team selections are final. We are always interested in feedback and suggestions and are looking to continually improve our processes and programs. In the end, everyone will be on a team, will have a chance to develop and enjoy playing this great sport.

Grievances/complaints related to tryouts are never discussed over the phone and the board will not respond to any tryout-related grievance/complaint until 7 days after the completion of your level's final tryout session. The Grievance form can be found on the RAHA website.

What if I have questions about tryouts?

Questions/concerns about the tryout process must go through the RAHA Tryout Facilitator. Do not bring any questions or concerns to any board member directly.