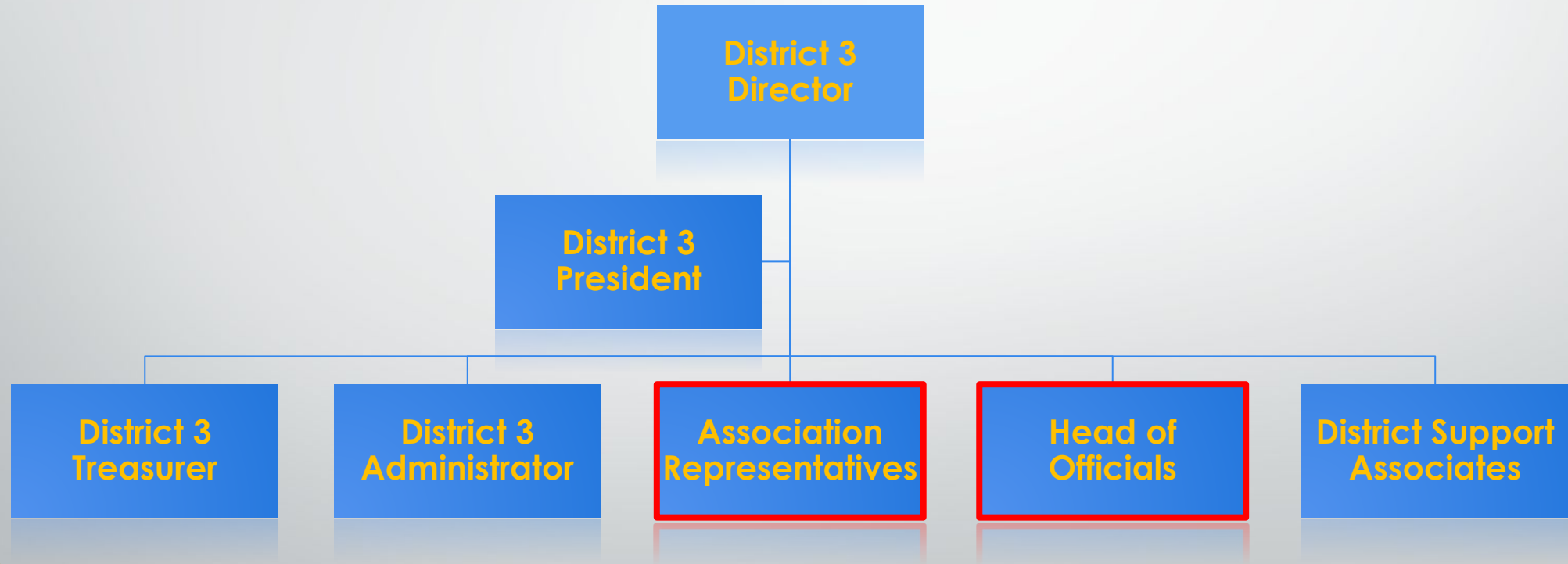




District 3 Coaches Presentation

District 3 Board of Directors





Armstrong Cooper **Associations in District 3**

- Delano

- Hopkins

- Minneapolis

- Mound Westonka

- Orono

- Osseo Maple Grove

- St. Louis Park

Wayzata



Being a Coach -

Before stepping on the ice:

- Register with USA Hockey and Minnesota Hockey
- Background check – good for two seasons
- SafeSport – every year (year 1 core class, year 2+ refresher)
- USAH Age-specific level module – required for level you are coaching; complete once
- Concussion Training

Being a Coach -

Before leaving the meeting:

- Register on D3 website for communications from the District (link located on the coach tab D3hockey.org)

Before December 31, 2023

- CEP Training – training required every year until Level 5 and then additional training required

Being a Coach -

- The team manager and head coach are the team's only point people
- D3 will not respond to any parents with requests about game results or related concerns
- Utilize the D3 Website – Coaches Tab



District 3 Specific Rules and Information

Contact person:

Matt Olsonoski, BHRA Supervisor of Officials

Player Conduct In Games

Player conduct

- Officials have been instructed to be more consistent and have a heightened level of enforcement
- They will not seek out penalties, but obvious infractions will be penalized

Proper penalty progression - Player

- Minor – This is additional to any penalty received
- Misconduct
- Game Misconduct
- Warning to the Captain

Bench Minor penalty

Specific Penalties

401

(b) Any player, except in the Adult age classification, who receives **four** penalties in the same game shall be assessed a game misconduct penalty. Any adult player who receives five penalties in the same game shall be immediately ejected for the remainder of the game with no further suspension.

Any Head Coach whose team, except in Adult classifications, receives **twelve (12)** or more penalties during one game shall be suspended for the next scheduled game of that team.

Game Length, Period Length, and Length of Penalties

Level	Ice Time Length	Period Length	# Of Officials	3-Penalty Rule	Minor Penalties	Major/Misconducts
Junior Gold	See Junior Gold League rules					
Bantam AA	90 minutes. resurface between 2 nd /3 rd	3 - 15 minute stop periods	4	No	2:00 minutes	5/10
Bantam A	90 minutes. resurface between 2 nd /3 rd	3 - 15 minute stop periods	3	Yes	2:00 minutes	5/10
Bantam B, C	75 minutes. No resurface	3 - 15 minute stop periods	2	Yes	2:00 minutes	5/10

Game Length, Period Length, and Length of Penalties – cont'd

Level	Ice Time Length	Period Length	# Of Officials	3-Penalty Rule	Minor Penalties	Major/Misconducts
Pee Wee AA	75 minutes. No resurface	3 - 15 minute stop periods	2	No	1:30 minutes	5/10
Pee Wee A	75 minutes. No resurface	3 - 15 minute stop periods	2	Yes	1:30 minutes	5/10
Pee Wee B, C	60 minutes. No resurface	3 - 12 minute stop periods	2	Yes	1:00 minutes	5/10
Squirt* A, B, C	60 minutes. No resurface	3 - 12 minute stop periods	2	Yes	1:00 minutes	5/10
Mites /8U**	60 minutes. No resurface	3 - 12 minute stop periods	2	Yes	1:00 minutes	5/10

Game Length, Period Length, and Length of Penalties – cont'd

Level	Ice Time Length	Period Length	# Of Officials	3-Penalty Rule	Minor Penalties	Major/Misconducts
19U	90 minutes. resurface between 2 nd /3 rd	3 - 15 minute stop periods	4	Yes	2:00 minutes	5/10
15U-A	90 minutes. resurface between 2 nd /3 rd	3 - 15 minute stop periods	3	Yes	2:00 minutes	5/10
15U-B	75 minutes. No resurface	3 - 15 minute stop periods	2	No	2:00 minutes	5/10

Game Length, Period Length, and Length of Penalties – cont'd

Level	Ice Time Length	Period Length	# Of Officials	3-Penalty Rule	Minor Penalties	Major/Misconducts
12U-A	75 minutes. No resurface	3 - 15 minute stop periods	2	No	1:30 minutes	5/10
12U-B	60 minutes. No resurface	3 - 12 minute stop periods	2	Yes	1:00 minutes	5/10
10U* A, B	60 minutes. No resurface	3 - 12 minute stop periods	2	Yes	1:00 minutes	5/10

NO TIMEOUTS ARE ALLOWED IN DISTRICT 3 LEAGUE PLAY FOR ANY LEVEL.

Also listed in District 3 Rules and Regulations.

Suspensions

- Players or team officials serving a suspension for a game misconduct violation or disciplinary suspension may not have any interaction with the team 45 minutes prior to the game, during the game, and for 30 minutes after the game.
- Prohibited activities include any communication, being in the locker room or in the vicinity of the bench area.
- Violations may result in supplementary discipline.

Rule Reminders -

- Teams are prohibited from legally icing the puck during shorthanded situations, with the exception of High School (Junior Gold) and Adult classifications.
- Tag-up off-side was eliminated at all Youth/Girls levels of play. Immediate offside shall now be applied at all levels, except High School (Junior Gold) and Adult classifications.
- A minimum penalty of a major plus game misconduct for slow footing.

Any goaltender who body checks an opponent shall be assessed a minor penalty for unnecessary roughness.

Rule Reminders -

- The unsportsmanlike conduct bench minor penalty for banging the boards with a stick or other object was clarified to be applied specifically when doing so to celebrate a legal or illegal body check. Celebration of goals and saves is allowed and will not be cause for a penalty.
- Vaping is a banned substance for players and team officials. Following a warning, the penalty for any violation shall be a game misconduct.

Rule Reminders -

- If a player is ejected from a game, the coach or LRM **MUST** escort the player to the locker room prior to the game resuming.
- Language was adopted to change rule references of “deliberate injury” to “recklessly endangers” to better allow officials to judge the action that occurs instead of trying to determine whether an injury has occurred.

Rule Reminders -

- The face-off location following a penalty call that causes a team to be shorthanded shall be an end zone face-off in the defending zone of the penalized team unless: the penalty is assessed after a goal is scored, the penalty occurs at the end of a period or the non-offending team causes a stoppage of play (offsides, icing, etc.).

Helmet Alterations

Any player who alters their playing helmet will be removed from the ice until the helmet is repaired or replaced.



Coach Conduct -

- In the event a coach receives a game misconduct penalty, the referee will inform him/her that he/she has limited time, (unless additional is needed) to vacate the players' box.
- A coach's failure to leave the box will result in his/her team receiving a bench minor penalty.
- If the coach still has not left the players box, the referee will inform him/her that he/she has ten (10) seconds to leave.

Coach Conduct -

- If the coach fails to leave after his/her second warning, his/her team shall forfeit the game.
- Any coach who receives a game misconduct for abuse of officials will receive a three (3) game suspension for their first offense, except under rule 401 (b) *when a team receives 12 penalties in a game, the head coach will only receive a one(1) game suspension.* The coach will however be subject to the USA Hockey rule of progressive discipline.

Coach Conduct -

- If a coach receives a second game misconduct for abuse of officials, they will be suspended until they can attend a grievance hearing, minimum five (5) game suspension.
- If a coach receives a game misconduct for abuse of officials with an eighteen (18) years of age or younger official working the game, the coach will receive a five (5) game suspension for the first offense.



Game Misconduct and Match Penalty Reporting

- Any Game Misconduct or Match Penalty – Assessed to either a player or coach...
- must be reported via the online suspension reporting system within **24 hours**.

Game Misconduct and Match Penalty Reporting

Home Standings High Performance Manager **Coach** Calendar

COACH > Fall Meeting Info Sub Goalie Info Squirt/10U Game Limit Concussion In

Coach

COACHES' CORNER

The coaches corner is a place to enhance your sports education. The goal of this area is to assist you in developing better players and better people for future success at whatever level you might be at. Our goal is for you to learn one new thing each time you visit this section. If you have any questions, suggested topics, or articles to contribute to this area please contact us.

[REGISTER: 2023-24 COACH REPORTING OF SUSPENSIONS →](#)

[MN HOCKEY COACHING RESOURCES →](#)


Coaches must register match penalties and game misconducts within 24 hours using this link on the D3 website.

Discipline and Hearings

- If a player or coach on your team receives a match penalty, there will be a match-penalty hearing or option to serve suspension as deemed appropriate, prior to that player returning to play or any other team function.
- As a coach, you may be asked to provide additional information for the hearing.
- You are expected to keep the information confidential.

Discipline and Hearings

- There will be hearings for fan or coach aggression towards officials or dangerous penalties. Individuals will be notified of the of the hearing and if they are suspended. If hearing conflicts with team event, the individual will have to miss the team event.



District 3 Additional Game Information

Contact person:
Mark Brandt, President D3

Important Roster Information

- Only players listed on your team's USA Hockey Roster are ever allowed to play games, which includes scrimmages (controlled or otherwise) and tournament games.
- Only players listed on the team's USA Hockey Roster are allowed to practice with a team.
- No older or younger siblings or children of coaches are allowed on the ice or on the bench unless they are rostered as Student Coaches.
- **Any adult who is acting in the capacity of a coach (head or assistant), on or off the ice, is required to be rostered.**

*****Only exception -- skills coaches are on a separate roster***

Substitute Goalies

Goalie substitution in the regular season

- At your level or lower (cannot be from a higher level or division i.e a PW A goalie cannot sub for a Ban B team)
- Within your own association first
- Within your district second
- Must wear his/her own jersey
- Substituting cannot interfere with his/her own team activities and must follow the rest rules – two hours from scheduled finish to start
- Must have District Director approval (both districts if goalie is from outside D3)
- In season goalie subs are for games only, not practices.
- Head Coach or Manager must submit the request – submission form will be on coach page of D3 website

Substitute Goalies – Squirt/10U

- For the 2023-24 season, District 3 has determined that we will continue to prohibit the use of an EBUG for all squirt level and 10U teams. **This will prohibit the use of an EBUG when a team's rostered goalie is unable to play.** Each squirt or 10U team will be required to use a rostered skater to fill in for the rostered goalie who is unable to play during that game.
- The squirt and 10U programs are designed for development of players, not for wins and losses.
- Exceptions may be made with the approval of the District Director.

35-game limit for Squirts and 10U

Squirts and 10U teams are limited to a season total 35 games, not including District 3 End of Season Tournament games. All games (league, tournament and exhibition) played count toward this total.

Squirts and 10U teams are allowed up to five (5) controlled scrimmages – they must be registered via D3 registration – that will not count towards the 35-game limit. If the number of controlled scrimmages is greater than five and/or is not registered, these controlled scrimmages will count toward the 35-game limit.

35-game limit for Squirts and 10U

Shared Practices will be allowed and not count against the 35-game limit if the following criteria are met:

- The practice plan is sent 10 days prior to the scheduled practice to the District Director (coach should send) and
- The teams scrimmage no more than ten (10) minutes at the end of the shared practice.

If the criteria are not met, the shared practice will be considered a controlled scrimmage and count against the 35-game limit.

Game Rescheduling

- Cancellation of league games is only possible with prior approval from the President of D3.
- Cancellation and rescheduling will only be allowed in the case of inclement weather, unavoidable cancellations by the arena or any other unavoidable circumstance (ex. schedule conflict due to a HS game being reschedule).
- **No league games will be rescheduled due to the addition of a tournament or exhibition.**
- There is a process managers must follow to cancel and reschedule with the officials, so please work with your manager. Games must be rescheduled through your association ice scheduler.

Locker Rooms and Monitoring

- Associations are required to have a locker room monitor policy consistent with MNH and USAH requirements. A locker room monitor must be **in the locker room** with players at all times.
- When both male and female players are on a team, special consideration needs to be paid to getting dressed and undressed.
 - Option 1: a communicated base-layer policy.
 - Option 2: locker room policies -
 - Separate locker rooms, with gender appropriate locker room monitors are the ideal
 - Taking turns getting dressed in one locker room is the next best option
 - Separate locker rooms should not impact the amount or

Concussion Reminders

Player and Coach safety starts with the helmet.

- WEAR IT STRAPPED! You will face a 30-day suspension for not properly wearing your helmet.
- This penalty is automatic and non-negotiable per USA Hockey
- Follow the Main Rule – “When in doubt – sit them out!”
- Return to play must be provided by a doctor or medical professional.

Hockey Hot Spots

- Only players listed on the USA Hockey Roster are ever allowed to play games which include scrimmages (controlled or otherwise) and tournaments.
- Only players listed on the USA Hockey roster are allowed to practice with a team unless it is a joint practice of 2 or more teams. No older or younger sibling or children of coaches are allowed on the ice.
- No one is allowed to coach unless they are listed on the teams USA Hockey Roster. The exception to this would be specialty coaches (skating, shooting, etc...)



Tournaments

contact person:

Michele Jirik, D3 Invitational Tournaments

Invitational tournaments

- Must be sanctioned by MN Hockey
- Out-of-state tournaments...teams must be pre-approved for out-of-state travel. [Link to online form is on D3 manager tab](#)
- The coach must send in any game or match misconducts that take place in a tournament



2023-2024

District 3 End of Season Tournaments

Bantam and PW AA/A, B1,
15UA & B, and 12UA & B1
will start February 17, 2024

Bantam and PW B2/C, and 12UB2
will start February 24, 2024

Squirt and 10U will start March 4, 2024



2023-2024

District and State Tournaments

MN Hockey Region Tournaments
March 1-3, 2024

MN Hockey State Tournaments
March 15-17, 2024



District 3 High Performance

contact people:

Chad Wieneke, D3 High Performance

Shelly Johnson, Youth Manager

Mackenzie Skatter, Co-Girls Manager

Lindsay Czech, Co-Girls Manager

Minnesota Hockey High Performance Programs



The main goal of all High Performance Programs is to create opportunities for players to develop and compete at a high level.

Additional goals are to create opportunities that are cost effective, utilize the off-ice and on-ice development models created by USA and Minnesota Hockey and build camaraderie and good sportsmanship.

Minnesota Hockey High Performance Programs



Spring - 2024



Boys 15 (2009) Boys 14 (2010)
Girls 15 (2009) Girls 14 (2010)

Summer and Fall - 2024



Boys 15 (2009)
Boys 14 (2010 and 2011)
Girls 14 (2010 and 2011)



Boys 14 (2010 and 2011)
Girls 14 (2010 and 2011)

Minnesota Hockey Spring High Performance Programs



- CCM HP Spring Program is designed to identify the best individual talent in each district
- Players are nominated by D3 coaches
- D3 coaches meet and develop a roster of invitees.
- D3 coaches and outside evaluators evaluate players through tryout phases 1 and 2. Coach participation is essential.
- Roster of 30 players is selected for phase 2 and athletes have 10 hours of development
- A District 3 team of 20 is selected for phase 3- the HP Festival (12F, 6 D and 2 G)
- Players are the selected for HP Summer Camp (Phase 4)
- At the 15 level, players are then selected for National Camp

Minnesota Hockey

Summer-Fall

Tier One/Two Programs



- Tier One/Two programs are designed to send **teams** from MN to the USA Hockey National Championships
- Minnesota's programs are organized by District and weekend games are organized to meet the National Tournament game qualifying requirement
- Minnesota hosts League and District playoffs to determine the teams that will represent Minnesota at Nationals



Minnesota Hockey Summer-Fall HP Tier One/Two Programs



- District 3 will host tryouts in mid/late June 2024 to select the teams for the 2024 season.
- Off-ice Training will begin in July 2024
- On-ice Training and games will begin in late July/August 2024
- Teams are made up 17 full-time rostered players and 3 alternate players
- Approximately 17-20 games and 18-20 development sessions are included
- Schedules for tryouts and development sessions should be posted by end of 2023

Walleye 14U Girls Tier 1 2023 National Champions!



District 3 Walleye – CELEBRATE MORE SUCCESS!



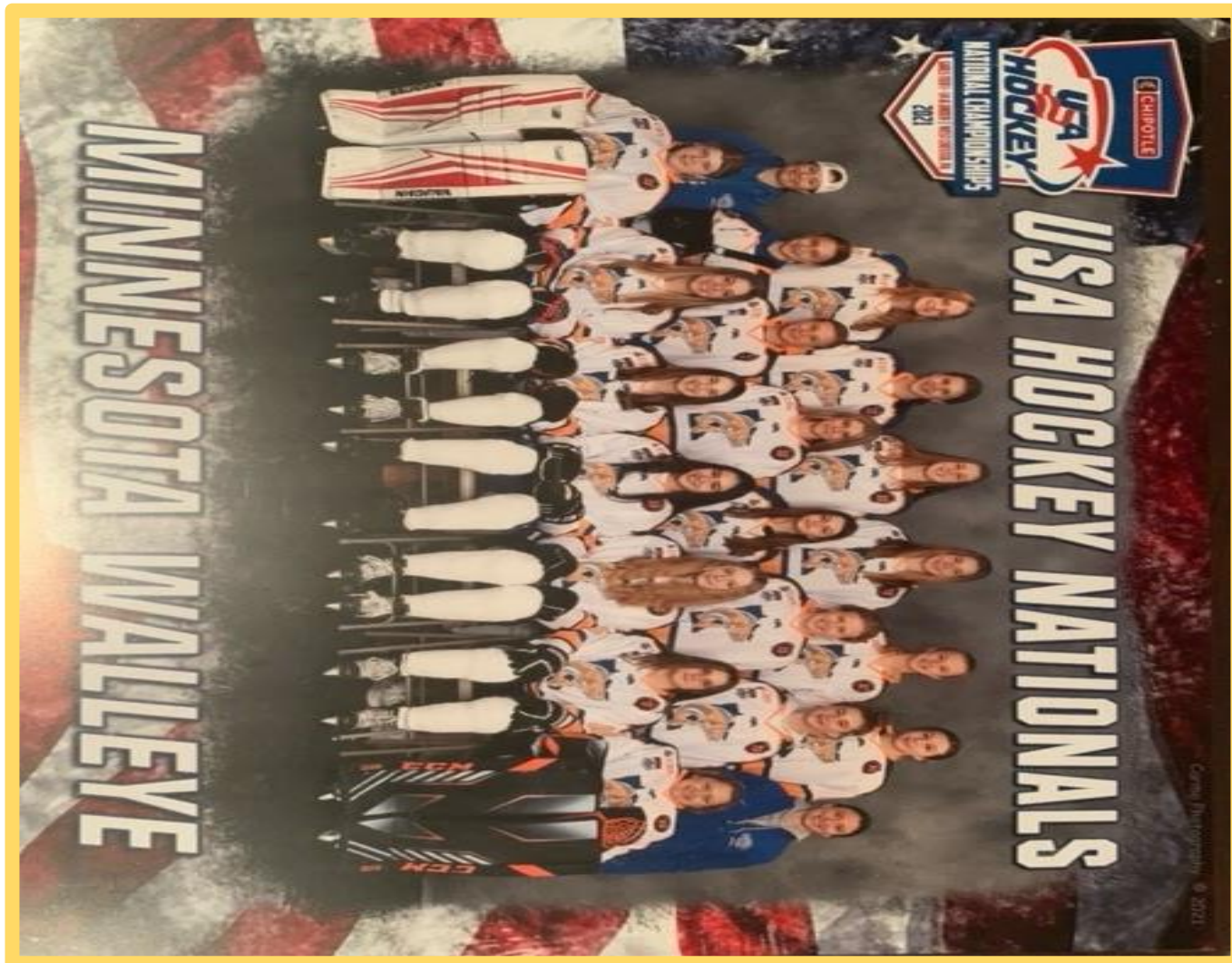
**2021-2022
Walleye
Tier One
14U Boys
League
Champions**

District 3 Walleye – CELEBRATE SUCCESS!



**2020-21
Walleye 14U
Tier 2 Boys
punched their
ticket to the
2021 National
Tournament in
Texas!**

District 3 Walleye – CELEBRATE SUCCESS!



**2020-2021 Walleye
14U girls
qualified for the
USA Hockey
Tier 1
2021 National
Championships**

District 3 Walleye – CELEBRATE SUCCESS!



**2019-2020 Walleye
14U girls
Qualified for the
USA Hockey
Tier 1
2020 National
Championships**

Minnesota Hockey Summer-Fall HP Tier One/Two Programs



- **District 3 HP/Tier 1 staff is planning opportunities to educate families and players about these programs.**
- **Please encourage participation in these opportunities.**
- **We encourage any coaches to reach out if they are interested in becoming involved with the Walleye Program**

Wrapping it up...

- Sometimes a “win” isn’t always reflected by the score.
- Please use this presentation as a resource during the season. We will always be happy to answer questions and clarify what may not be clear, but we ask that you utilize this resource first as it may very well provide what you need. It will be posted on the Coach Tab of the D3 website.
- Thank you for coaching!

HAVE A GREAT SEASON!!!

