

**HOWARD COUNTY YOUTH HOCKEY CLUB (HCYHC)  
2009-2010 HANDBOOK**

Welcome to the 2009-2010 Youth Hockey season! We are glad you chose the Howard Huskies for your family's youth hockey experience. This handbook is designed to help answer questions you may have about the experience your family is about to undertake.

The Howard County Youth Hockey Club (HCYHC), also known as the Howard Huskies, is a not for profit hockey club started in 1971. At that time, there were 45 players. Today, we have over 300 players. HCYHC provides both recreational and tier-II travel hockey ensuring there is a team for every player's skill and commitment. Our club's emphasis is on sportsmanship and teamwork, two themes you will hear woven throughout your experience.

If your family is new to hockey, we suggest that your player begin his/her hockey experience in the Columbia Associations' Learn to Skate Program and then attend their Instructional Hockey program that teaches the fundamentals of hockey skating and stick and puck handling. The coaching staff for the Instructional Hockey program - which takes players of all ages - can help you and your player decide when they are ready to join our program. Information about how to register for our programs is available on our web site at [www.howardhuskies.org](http://www.howardhuskies.org).

The Club Handbook is designed to provide an overview of the club as well as help answer questions about our program. We hope you enjoy your experience and we look forward to sharing the joys of hockey with you and your family.

Sincerely,



Bud Buonato  
Club President

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## **I. WHO ARE WE?**

### **A. The Howard Huskies' Mission Statement**

It is the mission of the HOWARD COUNTY YOUTH HOCKEY CLUB (HCYHC) to provide every member the opportunity to participate in the game of ice hockey in an environment designed to enhance his/her enjoyment and continued participation of the game.

The club strives to achieve this by providing a comprehensive hockey program that recognizes the training needs of members of different age and skill levels. Emphasis is placed on teaching teamwork, improving skills, providing players a competitive environment tailored to their individual abilities and the constant molding of character and good sportsmanship.

It is the responsibility of the Board of Directors (BoD) of the Howard County Youth Hockey Club to develop and implement those programs it deems appropriate to the fulfillment of this mission.

In the development of all its programs, the club will be guided by the training philosophy of U.S.A. Hockey, the governing body of amateur hockey in the United States. HCYHC will provide an equal opportunity to amateur athletes, coaches, trainers, team managers, and administrators to participate in amateur athletic competition without discrimination on the basis of race, religion, age, sex, or national origin.

### **B. Core Values**

We work to establish dedication, discipline, commitment and high ethical standards as key club values.

We work to operate a club that allows the individual player to develop to the best of his/her ability as a player and a person. The players supply the work ethic and the club will supply the environment to achieve or exceed potential.

We help participants grow as people and as players. When the time comes, we will assist players in making a transition to playing hockey at the next level (juniors, college club or college varsity).

We recognize there are many personal benefits to being a member of a hockey team, including sportsmanship, teamwork, camaraderie and friendship. The Huskies will provide an environment in which one can take advantage of everything that hockey has to offer.

We recognize that the development of individuals as hockey players and people is far more important than winning games.

### **C. Governance**

To be successful, every youth hockey club needs and expects the cooperation of its members, who must understand and embrace the Club's mission, share its core values, and fully support its goals, philosophy and governance structure. When joined by a common set of beliefs and purposes, the Club and its members form a powerful team.

#### **The Board of Directors**

As in most volunteer organizations that have been formed into not-for-profit corporations, decision-making authority at the highest level resides in a volunteer Board of Directors.

- The affairs of the Club shall be managed by the Board of Directors.
- The number of Directors elected by the members shall be a minimum of nine and a maximum of eighteen. Directors need not be residents of the State of Maryland but must be members in good standing. Starting with the 1989/90 fiscal year, elected Board members shall serve a term of three years.
- A majority of Board of Directors shall constitute a quorum for the transaction of business.

#### 2009-2010 Board of Directors

Bud Buonato – President & Club Scheduler  
 Tom Serio – Vice President & Travel Program Coordinator  
 Chip Sheehan – Vice President & Coaching Director  
 Bob Altieri – Treasurer  
 John Buba – Secretary  
 Sue Allison – Director  
 Paul Barsotti – Director  
 Daren Condrey – Director  
 Lori Crisler – Director  
 Pam Ehrenreich – Director  
 Betsy Godbold – Director  
 Bud Michels – Director  
 Bob Tibbs – Director & Recreational Program Coordinator  
 Deb Valenza – Director

The Club President serves as the chief executive officer of the club and will have general supervision and management of the affairs of the club. Other board members volunteer their time to work on numerous committees and projects vital to the club.

The following are examples of board member responsibilities:

- [USA Hockey Association Coaching Education Coordinator \(ACE\)](#)
- Capital Beltway Hockey League (CBHL) Representative
- Club Scheduler
- Team Manager Director
- [Age Group Coordinators](#)
- Communications Director

Members of our hockey community with a passion for continuing to improve our program are encouraged to run for the Board of Directors. Information on the election process is distributed near the end of each season, and elections are held at the club's Spring Banquet.

The Club encourages members who are interested in high-level decision making to stay informed about the work of the Board of Directors by reading the Club's handbook and other publications, including the Website, talking to the Directors, Officers and Club President, and attending appropriate meetings.

Members with concerns about the Club or decisions made by the Board, Officers, Program Coordinators, and/or the Coaching Director are encouraged to inquire about them. In a volunteer organization like HCYHC, Directors interact with other members at practices and games and hear

concerns about the daily operations of the Club and its teams. As a matter of good practice, these concerns are reported to the appropriate Director.

## **II. HCYHC HOCKEY**

To meet the Club's mission, HCYHC supports both Travel and Recreational hockey programs.

### **A. Travel Hockey Program: Tier II (AA, A, B)**

#### **1. Program Overview**

HCYHC participates at the Tier II level and is one of the fastest growing youth hockey organizations in the Capital Beltway Hockey League (CBHL). The Capital Beltway Hockey League is sanctioned by USA Hockey and is a member of the Southeastern Amateur Hockey Association (SEAHA) and an affiliate within the Southeast District of USA Hockey. The league consists of clubs located throughout Washington DC metropolitan area, Maryland and Virginia. The objectives of the Capital Beltway Hockey League are to provide an opportunity for young men and women to participate in amateur ice hockey in an organized and competitive environment, to foster player development both physically and academically, and to provide opportunities for personal growth and enrichment.

Tier II travel hockey is a very competitive level of hockey and requires a serious time commitment by both the child and parent(s). It is extremely important that the player and parent(s) understand the time commitment of Tier II travel hockey prior to accepting a position on a travel team. Travel players are expected to attend all games, practices, meetings, training sessions, skills sessions and public service events during the season.

The Tier II travel hockey season starts with the 1<sup>st</sup> Club scheduled practice (late August) and runs through the last Club scheduled game or the CBHL/USA Hockey playoff game a team participates in. The only exception is the period from Christmas Eve through New Years Day.

#### **2. Travel Teams**

Based on the player's age as of January 1<sup>st</sup>, the Club plans to field at least one travel team in the following USA Hockey age classifications:

- Mite: 8 years and younger
- Squirt: 9 and 10 year olds
- Peewee: 11 and 12 year olds
- Bantam: 13 and 14 year olds
- Midget U16: 15 and 16 year olds
- Midget U18: 18 and younger

Tryouts for the travel program will be held in the spring, usually the last week of April or first week of May. Detailed information about tryouts will be posted on Club's website ([www.HowardHuskies.org](http://www.HowardHuskies.org)), posted on local and regional hockey websites, and emailed to current and former club members.

A player shall not be allowed to play at a level above his/her slated USA Hockey level as determined by their birth date. The HCYHC [Play-up Policy](#) was adopted by the HCYHC Board of Directors in January of 2007.

- No player, Mite through Bantam, will be allowed to Play Up to a higher age group.
- All Midget-aged players are eligible to play at the U18 level. The HCYHC policy regarding Midget-aged players is based on existing and established regional athletic policies whereas high school under-classmen may participate in varsity athletics.
- In the event the Huskies are unable to offer a travel or REC team within an age group, the club would review alternatives to support its members and may exercise its right to do so for a particular season for the betterment of the club and its members

### **3. Tryout Policy**

HCYHC policy is to provide every player the opportunity to tryout for their age appropriate travel team. Roster spots are open to any player who attends tryouts. A player's prior experience, level, or club will not be a factor in determining which players make a travel team.

Usually, there will be a minimum of 3 to 4 tryout sessions for each age classification. The actual number of tryout sessions varies based on age classification and the number of projected and/or registered players. The Coaching Director and Age Classification Tryout Coordinators will be responsible for developing the tryout evaluation procedures and providing evaluators with age-specific criteria.

- The Tryout Coordinator will organize a committee of qualified persons to evaluate players during tryouts.
- Each player will be assigned a unique tryout jersey and number that must be worn at each tryout session. The tryout jersey will be the players to keep.
- There will be neither roster positions offered nor cuts made prior to the second tryout session.
- All players, whether placed on a team or cut, will be notified via a telephone call, email, or posting on the club's website. The Tryout Coordinator has the responsibility to ensure all players are notified.
- Players who are offered a position on a team have 48 hours to respond accepting the position offered. If a player does not respond within 48 hours, the coach may assume the player has declined the offer and decided not to play travel hockey. The player will be refunded their deposit, minus the \$100 tryout fee.
- Once a player accepts a position on the team, the player will be responsible for paying the full registration fee unless otherwise released by the Board of Directors.

### **4. Team Size**

During and after tryouts, roster spots may be filled by the most qualified players attending tryouts. Only players evaluated as qualified to play travel hockey will be offered roster spots. The number of players selected to be on a team's roster may vary based on age classification, the projected level of play and the number of qualified players. The possibility exists that all roster spots may not be filled after tryouts and that some number of players may be added over the summer.

Additionally, a coach may add players to the team's roster up to December 31<sup>st</sup> after receiving approval from HCYHC's Coaching Director. Adding a player during the season will be an exception and is not the general policy of Club.

## **5. Practice**

Travel teams will usually have two practices per week on weeknights during the season. Practices are usually an hour in length. Mite, Squirt, and Peewee age groups will have shared ice practices at the Columbia Ice Rink. Bantam and Midget age groups will have one shared ice practice and one full ice practice per week at either the Columbia Ice Rink or The Gardens Ice House (Laurel).

The Club offers free Progressive Skills Clinics (PSCs) throughout the season to expand the knowledge and skill of its players. The clinics target specific needs of the club's members as identified by the Coaching Director and team coaches. Clinics may include powerskating, stick handling skills, Peewee preparation (checking and slapshots), and goalie skills. Based on the content, clinics will be staffed by either volunteer coaches and/or paid professional trainers.

## **6. Games**

Travel games are comprised of CBHL league games, non-league and tournaments games, and playoffs. The number of games an individual team participates in is based on age classification, local competition, team objectives, and the number of tournaments a team participates in. Mites and Squirts usually play up to 30 games per season, Peewees and Bantams play up to 40 games per season, and Midgets play up to 50 games.

### CBHL Games

The number of league games will be based on the size (number of teams) within a division. The CBHL season usually consist of 16 to 20 league games followed by a 2-game playoff for the top 4 teams. The majority of CBHL teams and games are within an hour drive of Columbia; however, the league does include teams from Richmond, Charlottesville, and Hampton Roads Virginia. CBHL competition may require an overnight stay.

### Non-League and Tournament Games

Non-league games will be scheduled against CBHL teams, teams from the Delaware Valley Hockey League, and other Tier II teams in the area or traveling through the area. All HCYHC teams participate in the Silver Stick tournament hosted by the club. The club covers the entrance fee expense for the tournament. Silver Stick champions and finalist (A division) win the opportunity to compete in Silver Stick tournament finals.

Teams may also elect to participate in additional tournaments prior to, during, or after the season. The decision to play in additional tournaments should be collaboration between the coaching staff, team manager and the parents. The cost of such tournaments is solely the responsibility of the team. The cost of tournaments scheduled during the season should be equally divided amongst all members of the team, whether or not the members participate in said tournament(s).

Coaches and team managers should not schedule any non-league games or tournaments without prior approval from the club scheduler.

## **B. Recreational Hockey Program (REC)**

### **1. Program Overview**

Our recreational hockey program is open to any player up to the age of 18, with no tryouts required. Recreational hockey is less of a commitment for parents and players yet provides a great foundation for those wishing to eventually move to our travel program. The focus of our recreational program is

on skill development and learning the game. Games will mostly be played in the metropolitan D.C. area. All coaches (head and assistants) are screened according to our club coaching guidelines and are USA hockey certified.

Families participating in the recreational program are full club members and are welcome to participate in all club activities including the annual Bull and Oyster Roast, end of year Banquet, and running/voting for the Club Board of Directors.

## **2. Cross-Ice Program**

Players ages 4 to 8 start in a developmental [cross-ice program](#) designed specifically for our younger players. Emphasis in this program is on participation, fun, and skill development.

In the cross-ice program, practice and play is across the ice surface as compared to the full length of the ice surface. There are many advantages to this program, including that playing on a smaller rink increases puck possession time for each player. In our cross-ice program, the rink is divided into thirds, with dividers across each blue line. The lightweight blue pucks are used for all games and practices.

## **3. Recreational Teams**

Based on the player's age as of January 1st, HCYHC will field REC teams in the following USA Hockey age classifications:

- [Cross-Ice](#): 8 years and younger
- Squirt: 9 and 10 year olds
- Peewee: 11 and 12 year olds
- Bantam: 13 and 14 year olds
- Midget: 15 - 18 year olds

No tryouts are required to join a recreational hockey team. However, if your family is completely new to hockey, we suggest your player begin his or her hockey experience in the Columbia Association's Learn to Skate Program and then attend their Instructional Hockey program. Instructional hockey teaches the fundamentals of hockey skating and stick and puck handling to players of all ages. Once through these programs, you are more than likely ready to play hockey with us.

## **4. Team Size**

Recreational hockey teams may roster more players than travel teams. However, if a recreational team roster approaches two dozen players, the club may consider creating two teams at that level. In that case, players would be evenly divided between the squads in a way that balances the skill level for each team.

If a recreational team has open slots, players may be added at any time during the season. However, we encourage players to join at the beginning of the season, if at all possible.

## **5. Practice**

REC teams will have practice one evening a week from mid-September to the end of February.

In addition to games and practices, HCYHC offers free Progressive Skills Clinics (PSCs) to players

throughout the season to expand their knowledge and skill. The clinics target specific needs of the club's members as identified by the Coaching Director and team coaches. Clinics may include powerskating, stick handling, Peeewe preparation (checking and slapshots), and goalie skills.

Based on the content, clinics will be staffed by either volunteer coaches and/or paid professional trainers.

## **6. Games**

Recreational teams normally play one game a weekend. The number of games an individual team participates in is based on age classification, local competition, team objectives, player and coach availability.

Home games are played at both the Columbia Ice rink and the Gardens Ice House. Away games will require travel to other area ice rinks.

## **7. Tournaments**

The Club sponsors each Rec. team for a spring tournament.

Teams may elect to participate in additional tournaments throughout the season. The decision to participate in additional tournaments should be collaboration between the coaching staff, team manager and the parents. The cost of such tournaments is solely the responsibility of the team.

Coaches and team managers should not schedule any games or tournaments without prior approval from the club scheduler.

## **C. The Cost of Playing Hockey**

There is no doubt; ice hockey is one of the more expensive team sports when you combine the registration fee and the cost of equipment. Registration fees for the 2009-2010 season are available by clicking on the registration tab and then selecting [09-10 Season Fees](#). The majority of the fees go to cover the cost of ice time for practices and games, and the cost of referees. Registration fees are due in full by September 30<sup>th</sup>, unless you have made arrangements in advance with the [Club Treasurer](#) for a payment plan.

Players' equipment is not provided; therefore, you will need to purchase it prior to travel tryouts or the first Recreation practice. You will also need to purchase a pair of game jerseys (home and away). The list of [required equipment](#) and the [jersey order form](#) can be found by clicking on the FAQ tab on the website. The Huskies recommend you purchase a black helmet and gloves if you are in need to purchase these items for the upcoming season. It is not currently a club requirement; however, it may be in the future.

As a matter of policy, a player may not modify or alter their team uniform without prior approval of the Board of Directors. This includes, but is not limited to jersey patches and helmet stickers. Please contact your team manager or Age Group Coordinator with questions.

In addition to HCYHC fees, all players must register with USA Hockey. For the 2009-2010 season, the cost is \$35. To find out more information about USA Hockey registration, click on the [Registration](#) tab on the website.

Your Team Manager may collect a "team fund" at the beginning of the season to cover additional expenses incurred throughout the season. You will be given the option of making payments on this team fund. Examples of additional expenses may include tournament cost, practice jerseys, club and charity fundraising, and team building activities.

Teams may elect to conduct fundraising to off-set the cost of hockey tournaments and travel, player development, and other team related activities and expenses. Fundraising may also be conducted to support charitable organizations. All team fundraising must receive prior approval by the club's board of directors. Please contact Pam Ehrenreich with regard to fundraising.

The Clubs primary fundraiser is the Huskies' Bull Roast which is scheduled for October 24<sup>th</sup>. You will be asked by your manager to purchase tickets and to donate money or goods towards a team gift basket for the silent auction.

### **III. CLUB POLICIES**

#### **A. Membership**

The relationship between parents, players and the Club is formally governed by the Club's BY-Laws and this Handbook. When parents choose to permit their children to play for one of the Club's teams, they agree to subscribe to the Club's mission, follow its rules, and abide by its decisions. Most parents, coaches and Club officials would agree that trust and mutual respect are the most essential underpinnings of effective working relationships.

The Club encourages members to work productively with team coaches/managers and Club administration by staying informed about their child and important team events, by reinforcing the team rules and attendance at practices, games and other Club events.

Parents best support the Club's climate of trust and respect by communicating any concerns openly and constructively to the coaches, Coaching Director and/or Age Coordinators.

Members, as coaches, players, or parents, will be required to sign our Code of Conduct agreements that spell out expectations for behavior and consequences if not abided by.

While parents may not agree with every decision by a coach, team or the Club, in most cases there will be enough common ground to continue a mutually respectful relationship. In rare cases, however, an impasse may be so severe that the parent and player cannot remain a constructive member of the Club. In such cases, both the parent and the Club should consider whether severing the relationship is in the best interests of all involved. Fostering internal dissent and disruption is counter to the Club's stated philosophy and developmental goals and is unacceptable.

## **B. Club Rules**

As a club we pride ourselves on setting a league-wide example of good sportsmanship. Our expectations are high, not only of our players, but of our coaches and parents. Good sportsmanship is best defined as:

- The fact or practice of participating in sports or a sport.
- Conduct and attitude considered as benefiting participants in sports, especially fair play, courtesy, striving spirit, and grace in losing.

HCYHC expects all club members to abide by The Club's Code of Conduct

### **1. Parent Code of Conduct**

- If you enjoy the game, learn all you can about hockey – and volunteer.
- Respect coaches, players, officials, and other parents and spectators.
- Do not force your children to participate in sports, but support their desires to play their chosen sport. Children are involved in organized sports for their enjoyment. Make it fun.
- Encourage your child to play by the rules.
- Do not embarrass your child by yelling at him or her, other players, coaches or officials.
- Support your child and his/her teammates by providing encouragement and showing interest in his/her team.
- Understand that winning is desirable, but winning at any cost defeats the purpose of the game.
- Recognize the importance of volunteer coaches and support them. They are important to the development of your child and the sport.
- Leave the coaching to the coaches and do not coach from the stands. If you want to coach, please obtain your USA Hockey certification and help out.
- Understand that in hockey, as in life, you should treat others as you would have others treat you.
- Demand a drug- and alcohol-free sports environment for the players.
- Any behavior that reflects poorly on the team during any official team function may result in disciplinary action as decided by the Discipline Committee and/or the Board of Directors.

### **2. Player Code of Conduct**

- Play for FUN
- Always be a good sport and set a positive example for others, particularly younger players.
- Respect coaches, teammates, parents, opponents and officials.
- Demonstrate mature behavior on and off the ice. Restrain from emotional outbursts such as

stick-slamming, throwing equipment, or other aggressive acts.

- Never argue with an official's decision.
- Learn to win and lose with the same amount of sportsmanship and dignity.
- Participate, with grace, in end of game hand-shake line.
- Respect and act accordingly in all ice rink facilities, including public areas and locker rooms.
- Any behavior that reflects poorly on the team during any official team function may result in disciplinary action as decided by the team's head coach and/or Discipline Committee.
- Unexcused lateness or absence may result in automatic benching. Communicate any schedule needs with your coaches in advance.
- Understand that winning is desirable, but winning at any cost defeats the purpose of the game.
- Understand that in hockey, as in life, you should treat others as you would have others treat you.
- Demand a drug- and alcohol-free sports environment for your team.

### **3. Coaches Code of Conduct**

- Adhere to USA Hockey governing rules, regulations, policies and procedures, as well as rules, policies and procedures as determined by the Club.
- Care more about the child than winning the game. The No. 1 priority as a coach is to help each player achieve his/her maximum potential.
- Howard Huskies will focus on skill development with an emphasis on educating skaters how practice and skill development will make them better hockey players.
- Never verbally or physically abuse a player or official.
- Accept the referee's call with respect and maturity.
- Do not criticize players publicly.
- Remember that you serve as a role model for players and your attitudes are often mimicked on and off the ice.
- Be concerned with the overall development of your players.
- Be generous with your praise when it is deserved.
- To play the game is great ...to love the game is greater. Remember: It is only a game!
- Strive to be an effective communicator and coach.
- Organize practices that are fun and challenging for your players.
- Provide instruction in a way that motivates and challenges players; develop the player's self respect, self-confidence and self-discipline.

- Do not ask anything of your players, other coaches, administrators and parents that you do not ask and expect of yourself.
- Maintain an open line of communication with your players' parents.
- Work to be the best coach possible.
- Never use alcohol before a practice or game.
- Demand a drug- and alcohol-free sports environment for the players.

HCYHC supports USA Hockey's Zero Tolerance policy with regard to member and guest conduct. Parents, players, and coaches may be brought before the club's disciplinary committee for violating these policies. Parents, players and coaches will be required to sign Code of Conduct Agreements when they register for the club. Violations of the Code of Conduct policies could result in loss of playing time, suspension or expulsion.

### **C. Team Rules**

Team rules are established by the coaching staff within the framework provided by the Clubs' Policies, Club and USA Hockey Codes of Conduct and USA Hockey guidelines. They may include, but, are not limited to:

- Team members are expected to attend all games, practices, meetings, training sessions, skills sessions and public service events. All team members are expected to be punctual in their attendance at the aforementioned events. Absences, besides sudden illnesses and emergencies, should be cleared with the head coach prior to event.
- All team members will display respect and good sportsmanship toward all coaches, teammates, opponents, officials, parents, and arena staff.
- All team members will be well behaved and polite while representing HCYHC.
- No parents will be allowed in the dressing room at any time (Peewee age classification and above). All interactions with players in the dressing room must first be cleared with the team's head coach.
- Players will be notified of the expectations set by their individual teams and are subject to disciplinary action if not adhered to.
- All team members and spectators must adhere to the guidelines as established by the coach, HCYHC, USA Hockey, and the Capital Beltway Hockey League (CBHL).
- Failure to comply with the Club Policies and/or USA Hockey Codes of Conduct could result in loss of playing time, suspension from the team, and/or expulsion from the Howard County Youth Hockey Club.

### **D. Substance Abuse Policy**

The Howard County Youth Hockey Club strictly adheres to and adopts as policy the provisions of the Annual Guide of USA Hockey, Inc., concerning the consumption/use/abuse of mood altering substances as set forth below.

For purposes of this policy, the words “mood altering substances” shall include the following:

1. Intoxicating substances, including but not limited to alcohol.
2. Non-prescription or prescribed controlled substances.
3. Prescription or prescribed controlled substances when used to an excess in violation of doctors' orders, or to produce the state of intoxication in the participant.

The Club will not tolerate any violation of this policy. Accordingly, any alleged violation of this policy by a participant shall be brought to the attention of the club President who shall investigate the alleged violation within 14 days of the notice. If upon a review of the circumstances it is found that a violation occurred, the participant shall be suspended from active play or participation for a period of at least fourteen (14) days. During the period of suspension the participant may not participate in team practices and attend any games unless determined otherwise by the Discipline Committee and/or the club President. The club President, with the consent of the Club's Board of Directors, has the right to make arrangements for other acceptable conditions being met.

A participant who is found to have violated this policy a second time, in the same or subsequent years, shall be suspended from further participation with in the Club for a period of one (1) year. After a period of one year the participant must formally request re-admittance to the Club and must present the steps he/she has taken to address the substance use problem.

Suspension from the Club because of violation of this substance abuse policy will not be grounds for monetary refund.

### **1. Agreement for Players**

It is known that the consumption/use/abuse of mood altering substances is detrimental to a healthy state of mind, body and spirit in an athletic participant. This is especially true for those participants aspiring to develop their talents in the furtherance of their playing, coaching or officiating careers in the sport of ice hockey. Therefore, with the best interests of its participants in mind, the Club prohibits the use by any participant of mood altering substances during active participation in its programs. Upon discovery of any violation, the Club shall take action to remove the participant from participation in the program for a reasonable period of time as decided by the Discipline Committee and/or the Board of Directors. In order to maintain the health of our athletic participants, the integrity of our programs and the eligibility of our competitors for nationals, international and collegiate competition, this policy will be strictly enforced.

For players, “program” extends to not only active ice hockey contests, but to any travel to or from, or intervening stay for the participation of Club sanctioned games, camps, tryouts, clinics, practices or other events.

### **2. Agreement for Coaches, Parents & Team Officials**

The enjoyment of youth sports can be damaged by the use of mood altering substances; therefore, incidents will not be tolerated.

In order to maintain the integrity of our Club, parents and coaches will not use any mood altering substance before or during practices and/or games.

The Club will not tolerate any substance-related incidents that arise during Club functions. When a HCYHC team is traveling to play games the coaches, parents and other adults involved will remember they also represent the Club.

## **E. Grievances**

**There is a strict "24-hour rule" in relation to all grievances.**

If a grievance occurs that can not be solved within the confines of the team, the club has an established policy to settle grievances. HCYHC encourages the proper handling of grievances in order to get problems out in the open and rectified as quickly as possible. Should you have a grievance during the season which cannot be settled within the confines of the team or in a one-on-one scenario, please follow the steps below to help solve the problem.

All persons wishing to lodge a grievance must write a detailed letter (signed) or e-mail (in which it is made known from whom the e-mail originated) that spells out the grievance. The letter or e-mail should be sent to the Age Group Coordinator, as indicated on the club's website under the Age Group Coordinator tab. The Age Group Coordinator will facilitate the grievance process on behalf of the Board of Directors.

The Club has a strict policy not to handle grievances and conflicts in front of players or in public settings.

### **1. Grievance with a Coach:**

Should a parent or participant feel the need to lodge a complaint against a coach, the directions in paragraph two of this policy should be followed and the communications should be delivered to the Age Group Coordinator. The Age Group Coordinator may determine it is necessary to involve the Club President and/or the Coaching Director to facilitate resolution.

**AT NO TIME SHALL A COACH BE APPROACHED BEFORE, DURING OR IMMEDIATELY FOLLOWING A GAME. Please honor the "24-hour rule"**

### **2. Grievance with a Parent:**

If a Huskies parent or participant would like to lodge a complaint against a parent (or guest of a parent), the directions in paragraph two of this policy should be followed and the communications should be delivered to the Age Group Coordinator. The Age Group Coordinator may determine it is necessary to involve the Club President to facilitate resolution.

### **3. Grievance with a Player:**

If a parent or participant would like to lodge a complaint against a HCYHC player, the directions in paragraph two of this policy should be followed and the communications should be delivered to the Team Manager or Age Group Coordinator. The Age Group Coordinator may determine it is necessary to involve the Club President and/or the Discipline Committee to facilitate resolution.

## IV. HOCKEY 101

The Club encourages all of our parents to familiarize themselves with the game of hockey. An educated parent is better prepared to enjoy the game, support their child, the coaches and the Club.

Valuable information is only a click away

USA Hockey: <http://www.usahockey.com>

- [Parent Education](#)
- [2007-09 Rule Book](#)

Howard Huskies: <http://www.howardhuskies.org>

- [Most Frequently Asked Questions](#)
- [Registration](#)
- [Required Equipment](#)

### A. An Introduction to the Game of Hockey

#### 1. Hockey: The Game

Ice hockey is played on a rink, a sheet of ice which is approximately two-thirds the size of a football field, usually 185 to 200 feet long and 85 to 100 feet wide.

The game is played in three periods of equal length:

- 12 minute periods for Atoms, Mites and Squirts
- 15 minute periods for Peewees, Bantams, and Midgets

The sport involves four basic skills: skating, stick handling, passing and shooting. These skills can be learned at any age, and the good hockey player continually works to improve and refine his or her skills.

The object of the game is to score a goal. It is not necessary to shoot the puck into the netting behind the goalie to score. If the entire puck crosses the goal line inside the posts, it is a goal unless:

- An attacking player kicks the puck, throws the puck or otherwise deliberately directs the puck into the goal by means other than the stick.
- An attacking player is in the goal crease, and is in no way held by a defender, while a teammate "scores."

While a goal does not count if an attacker kicks it in, if that same attacker kicks the puck off a defender other than the goalie, the goal counts.

#### 2. The Four Basic Skills of Hockey

Physical size is not an important factor in becoming a skilled and successful hockey player. Every player has an opportunity to be a part of the action given the speed of the game, the number of players on a team and the size of the surface upon which the game is played.

Skating is the skill that makes hockey unique and it is something that players at all levels of the sport continually strive to improve. Without adequate skating ability, players are less able to perform the other essential skills of the sport.

Stick handling is perhaps the most difficult of the basic skills to master. It allows a skilled player to maneuver around opponents and create better offensive opportunities.

Passing is what makes hockey a true team sport and helps make the game fun. Passing gets everyone on the ice involved in the action and turns scoring into a team effort. Helping teammates experience success is what the game is all about and passing allows the thrill of scoring to be shared.

Shooting is the end result of an offensive team play and is the action that produces a goal. Many players spend most of their time practicing shooting because they believe scoring is the most fun. Players should, however, place an equal emphasis on the other basic skills of hockey, given the fact most players generally take fewer than six shots in an entire game.

### **3. The Team**

A team is comprised of a maximum of six players on the ice at any one time. The six players are a center, a left and right wing (aka forwards), two defensemen and a goaltender.

The goaltender is responsible for guarding the team's goal and preventing the opposing team from scoring. Goalies can use any piece of equipment or any part of his body (including his head) to protect his net.

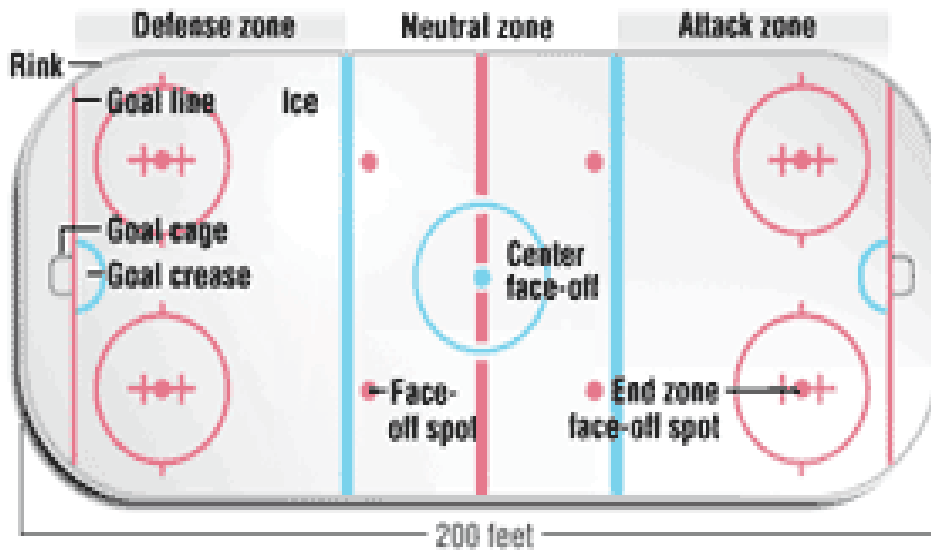
The primary responsibility of the 2 defensemen is to prevent the opposing team from having a good shot at the goal. They block shots and clear the puck from their own net area. The defensemen also attempt to gain possession of the puck and pass to teammates to initiate an offensive scoring opportunity.

The primary responsibility of the forwards (three: right wing, center and left wing) is to score. The wings follow the action up and down the rink on either side of the center. Left and right wings pass back and forth, trying to position themselves for a shot on goal. However, wings also assist the defensemen by back-checking after their team has yielded control of the puck to the opposition. The center operates up and down the middle of the ice. Centers lead their team's attack by passing the puck between their two wings to set up a goal. It is the center's job to hustle and break up the opposing team's plays.

### **4. The Playing Zones**

The ice surface is divided by blue lines into three zones, the defensive zone, the offensive zone, and the neutral zone.

The defensive zone is the area in which a team protects its own goal and attempts to keep the opposition from scoring. This same zone is the opposing team's offensive zone, or the area in which they are attempting to score. The neutral zone is the area between the two blue lines.



## 5. The Officials

The officials control the game. They call all of the penalties and decide the legality of goals.

At the Midget age levels, there are three on ice officials.

- One is the referee, identified by an orange arm band, who is the ultimate authority during the game and is primarily responsible for calling penalties and determining if goals have been legally scored.
- Two linesmen whose primary responsibilities include conducting face-offs and determining violations of offside and icing while assisting the referee in enforcing the rules of the game.

At the Atom/Mite to Bantam age levels there are two officials who both are referees.

## 6. Penalties

### Types of Penalties:

- **Minor Penalty:** Any player, other than a goaltender, shall be ruled off the ice for one and one half minutes (Atom, Mite, and Squirt) or two minutes for all other age groups during which time no substitute shall be permitted. If the shorthanded team is scored upon before the two minutes elapse, the player in the penalty box is automatically released.
- **Major Penalty:** Any player, except the goaltender, shall be ruled off the ice for four or five minutes during which time no substitute shall be permitted. The player who is serving the major penalty must stay in the penalty box for the full penalty, regardless if a goal is scored upon their "shorthanded" team.
- **Goaltender's Penalties:** A goaltender shall not be sent to the penalty box for an infraction, but instead the minor penalty shall be served by another member of his team, who was on the ice when the infraction was committed.

- **Penalty shot** No time served. Awarded for a player being fouled from behind and denied a breakaway scoring opportunity. Also called for deliberately displacing the goal post during a breakaway, or can be called when a defending player other than the goalie intentionally falls on the puck, usually around the defensive net area.
- **Coincidental minor and/or major penalties** result when players of two opposing teams are simultaneously assessed penalties of equal duration. In this case, the players may be substituted for, but all penalized players must serve their full time in the penalty box and wait for a stoppage of play to come out of the box. Generally, the timekeeper will not post these penalties on the scoreboard and the players will be required to stay in the box for the amount of time assessed and until "the next whistle."
- **Misconduct Penalty:** Any player, other than the goaltender, shall be ruled off the ice for a period of ten minutes. A substitute player is permitted to immediately replace a player serving a misconduct penalty. A player whose misconduct penalty has expired shall remain in the penalty box until the next stoppage of play. These penalties are often called in tandem with a minor penalty and you may hear it referred to as a "Two and ten." What this means is that the player has committed a foul such as Checking from Behind and his/her team must play shorthanded for 2 minutes, after which the offending player must then also stay off the ice for an additional 10 minutes. Generally, a team will put two players in the penalty box with one coming out after two minutes.
- **Match Penalty:** A match penalty involves the suspension of a player for the balance of the game and the offender shall be ordered to the dressing room immediately. A substitute player is permitted to replace the penalized player after five minutes of playing time has elapsed.
- **Game Misconduct:** A penalty that involves the suspension of a player for the balance of the game. A substitute is immediately permitted to take his place on the ice.

USA Hockey's Rulebook is available for [download](#) here.

## B. Glossary

**Altercation:** Any physical interaction between two or more opposing players that results in a penalty (or penalties) being assessed.

**Assist:** An assist is credited to a player who helps set up a goal. Assists are awarded to the last man to handle the puck immediately preceding the goal. There is a maximum of two assists per goal.

**Attacking zone:** When you are on the attack, your attacking zone (offensive zone) is between your opponent's blue line and goal line.

**Back check:** Forwards in their offensive zone skate back quickly to their own defensive zone to protect their goal and keep the opponent from shooting.

**Blocker:** For the goalie, the glove that goes on the hand that holds the stick.

**Blue line:** Two lines running across the width of the rink, one on either side of the red line. The area between the blue lines is called the neutral zone.

**Boarding:** Violently checking an opponent into the boards from behind. Boarding is illegal and merits a penalty.

**Boards:** The wall around a hockey rink (which was at one time really made of wood but which is now usually of fiberglass) measuring about 42 inches high and topped off by synthetic glass to protect the spectators while giving them a good view of the action.

**Body check:** A body check is where you use your body against an opponent who has possession of the puck. Legal body checking must be done only with the hips or shoulders and must be above the opponent's knees and below the neck. Unnecessarily rough body checking is penalized.

**Box:** A defensive alignment (similar to the diamond) often used by a team defending against a power play.

**Breakaway:** A player in control of the puck has a breakaway when the only opponent between him and the opposition's goal is the goalie (and a reasonable scoring opportunity exists).

**Breakout:** The play used by the attacking team to move the puck out of its own zone and up the ice toward the opponent's goal.

**Butt ending:** Using the shaft of the stick to jab or attempt to jab an opposing player

**Catcher:** For the goalie, this is a glove (which looks like a fancy first-baseman's mitt) that goes on the non-stick hand.

**Center:** In a traditional alignment with three forwards, the center plays between the left and right wings.

**Changing on the fly:** When players from the bench substitute for players on the ice, while the clock is running.

**Charging:** Taking more than three strides before deliberately checking an opponent.

**Clearing the puck:** When the puck is passed, knocked, or shot away from the front of the goal net or other area.

**Crease:** The semi-circular area in front of each goal is called the crease. If any offensive player is in the goal crease when a goal is scored, the goal is not allowed. The crease is painted blue. The goal crease is designed to protect the goalies from interference by attacking players. The area marked on the ice in front of the penalty timekeeper's seat is for the use of the referee.

**Cross checking:** Hitting an opponent with the shaft of the stick while both hands are on the stick and no part of the stick is on the ice.

**Defensive zone:** When the other team is on the attack, the defensive zone is the area between your goal line and your blue line.

**Defensemen:** Two defensemen usually try to stop the opponent's play at their own blue line. The defensemen block shots and also clear the puck from in front of their goal. Offensively, defensemen take the puck up the ice or pass the puck ahead to the forwards; they then follow the play into the attacking zone and help keep it there.

**Deke:** A deke is a fake by a player in possession of the puck in order to get around an opponent or to make a goalie move out of position. To deke, you move the puck or a part of your body to one side and then in the opposite direction. ("Deke" is taken from "decoy.")

**Delay of game:** This is called when a player purposely delays the game. Delay of game is commonly called when a goalie shoots the puck into the stands without the puck deflecting off a skater or the glass. Delay of game also occurs when a player intentionally knocks a goalpost out of its stand (usually in an attempt to prevent a goal from being scored).

**Delayed off-side:** In this situation, an attacking player has preceded the puck into the offensive zone (normally a case for off-side), but the defending team has gained possession of the puck and can bring it out of their defensive zone without any delay or contact with an opposing player.

**Diamond:** A defensive alignment (similar to the box) often used by a team defending against a power play.

**Dig:** An attempt to gain possession of the puck in the corners of the rink.

**Directing the puck:** Changing the course of the puck in a desired direction by using the body, skate, or stick.

**Dive:** When a player exaggerates being hooked or tripped in an attempt to draw a penalty.

**Elbowing:** Using the elbow to impede or disrupt the opponent.

**Empty net goal:** A goal scored against an opponent that has pulled the goalie.

**Face-off:** The action of an official dropping the puck between the sticks of two opposing players to start play.

**Five-hole:** The area in the opening between a goalie's leg pads.

**Flat pass:** A pass where the puck remains on the surface of the ice.

**Flex:** Hockey sticks come in different degrees of flex - medium, stiff, and extra stiff. A stronger player, who hits more powerful shots, usually wants a stiffer stick.

**Flip pass:** A pass where the puck is lifted so that it goes over an opponent or his stick.

**Forecheck:** Forwards forecheck by hurrying into the opponent's defensive zone to either keep the puck there or take it away.

**Forward:** The center and the wings are traditionally considered to be the forwards.

**Freezing the puck:** A player freezes the puck by holding it against the boards with the stick or skates. A goalie freezes the puck (when the opposition is threatening to score) by either holding the puck in the glove or trapping it on the ice. Note: A delay-of-game penalty can be called if the goalie freezes the puck when the opposition is not threatening.

**Goal:** A goal is achieved when the entire puck crosses the goal line and enters the net. You can't deliberately kick it in or bat it in with a glove, although a goal is counted when a puck deflects off a player (but not off an official). A goal is worth one point.

**Goaltender:** The goaltender's main job is to keep the puck from entering the goal net. The goaltender is also known as the goalie, the goalkeeper, or the netminder.

**GP:** An abbreviation for "games played."

**Hat trick:** A player who scores three goals in one game achieves a "hat trick."

**Head butting:** Using the head while delivering a body check (head first) in the chest, head, neck, or back area; or using the head to strike an opponent.

**Heel of the stick:** The point where the shaft of the stick and the bottom of the blade meet.

**High sticking:** Carrying the stick above the shoulder to use against the opponent.

**Holding:** Using your hands on an opponent or the opponent's equipment to impede your opponent's progress.

**Hooking:** Applying the blade of the stick to any part of an opponent's body or stick and pulling or tugging with the stick in order to disrupt that opponent.

**Icing:** An infraction called when a player shoots the puck from his side of the red line across the opponent's goal line. Play is stopped when an opponent (other than the goalie) touches the puck. The face-off is held in the offending team's end of the ice. A team that is shorthanded can ice the puck without being penalized.

**Interference:** Making body contact with an opponent who does not have possession of the puck. Interference is also called when a player is standing in the crease or otherwise makes contact with the goaltender.

**Kneeing:** Using the knee in an effort to impede or foul an opponent.

**Linesman:** Two linesmen are used to call offside, offside passes, icing, and handle all face-offs not occurring at center ice. Although they don't call penalties, they can recommend to the referee that a penalty be called.

**Neutral zone:** The central ice area between the two blue lines (neither the defending nor the attacking zone).

**Offside:** A team is offside when a player crosses the attacking blue line before the puck does. A face-off then takes place just outside that blue line (in the offending player's defensive zone). The

determining factor in most offside situations is the position of the skates: Both skates must be completely over the blue line ahead of the puck for the play to be offside.

**Offside pass:** An offside pass (also known as a "two-line" pass) occurs when a member of the attacking team passes the puck from behind his own defending blue line to a teammate across the center red line. If the puck precedes the player across the red line, the pass is legal. Also, an attacking player may pass the puck over the center red line and the attacking blue line to a teammate if the puck precedes that teammate across the blue line. The face-off after an offside pass takes place at the spot where the pass originated.

**One-timer:** Shooting the puck immediately upon receiving it without stopping it first. A one-timer is an effective way to beat the goalie before he can slide from one side of the crease to another.

**Penalty:** A penalty is the result of an infraction of the rules by a player or team official. A penalty usually results in the removal of the offending player (or team official) for a specified period of time. In some cases, the penalty may be the awarding of a penalty shot on goal or the actual awarding of a goal.

**Penalty killing:** When a team is shorthanded and attempts to prevent the opposition from scoring, this activity is known as "penalty killing."

**Penalty-killing unit:** The group of players brought in by a shorthanded team in order to defend against a power play.

**Penalty shot:** A penalty shot is awarded to an offensive player who - on a breakaway - is illegally checked or impeded. The puck is placed at the center face-off spot, and the player has a free try at the opposing goal with no other defenders on the ice besides the goalie.

**PIM:** An abbreviation for "penalties in minutes" (penalty minutes accumulated).

**Pipe:** The pipe is the goalpost, and if you hit a puck "between the pipes" you score a goal!

**Point:** The point is the area just inside the opposition's blue line close to the boards on either side of the rink. A defenseman usually occupies this area when his team is in control of the puck in the opposition's defensive zone.

**Poke check:** Trying to knock the puck away from an opponent by stabbing at it with the blade of the stick.

**Possession of the puck:** The last player or goalie to make contact with the puck is the one who has possession. This definition includes a puck that is deflected off a player or any part of his equipment.

**Power play:** When a team has more players on the ice than the opposition due to one or more penalties against the opposing team.

**Pulling of the goalie:** A team that is losing will sometimes take their own goalie off the ice and use another forward. This situation occurs most frequently near the end of the game when a team is behind and needs some emergency offense.

**Red line:** The line that divides the rink into two equal parts. This area is center ice.

**Referee:** The referee supervises the game, calls the penalties, determines if goals are scored, and handles face-offs at center ice at the start of each period and after goals. The referee has the final decision over all other officials.

**Roughing:** Engaging in fisticuffs (fighting) or shoving.

**Save:** A shot blocked by the goalie - a shot that otherwise would have gone into the net!

**Shadow:** When a player covers an opponent one-on-one everywhere on the ice in order to limit the effectiveness of this opponent.

**Shoot-out:** Some minor and international leagues refine the overtime situation by having their teams play a five-minute sudden death period, and if no one scores, the game is decided by a shoot-out. Each team picks five players, and each one of them takes a penalty shot on the other team's goalie, skating in by themselves with the puck from center ice and trying to score. Whichever team scores more wins.

**Shorthanded:** A shorthanded team is below the numerical strength of its opponents on the ice. When a goal is scored against a shorthanded team, the penalty that caused the team scored against to be shorthanded is terminated, and both teams are again at equal strength.

**Slap shot:** A slap shot occurs when the player swings the stick back and then quickly forward, slapping the puck ahead with a forehand shot.

**Slashing:** When a player swings the stick at an opponent. Slashing merits a penalty, whether contact is made or not. Tapping an opponent's stick not slashing.

**Slot:** The prime scoring area up the middle of the ice, between the face-off circles. When you "clear the slot," you shove an opposing player out of the area in front of your goal.

**Smothering the puck:** When a goalie or other players fall on the puck. Smothering is legal when done by the goalie or accidentally by another player.

**Sniper:** A player who is a pure goal scorer and who doesn't hit other players or the boards all that much.

**Spearing:** Poking or attempting to poke an opponent with the tip of the blade of the stick while holding the stick with one or both hands.

**Splitting the defense:** When a player in possession of the puck goes between two opposing defenders while attacking.

**Stick-handling:** A term for carrying the puck along the ice with the stick.

**Sweater:** The term used to designate a hockey jersey.

**Sweep check:** Using the entire length of the stick with a sweeping motion along the surface off the ice in order to dislodge the puck from an opponent. A team that is shorthanded on a power play often employs a sweep check.

**Team official:** A person responsible for the operation of a team, such as a coach, manager, or trainer.

**Trap:** Traps are defensive formations designed to minimize the opposition's scoring opportunities and keep its offense from functioning. The idea is to trap the puck in the neutral zone, halting the opponents and regaining control of the puck.

**Tripping:** Using a stick, arm, or leg to cause an opponent to trip or fall.

**Turnover:** Just as in basketball or in football, you can make a turnover in hockey by losing control of the puck to the opposing team.

**Two-line pass:** An offside pass (that actually crosses two lines).

**Wings:** The left wing and the right wing (also known as forwards) move up and down the sides of the rink. Offensively, they skate on each side of the center, exchanging passes with him, while trying themselves for a shot on goal and/or a rebound of a shot from the point. Defensively, they watch the opponent's wings.

**Wrist shot:** A wrist shot is used to shoot the puck off the blade of the stick with a flicking motion of the wrist.

**Zamboni:** The vehicle used to prepare the rink's ice surface before the game and after each period. The Zamboni scrapes a thin layer off the ice, heats the ice, and puts down a fresh layer of heated water that freezes to form a new layer of ice.

### C. Hockey Slang

You may hear these terms or phrases used around the rink, on the ice, or even on TV.

**Barn:** Hockey arena.

**Bisquit:** Hockey puck.

**Bisquit in the Basket:** The puck hitting the back of the net on a goal.

**Cherry Picking:** When a player, generally a forward, hangs out behind the play waiting for an outlet pass so that he can have a breakaway.

**Chicklets:** Teeth.

**Chippy:** Players are getting irritated with one another.

**Coast to Coast:** When a player carries the puck from his own end into the offensive end.

**Deke:** To fake an opponent out of position with a movement of the head or body.

**Dump and Chase:** A style of hockey where a team shoots the puck into one of the corners of the offensive zone and then pursues it. This is opposed to carrying the puck into the zone.

**Five Hole:** Placing a shot between the goalie's legs.

**Freezing the Puck:** To hold the puck against the boards with either the stick or skate to get a stoppage of play.

**Glove Hand:** The hand the goalie catches the puck with, in contrast to his stick hand, which is the hand that the goalie holds his stick in.

**Hash Marks:** The straight lines emerging from the two big circles in front of both nets. These lines direct players where to line up for face-offs.

**Lumber:** Hockey stick.

**One Timer:** The act of shooting the puck directly off a pass. The offensive player takes his backswing while the puck is on its way to him and tries to time his swing with the arrival of the puck.

**Rubber or Frozen Rubber:** Hockey puck.

**Screened Shot:** Goaltender's view is blocked by players between he and the shooter.

**Sin Bin:** Penalty Box

**Top Shelf:** Placing a shot in the top quarter of the net.

**Warm Up the Bus:** The outcome of the game has pretty much been decided and the visitor is going to lose. The crowd will ask them to "warm up the bus" for the trip home.

**Wrap Around:** When a player skates around behind the opposing goal and attempts to warp the puck around the goal post under the goalie.