

Hampton Inline Hockey
P.O. Box 97
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2018-2019 Handbook

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HIH will follow ALL policies put forth by PIRHL, AAU, and the Hampton Township School District. In addition to these HIH guidelines and the HIH By-Laws, it is important to also be familiar with the expectations and rules of PIRHL found under policies at www.pirhl.pointstreaks.com, the eligibility policies and code of conduct found at www.hamptonathletics.org and policies at www.ausports.org

DIVISION/TIER STRUCTURES

The divisions are determined by PIRHL and are as follows:

Varsity 1/High School (grades 9-12)
Middle School (grades 7-8)
Elementary (grades 2-6)

Tiers within the divisions are determined annually by PIRHL depending on number of teams registered. While coaches may enter a team in a particular tier at the beginning of the season, it is at the discretion of PIRHL at both the pre-season seeding and mid-season evaluations whether a team is to be moved to a different tier, either up or down. The general tier guideline line is as follows:

Varsity 1
High School 2, 3, 4, and 5
Middle School 1, 2, 3, and 4
Elementary 1, 2, 3 and 4

PLAYER EVALUATIONS

Two Player Evaluation dates will be scheduled by HIH each spring for the upcoming fall season. (Elementary and Middle School levels may only have one date depending on number of registrants at first evaluation). It is encouraged that high school players make their best efforts in attending both evaluations as player placement on a particular team is NOT guaranteed from season to season. If a player is unable to make both dates, it is recommended that the player inform a member of the coaching staff and/or board member. If neither evaluation date is made, the player will not be eligible to be placed on the highest tier and placement will be at the discretion of the coaching staff and board.

In the evaluations, players are scored on various skill drills and scrimmage scenarios by a combination of coaches and outside evaluators. Completed player registrations paperwork and commitment fee is expected at one of the evaluation dates (see Fees and Costs).

TEAM FORMATION

As set by PIRHL, all teams must have a minimum of 8 players with a maximum of 17. To give the players maximum skating time HIH tries to keep the number of players on a team between 10-12. Exceptions are made in the event of the total number of players registered and their skill level. The placement of players for a team will be done under the direction of coaches and evaluators after the conclusion of all player evaluations. Placement is determined by considering a combination of their evaluation scores, past experience, commitment level, and previous coaches reviews and recommendations. Teams will be selected starting by the highest high school tier and will move down from there. Once all the teams have been selected the lists

will be posted on the website and a coach will be in contact with the player and their parent(s)/ guardian(s).

PRACTICES and GAMES

Practices are held once a week at Alpha Ice for the duration of the season (Sept - mid March) and all players are expected to participate each week. Practices are not generally not cancelled during holiday breaks unless the practice day falls on an actual holiday that Alpha Ice is closed. Practice times may be altered on occasion by coaches/organization for special events or projected low attendance i.e Talbot Tailgate, holidays, conflicting sport games, etc., or in the event of inclement weather. HIH recognizes that school, religious, and family events take priority over hockey. But like other school sports, we expect that players make inline hockey a priority and make every reasonable effort to attend all practices and games. **If you are unable to make any practice or game we ask that you notify your coach as soon as possible.** Anytime a practice is held a registered AAU Coach or Assistant Coach **MUST BE PRESENT AND ON THE RINK.** All approved guests (ie training coach, HIH alumni or “come and see” participants, etc) must have current AAU insurance or signed liability waiver and must wear the required equipment.

Games will be played on weekends out of Alpha Ice, RMU Island Sports Center, Bridgeville, Murrysville, and Hot Shots. All players are also to bring all required equipment and uniforms to each game and are asked to arrive at least a 1/2 hour prior to the start of a scheduled game as by PIRHL rules a game is allowed to start up to 15 minutes early. If you are unable to make a game you are asked to let your coach know as soon as possible. PIRHL does have rules on the number of games you must participate in to be eligible to participate in playoffs.

The regular season game format is a 4 on 4, with three, 15 minute running clock, periods. A stop clock will take place if game score is within two goals within the last two minutes of the 3rd period. In the even of a tie at the end of regulation, a 3 on 3 sudden death 5 minute overtime will take place. There is an 8 goal mercy rule. At anytime after the end of the 2nd period if a game score has an 8 goal difference the game will immediately end with the exception of the elementary division. The elementary will be considered a mercy but play will resume with only penalties being recorded.

Playoff overtime format is 4 on 4, 15 minute sudden death running clock periods, until there is a winner.

SEASON

The inline season starts in late September with a two weekend Seeding Event to evaluate teams for tier placement and runs through late February/early March.

UNIFORMS

PIRHL requires all players for each school to wear matching jerseys and pants (goalies are only required to have matching jerseys not pants). Each team is required to have both a light jersey and a dark jersey and is expected to have both jerseys at all games. The cost of the uniforms are determined each year prior to evaluations and orders will be taken at evaluations for any new player or any returning player who may need replacement jerseys or pants. Once the organization has placed the order with the manufacturer there will be no refunds.

EQUIPMENT

All players must have the following equipment and is expected to wear at all games and practices:

HECC approved hockey helmet with full-face mask and chin strap

Elbow Pads

Gloves

Hockey shin guards

Mouth guard

Inline skates

Stick

Goalies must wear in addition to the above

HECC Certified goalie mask with throat guard

Upper body equipment

Leg pads (in place of shin guards)

Catching and blocking gloves designed for hockey

NO EQUIPMENT FOR STREET HOCKEY IS PERMITTED

FEES AND COSTS

While the board keeps hard to keep total costs to a minimum, there are factors beyond our control. An estimated season fee will be announced prior to evaluations but may be adjusted prior to the start of the season once costs (PIRHL fees, rink fees etc.) are finalized. FIRST YEAR ELEMENTARY AND MIDDLE SCHOOL PLAYERS ARE OFFERED A FIRST YEAR DISCOUNT OF \$350 for players and \$200 for goalies. Returning goalies will only be charge 1/2 the season price and families with multiple players will receive a 10% for each additional player. (The First Year Player and Goalie discounts will override the the 10% multi-player discount). All checks are to be made payable to Hampton inline Hockey. The total season cost will be broken down into 3 payments the first being a \$200 non-refundable commitment fee collected at evaluations with an additional payment schedule due dates available at that time. Player fees are to be paid in full prior to the start of the season. Failure to do so may result in the player being ineligible for practices or games. In the event of financial hardship, please contact our treasurer to discuss additional payment options. We do not want anyone to be denied the opportunity to play due to financial hardships.

If a player decides to leave the team for any reason, including for injuries or any suspensions, there is NO REFUND once teams are established.

PIRHL SENIOR RULE: PIRHL requires all seniors to make a \$50 deposit (payable and mailed to PIRHL) but the end of January in order to be eligible for playoffs. This is put in place to ensure that seniors are accountable for taking any penalty that may result in a suspension that will not be served. In the event an infraction occurs which is punishable by a suspension the money is non-refunded and placed into a PIRHL Scholarship Fund. If no infraction takes place, the checks will be shredded by PIRHL treasurer by April 1st.

INSURANCE

All players, coaches, and board members are required to be registered with AAU (The Amateur Athletic Union). This insurance is good for the duration of one year starting in September and ending in August of the following year. The cost of this insurance is built into the season fee and player registration will be handled by HIH. The AAU membership card will be sent out to each player prior to the start of practices.

FAMILY ID REGISTRATION/SPORTS PHYSICALS

All Middle School and High School players are required by the Hampton Township School District to register each year at www.familyid.com for all sports they are participating in that school year. Everyone is also required to have a physical and to turn in a completed physical packet to the athletic office. The physicals can be completed by a family doctor or through school sponsored dates. The guidelines and due dates for physicals can be found at www.hamptonathletics.org under the "More" tab, then under "Forms". Failure to turn in completed physical packets can result in ineligibility to practice or play.

CONCUSSION SCREENINGS

Baseline testing is required every two years for middle and high school athletes (more frequent if a concussion has been suffered) to participate in a contact/collision sport at Hampton School District and you will be notified if your player is in need of a current screening to be on file.

You may supply a concussion screening done through a private physician or through the system the Hampton School District utilizes called the [C3 Logix System](#) which is available to all athletes. While Impact Baseline testing is no longer offered at the school; it is offered at the following locations:

UPMC Sports Medicine: 412-432-3681

Pediatric Alliance: 412-364-5834

All coaches are required to take an annual online certification course with certificate of completion kept on file with the Athletic Office. If the coach suspects that a player has suffered from a concussion they will be removed from play and not allowed to return until a 5-Step Return To Play protocol has been implemented.

FUNDRAISING

HIH tries to participate in several fundraisers each year to help off-set costs of events such as Senior Night and Year End Banquets. It is not mandatory to participate in these events but is strongly encouraged. We also welcome fundraising suggestions and volunteers to head up these events.

APPAREL SALE

Each season a selection of HIH Apparel will be offered for sale to support your player and HIH.

VARSITY LETTERING

Varsity Lettering is at the discretion of the school's athletic department and all players on the highest tier will be eligible in being awarded a Varsity Letter.

SENIOR RECOGNITION

A game day is planned late in the season to recognize all seniors within the program. It is a fun way of celebrating our seniors and everyone is invited to participate.

YEAR END BANQUETS

Banquet are planned at the end of each season to celebrate each division and to present player gifts, awards and Letters.

PICTURES/SOCIAL MEDIA

A professional photographer will be available to take individual pictures and team pictures for purchase during the season. Players will be notified in advance to planned picture days. The team photos are also to be included in the middle school and high school yearbooks. At times pictures will also be taken and put on HIH social media 's websites or other publications. HIH follows the schools policy on not identifying players by name in photograph's but they may be recognized by player number. It is recommended that if you wish your player not to be recognized in any manner that you contact the HIH board directly.

CODE OF CONDUCT

Every player, coach and parent are representatives of Hampton Inline Hockey and the Hampton Township School District. All members of the association are to understand that a player's obligation is to support the team, participate to the best of one's ability, to learn the game of inline hockey, to display the best sportsmanship possible, and above all to have fun. Any actions of demeaning players, coaches, officials and team spectators will not be tolerated and appropriate measures will be taken against violators.

PLAYERS

When becoming a member of a HIH team, you are committing to ALL the rules and expectations of the school, team, organization, league, and AAU. Every player and parent will be asked to sign acknowledgments that they have read and understand all the policies and repercussions in place by each entity. All players are expected to do their best in making a positive contribution to the team. They are expected show respect to their team mates, coaches, and officials. They are expected to be honest and responsible and to take accountability for their actions. If at any time a player is deemed to be ineligible by the school district due to academic, attendance, or any other school obligation, the coach will be notified and that player WILL NOT be permitted to practice or play that week unless they are notified by the athletic office that all academic requirements are met and/or obligations fulfilled. No exceptions.

COACHES

Are to model appropriate behavior and attitude for the players. They are to be familiar with all the policies and rules and are responsible to see that each player abides by them. On the middle and high school level they will be notified on a weekly basis by the school district athletic office of any player that is ineligible to practice or play due to academic, attendance, or other school obligations. The coach will notify the parents and the player of ineligibility and it is the responsibility of the student to rectify any obligations.

PARENTS

Like coaches, parents are to encourage their child and should be first in line to inspire them to abide by all rules and Codes of Conducts while modeling an appropriate attitude and behavior themselves. They are to be aware that any inappropriate spectator behavior and/or disruption they may display at a game could result in a penalty against their team or even a game ejection. Like players, parents are expected to sign an acknowledgment that they are familiar with and understand all rules, code of conducts, and repercussions put forth by HIH, HTSD and their athletic office, PIRHL, and AAU.