

U8 Mites & U10 Atoms 3 on 3 2019

IHNSW 3 on 3 Winter Comp

U8 - Mites



U10 - Atoms

2019 Version 1

U8 Mites & U10 Atoms 3 on 3 2019

General information

- Mites U9 3 on 3 cross ice was trialled in 2014 over summer with great success. It continued to be successful for Summer 2015 with some minor tweaks. In 2016 U9 Mites was introduced into the IHNSW Winter competition.
- In 2018 the age divisions were adjusted to be in line with IIHF. U8 Mites and U10 Atoms cross ice were introduced.
- In 2018 U8 Mites and U10 Atoms are setup to run like all other junior grades, ie each club enters team/s, assigns a coach and manager and IHNSW assigned referees and ice time. Like every other grade, the teams are to follow the format set by IHNSW.
- In 2019 IHNSW is introducing the Green Jersey Officials & Mentors programme to officiate U8 and U10 games.
- 3 on 3 cross ice was determined to have the best outcomes for developing confident and skilled ice hockey players for the future.
- The 3 on 3 cross ice format is a long term strategy to develop the Australian ice hockey players of the future. The format can be easily followed and replicated year on year, no matter how many kids register.
- Clubs can enter as many U8 Mites and U10 Atoms teams as they wish into the competition. Excess kids can either be rotated in & out of the club team or a composite team can be made. To keep the sport growing, IHNSW prefers to make composite teams to ensure all players have equal ice time across the season in their correct age division.

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General information Cont'

- Each Mites & Atoms aged player will need to register with their club through esportsdesk to play.
- Clubs to ensure coaches have a current IHNSW coaching certificate and team managers understand the rink fee structure and this pack.
- Rink fees: In general, rinks are privately owned family businesses and as such wish to make money to support their families. The rink owners advise IHNSW the set rink fees at the start of the hockey season. IHNSW does not negotiate ice rink fees.
- Ice allocations: At the start of the season each rink owner provides a list of ice time allocated to IHNSW for games. IHNSW then must fit all grades into the ice made available by the rinks. Where possible U8 & U10 games are provided the best ice time available to encourage participation.



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Objectives of 3 on 3

- Grow the sport and increase participation.
- Skills development.
- Provide a program & environment suitable for young players.
- Increased opportunities for players to touch and handle the puck.
- Increase opportunities for the goalies with more shots on & faster play.
- Improve the utilisation of ice time.
- Fostering a lifelong love of ice hockey.
- Learn fundamentals of hockey without the pressure of going for the win.
- Introduce Juniors (11 year olds to 17 year olds) to officiating roles to grow the pool of future referees.
- **U8 Mites & U10 Atoms is all about having FUN!!!**

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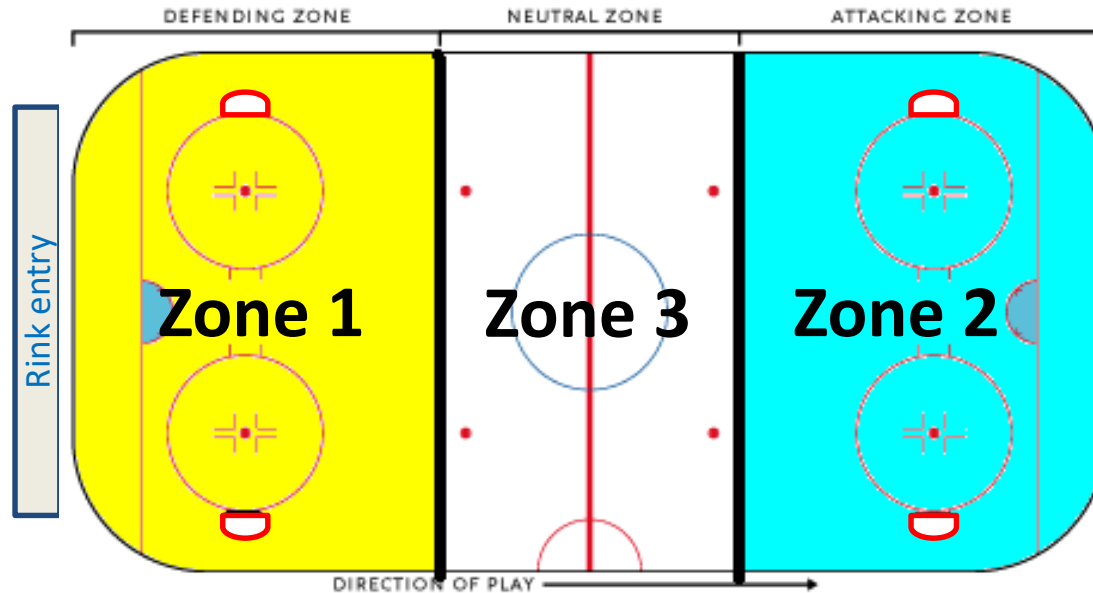
Benefits of 3 on 3

- Develops long term good ice hockey habits.
- More opportunities for goals
- More space for passing, encourages positioning to be open for passes
- Room to skate with the puck, encourages heads up skating with the puck
- Encourages sprinting on and off the bench
- Encourages fast game play with 90 sec time limit per line.
- There is no crowding around the puck.
- Kids of all skill levels have the opportunity to be involved in the game.
- Increased opportunities for players to touch and handle the puck.
- Increase opportunities for the goalies with more shots on & faster play.
- Learn fundamentals of hockey without the pressure of going for the win.
- Improve the utilisation of ice time.
- Fostering a lifelong love of ice hockey.
- Kids develop fast decision making.
- Studies show that kids receive 5 times more passes and take 6 times more shots on goal when comparing cross ice 3 on 3 to full ice 5 on 5.

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Rink setup for 3 on 3

- Equipment:
 - 4 goal nets are required (mini nets if available)
 - Minimum of 4 Blue pucks (Mites) 4 Black pucks for Atoms.
 - Ropes or barriers
- The rink will be separated into 3 playing areas.
- Zone 1 and Zone 2 are used for 3 on 3 games.
- Zone 3 is used by players waiting for line changes for the games.
- Goals are placed on the edge of the circles as shown below, facing in.
- Ropes or barriers are placed across the blue lines separating the zones.



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Game structure

- The games are played as cross ice 3 on 3 in the defensive zone, see slide 6.
- The Mites games will be played with the blue pucks (lighter pucks) as this will give the players confidence and will develop their basic skills. Atoms will use black pucks.
- The minimum number of players per team will be 7 players. Equal ice time will be given ALL players. The maximum team size is 10 players.
- A whistle will sound 2 mins before the start of the first game. Teams coaches should gather their team at centre ice on this whistle and ready their team to start playing.
- The Green Jersey Officials will drop the puck in both zones at the same time on the next whistle. It is a round robin structure, ie there will be 3 games per session.
- Each game will run for 16 min (90 secs X 11). After 90 seconds a whistle will sound for player line changes.
- The clock buzzer will sound at the end of each game (16 mins).
- There will be a 2 min break between games so teams can swap ends and have a drink.
- It is a round robin format with 3 games to be played in the hour.

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Game structure cont'

- During line changes the puck will be left where it lies.
- No scores or stats to be kept for the games or kids in these age divisions. The focus is on development & fun.
- There will be 1 Green Jersey Official in zone 1 & 2 with a Green Jersey Mentor Referee floating between Zones.
- In the event that no Green Jersey Mentor Referee is available, coaches will officiate the games.
- A spare puck will be available in case the game puck lands outside of the boards. The Green Jersey Official is to throw the spare puck to an empty corner to restart play.
- If the goalie stops the puck, the attacking team must skate to ½ way before going for the puck. The goalie gives the puck to a team mate to continue play.
- Minimum team size is 7 (2 lines of 3 players + Goalie) maximum is 10 (3 lines of 3 players + Goalie).
- To play in the next age divisions the IHNSW play-up form is to be completed by the parent and coaches.
- Players that have been approved to play up must play their age division if there is a time clash with the older age division. This is a standard rule for all grades.
- Note: To ensure consistency for the current season, any suggestions to change the format of 3 on 3 cross ice games will be assessed by IHNSW after the completion of the season. Suggestions should be directed to your club execs to bring to IHNSW.

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Special rules U8

- **U8 special rules:**
 - There are no stoppages for U8.
 - If a team scores a goal the attacking team is to skate back ½ way. The Green Jersey Official will go pick up the puck from the net and throw the puck to an empty corner.
 - There are no penalties for U8 Mites, however if the player is continuously misbehaving it will be the Mentor Referee and Coaches job to bench the player for their next shift or remainder of the game.
 - Coaches are to educate their team on actions that would constitute as a penalty in older grades and teach fair play.
 - Coaches & Mentors Referees to bench players for dangerous or unsportsmanlike behaviour.
 - Mites will use the lighter Blue pucks.

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Special rules U10

- **U10 special rules:**
 - When a goal is scored the Green Jersey Official takes the puck back to centre ice for a face-off without delay. The Green Jersey Official will drop the puck even if teams are not lined up.
 - If the player is continuously misbehaving it will be the Mentor Referee and Coaches job to bench the player for their next shift or remainder of the game.
 - Coaches are to educate their team on actions that would constitute as a penalty in older grades and teach fair play.
 - Coaches & Mentor Referees to bench players for dangerous or unsportsmanlike behaviour.
 - The Green Jersey Officials will only call basic penalties such as tripping and slashing. As they develop their skills they may start calling other penalties.
 - U10 Penalties will result in a penalty shot with play-on after the shot. All skaters not taking the shot will start skating from the opposite goal net, the shooter will start from the center. When the whistle blows all players can start skating.
 - During line changes, the puck must be left where it is, if played by U10 Atoms it will result in a penalty shot.

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Refereeing for 3 on 3 (1/2)

- See game structure & rules slide. Green Jersey Mentor in centre ice controlling the session & mentoring with a Green Jersey Official that are in each Defensive zone controlling the games.
- The Green Jersey Officials in Zone 1 & 2 will typically be new to officiating.
- The Green Jersey Mentor Referee is to encouraged and help the Green Jersey Official with basic penalties, signals, running of the games, talking to the players, coaches & parents and benching players who are misbehaving.
- Green Jersey Official are encouraged to talk to the players during the game to help them learn the rules of ice hockey.
- There are no penalties for U8 Mites, however if the player is continuously misbehaving it will be the Mentor Referee & coaches job to bench the player for their next shift or remainder of the game.
- Coaches are to educate their team on actions that would constitute as a penalty in older grades and teach fair play.
- Coaches & Mentors to bench their players for dangerous or unsportsmanlike behaviour.
- The Goalie can be 1 child dressed as a player or in goalie gear standing in goals the entire game.
- For line changes, the puck must be left where it is, if played by U10 Atoms it will result in a penalty shot.
- If the goalie freezes the puck, the other team must skate back to ½ way then they can go for the puck.

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Refereeing for 3 on 3 (2/2)

- Anyone not wearing a helmet will be escorted off the ice. Repeat offenders will be removed from playing the rest of the session.
- Green Jersey Official do not need to complete the referee course to be eligible to officiate U8 or U10 3 X 3 games. Green Jersey Official will be aged 11 - 17.
- The Green Jersey Mentor Referee must be 18 or over with a working with children clearance. The main function is to ensure the 3 X 3 format is followed and mentoring the Green Jersey Officials on rules, basic penalties, controlling the games and gaining confidence as officials.
- Green Jersey Officials will be provided Jerseys by IHNSW.
- Officials must bring your own whistle. Helmets must have a visor or a loosely fitted cage to allow for the whistle.
- IHNSW will be providing classroom and on-ice training opportunities for Green Jersey Officials and Mentors prior to the season starting.
- IHNSW are encouraging Junior players (11 – 17 year olds) to try officiating ice hockey in the hope that they will pursue it further as they get older. Any code of conduct issues with players, parents or coaches should be raised with the Green Jersey Mentor Referee on the day or the IHNSW MPIO Miranda Ransome on miranda@swts.com.au or their club Exec as soon as practical.
- Any abuse of Green Jersey Officials will be raised with the IHNSW Disciplinary Tribunal for investigation & action if required. There is a zero tolerance to abuse of Green Jersey Officials.

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Coaching for 3 on 3

- Coaches can make a huge difference to how kids view ice hockey and retention rate. Let's keep it fun and enjoyable for all participants. Coaches are to have a current IHNSW coaching certificate, working with children certificate & abide by the IHNSW & club code of conducts.
- Coaches prepare the rink for the Cross-ice games, ie nets, goals and barriers 5 - 10 mins prior to the games and put equipment away after the session has completed.
- Team coaches must wear a helmet & skates when on the ice. Team lines waiting there turn in centre ice must be under the control of the team coach.
- Coaches must play all kids equally. \$100 fine applies for non-compliance as per the IHNSW handbook.
- It is strongly encouraged to rotate ALL players through the Goalie position for U8 Mites and U10 Atoms.
- There are no penalties for U8 Mites, however if the player is continuously misbehaving it will be the Mentor Referee & coaches job to bench the player for their next shift or remainder of the game.
- In the case where Mentor Referees are not available, the Green Jersey Officials will not attend and the coaches will officiate the games.
- Coaches are to educate their team on actions that would constitute as a penalty in older grades and teach fair play. Coaches & Mentor Referee to bench players for dangerous or unsportsmanlike behaviour.
- Coaches are to provide lots of praise and encouragement to the kids so that everyone feels valued and looks forward to playing again.
- This is NOT a competitive division. **The main aim of U8 Mites & U10 Atoms is have FUN!!!**

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Managing for 3 on 3 (1/3)

- Team managers are not to go on the ice.
- No scores or stats to be kept for these age divisions. The focus is on development & fun.
- The optimum team size is 2 lines of 3 players plus 1 Goalie. This is the most cost effective team size and provides the most ice time for all kids. The minimum team size on game days is 7, maximum team size is 10 (ie 3 lines of 3 players + 1 goalie).
- IHNSW will provide bibs to managers for combined teams.
- Note: the more kids per team, the less game time they will have & the more the team as a whole will pay to the rink. See rink fee structure.
- It is the team managers responsibility to have to correct amount of kids for game days and a completed team sheet to hand to the hosting manager.
- Goalie can be 1 child dressed as a player or in goalie gear standing in goals the entire game. Clubs to ensure a small goalie kit is available for this.
- Hosting team managers must have access to goals, blue puck (Mites) black pucks (Atoms) and ropes/barriers on the day.
- Mangers must have a current working with children clearance.

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Managing for 3 on 3 (2/3)

- Hosting team managers are to collect the team sheets from all teams. Green Jersey Officials & Mentor Referee to be listed on one of the team sheets. The hosting manager to email all the team sheets to eo@ihnsw.com.au by 5pm Sunday. This is mandatory.
- The hosting team manager is to collect the rink payment from each team and pay the rink management as per the table in finances slide.
- The hosting managers are to organise someone to sound the “2 min to start” and 90 sec line change whistles & someone to run the timing of the games of 16 mins on the rink clock. See sample timings on the game day slide.
- Games MUST start on time and time managed to ensure 3 games are played within the hour.
- Team managers are to ensure the changerooms are clean after the session.
- Parents are to supply kids with labelled drink bottles that can be used without unfastening or removing helmets.
- **Filling teams for game day**
 - IHNSW and Clubs agree that kids, where possible, should play in the correct age division. If Mites or Atoms numbers are short for game day, we will request other Mites or Atoms kids to fill the void. In line with the rule book, all kids are to be played equally. The aim is to build up all the kids in the grade, not just a few. The kids filling in for teams will be charged the rink fee only, not the rink fee + kitty.

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Managing for 3 on 3 (3/3) - Financials

- The team managers are responsible for collecting team fees.
- The team manager is responsible for the funds collected from their team. It is advised that team managers collect **\$25** per player each session to cover rink fees.
- Hosting team managers will collect rink fees for the session from the other club team managers and pay rink management prior to the session starting and collect a receipt.
- Left over funds go to each clubs kitty held by each team manager. The team manager is to check with their club execs on how the kitty can be used at the end of the season, ie coaches gift, given back to parents etc. Each club is different.

Rink payments							
Rink fees							
Rink	Min rink fee	Min team fee	Per player	7 players	8 players	9 players	10 players
Ice Zoo	\$450	\$112.50	\$16	\$112.50	\$112.50	\$112.50	\$112.50
Liverpool	\$500	\$125	\$20	\$140	\$160	\$180	\$200
Penrith	\$520	\$130	\$22	\$154	\$176	\$198	\$220
Canterbury	\$500	\$125	\$20	\$140	\$160	\$180	\$200
Macquarie	\$560	\$140	\$22	\$154	\$176	\$198	\$220

- **Team managers to ensure their team has a MIMIMUM of 7 players and a MAXIMUM of 10 players attend on game day.**
- **Team managers must pay the minimum rinks fee if they have 6 or less players. Otherwise payment is per player as seen in the table above. Managers to work together to even out teams where possible.**

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Example Game days - timing

- Example timing for 3 on 3 cross ice games with start time 9:00am
 - 8:50 - coaches prepare the rink
 - 8:58 - 2 min to start whistle, coaches ready the teams in Zone 3 (middle ice).
 - 9:00 - start whistle – puck drops in both zones.
 - 9:01:30 - 90 sec line change whistle
 - 9:03 - 90 sec line change whistle etc

 - 9:16 - clock buzzer game end, change zones if required.
 - 9:18 - start whistle – puck drops in both zones.
 - 9:34 - clock buzzer game end, change ends if required.
 - 9:36 - start whistle – puck drops in both zones.
 - 10:00 - clock buzzer session end.
 - 10:00 – coaches put away goals, ropes & nets if required.
- Note there is 6 mins time buffer to play with if running late. This time can be used to extend the last game till 10:00.

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Game days

- Teams arrive at the rink at least 30 mins before the games.
- Coaches prepare the rink for the Cross-ice games, ie nets, goals and barriers 5- 10 mins prior to the games.
- Hosting team manager is to collect all the team sheets. Officials will also need to be listed. The hosting manager to email the attendance sheet to eo@ihnsw.com.au by 5pm Sunday.
- The hosting team manager is to collect the rink payment from each team manager and pay the rink management. See finance slide.
- The hosting manager to organise someone to sounds a “2 min to start” whistle & run the timing of the games. Games MUST start on time and time managed to ensure 3 games are played within the hour.
- Team managers must know what zone their team is playing in for each game. Agreement between team managers prior to game 1 start.
- After the games the coaches will put away the nets (if required) goals and barriers.
- Change rooms are not allocated per team. Please use what is available or as directed by the hosting team manager. Managers to ensure the changerooms are clean before leaving the rink.
- **Team managers to ensure their team has a MIMIMUM of 7 players and a MAXIMUM of 10 players attend on game day.**
- **All team managers & coaches are to work together to ensure minimum team sizes of 7 are met. This may mean sharing of players. Bibs will be provided to team managers.**

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Play ups and downs

- **Squirt play-downs**
 - There are no play downs from Squirts to Atoms or Atoms to Mites. Kids will be encouraged to play their age division. Only on special consideration will beginner squirts be considered to join Atoms games for a short period of time to gain skills and confidence. These players must also play their Squirts games where there are no clashes to accelerate their development & confidence.
 - Applications should be made in writing to eo@ihnsw.com.au. A 3rd party coach will assess the application. The application can be withdrawn at any time, when the 3rd party coach advises the player should focus just on Squirts.
- **Mites Play-ups to Atoms**
 - Mites playing up into Atoms must complete a play up form and submit to the Mites team coach. It is at the Mites & Atoms team coach's discretion who they agree can play up and when. This may change throughout the course of the season. It is a privilege to play up, not a right. There are no permanent play ups. If there is a game clash Mites players must play the Mites game not Atoms.
- **Atoms Play-ups to Squirts**
 - Atoms playing up into Squirts must complete a play up form and submit to the Atoms team coach. It is at the Atoms and Squirt team coach's discretion who they agree can play up and when. This may change throughout the course of the season. It is a privilege to play up, not a right. There are no permanent play ups. If there is a game clash Atoms players must play the Atoms game not Squirts.

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Issues

- For parents:
 - Any issues, concerns or queries are to be directed to your team manager.
 - Most queries from parents are the same, so the manager should be able to address these quickly.
 - If you are not receiving the support you require, your next point of call are your club execs.
 - Each club also has an MPIO to provide guidance on issues & concerns.
- For managers:
 - Any team issues, concerns or queries are to be directed to your club execs. The club execs have a wealth of knowledge and experience in managing teams and know the intricate details of ice hockey.
 - Any Mites/Atoms admin issues, concerns or queries are to be directed to Stacey@scrimshawengineering.com with your club execs cc'd on the email. Manager also have my phone number. If you have concerns on game day, please call for quick clarification.
- For coaches:
 - Any cross ice 3 on 3 game format issues, concerns or queries should be directed to Tomas Manco on tomasmanco@gmail.com
- For Green Jersey Officials and Mentor Referees
 - Any issues, concerns or queries are to be directed to Mark Peruzzo markperuzzo@gmail.com, or Brian Cavanagh cavkt695@yahoo.com.
- All communications to IHNSW are to be directed through your club execs.

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Decisions

- Request for set cost per team for Mites ice time.
 - In 2017 team sizes were not controlled and session fees of >\$800 were experienced. Team managers requested IHNSW to have set fees for Mites ice times.
 - Result - This was rejected as it would likely drive up the cost for all other grades. Clubs and team managers are to control team sizes. Clubs can enter multiple teams or composite teams can be made to minimise players per team to 7-10.
- Request for rink owner details.
 - Mites team managers requested contact details of rink owners to request set fees per team for Mites sessions.
 - Result – This was rejected. Parents, team managers and coaches should not approach rink owners to discuss rink fees. This is to be left to the club executives.
- Request to change format from 3 on 3 to 4 on 4 or 5 on 5.
 - Mites managers and coaches requested a change in format for Mites 3 on 3 to accommodate the large number of players attending Mites session in 2017.
 - Result – This was rejected. 3 on 3 has been proven to show the greatest results. See benefits slide. Team managers, coaches and clubs to control team sizes to between 7 -10 and retain the 3 on 3 format. Additional teams can be added to the grade to keep team sizes manageable.
- Request to have Referees supplied to mentor 3 on 3 officials.
 - Issues seen in the standard of officiating 3 on 3 in 2018 raised concerns around player safety and abuse of officials.
 - Result – introduction of the Green Jersey Officials programme in 2019.

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Volunteers

- Ice Hockey in Australia runs on volunteers. It is a rewarding experience knowing that you are helping the your child, their team and the sport.
- It is strongly encouraged for all parents to get involved in helping to manage, coach, time keep, support the team manager etc.
- Ensure you have read and understand the code of conducts agreed to when registering with IHNSW and your club.
- On behalf of IHNSW, thank you for volunteering your time and energy to making U8 Mites and U10 Atoms successful in 2019.



Thank you

