



All GIRLS HOCKEY NIGHT

WHEN: SUNDAYS @ 5:30 August 28th thru October 30th

WHERE: SOBE Ice Arena (Inside the FIESTA Rancho Casino)

WHO: GIRLS ages 6 - 16

COST: \$150 per player
with early registration discount

**GOALIES PLAY
FREE!!!**

Registration begins July 5, 2011

early registration ends August 21st - fees \$175 after this date

**For more information
or to register**



www.NevadaGirlsHockey.com



NEVADA HEAT GIRLS HOCKEY CLUB 2011 – 2012 GIRLS 3 ON 3 HOCKEY LEAGUE

1. League Philosophy

- The philosophy of the Nevada Heat Girls Hockey Club 3 on 3 Hockey is to bolster skills such as passing, shooting, and team play in a fun, recreational but competitive and educational setting.
- The environment of the sessions are made to be especially conducive to the learning styles of female players
- Every effort is made to ensure fair play, sportsmanship among players and coaches.
- Equal opportunity is stressed for every player.

2. Game Format

- A game supervisor will oversee the general management of the games each week
- Each time slot is 90 minutes in length
- Each time slot has (3) 24 minute games.
- Each game will have (2) twelve minute periods, run time with a 1 minute break between periods
- After the conclusion of the first & second games, there is a 2-minute break, the teams then rotate to their next game or to a skill session.
- Each game will have one referee
- The referee is responsible for calling penalties, and overall game management
- Time format:

0:00 – 5:00	Warm-up/Set-up dividers
5:00 – 30:00	Game 1
30:00 – 60:00	Game 2
60:00 – 85:00	Game 3
85:00 – 90:00	Tear down dividers

3. The Rink

- The ice surface is divided into 3 sections.
- Games are played in each end from the blue line to the end boards and cross ice
- The neutral zone will have skills and drills sessions during game play
- Across each blue line will be a barrier to help keep pucks in play
- Nets will be placed approximately 4 feet from the side dasher boards

4. Rules

- No checking for all divisions.
- Penalties result in a running penalty shot for the offended team. (Remaining players line up at goal line with shooting player given a 10-15 foot lead)
- Once the penalty shot has been taken, a face off takes place if a goal is scored. If not, then the puck is given to the defensive team. The team given the puck must be allowed to complete one pass before they can be challenged.
- Face-offs are held at beginning of games.
- Changes at the horn will occur at 2:00 intervals
- If a puck leaves the playing area a face-off will occur
- If a shot on goal results in the goalie “covering” the puck, then the puck is given to the defensive team and play is resumed. The team given the puck must be allowed to complete one pass before they can be challenged.
- No overtime and no time outs.
- Game scores and standings will not be kept or posted.

5. Teams
 - Each team will consist of a minimum of 4 skaters and a maximum of 9 skaters (see the next section for goalie information) of the same age/skill category.
 - NHGHC Administration can add or remove players to any team until the maximum number of skaters (9) is reached. Maximum of 36 skaters and 4 goalies per age division.
 - Each team will have a volunteer coach or coaches.
 - Coaches should be on skates and remain in neutral zone during the game.
 - Players will be provided jerseys for games.
 - Teams can be composed of travel team players, recreational players or a combination of both.
 - Teams may have players out of age division based upon skill level at the discretion of the NHGHC Administration
 - Goalies do not rotate as skaters do. They remain in the goal where they started for the first game.
6. Age Divisions
 - U8 6 – 8 years old, born in 2003, 2004, or 2005
 - U10 9 – 10 years old, born in 2001 or 2002
 - U12 11 – 12 years old, born in 1999 or 2000
 - U14 13 – 14 years old, born in 1997 or 1998
 - U16 15 – 16 years old, born in 1996 or 1995
 - Age groups may be combined or split, depending on skill levels and registrations
7. Referees and Scorekeepers
 - Officiating may be done with trained employees/volunteers of the NHGHC or Referees in Training
 - Scorekeeper will run the clock and sound the buzzer/horn at 2:00 intervals and at end of games to signal changes.
8. Volunteers
 - The Nevada Heat relies heavily on volunteers to act as coaches, referees and team managers. We are always seeking new people, experienced or not, to make the program better for the kids. If you have a desire to help with the program in any capacity, please sign up on the player's registration form. USA Hockey offers training/certification clinics during the regular season to help coaches learn teaching techniques on skating, hockey skills, strategy, and so forth.
9. Equipment
 - Full ice hockey equipment is required for players. This includes HECC approved hockey helmet with face mask, mouth guard (U12, U14, U16/19), shoulder pads, elbow pads, hockey gloves, hockey pants, shin guards, pelvic protector, ice hockey stick, and hockey skates.
 - Limited amounts of rental equipment is available on a first come-first served basis.
10. Prerequisites
 - Participation in the 3 on 3 program is generally restricted to players with a basic understanding of hockey. Experience playing is NOT required.
 - Players must be able to skate.
 - ALL PLAYERS MUST BE REGISTERED WITH USA HOCKEY
11. Registration
 - All registration is to be completed online at the Nevada Heat Girls Hockey website (www.NevadaGirlsHockey.com).
 - A \$25 discount is applicable if registering before the posted early registration period ends.
 - Refunds are allowed prior to the first day of the session and will be subject to a 25% administrative fee.
 - All refund requests must be presented in person and in writing.
 - Refunds may take up to 8 weeks to be processed.
 - THERE WILL BE NO REFUNDS AFTER THE FIRST DAY OF THE SESSION