

DISTRICT 10 MINNESOTA HOCKEY 2025 -2026 HANDBOOK

In Loving Memory of Jason "Waldo" Waldowski

February 20, 1973 – June 15, 2021



We Love You Waldo!

***DISTRICT 10 RESERVES THE RIGHT TO MAKE ANY APPROVED CHANGES TO THE HANDBOOK WITH NOTICE GIVEN TO THE MEMBERSHIP VIA THE DISTRICT 10 WEBSITE.**



Welcome to the 2025-2026 District 10, Minnesota Hockey, USA Hockey Season

At this time, I would like to thank all the volunteers that make District 10 possible, from the D10 Board Members to the Association Volunteers and Coaches. Any person that donates their time and talent to the kids is truly a special person, with the love for the game and the kids.

Hockey is a chance for the players, parents, and coaches to meet new friends and to catch up with some old. Please make every effort to make this year fun for your team and for your opponent. These years of hockey will be memories that will last you and your child a lifetime, so we all need to work making sure they are good ones.

Please feel free to contact your League Coordinator if you have any questions regarding your league. Every year we receive many good suggestions from the parents and family members. Please pass them onto your League Coordinator.

D10 works hard at returning all emails and calls in a time manner, but please remember we all have jobs, and this is what we do for fun. Most emails and telephone calls will be returned during the evening hours.

The most important thing here is the KIDS. Praise both teams. Let the coach's coach. Parents be good fans in the stands. Tell your child how proud you are of them after every game, everyone learns from both winning and losing in life, since at the end of the game – it was still, just a game.

D10 follows MNH & USAH Policies, but District 10 is allowed to make those Policies stricter, in which District 10 has done this with certain policies, so please **read the policies**.

Changes in the D10 handbook are listed in red bold.

Please enjoy your season and help whenever you can. All Association needs help somewhere.

Enjoy the season and most of all have fun!!!!

Colleen Donovan
District 10 MNH Director

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District 10 • 2025-2026 Board of Directors

EXECUTIVE BOARD MEMBERS:

DISTRICT 10 DIRECTOR	Colleen Donovan	Cell: 320-267-8041 Email: d10director@yahoo.com
ASSISTANT DISTRICT DIRECTOR	Becky Ewing	Home: 763-498-1511 Email: d10registrar@gmail.com
ACTING PRESIDENT	Scott Meyer	Cell: 763-232-9082 Email: d10president@gmail.com
VICE PRESIDENT	Scott Meyer	Cell: 763-232-9082 Email: d10@q.com
SECRETARY	Becky Fredrickson	Cell: 612-991-1454 Email: BeckyFred0109@gmail.com
TREASURER	Rhonda Madsen	Cell: 612-747-7414 Email: Dist10Treasurer@gmail.com
YOUTH COORDINATOR	Chase Miller	Cell: 763-439-0260 Email: cmiller@productivity.com
GIRLS COORDINATOR	Bryan Becklin	Cell: 763-568-6239 Email: bbecklin3@gmail.com
JR GOLD COORDINATOR	Hank Wuertz	Home: 763-783-0693 Cell: 612-716-9134 Email: hankwuertz@hotmail.com
DISTRICT, REGION & STATE TOURNAMENT SUPERVISOR	Rick Wesp	Cell: 763-913-8805 Email: wesper14@aol.com
SUPERVISOR OF OFFICIALS	Tom Nergard	Cell: 218-255-5776 Email: shraref113@gmail.com

Emergency Referee Number - if not all or any referees are at a game – call **218-255-5776**
(There will be someone to answer this phone number 99% of the time)

District 10 • 2025-2026 Board of Directors

BOARD COORDINATORS:

DISABLED HOCKEY	Colleen Donovan	Cell: 320-267-8041 Email: d10director@yahoo.com
HOCKEY DIRECTOR	Donn Berkeland	Home: 763-433-0729 Cell: 612-750-2896 Email: trcdb2@gmail.com
DISTRICT 10 REGISTRAR (Non-voting position)	Becky Ewing 1056 122nd Ave. NE Blaine, MN 55434	Home: 763-498-1511 Email: becky.ewing@usahockey.org
ASSISTANT D10 REGISTRAR (Non-voting position)	Kelly Gribauval	Cell: 651-214-3402 Email: D10asstreg@gmail.com
GAME SHEET CONTACT FOR D10	Jeff Zwerdling	Cell: 612-508-8241 Email: d10gamesheet@gmail.com
D10 COACH in CHIEF (Non-voting position)	Sarah Rydberg	Cell: 320-296-3158 Email: srydberg1@gmail.com
PLAYER DEVELOPMENT	Casey Bernards	Cell: 952-688-3700 Email: cbernards83@yahoo.com
D10 TOURNAMENT DIRECTOR DISTRICT, REGION & STATE	Becky Krueger	Cell: 218-371-6990 Email: becky_krueger@outlook.com
D10 LEAGUE GAME SCHEDULER	Trisha Sigstad	Cell: 651-373-3503 Email: tasigstad@gmail.com
D10 – SHRA REFEREE SCHEDULER D10 – INVITATIONAL TOURNAMENTS	Tom Nergard	Cell: 218-255-5776 Email: shraref113@gmail.com

Emergency Referee Number - if not all or any referees are at a game – call **218-255-5776**
(There will be someone to answer this phone number 99% of the time)

District 10 • 2025-2026 Board of Directors

YOUTH LEAGUE COORDINATORS:

MITES & Girls 8U	Dave Englund	Cell: 763-300-9368 Email: davidenglund76@gmail.com
SQUIRT "A"	Chase Miller	Cell: 763-439-0260 Email: cmiller@productivity.com
SQUIRT "B1"	Jeff Piehl	Cell: 612-669-4385 Email: squirtb1coordinator@gmail.com
SQUIRT "B2"	Scott Meyer	Cell: 763-232-9082 Email: d10@q.com
SQUIRT "C"	Jeff Zwerdling	Cell: 612-508-8241 Email: d10squirtc@aol.com
PEEWEE "A" / "AA"	Jeremie Reinhart	Cell: 612-309-2431 Email: jeremie2431@gmail.com
PEEWEE B1	Mike Mannin	Cell: 763-807-2678 Email: mikeref63@gmail.com
PEEWEE "B2"	Mark Osmondson	Cell: 763-370-7438 Email: osmondsonmark@gmail.com
PEEWEE "C" & Assistant Director	Becky Ewing	Home: 612-747-8308 Email: becky.ewing@usahockey.org
BANTAM "A" / "AA"	Bruce Carlson	Cell: 612-889-5376 Email: bw2carl@comcast.net
BANTAM "B1"	Chris Messerli	Cell: 763-656-8717 Email: chrismesserli19@gmail.com
BANTAM "B2"	Kristian Manthey	Home: 763-370-7438 Email: kristianmantheygio@gmail.com
JR GOLD "A" / "B"	John Markham	Home: 763-657-6922 Email: John.markham55@gmail.com
JR GOLD "16"	Hank Wuertz	Home: 763-783-0693 Cell: 612-716-9134 Fax: 763-783-0693 Email: hankwuertz@hotmail.com

District 10 • 2025-2026 Board of Directors

GIRLS LEAGUE COORDINATORS:

GIRLS 10U "A"	Becky Krueger	Cell: 218-371-6990 Email: becky_krueger@outlook.com
GIRLS 10B1 & 10UB2	Becky Krueger	Cell: 218-371-6990 Email: becky_krueger@outlook.com
GIRLS 12U "A"	Trisha Gravning	Cell: 651-373-3505 Email: tasigstad@gmail.com
GIRLS 12U "B"	Trisha Gravning	Cell: 651-373-3505 Email: tasigstad@gmail.com
GIRLS 15U "A"	Bryan Becklin	Cell: 763-568-6239 Email: bbecklin3@gmail.com
GIRLS 15U "B"	Bryan Becklin	Cell: 763-568-6239 Email: bbecklin3@gmail.com

District 10 • 2025-2026 Association Presidents

ANDOVER http://www.ahyha.com	Nick Giacomini	Phone: Email:	763-442-2612 president@ahyha.com
ANOKA http://www.anoka.pucksystems2.com	Matt Satzinger	Cell: Email:	612-600-4311 president@anokaareahockey.com
BECKER/BIG LAKE http://www.bblyha.com	Nate Martinson	Cell: Email:	763-412-8245 martinson.nate@gmail.com
BLAINE http://www.byha.org	Jeff Meister	Phone: Email:	(612) 802-5292 president@byha.org
CAMBRIDGE-ISANTI http://www.cambridgeisantihockey.org	Joe Burhite	Phone: Email:	612-701-3470 jburhiteciha@gmail.com
CENTENNIAL http://www.centennialhockey.org	Tom Schoolmeesters	Phone: Email:	612-919-0240 president@centennialhockey.org
CHAMPLIN PARK http://www.cpyha.com	Joe Housman	Phone: Email:	612-919-4513 housmanjoe@gmail.com
COON RAPIDS http://www.coonrapidshockey.com	Tia DuHamel	Phone: Email:	612-805-2527 tiaduhamel@cryha.com
ELK RIVER http://www.elkriverhockey.org	Ryan Eason	Phone: Email:	763-234-5315 eryhapresident@gmail.com
HINCKLEY http://www.hinckley.govoffice2.com	Adrina Johnson	Phone: Email:	320-385-0036 hinckleyhockey@gmail.com
MORA http://morayouthhockey.com	Emily Pitman	Phone: Email:	320-980-3724 morahockeypresident@gmail.com
NORTH BRANCH http://www.northbranchhockey.com	Jason Zerwas	Phone: Email:	651-328-1255 president@northbranchhockey.com
PINE CITY http://www.pinecityyouthhockey.com	Krissy Valvoda	Phone: Email:	763-229-7442 krissyvalvoda@yahoo.com
PRINCETON http://www.princetonyouthhockey.com	Joe Hostrawser	Phone: Email:	651-788-6029 joe.hostrawser@princetonyouthhockey.com
ROGERS http://www.rogershockey.com	Nate Moen	Cell: Email:	763-286-8608 president@rogershockey.com
SPRING LAKE PARK http://www.slpaha.org	Isaiah Schoeman	Phone: Email:	612-202-0444 isaiah.schoeman@gmail.com
ST. FRANCIS http://www.sfyha.com	Alex Goodwin	Phone: Email:	763-229-7910 alex@sfyha.org

District 10 • 2025-2026 Committee Assignments

Executive Committee

Scott Meyer – Chair
Rhonda Madsen
Rick Wesp
Hank Wuertz
Chase Miller
Tom Nergard
Becky Fredrickson
Bryan Becklin
Becky Ewing
Colleen Donovan (non-voting)

Hearing Committee

Per Handbook

Finance/Budget/Audit Committee

Rhonda Madsen – Chair
Rick Wesp
Becky Fredrickson
Colleen Donovan
Scott Meyer

Competition Committee

Scott Meyer – Chair
Chase Miller
Rick Wesp
Jeremie Reinhart
Bruce Carlson
Mike Mannin
John Markham
Bryan Becklin

Recruitment/Retention Committee

Dave Englund – Chair
Bruce Carlson
Jeremie Reinhart
Chase Miller
Jeff Piehl
Scott Meyer
Kristian Manthey
Chris Messerli
Trisha Gravning

Handbook/Rules Committee

Colleen Donovan – Chair
Jeff Zwerdling
Bruce Carlson
Scott Meyer
Tom Nergard
Becky Fredrickson

Website/Communications Committee

Rhonda Madsen – Co-Chair
Becky Fredrickson – Co-Chair
Jeff Zwerdling
Tom Nergard

D10 Tournaments (Playoffs, Regions, State)

Becky Krueger, Chair, EMT, Ice, Bracket Boards

Tom Nergard – -Refs
Rick Wesp – Workers
Rhonda Madsen - Ticket Takers, Cash Boxes
D10– Programs
Jeff Zwerdling - Medals & Trophy's
Chase Miller - Bins
Colleen Donovan
Scott Meyer
Director of Respective League

BOD Interviewing Committee

Scott Meyer- Chair
Becky Fredrickson
Jeremie Reinhart
Rick Wesp
Colleen Donovan

HP/Tier 1 Committee & Prospects

Colleen Donovan - DD
Rick Wesp
Tom Nergard
Jeremie Reinhart
Scott Meyer

Ice Arena Directory

Location	Name	Size	Capacity	Phone No.
Andover	Andover Community Center	200 x 85	900	(763) 755-5100
Andover	Andover CC Rink 2	200 x 85	350	(763) 755-5100
Anoka	Anoka Ice Arena 1	200 x 85	1500	(763) 427-8163
Anoka	Anoka Ice Arena 2	200 x 85	400	(763) 427-8163
Blaine	Fogerty Arena South	200 x 85	2000	(763) 780-3328
Blaine	Fogerty Arena North	200 x 85	300	(763) 780-3328
Blaine	Schwan's Super Rink 1	200 x 100	500	(763) 785-3687
Blaine	Schwan's Super Rink 2	200 x 100	500	(763) 785-3687
Blaine	Schwan's Super Rink 3	200 x 100	500	(763) 785-3687
Blaine	Schwan's Super Rink 4	200 x 100	850	(763) 785-3687
Blaine	Schwan's Super Rink 5	200 x 85	300	(763) 785-3687
Blaine	Schwan's Super Rink 6	200 x 85	300	(763) 785-3687
Blaine	Schwan's Super Rink 7	200 x 85	300	(763) 785-3687
Blaine	Schwan's Super Rink 8	200 x 85	300	(763) 785-3687
Champlin	Champlin Forum	200 x 100	1800	(763) 421-3696
Circle Pines	Centennial Sports Arena	200 x 85	1198	(763) 792-6090
Coon Rapids	Coon Rapids Ice Center	200 x 85	775	(763) 951-7222
East Bethel	East Bethel Arena	200 x 85	900	(763) 434-0397
Elk River	Elk River Corner Stone	200 x 85	600	(763) 635-1141
Elk River	Elk River Plants & Things	200 x 85	1800	(763) 635-1141
Isanti	Isanti County Arena	200 x 85	1000	(763) 444-6432
Mora	Mora Civic Center	200 x 85	700	(320) 679-2443
Pine City	Pine City Civic Center	200 x 85	400	(320) 629-6995
Princeton	Princeton East	200 x 85	800	(763) 389-5142
Princeton	Princeton West	200 x 85	800	(763) 389-5142
Rogers	Rogers Community Center	200 x 85	500	(763) 428-1033

Policies

The following information is important to all Players, Coaches, Officials and Members of District 10 Association's. District 10 follows MNH & USAH Policies and District 10 can make Policies stricter, in which District 10 has done with some of the policies.

Photographic Devices Policy

District 10 strictly prohibits the possession and/or use of cell phones and/or any type of photographic device(s) in locker rooms. Effective at the start of the 2022-2023 Hockey Season, use of phones, cameras or any device that can take pictures or videos in a locker room is prohibited, at any time or for any reason.

Any **player(s)**, **locker room monitor(s)**, **coach(s)**, **parent(s)**, or **person(s)** caught using phones or photographic devices inside a locker room or has taken pictures or video from within a locker room or post on social media, the following will be accessed:

Athletes/Players:

1. **1st Violation:** After confirmation, the player shall be suspended from all team activities including "practices, games, (including tournament games), scrimmages, team events" for the next two (2) consecutive games or two (2) weeks of a season, whichever is greater. Players may not be in the locker room or near the team bench for games or practices during the suspension time. Player and Parents will meet with the Association President, Association Level Director to discuss future repercussions if it happens again. **A \$ 1,000.00 fine will also be assessed to the team/association.**
2. **2nd Violation:** After confirmation, the player shall be suspended from all team activities including "practices, games, (including tournament games), scrimmages, team events" for the next four (4) consecutive games or three (3) weeks of a season, whichever is greater. Players may not be in the locker room or on/near the team bench for games or practices during the suspension time period. Player and Parents will meet with the Association President, Association Level Director, District 10 Director and District Level Coordinator to discuss future repercussions. **A \$ 2,000.00 will also be assessed to the team/association.**
3. **3rd Violation:** After confirmation, the player shall be suspended from all team activities for a period of sixty (60) days, with the same requirements as outlined in Number 2, 2nd Violation.

Coaches/Parents/Locker Room Monitors "Adult(s)".

1. **1st Violation:** After confirmation, the "Adult(s)" shall be suspended for the next two (2) consecutive games or two (2) weeks of the season, whichever is greater and assessed a \$ **1,000.00** fine. They will be required to meet with the Association President and Association Level Coordinator to discuss future repercussions if it happens again.
2. **2nd Violation:** After confirmation, the "Adult(s)" shall be suspended for the next four (4) consecutive games or three (3) weeks of a season, whichever is greater and assessed a \$ **2,000.00** fine. They will be required to meet with the Association President, Association Level Coordinator, District Director and District Level Coordinator to discuss future repercussions.
3. **3rd Violation:** After confirmation, the "Adult(s)" shall be suspended for a period of sixty (60) days and will be ban from attending any sanctioned games, practices, D10 Activities, team functions and assessed a \$ **2,000.00** fine. The Home Association will also be assessed a \$ **4,000.00** fine.

After the third (3rd) occurrence by either player or adult(s), the player or adult will be banned from all D10 Activities until a hearing committee shall be convened by D10, to determine any further disciplinary action is required.

Any association with outstanding fines may be considered not in good standing with the district, which will result in the association not being allowed to participate in district tournaments or district events **with any of their teams.**

These violations by a player or adult(s) can and will be carried over to the next season.

Locker Room Policy

District 10 adheres to USA Hockey's SafeSport Program as a means to help protect its participants from physical abuse, sexual abuse and other types of misconduct, including emotional abuse, bullying, threats, harassment and hazing. To help prevent abuse or misconduct from occurring in our locker rooms, District 10 has adopted a locker room policy, designed to maintain personal privacy as well as to reduce the risk of misconduct in locker rooms.

Locker Room Monitoring

Locker Room Monitors should conduct a sweep of the locker rooms and changing areas. If the coaches are not inside the locker rooms, then a coach or a volunteer locker room monitors (each of which has been screened) will be posted directly **INSIDE** of the locker rooms and changing areas during periods of use and leave the doors open only when adequate privacy is still possible. Only

participants (coaches and players), approved team personnel and family members are permitted in the locker room (when appropriate). Team personnel will also secure the locker room appropriately during times when the team is on the ice.

Adult supervisors for locker room monitoring must follow the screening process in the MN Hockey Handbook, Sexual Abuse, Physical Abuse and Criminal Background Screening Policy. Volunteers MUST be registered as a volunteer with USA Hockey and complete SafeSport training.

No team/player(s) shall be allowed to enter a locker room prior to a scheduled event until a proper locker room monitor is present and such monitor shall remain present until the last player leaves the locker room.

When coaches are present in the locker room, they may serve as locker room monitors.

1st Violation will result in a warning and discussion with the D10 Director and a \$ 1,000.00 fine to the Association.

2nd Violation will result in a \$ 2000.00 fine to the Association and a hearing with D10.

3rd Violation will result in a \$ 4,000.00 fine to the Association and a hearing with D10.

Official Locker Room – No one is allowed into the Officials Locker room, without being invited in BY THE OFFICIALS. Violations of this rule will be reported to the D10 Supervisor of Officials, who will notify the D10 Director. **District 10 will follow the MNH Rules as stated in XV. Conduct that was passed in June, 2022.**

SafeSport Locker Room Policy – USA Hockey

All USA member programs must have at least one responsible screened adult (Locker Room Monitor) present to monitor the locker room or changing area. Individual meetings between a minor and a coach in a locker room or changing area requires the presence of a second screened adult.

- *-Permission or lack of permission for parents to be in the locker rooms.*
- *-Prohibited conduct, including at least all forms of abuse and misconduct prohibited by USA Hockey*
- *-Specific policies for the use of mobile electronic devices and phones and prohibiting the use of a device's recording capabilities.*

Failure by a coach or administrator to take appropriate steps to ensure adherence to the Locker Room Policy, or violation thereof by any participant or parent of a participant is subject to appropriate disciplinary action. It should also be noted that a local program may at its discretion adopt stricter policies than those defined by USA Hockey or Minnesota Hockey, but in no case may said policy be less strict.

Mixed Gender Teams

Some teams consist of both male and female players. It is important that the privacy rights of all players are given consideration and appropriate arrangements are made. Where possible, District 10 will have the male and female players dress/undress in separate locker rooms and then convene in a single locker room before the game or team meeting. Once the game or practice is finished, the players may come to one locker room for a team meeting and then the male and female players proceed to their separate locker rooms to undress and shower, if available. If separate locker rooms are not available, then the players will take turns using the locker room to change. We understand that these arrangements may require that players arrive earlier or leave later to dress but believe that this is the most reasonable way to accommodate and respect all our players.

Waiver Procedure Policy

Waiver request forms are obtained from the Association Presidents. See the MN Hockey handbook, Youth Rules and Regulations.

School waivers are only for first year squirt/girls 10U.

Waivers: All waivers must be completed PRIOR to the skater taking the ice, if not a \$ 200.00 fine assessed.

Zero Tolerance Policy

USA Hockey and Minnesota Hockey have a ZERO TOLERANCE policy for abuse and misconduct. Through the USA Hockey SafeSport Program, USA Hockey and Minnesota Hockey are committed to creating the safest possible environment for participation in hockey.

- Spectator conduct becomes so abusive that, in referee(s)' opinion, it is distracting from the game or inciting players, requiring the referee(s) to stop play and request specified individuals leave the area.
- An off-ice official (timekeeper, scorekeeper, penalty box attendant) provided by one of the teams exhibits conducts that results in the person being removed from their position by the referee(s).

Spectator(s) - Spectator(s) removed from a game will incur a mandatory minimum 3-game suspension from that team's games And maybe subject to further disciplinary action by District 10.

Concussions Policy

MN Hockey Handbook - Concussions / See complete policy under "Policies" on the D10 website.

Mood-Altering Chemicals

The use, consumption or procession of mood-altering chemicals, regardless of quantity, is expressly prohibited during the entire playing season. Included are: (1) beverages containing alcohol, (2) tobacco (including chewing tobacco), (3) E-Cigarettes, (4) controlled substances defined by law as drugs (including marijuana), and (5) buying, selling or giving away controlled substances. It is not a violation for a player to possess a controlled substance specifically prescribed for the player's use by the player's physician.

This rule applies to the entire season, which is defined as from the time a player has registered with their Association for the season until the team in which the player is selected to play, concludes all their activities for the season. It is not a violation for a player to be in possession of a controlled substance specifically prescribed for the player's own use by his or her physician. The penalties for violation of this policy shall be per the Youth Rules and Regulations, Section XIV. of the *MINNESOTA HOCKEY* Handbook.

Roster Limits

Up to twenty players can be rostered on a team, per MN Hockey (A maximum of 18 skaters and 2 goalies). **Top level teams in District 10 Associations, in the Youth and Girls programs, must have a minimum of 14 skaters and 1 goalie on their rosters. One (1) hour games the top teams must have a minimum of 13 skaters and 1 goalie.** Any team who needs an exception to this policy will need to submit, in writing, a request to the District 10 Director with details why an exception for less than 14 skaters should be allowed. (ex: PW AA or U12A declared, must have at least 14 skaters and 1 goalie). **If a B team is the highest declaration at a level, that highest level team must follow the policy** or send an exception request to the D10 Director. This policy does NOT apply to Mite or 8U teams.

TEAM ROSTERS: Roster sign off dates are set and a team at any level needing earlier roster sign off than the scheduled date the cost will be \$ 100.00 per team; this policy applies to Jr. Gold through Mites.

All teams including Mites will need a roster to play in any games, scrimmage, tournament or jamboree.

Coaches: **Any coach with an expiration date of 12/31/25 on their CEP card, will need to show proof they are registered and paid to attend a CEP class, to be placed on a roster.**

Mite/8U coaches are allowed by USA Hockey to coach at these levels with an expired CEP card.

Waivers: All waivers must be completed PRIOR to the skater taking the ice, if not a \$ 200.00 fine assessed

School Waivers: Current school verification for the 25-26 season needs to be given to the D10 Director.

No waivers will be signed on the day of the roster sign offs, except for D10 Mass Waiver.

Player position and jersey number need to be listed on the roster, for the purpose of using the Game Sheet.

All D10 Association Boards & D10 Board need roster info for their USA roster.

Any adjustments to rosters after the original roster sign-off will cost \$ 25.00.

RIGHT TO REFUSE MEMBERSHIP: Minnesota Hockey Affiliated Associations will now have the right to refuse membership under certain conditions: The three requirements for refusal are: 1) There must be equivalent programs offered within Minnesota Hockey in which a member can participate elsewhere. 2) The association must provide the party a hearing as outlined in Hockey Bylaw 6 and USA Hockey Bylaw 10. 3) The association refusing membership must agree to a discretionary waiver if the player is accepted for registration with another association.

D10 Hearing Committee will hold hearings on the 1st & 3rd Wednesday of each Month at 6:30 PM at the Anoka Arena.

Game Sheet – Each D10 Association will have a Game Sheet representative to report to the D10 Game Sheet Coordinator. Jeff Zwerdling - Email: d10gamesheet@gmail.com

Live Barn: Live Barn or any related video content will not be used to change/review referee calls during a game. Only exception reviewing Live Barn or video will be for a Match Penalty reviews prior to a hearing or to correct jersey numbers.

WARM-UPS: During warm-ups, NO pucks can be put on the ice until the nets are set.

TEAM MANAGER(S) – No spouse of a team coach is allowed to be the team manager.

Game Rescheduling Procedure

Game rescheduling for a D10 League game must be completed on the D10 Game Rescheduling Request Form.

If the rescheduled game date is prior to the original scheduled date, the request needs to be completed seven (7) days before the rescheduled date.

If the rescheduled date is after the original scheduled date, the request needs to be completed seven (7) days before the original scheduled date.

1. The requesting team contacts the D10 Game Scheduler, via email, with a copy to their Ice Scheduler.
 - a. Provide the Game ID Number and Level on the subject line.
 - b. Provide the amount of ice time needed to play the rescheduled game in the email.
 - c. Ice time vacated is the property of the team or Association that purchased the ice.
2. The Game Scheduler will send the form to the requesting team, only if penalties are involved.
3. Once the teams have agreed on a date, time and location to play the rescheduled game, **the form will be sent to the requesting team and should** be completed and signed by the requesting team's Head Coach **ASAP**.
4. The form should then be sent to the non-requesting team's Head Coach for approval, which can be done either by physically signing the form or by an email response stating the approval.
5. Once approved by both teams Head Coaches, the requested team shall forward the Game Rescheduling Request form, via email, to the D10 Game Scheduler with both Head Coaches' approvals.
6. The Game Scheduler will notify the Referee Scheduler and D10 personnel of the change.
7. The requested team will mail the Rescheduling Request Form with the appropriate penalty fees to the D10 Treasurer.

Note: If the game is played without the form and penalty check being received by the D10 Treasurer, an additional fee will be assessed. If all fees are not paid by the D10 Tournament, the requested team and/or all their respective Association teams may be denied entry.
8. The approval or denial of league game reschedule requests, are at the discretion of District 10 Game Re-scheduler.

D10 Game Scheduler Contact: Trisha Sigstad

- Cell: 651-373-3503
- Email: tasigstad@gmail.com
- **D10 Treasurer: Rhonda Madsen**
- 1931 2nd Street NW, Elk River, MN 55330
- 612-747-7414

Rescheduling Penalties:

- Standard rescheduling penalty is **\$300.00**
- Single game penalty is **\$75.00** in addition to the standard rescheduling penalty (applicable if rescheduling a game creates a single game situation for the hour/**1.5 hour** either before or after the hour/**1.5 hour** is being vacated, or if the rescheduled game is scheduled for a time that creates a single game situation).
- If the rescheduling procedure does not meet the timeframe of seven (7) days as mentioned above, an additional \$300 penalty will be assessed.

Inclement Weather

In the event the weather is such that it might be hazardous to the health of the participants, the game may be officially postponed. The Head Coach wishing to postpone the game must contact the opposing Head Coach and the League Coordinator at least two and one half (2 1/2) hours prior to game time. In the event the League Coordinator cannot be reached in a reasonable amount of time, the Head Coach wishing to postpone the game should contact the Referee Scheduler and inform the Referee Schedule of the postponement and then continue to try to contact the League Coordinator.

Games that are postponed because of inclement weather must be agreed upon by the 2 head coaches and must have the rescheduling procedure completed within seven (7) days of the postponement. If it is not completed within the time frame, D10 will find a location for the game to be played, with both teams sharing the cost of the new game. If a team has been refusing the reschedule, the team which has been refusing the reschedule will be responsible for the full cost of the new game.

Any disputes regarding postponement of league games must be discussed with the League Coordinator.

District 10/MN Hockey/USA Hockey Required Forms - Documents

District 10 Forms

A. Title: Game Rescheduling Request Form

1. Used for: Rescheduling of league games only
2. Acquired from: District 10 Game Scheduler (rescheduling)

B. Title: Game Report Form

1. Used for: Filing a report of a game incident or official, good or bad
2. Acquired from: League Coordinator or District 10 website

C. Title: Awards Request Form – Scoresheet must accompany the request form to D10 Registrar, along with the team contact.

1. Used for: Request for player award(s)
2. Acquired from: District 10 website

D. Title: Goalie Substitution Form – MUST be signed by District Director

1. Used for: Request for a substitute goalie, **not for Squirts / Girls 10U/ Mites / Girls 8U**
2. Acquired from: District 10 website

E. Title: Mass Waiver Form for Combined Teams (co-op purposes only)

1. Used for: Request to waive multiple players
2. Acquired from: District 10 website

F. Title: Mass Waiver Approval Form for Combined Teams (co-op purposes only)

1. Used for: Approval signatures for a mass waiver
2. Acquired from: District 10 website
3. CANNOT BE USED FOR SQUIRTS OR U10 LEVELS

G. Title: A/AA Change in Level of Play Request Form – Must be submitted by October 16th to the District Director.

1. Used for: Request A/AA change in level of play
2. Acquired from: District 10 website

H. Title: Referee (scrimmage) Request – Go to web site: <https://shrad10referees.com/Scrimmage.aspx>

**I. Title: Controlled/coaches scrimmages request - Go to web site:
<https://www.shrad10referees.com/pubmods/ControlledScrimmage.aspx>**

District 10/MN Hockey/USA Hockey Required Forms

Minnesota Hockey Forms

- A. Title: **MINNESOTA HOCKEY Directory**
 Used for: Acquiring association data for the *MINNESOTA HOCKEY* Directory
 Acquired from: MH Website
 Submit to Minnesota Hockey
- B. Title: **Invitational Tournament Application**
 Used for: Site/Association to host an invitational tournament
 Acquired from: District 10 Invitational Tournament Coordinator
 Submit to: MNH Web site and District 10 Invitational Tournament Coordinator
- C. Title: **MINNESOTA HOCKEY Referee Report**
 Used for: Reporting of game concerns (positive/negative)
 Acquired from: D10 website
- D. Title: **Junior Gold Hockey Player Verification of School Enrollment**
 Used for: Verifying enrollment of Junior Gold players.
 Acquired from: Minnesota Hockey website

USA Hockey Forms

- A. Title: **Program Participation Registration**
 Used for: Individual participation with USA hockey
 Acquired from: District Registrar
- B. Title: **Team Membership Application**
 Used for: Registering team with USA Hockey
 Acquired from: District Registrar
- C. Title: **Team Roster Registration**
 Used for: Official roster of players and team officials
 Acquired from: District Registrar
- D. Title: **Awards Request Form – Scoresheet must accompany the request form to D10 Registrar, along with the team contact.**
 Used for: Request for player award(s)
 Acquired from: District Registrar

2025 -2026 Minnesota Hockey Age Chart

To be eligible, players must have been born on or after the stated date:

<u>YOUTH</u>		<u>GIRLS</u>	
Junior Gold	6/1/2006 - 5/31/2008	19 & Under	1/1/2006 – 5/31/2009
Junior Gold 16	6/1/2008 – 5/31/2010	MN 15 & Under	6/1/2009 – 5/31/2012
MN Bantam	6/1/2010 – 5/31/2012	MN 12 & Under	6/1/2012 – 5/31/2014
MN Pee wee	6/1/2012 – 5/31/2014	MN 10 & Under	6/1/2014 – 5/31/2016
MN Squirt	6/1/2014 – 5/31/2016	MN 8 & Under	6/1/2016 and younger
MN Mite	6/1/2016 and younger		
Initiation Program	6/1/2016 and younger		

Youth Hockey Participation Levels for 2025-2026 Hockey Season

MN-Mite (born on or after June 1st, 2016) Youth 8 and under. *Minnesota Hockey* has adopted a program entitled Initiation Program from USA Hockey that teaches the basics of skating. No body checking

- **NOTE: MN Mite/Girls 8U teams may NOT play teams from outside of District 10 or travel outside of District 10 to play, without permission from the D10 Mite- Girls 8U Level Coordinator or District Director.**
-
- **MN Squirt** (born on or after June 1st, 2014) Youth ages 9 & 10. No body checking allowed.

MN Pee wee (born on or after June 1st, 2012) Youth ages 11 & 12. No Body checking allowed
Region and State Tournaments

MN Bantam (born on or after June 1st, 2010) Youth ages 13 & 14. Body checking allowed.
Region and State Tournaments

Junior Gold 16 (born on or after June 1st, 2008) Youth ages 15 & 16. Body checking allowed.
Metro Hockey League Playoff, State Tournament (**must be enrolled in school to be eligible**)

Junior Gold (born on or after June 1st, 2006) Young men ages 17 & 18. Body checking is allowed.
Metro Hockey League Playoff for “B-American”, Region Tournament for “A”, and State Tournament at both the “A” & “B-American” levels (**must be enrolled in high school to be eligible**)

Girls Hockey Participation Levels for 2025-2026 Hockey Season

MN 8 & Under (born on or after June 1st, 2015) Young girls ages 8 & under. Non-checking.

- **NOTE: Girls 8 & Under teams may NOT play teams from outside of District 10 or travel outside of District 10 to play, without permission from the D10 Mite- Girls 8U Level Coordinator.**
-
- MN 10 & Under** (born on or after June 1st, 2014) Young girls ages 9 & 10. Non-checking.

MN 12 & Under (born on or after June 1st, 2012) Girls ages 11 & 12. Non-checking. Region & State Tournaments.

MN 15 & Under (born on or after June 1st, 2009) Girls ages 13, 14 & 15. Non-checking. Region & State Tournaments.

19 & Under (born on or after January 1st, 2006) Young women ages 16 - 19. Non-checking. State Tournaments at the “A” & “B” levels.

Hockey Playing Rules

MINNESOTA HOCKEY and USA Hockey Youth Rules & Regulations shall apply except as otherwise noted. However, some of these playing rules may be superseded by other rules for teams that have inter-district play.

All District 10 teams MUST have prior approval, to leave the state, from the District Director.

- **Mite and U8 teams** must have prior approval to leave **District 10**, from the **D10 Mite- 8U Level Coordinator or District Director**.

Coaches Responsibilities

- USA Hockey requires that **all coaches must wear helmets when they are on the ice with a youth team or any USA Hockey registered players.** (2018 USA Hockey Coaching section)
- Minnesota Hockey also requires that the helmet chinstraps must be buckled. (See Minnesota Hockey Handbook – Youth Rules & Regulations)
 - The following District 10 penalties for non-compliance will be as follows:
 - Failure to comply shall result in a mandatory 30-day suspension.
 - A **\$ 500.00** fine to the Association, payable to District 10
 - D-10 Coaches meeting is a mandatory meeting to attend one scheduled meeting or Association will receive a \$ 500.00 fine, **and the head coach will not be allowed to coach the first three (3) league games.**

FOR ALL GAMES:

- Teams must be on the ice, ready to play ten (10) minutes before the start of designated ice hour on the official ARENA CLOCK. If a team is causing a delay, and it is determined the event needs to be rescheduled, then the team causing the delay will be responsible for all costs and penalties.
- If a game starts late, due to a backup at the arena, teams must be ready to start play (10) minutes after the game was originally scheduled to start, or as soon as the ice has been made ready for play, whichever is later.
- If a team is not ready (as stated above) that team will be required to reschedule (with the team they were originally scheduled to play) and the team that caused the reschedule will be responsible for all costs and penalties.
- In case the ice is ready for play prior to the scheduled starting time, your team is not required to start early, but you may do so if the referees are ready and both Head Coaches agree to start.
- All scheduled league games will be played as scheduled unless approved by the District 10 Game Scheduler.
 - For a win, a team will receive two (2) points for determining standings at the end of the year. Reference also the application of Fair Play points on page 24 for determining final standings.
 - All tie games will be recorded as tie games and each team will receive one (1) point.
 - If a Head Coach needs to postpone a game, that coach is required to contact the appropriate League Coordinator. If the League Coordinator is not reached in a reasonable amount of time, then the Head Coach will be required to contact the Referee Scheduler and inform him of the postponement and then continue to try to contact the League Coordinator.
 - Any disputes regarding postponement of league games must be discussed with the League Coordinator. The ice hour(s) for the new game will be shared by both teams. The home team Head Coach is responsible for rescheduling the postponed game. The District 10 Rescheduling Procedure will be used, with the exception that the \$150.00 penalty is not applicable in this situation.
- The head coach and all assistant coaches of all registered teams, Mite/Initiation through Jr. Gold and all Girls, **MUST** be CEP (Coaches Education Program) certified. They must be certified at a level specified by the USA Hockey Coaching Education Program requirement policy. *(Refer to the USA Hockey Coaching Education Program Requirement Policy in the USA Hockey Rule Book).* Coaches will be required to provide their Association's Hockey Director Coordinator a photocopy of their certification card as proof of having attained that level of certification. It is the individual Association's ACE Coordinator's responsibility to ensure all their coaches are certified to coach. **Prior to team roster sign-off, if a coach CEP will expire on December 31, Coach must supply D10 Registrar with proof they are enrolled in a CEP class, or they won't be put on roster.**
- The Head Coach/Rostered Coach(s) should attend all the team practices and games. There **MUST** be a rostered CEP certified coach at all on-ice function of the team. If it is determined the Head Coach, or another CEP certified coach listed on the team roster, are not in attendance at team on-ice functions, District 10 will advise the association they must replace the Head Coach with another proper level CEP certified coach that will be in attendance. The team could be dropped from the league for failure to comply.

- H. Do your best as a host coach to control your team so there is no interference with play or abuse of your visitors. At the end of the game, the winning team is to stay on the ice near their bench until the losing team has gone off the ice. In the event of a tie, the visiting team will go off the ice first.
- I. Make a note of the date, game time, and location of your league games. Show up on time with your team ready to play.
- J. Failure to show up for a game with your team without just cause will result in:
- If the mistake was a wrong posted time of the team's website, then the penalties are complete cost of the new game ice, referee fees and a double rescheduling penalty to include single game penalty if needed and a game misconduct to the Head Coach.
 - If the game was missed because of participation in another scrimmage, tournament or any reason not approved, then the penalties are – full cost of the new game ice, referee fees, double rescheduling penalties, including a double single game penalty, and the head coach is assessed a two (2) game misconduct.
- K. Per the *MINNESOTA HOCKEY* Handbook, **only** players (maximum 20) and coaches (maximum 4) that are listed on the official USAH Roster or replacement coaches approved by the district director can be on the bench during MH sanctioned competition. Replacement coaches must be currently registered and rostered on a MNH team and can use their current team roster for purposes of credential verification. **Managers are not allowed on the bench.** All Players on the bench, including players not dressed to play in the game, must wear a helmet/face mask and team jersey.
- L. The maximum number of players from a team that can dress as skaters for a game is 18 and the maximum number of players that can dress for a game is 20.
- M. Per the USA Hockey Rule Book, Rule 109 b, a maximum of four (4) coaches are allowed to be on the bench during any *MINNESOTA HOCKEY*/USA Hockey sanctioned game. **Student coaches count toward the allotted four (4) that can be on the bench.**
- N. **HOME TEAM RESPONSIBILITIES**
- Home team is responsible for furnishing a timekeeper, person to run the clock and scorekeeper (Game Sheet I-Pad)
 - Official scorekeeper must have the referees **review and sign the official score sheet / Game Sheet ipad.**
 - Official scorekeeper must have referees review the Game Sheet.
 - The Home team will supply warm up pucks for both teams.**
 - Home team is responsible for reporting / **uploading the score to Game Sheet.**
 - Home team will wear their light-colored jerseys unless, prior to the game, both head coaches agreed upon different arrangements.
 - Home team will supply 1 penalty box person. **No Minors allowed in the Penalty Box or Scorers Area.**
- O. **AWAY TEAM RESPONSIBILITIES**
- Away team will wear their dark colored jerseys unless, prior to the game, both head coaches agreed upon different arrangements.
 - Away team will supply 1 penalty box person. **No Minors allowed in the Penalty Box or Scorers Area.**

Conclusion Of A Game with Game Misconduct, Match or Major penalties

The Head Coach must notify the League Coordinator within 24 hours after the game of any Game Misconduct, Match or Major penalties that have been issued to anyone on the team.

- The team manager can notify the League Coordinator, but it is the **Head Coaches responsibility** to ensure it is completed.
 - The Head Coach is responsible for understanding the additional suspension penalties that are associated with penalties as outlined in **USA Hockey Playing Rules 404 and 405.**
 - NOTE:** Scrimmage games **do not count** as a game that a player or coach must sit out due to a suspension because of Game Misconduct or Match penalties. Any Game suspensions from a Game Misconduct must be served at the **next** league or sanctioned tournament game the team plays. Any player or coach receiving a Match penalty is immediately suspended from any further participation in team games, practices or team activity until after a hearing has been held. **(See USA Hockey Rules 404 and 405)**
- P. When a coach receives his second Game Misconduct (in a season), they will not be able to participate with their team (in any capacity) until they have met with the D-10 Disciplinary Committee. The meeting will be held within five (5) days of the last infraction. If this rule is ignored, it will be an automatic suspension until further notice from District 10. The minimum fine is 10 hours of community service to the district **and a \$ 100.00 fine.**

- Q. Per Minnesota Hockey rules: No District 10 team shall be allowed to schedule or participate in a game, scrimmage, shared ice/ practice or host/invite a tournament that does not have a valid (signed) USA Hockey roster. This includes teams that have not complied with Minnesota Hockey's participation **rule** (MN teams only). Teams and/or Associations that are found in violation of this policy are subject to further disciplinary action from District 10. This does not apply to the incidental playing of a non-compliant team as part of a tournament hosted outside of District 10. If such an incident should happen, the District needs to be contacted **immediately**. Ask to see the teams USA Hockey Official Roster.
- R. Special Events: An Association and/or a MNH District may conduct special events as authorized by the District Director, providing that only teams from within that district participate. Special events authorized by the District Director must follow all rules for sanctioning invitational tournaments except that there is no sanction fee and these events are not subject to the February 1st sanctioning deadline. Any event involving three or more teams, excluding regularly scheduled league games, will be considered an invitational tournament, unless the teams are all from the same district and/or the event has been authorized as a special event.
- S. There are no forfeit games in District 10.**

Game Sheet (I-Pad) – 2025-2026 season

1. A Game Sheet (I-Pad) shall be used for all games - league, tournament and scrimmages **with referees**.
2. The score sheet shall include at a minimum, the following information:
 - ◆ Date, actual start and finish times, and location of the game
 - ◆ The division and classification of the teams
 - ◆ The home and visiting team player rosters including player names and numbers
The home and visiting team coaches' names listed, only one (1) head coach listed per team.
 - ◆ Scoring and penalty information
 - ◆ Printed names of the referee(s) and the linesmen, or their assigned Hockey Referee Association number, and the signature of the referee(s).
3. **If game sheet is used, it will be listed on game sheet. If a scorebook is used** a game misconduct or match penalty is assessed during a game, the on-ice officials shall receive the top copy (White) of the score sheet, which shall accompany a game report to the appropriate District Supervisor of Officials. In all other cases, the top (White) copy will go to your League Coordinator.
4. **If a scorebook is used scoresheets shall be distributed as follows:**
 - Original – League Coordinator
 - Copy 1 – Home Team
 - Copy 2 – Visiting Team.
5. Each Association will have a Game Sheet Representative to D10.
6. **Scores have to be uploaded to Game Sheet 48 hours after the game by the home team or a \$ 50.00 fine will be issued to the team.**
7. **If D10 ends up uploading the score for failure of home team uploading a \$ 100.00 fine will be issued to the team.**
8. **At all levels – Start and End Times must be added to all league games or teams will be find \$ 25.00 each one missing.**

D10 Game Sheet contact is Jeff Zwerdling – d10gamesheet@gmail.com

Officials

All District 10 games (scrimmage, league, invitational tournament and District hosted tournaments) shall be officiated by Suburban Hockey Referees Affiliation (S.H.R.A.) officials only. Referees will be scheduled based on availability. Scrimmage game and invitational tournament referees are to be requested through the proper process for requesting referees.

1. Failure of a Coach or Association to follow the policy above will result in the team and/or association being fined **\$ 500.00** per game for the first violation.
2. A second violation of the above policy will result in a **\$ 750.00** per game assessed to the Team and Association, plus the appearance before the District 10 Disciplinary Committee for both the Coach and Association.
3. If this occurs during an invitational tournament hosted by a District 10 Association the fine will be **\$ 500.00** for the first game, **\$ 750.00** for the second game and **\$ 1,000.00** for the third game. A second tournament violation could result in suspension of the ability to host any invitational tournaments or District sponsored tournaments for a period of one year.

This policy is in place to ensure we have approved and qualified people to officiate all games hosted by the Associations and the District. S.H.R.A. has an evaluation process in place and schedules officials accordingly. We cannot ensure that officials outside of S.H.R.A. are registered and qualified to officiate our USA/MNH/District sanctioned events.

Levels of Play

- A. Available Leagues:
- | | | | | |
|----------|--|--|----------|------------------|
| Squirt | A, B1, B2, C | 10 & Under Girls | A, B, B2 | 19 & Under Girls |
| Peewee | AA, A, B1, B2, C | 12 & Under Girls | A, B, B2 | |
| Bantam | AA, A, B1, B2, C | 15 & Under Girls | A, B | |
| Jr. Gold | A, B, 16 (will play in the Metro League) | www.ighsl.org | | |
- B. Per MN Hockey up to twenty players can be rostered on a team, (A maximum of 18 skaters and 2 goalies). Top level teams (youth and girls) in District 10 Associations, must have a minimum of 14 skaters and 1 goalie on their rosters.
- C. Leagues with 12 or more teams may be separated into classifications (example Green / Blue). There is a 6-team minimum for any League Classification unless intra-district play is involved or upon approval of the District Board of Directors.
- D. Associations will declare teams per League and Classification. Deviations from previous year's declarations must be supported in writing at the first District 10 Meeting (usually in September). Associations cannot place 2 teams at a level unless there is an existing team at a higher level. Example: For two B1 teams, an A team is needed; for two B2 teams an A or B1 team is needed. Subject for approval by the District Director
- E. A District 10 Competition Committee will be formed and chaired by the Vice President of District 10 and will consist of four (4) or more additional members chosen from the District 10 Board. They will have the right to review and adjust declarations (based on the MNH Handbook, Youth Rules and Regulations Section VII). These adjustments will be made after the final declarations at the second District 10 Membership Meeting held in October.
- F. Every team registered with USA Hockey, in Minnesota Hockey - District 10 **MUST** play in District 10 League play. The only exception would be if teams at a certain level are playing in cooperation with and under the control of another district, due to the number of teams registered at that level in District 10 not being enough to conduct that level of league play in District 10.
- G. Interlevel Play – There shall be no interlevel play (games or exhibition games) between classifications (Peewee vs. Bantam, 15U vs. 12U) or between divisions (A and B, B and C or A and C teams), except for Youth 16U (Jr. Gold 16) and Junior Gold B, and 15U A & B. In special circumstances where interlevel play between divisions is appropriate, approval of the District Director must be obtained.
- H. It shall be the responsibility of the District Director to review and finalize the division of all teams. Each association shall submit the proposed division for each team to the District Director and the Game Scheduler, prior to October 16th. The District Director's decision may be appealed to the Gold or Maroon Coordinator whose decision shall be final.
- I. District 10 A/AA change of Level Request – This gives an Association the opportunity to request a change in level of play at the Bantam and Peewee levels. The respective form must be received by the D10 Director no later than October 16th. If received after October 5th, the request will default, and no change will be made. If no request is made, your Association will be classified the same as you were last season. The A/AA Level Request form can be found on the District 10 Hockey website.
- J. The Association's level of Mites must have an "A" Mite team unless approved by the competition committee to play lower.
- K. Only Head Coaches may speak to the officials during the game. Penalty Bench Minor.
- L. Mouthguards – must be attached to the player helmet or officials will send player off the ice until it is attached.
- M. If a co-op association has two or more teams at one level, they must declare and one an "A" team.
- N. **Neck Guards must be worn by all levels of players, per USA Hockey.**

Youth League Games

Indoor Games - ***NOTE:** Actual game start time could differ from scheduled game time due to backups at the arena. It is important that the arena attendants, referees and both coaches are aware if this is the case, so you are sure to get your allotted time. A game ending time should be agreed on by all the above-mentioned parties prior to starting the game.*

Injuries do not extend the length of the game and starting a game early also does not extend the length of the game time.

One (1) ice hour period to play game (Squirts A, B1, B2, C, Girls U10 & Under A, B & B2, Pee Wee, B2, C, & 12UB2).

- A. Head Coaches and Referees must agree on the actual start time of game hour and record on the score **Game** sheet.
- B. Three (3) minute pre-game warm up starting once both teams are on the ice.
- C. The game will comprise of the first two (2) periods, **of 13 minute stop periods**. Time between periods will be one (1) minute. Third period remaining running time in the hour with last 3 minutes stop time, (if the game has a 6-goal lead or larger the last 3 minutes will be running time as well). Whatever is left in the hour minus 4 minutes. (ex. If there is 15 minutes remaining in the hour the referees will minus 4 minutes from that, and the 3rd period will be 11 minutes in length).
- D. The time clock will be stopped when a penalty is reported to the MINOR OFFICIALS to enter penalty time. Stop time will be used during the duration of the penalty time.

- E. Game Termination - a game ends when either of the following occurs:
- ❖ Completion of period 2.
 - ❖ The end of the agreed upon ice hour. In this case, a game may be ended with time remaining on the game clock.
 - ❖ A game is considered complete, after the completion of two (2) full periods of play and the time limit for the game has expired. Any game that has not completed two (2) full period before the ice hour has expired, will not be considered a complete game. The game will be rescheduled and played as a new game with 0 to 0 score. Both teams will share cost of the new game.
- F. There are **NO** time-outs allowed in one (1) hour games
- G. Running time will be used whenever a six (6) goal differential occurs in third (3rd) period.
(If the goal differential becomes five (5) or less, stop time shall begin again. The time clock will be stopped when a penalty is reported to the MINOR OFFICIALS to enter penalty time
- H. During a game where a team has reached a score of ten (10), no additional goals will be posted on the scoreboard.
- I. There is no substitute goalie allowed at the Squirt or Girls 10U.
- J. Penalty minute time will be 1.5 minutes for minor penalties.**

75-minute games (75 Minutes of playing time (does not include resurfacing – Bantam B2 & Bantam C Level. 75 or 90 minutes of ice time will be used for the game scheduling. (SUBJECT TO ARENA).

- A. Head Coaches and Referees must agree on the actual start time of game hour and record on the score sheet.
- B. Five (5) minute pre-game warm up starting once both teams are on the ice.
- C. The game will comprise three (3) periods of **13-minute** stop time and 2-minute rest period in between periods.
- D. Game Termination - a game ends when either of the following occurs:
- ❖ Completion of period 3.
 - ❖ The end of the agreed upon ice time. In this case, a game may end with time remaining on the game clock.
 - ❖ A game is considered complete, after the completion of two (2) full periods of play and the time limit for the game has expired. Any game that has not completed two (2) full period before the ice hour has expired, will not be considered a complete game. The game will be rescheduled and played as a new game with 0 to 0 score. Both teams will share the cost of new game.
- E. There are **NO** time-outs allowed.
- F. Running time will be used whenever a six (6) goal differential occurs in third (3rd) period.
(If the goal differential becomes five (5) or less, stop time shall begin again.
- G. There will be no resurfacing during any periods.
- H. During a game where a team has reached a score of ten (10), no additional goals will not be posted on the scoreboard.
- I. Penalty minute time will be 2.0 minutes for minor penalties.**

90-minute games (90 Minutes of playing time (does not include resurfacing) (Bantam B1, Girls 15 UB) PWAA, PWA, PWB1, GIRLS 12A AND GIRLS 12UB1.

- A. Head Coaches and Referees must agree on the actual start time of game hour and record on the score sheet.
- B. Five (5) minute pre-game warm up starting once both teams are on the ice.
- C. The length of time for all three periods is **15 minutes stop periods**. There will be no resurfacing during any periods.
Running time will be used whenever a six (6) goal differential occurs in the third period. (If the goal differential becomes five (5) or less, stop time shall begin again). **The time clock will be stopped when a penalty is reported to the MINOR OFFICIALS to enter penalty time.**
- D. Game Termination - a game ends when either of the following occurs:
- a. Completion of period 3.
 - b. The end of the agreed upon 90 minutes. In this case, a game may end with time remaining on the game clock. 3) A game is considered complete after the completion of three (3) full periods of play and the time limit for the game has expired.
 - c. Any game that has not completed two (2) full periods before the 90 minutes has expired, will not be considered a complete game. The game will be rescheduled and played as a new game with 0 to 0 score. Both teams will share cost of the new game.
- E. There are NO time outs allowed in a 90-minute game
- F. Penalty minutes time for minor penalty will be PWAA, PWA, PWB1, Girls 12UA and Girls 12UB1 will be 1.5 minutes.**
- G. Penalty minutes time for minor penalty will be Bantam B1 and Girls U15B will be 2.0 minutes**
- H. Time between periods will be one (1) minute.**

90 Minute games (90 minute of playing time) (100/105 Minutes of ice time (includes resurface) (Bantam AA and A and 15UA)

- A) Head Coaches and Referees must agree on the actual start time of the game and record that time on the score sheet.
 - B) **Five (5)** minute pre-game warm up starting once both teams are on the ice.
 - C) The length of time for all three (3) periods is **(15)** minutes stop time.
 - D) All games start on fresh ice and resurface after the second period. Team to go to bench except for starting players.
 - E) **There is no warmup before the start of the third period, starting once both teams have returned to the ice, teams go directly to the bench, except for starting players**
 - F) Running time will be used whenever a six (6) goal differential occurs in the third period. *(If the goal differential becomes less five (5) or less, stop time shall begin again.).*
 - G) The time between periods where there is no resurface is one (1) minute.
 - H) Game Termination: a game is ended when any of the following occurs:
 - 1) Completion of period 3.
 - 2) The end of the agreed upon 90 minutes of ice time. In this case, a game may end with time remaining on the game clock.
 - I) A game is considered complete after the completion of two (2) full periods of play and the time limit for the game has expired. Any game, in which two (2) full periods have not been completed before the ice hours have expired, will not be considered a complete game. The game will be rescheduled and played as a new game with 0 to 0 score. Both teams will share cost of the new game.
 - J) Each team is allowed one (1) minute time-out during the game in accordance with Official Playing Rules, Rule 637
- During a game where a team has reached a score of ten (10), no additional goals will not be posted on the scoreboard.
- K) There will be no overtime in the games.
 - L) **Penalty Minutes for minor penalty for BAA, BA or 15UA will be 2-minute penalty.**

Make-up Games

- A. All make-up games must follow the District 10 Rescheduling policy.
- B. Make-up dates may be refused only if the team has a previously scheduled league game or has been previously entered and paid the admission fee into an Invitational Tournament.
- C. Make-up games shall not be scheduled earlier than 5:00 PM on weekdays or after 10:00 PM on any day without the consent of both coaches.
- D. Home teams must tender make-up dates to the other team in the order in which they were scheduled (i.e. the oldest, first and most recent, last).

Protests

In the event the Head Coach wants to protest a game because of a referee's alleged **wrong interpretation of the rules only, he must notify the referees, the scorekeeper, and the opposing coach before play continues.** A failure to follow this procedure nullifies any protest arising from the game.

- A. To complete the protest, a signed letter detailing which rule was misinterpreted and a description of the circumstances, plus a **check for \$ 100.00**, made out to District 10 and must be filed with the appropriate District 10 League Coordinator. This protest letter must be postmarked within 48 hours after completion of the game. The District 10 Protest Committee, chaired by the District 10 President and made up of District 10 board members appointed by the President, will hear the protest within five (5) days of receipt of the letter. If a decision cannot be reached, an appeal will be made to District Director.

Disciplinary Hearings

Any player, coach, manager or anyone associated with a District 10 team that receives a Match penalty is required to come before the District 10 Hearing Committee to determine if further disciplinary action, if any, shall be imposed. The Hearing committee will be formed as outlined in District 10 By-Law Article 4 Sec.7. **D10 holds their hearings on the 1st & 3rd Wednesday each month, at the Anoka Boardroom.** The penalized person is **immediately suspended from participation in any/all team practice, game or team activities until after the hearing.** If the penalty has been assessed to a player, it is requested that the Head Coach accompany the player to the hearing. If extenuating circumstances prevent the Disciplinary Committee from holding the hearing within thirty (30) days of the incident, the suspension will be automatically expired after 30 days, per the USA Hockey Playing Rules book.

No hearing or appeals on playing rules suspensions.

Rest Rule

Teams shall not participate in more than two on-ice activities per day, nor shall they participate in more than one tournament at a time (no overlapping days). On-ice activities include games (league, tournament, exhibition, etc.) and/or practices. There shall be a minimum of two (2) hours between on-ice activities on the same day and ten (10) hours between on-ice activities on consecutive days. The time is from the end of one-on-ice activity to the beginning of the next. Exceptions:

1. Mites – the time between activities can be reduced to 1-1/4 hours for on-ice activities of 60 minutes or less and 45 minutes for on-ice activities of 45 minutes or less and will be allowed to play no more than four (4) half/cross ice games of 45 minutes or less per day.
2. Teams may schedule practice before or after a game, without the two hours of rest, at the discretion of the coach and the association.

Additional Information

- A. Officials should be at the rink 15-20 minutes before the scheduled start time of the game. It is a good practice for the home team Head Coach or Team Manager to verify the officials are at the rink while your team is getting dressed.
- B. Players are not to go onto the ice until at least one of the game officials is on the ice. **THIS IS USA HOCKEY INSURANCE REQUIREMENT.**
- C. **Only One (1) Referee at the Game** - In the event there is **only one (1) referee at the arena** at the time your game is scheduled to start, every effort will be made to get a second referee to the arena as soon as possible. The game will start and be played with one (1) referee until the second referee arrives. If a qualified official is found that has a child playing on either of the teams involved, that official may be used to fill in for the missing official in this instance. The game will be considered official and is **not** grounds for protest if the entire game is officiated by only one (1) referee. If there are only two (2) officials at a Bantam "A" game, where the three-man system (one (1) referee & two (2) linesmen) is used, the two (2) man system will be used.
- D. Parents, coaches, assistant coaches, or managers shall not verbally abuse the opposing players, coaches, assistant coaches, managers, officials, minor officials, and/or league officials. Any unsportsmanlike conduct will be grounds for an indefinite suspension by the District 10 Disciplinary Committee. The referees always have the authority to order a person removed from the playing area or arena.

Coaches should not argue with an official on the ice, before or after the game. Coaches, players, managers, minor officials or spectators (fans) are not to enter the officials' room (unless invited) before, during or after a game. A violation of this policy will be dealt with per the Youth Rules and Regulations, Section XIV CONDUCT of the *MINNESOTA HOCKEY* Handbook. Referee's will report this violation/circumstances to the D-10 Supervisor of Officials who will notify the District Director. Penalties will be assessed for the violation of this rule.

- E. The Head Coach is also responsible for the conduct of the players' parents. If a coach has a situation where you feel one of the parents from your team will confront the officials on their way out of the arena, make sure you control the situation and do not let it happen. If this sort of conduct is reported to District 10, your team may be disciplined.
- F. Coaches, managers, and parents should avoid discussing rule interpretations with game officials immediately after games. Complaints on referees **must be reported in writing** to the District 10 Supervisor of Officials (**If a complaint does not go directly to the Supervisor of Officials, it will be ignored**) and the appropriate League Coordinator. Use the *MINNESOTA HOCKEY* Referee Report form or the District 10 Game Report form for your report. If either of these forms is not immediately available to you (the District 10 Game Report form is available on the District 10 website), use a plain sheet of paper. If you do not use one of the report forms, make sure you list all the pertinent information such as: names of referees, date of game, location of game, teams involved, score of game and your complaint.
- G. *MINNESOTA HOCKEY* Referee Report forms or District 10 Game Report forms shall be made out by either of the referees or the Head Coach if there is a problem they think should be brought to the attention of the District Director or the Supervisor of Officials.
 - **Note:** Forms MUST be made out and the League Coordinator notified within 24 hours of the completion of the game anytime a player, coach or anyone else associated with the team is given a game misconduct or match penalty. Time duration for penalties is per USA Hockey and MN Hockey Playing Rules.
 - **Note:** Paragraph D under Coaches Responsibilities for failure to show up for a game.
- H. **Tie Breaking Procedure for Final League Standings** - The position of teams in the final league standings will be determined by the total points acquired in the league games played. Total points accumulated are based on two (2) points for a win and one (1) point for a tie, plus Fair Play points. The 1st place team will be the team with the most points followed in succession by the teams with the next most points. In the event of a tie by one or more teams in the league's final standings, see the Fair Play tie breaking procedure in the handbook to determine the final standings.

- I. **Missing School for Invitational Tournaments** Any association hosting youth or girls Invitational Tournaments should make every effort to schedule the games in a manner that would not cause participating players to miss school classes. It is strongly recommended that no games begin before 6:00 p.m. on any school day. The hosting association should consider teams traveling some distance to participate and arrange the tournament schedule to allow those teams adequate time to travel without having to miss school classes.

Note: Due to Geographic's and the formats required for *MINNESOTA HOCKEY* Region and State Tournaments, players on some of the participating teams will likely miss some school classes to participate in the tournament.

Student Coaches

Go to the USA Hockey website, select Coaches, then select Student Coaches. **Student Coaches on the game bench count as 1 of 4 coaches allowed on the bench for a game/scrimmage.**

Coached Education Program (CEP)

For current CEP information or any questions regarding the coaching clinics contact Sarah Rydberg 320-296-3158.

Hockey Education Program (HEP) Fair Play

MINNESOTA HOCKEY has instituted a program called Hockey Education Program (HEP). HEP is a three-component program intended to make hockey more fun for kids. The three components are skill development (Skill Challenge Program), education (Mastery Approach to Coaching – MAC and Mastery Approach to Parents for Sports – MAPS) and accountability (Fair Play).

The Fair Play program will have an impact on league standings by Fair Play points being awarded to teams based on the conduct of players, coaches, parents and the number of penalties the team is assessed during league games. The following is an explanation of how the Fair Play points will be awarded and how they will affect League Standings:

1. All leagues administered by Minnesota Hockey shall use Fair Play rules to determine league standings. League standings will be determined using the following Fair Play point system: Win = 2 points, Tie = 1 point, Loss = 0 points, plus 1 Fair Play Point. If teams play an unequal number of games, the standings can be determined by a percentage of available points in the games played. The following delineates the recommended Fair Play rules. Leagues may amend these rules by submitting changes in writing for approval by the HEP committee prior to the start of league.
2. Each team will earn their Fair Play point if none of the following occurs:
 - a. Total Fair play penalty minutes' criteria is exceeded.
 - b. Per Conduct Rule XIV.C.2, spectator conduct becomes so abusive that, in referee(s)' opinion, it is distracting from the game or inciting players, requiring the referee(s) to stop play and request specified individuals leave the arena.
 - c. Coach is assessed as a Game Misconduct or Match Penalty.
 - d. An off-ice official (timekeeper, scorekeeper, penalty box attendant) provided by one of the teams exhibits conduct that results in the person being removed from their position by the referee(s).
3. Fair Play total "equivalent" penalty minute criteria.

a. Squirt	10 minutes	f. Girls 10U	8 minutes
b. Peewee	12 minutes	g. Girls 12U	10 minutes
c. Bantam	14 minutes	h. Girls 15U	12 minutes
d. Jr. Gold	16 minutes	i. Girls 19U	14 minutes
e. Jr. Gold	16 minutes		
4. For the purposes of total Fair Play penalty minutes, the following outlines the penalty "equivalency" minutes associated with each of the following classifications of penalties, Per Minnesota Hockey Handbook, page 30:

a. Minor/Bench Minor	2 minutes	e. Match	5/10 minutes
b. Major	5 minutes	f. Minor plus Misconduct (2&10)	12 minutes
c. Misconduct	10 minutes	g. Misconduct for no mouth guard	2 minutes
d. Game Misconduct	10 minutes	h. Penalty Shot – Equivalent minutes to penalty assessed	
		i. Ejection Rule/Cooldown	0 minutes
5. If two or more teams are tied in final standings, the following process shall be used to determine position in the standings. If the tied teams played an unequal number of games, the formula results stated below must be determined by a percentage of

available points in the games played. When the tie involves two teams, the tie breaking formulas shall be used in succession until the tie is broken beginning with 5.a. When the tie involves three or more teams, their position in the standings shall be determined using the same process, except when one formula establishes a position for one or more teams, each team is placed in the applicable position. Once a team(s) is placed, the tie-breaking process shall be restarted at formula 5.a for the remaining tied teams.

- a. **Total points from** head-to-head competition among tied teams including Fair Play points.
 - b. Most wins in league play.
 - c. Fewest losses in league play
 - d. Most Fair Play points earned in league play
 - e. Largest goal differential among tied teams. (six max. per game)
 - f. Greatest quotient: goals for divided by goals against among tied teams.
 - g. Largest goal differential for all league play. (six max. per game)
 - h. Greatest quotient: goals for divided by goals against for all league play.
 - i. Flip of a coin by a league official in the presence of the District Director.
6. In District 10 League play there are no forfeits. All league games are to be played as scheduled. (unless inclement weather rule is implemented, see page 18). Any team failing to show for a scheduled game will not receive fair play point and will be responsible for all rescheduling fees/fines.
7. **The six (6) goal minimum only effects league standings.**

Penalty Rules

Minor Penalties

Minor penalties for all league, scrimmage, and tournament (invitational, district, region and state) games, with periods of:

Thirteen (13) minutes will be one minute and 30 seconds (1.5) minutes. Squirt all levels, Girls 10U A, B1, B2 PWB2, PWC & 12UB2.

Thirteen (13) minutes will be two minutes (2.0) minutes for BANTAM B2 & BANTAM C.

Fifteen (15) minutes will be one minute and 30 seconds (1.5) minutes. PWAA, PWA, PWB1, GIRLS 12U A & B1.

Fifteen (15) minutes will be two minutes (2.0). BANTAM AA, A, BB1, GIRLS 15U A & B.

Implementation of this program is up to the discretion of each individual Minnesota Hockey District.

The Fair Play penalty minute thresholds, by level as outlined in Playing Rule P3, will remain as is. For the purposes of Fair Play penalty “equivalency” minutes, minor penalties will continue to be counted as two (2) minutes, as outlined in playing rules MNH Handbook during this year.

Two Game Misconducts

When a coach receives his second Game Misconduct in a season, **they have to meet with the D-10 Disciplinary Committee. The meeting will be held within** five (5) days of the last infraction.

If this rule is ignored, it will be an automatic suspension until further notice.

Skill Development

Mite / Girls 8U HOCKEY

MNH strongly encourages the skill level development of all players. This is particularly critical at the Mite level so that players are provided with the foundation to enjoy and have success in the game.

1. Mite teams shall participate within their home association and district only. This is to reduce travel expenses and promote development rather than competition. The District Director(s) may allow exceptions, for convenience or to maintain continuity and permit a team to play outside the district. The District Director's decision is final.
2. Mites are generally organized into levels based on age, skill and the number of players in the association. As a guideline, Mites should be divided into two levels: Mini-Mites (6 & under) - the younger, beginner and less skilled players; and Mites (8 & Under) - the older, experienced, more skilled players.
3. The focus for Mites is to teach and develop the basic skills of skating, puck handling, shooting, and passing. Cross-ice, half-ice and small area games are the standard of play to maximize ice utilization, increase puck touches, competition and fun. The American Development Model (ADM) and Minnesota Development Model (MDM) provides blueprints for player development.
4. At the Mite C & D levels – all games **will** be played cross or half ice.
5. At the Mite A & B level – the standard playing surfaces for all games is cross- or half-ice. Recognizing that associations may want to deviate from the standard, **after January 15th up to SEVEN (7) full-ice games are allowed, 4 games will be in D10 league play and 3 games of the team's choice.**
6. Local hockey associations are in the best position to design programs, so their players can develop and have fun. This should be based on the principles of the MDM and ADM model, the number of players in their program, the skill of their players, availability of ice and their coaching staff.
7. In recognition of the need for flexibility and differences between associations, the guidelines outlined in #4 and #5 above will be monitored by the District Director. Abuses will result in sanctions against the respective associations(s) at the sole discretion of the Director.
8. MH does not permit full ice Mite Tournaments. Cross/half ice Mite Tournaments are permitted. A guideline for sanctioned Mite Cross/Half Ice Tournaments is found in the Tournament Supplement. MH Mite teams cannot participate in out-of-state tournaments, except cross/half ice tournaments as approved by their District Director.
9. The Association's level of Mites must have an "A" Mite team unless approved by the competition committee to play lower.
10. Jamborees may be conducted at Mite level. A jamboree is defined as a low-key, full participation event where players have an enjoyable learning experience in a non-competitive environment. Jamborees need not be registered as tournaments but must follow the "Team Rest" provisions as provided for under "Playing Rules". The format for a Jamboree shall be as follows:
 - a. Approval to conduct a Jamboree must be obtained from the District Director at least thirty (30) days in advance.
 - b. All teams must be from one MH District, unless approved in writing by the MH Directors involved.
 - c. Information referring to the event must state "Jamboree", not tournament.
 - d. Team fees can cover only costs for ice time, officials, medical attendants and participant awards.
 - e. There can be no gate fee. A free-will donation box will be permitted.
 - f. USA Hockey certified officials are REQUIRED.
 - g. No score may be kept, no winners, no losers, no standings. This will generally require a predetermined round-robin format to be followed.
 - h. No statistics may be kept, such as shots, saves, goals, assists, time of possession, etc.
 - i. Participation awards, if given, shall be the same for all participants. No team awards or trophies.
11. **Mite A & B Limit number of (league/tournament/exhibition games/events) to a maximum of 25 per season**
12. **Mite C & D Limit number of (league/tournament/exhibition games/events) to a maximum of 18 per season**
13. **There are no substitute goalies at the mite or girls 8U level from one team to another team.**
14. **There will be no full ice controlled scrimmages at the Mite/8U in District 10 or out of District 10.**
15. **No out of District 10 or in District practices with other association teams. They will practice with there own association teams.**

Squirt / Girls 10U HOCKEY

MH strongly encourages the skill development of all players, especially at the entry levels. Therefore, the following is effective for the Squirt/U10 level.

1. Limit number of (league/tournament/exhibition games/events) to a maximum of 35 per season.
2. All team schedules (practices, games, scrimmages and tournaments) will be turned into the D10 League Coordinator by the fifth (5th) of each month. Failure to comply may result in disciplinary action and/or a fine.
3. A three to one (3 to 1) practice to game ratio shall be supported by all associations.
4. **Controlled Scrimmages in D10, between two D10 association teams do not count as a game. If a D10 team goes outside D10, and participates in a controlled scrimmage, it will count as a game for the 25-26 season. Squirt(s) & Girl's 10U (all levels) teams will only be allowed 10 controlled scrimmages total for 25-26 season. Teams going outside D10 for a controlled scrimmage, will notify the D10 Director first.**
5. Refs need to be scheduled for all scrimmages, excluding coaches-controlled scrimmages.
6. A and B1 squirts and Girl's 10U A & B1, must be allocated an equal quality and number of ice hours.
7. The above policies will be monitored by each local association and district. Failure to comply will result in sanctions against the respective Association as determined by the District Director.
8. There shall be no region or state tournaments at the squirt or Girl's 10U level.
9. There is no substitute goalie allowed at the Squirt or Girl's 10U levels.
10. District 10 does not count the District Tournament Games towards the 35-game count.

District 10 Tournament For Teams Advancing to Regions

District 10 Tournament seeding procedure for all levels of Youth and Girl leagues with teams advancing to MN Hockey Regional Play:

- Bantam AA, A, B1, Pee Wee AA, A, B1 & Girls 12 A, B, U15 A, B Leagues with 8 or more teams:
- 8 teams to District Tournament – District 10 Tournament Bracket Format
- Leagues with 15 or more teams: the top four teams in the league will be seeded directly into the tournament. Teams 5 – 12 will have one 'play-in' game, to be played at an arena designated by District 10. (i.e. – 5 will play 12 for the 5th seed in playoffs – etc.)
- A one-time fee will be incurred for all teams participating in play in games. The fee must be paid prior to the teams taking the ice. Both teams will have to pay.
- Leagues with less than 8 teams: All teams to District Tournament - Bracket Format or format determined by District.
- District will use the 12-game bracket for the levels PeeWee/Girls 12U and above and when advancing 3 teams from a level to the Regional Tournament.
- District advances 2 teams to a Regional, the 13-game bracket will be used for only the levels advancing 2 teams.
- All Regional Advancing Playoffs: **Bantam** AA, A, B1, Pee Wee AA, A, B1 & Girls 12 A, B, U15 A, B or Girls 19U
District Tournament games will be three (3) 15-minute stop time periods with resurfacing every two (2) periods. Each team will be allowed one (1) time out per game.
- Bantam AA, A and U15A will begin each game on clean ice.
- District Tournament locations and anticipated ice time requirements will be available at the Annual Membership Meeting. Actual ice time requirements will be determined after final declarations.
- The top team listed in the bracket for each game at all levels of play in the District 10 Tournament will be the home team and will wear their light-colored jerseys, unless directed differently by the respective League Coordinator.
- District Tournament games will not end in a tie. All games will be played to a win or lose situation.
 - a. If the score is tied at the end of regulation play, a two (2) minute rest period is allowed, followed by a ten (10) minute stop time **sudden victory overtime period, which** will be played until one team scores. There will be two (2) minute rest periods between the overtime periods.
 - b. Ice will be resurfaced at the discretion of the League Coordinator. Teams will switch ends for the overtime periods.
 - c. For Minnesota Hockey District, Region and State Tournaments, the score sheets shall be signed by all participating coaches attesting to the accuracy of the player roster and the CEP information.

d. 2024 – D10 Tournament, will follow the game times and penalty minutes that will be used at the Region & State.

Bantam AA, A, B1, U15A, B are the following:

Ice Time: 15-minute periods, will be stop time

Penalty's: Minor Penalty 2 minutes

Pee Wee AA, A, B, U12A, B1 are the following:

Ice Time: 15-minute periods, will be stop time

Penalty's: Minor Penalty's will be 1 ½ minutes

District 10 Tournament For Non-Regional Advancing

District 10 Tournament seeding procedure for all leagues non-regional advancing leagues:

- Bantam B2, Bantam C, Pee wee B2, Pee wee C, Squirts (all levels) & Girls 10U (all levels) & Girls 12UB2.
- All teams to District Tournament
- Bracket Format. Seeding to be determined by standings.
- B.** Forfeits shall be scored 5 to 0 in **District 10 Tournament play only.** (If D10 does not approve the forfeit, then the association that did not get approval will be responsible for all fines and penalties) , **the Association will be Issued a fine of \$, 2,000.00**
- C.** District Tournament locations and anticipated ice time requirements will be available at the **September** Membership Meeting. Actual ice time requirements will be determined after final declarations.
- D.** The top team listed in the bracket for each game at all levels of play in the District 10 Tournament will be the home team and will wear their light-colored jerseys, unless directed differently by the respective League Coordinator.
- E.** All Non-Regional Advancing Playoffs: Bantam "B2" 'C', Pee wee 'B2', 'C', Squirt 'A', 'B' B2'C and Girls 10U 'A', 'B1', 'B2' and Girls 12UB2 District Tournament games will be the same one (1) hour format as District 10 league play with resurfacing before each game. No Timeout. **Except Bantam B2 will be 75-minute game time.**
- F. CHAMPIONSHIP GAME ONLY** - The Bantam B2, Bantam C, Pee wee B2, Pee wee C, Squirts (all levels) & Girls 10U (all levels) and Girls 12UB2 will be three (3) **13-minute** stop time periods with resurfacing before each game. Each team will be allowed one (1) timeout in the Championship game only.
 - a. See "District Non-Regional Advancing Playoff Overtime Procedure"

Non-Regional Advancing Playoff Overtime Procedure

In case of a tie at the end of regulation play:

There will be a one (1) minute rest period followed by a five (5) minute sudden victory overtime period. The five (5) minute overtime period will be stop time. The first team to score wins the game.

Goalies will switch ends during the 5 minute overtime.

If the score is tied at the end of the overtime period, the following shootout process will decide the winner:

Home team will have the choice of shooting or defending first.

1. There will be a one (1) minute rest period followed by a shootout.
2. During this rest period each team will select three (3) skaters to start the shootout, and the jersey numbers of the participating skaters will be communicated to the head referee.
3. All players will remain on their respective benches with the only players being allowed on the ice are the two participating goalies and the participating shooter.

4. The shootout process will start and alternate from team to team until the three (3) skaters have completed their round of shoot outs or until a team is mathematically eliminated.
5. If the teams are still tied, then there will be a single player shootout.
6. Teams will select the shooters and will alternate shooting. If one team scores and the other does not, then the game ends with the scoring team as the winner. If both teams score, and do not, then the next player will shoot. This will continue until a winner is declared.
7. The scorekeeper will note the team, player number and result of each attempt.

At no time will a player be able to shoot twice before all his/her teammates have had a chance to participate.

At no time will a goalie be able to participate as a shooter in the shootout.

Any player that had a penalty which didn't end before the overtime period ended is not allowed to participate.

2025-2026 District 10 Tournament Sites

FEBRUARY 14TH – 22RD (REGION ADVANCING TEAMS)

Anoka Arena – Bantam B1 & Peewee B1

Andover – Peewee AA & Peewee A

Fogerty – Bantam AA & Bantam A

Princeton – Girls 12A, Girls B1, Girls 15A & Girls 15B

SUPER SUNDAY - ANOKA ARENA, FEBRUARY 22RD, 2026 & FOGERTY ARENA, FEBRUARY 22RD, 2026

FEBRUARY 7TH - 14TH (NON REGION ADVANCING TEAMS)

Anoka – Squirt B2 & Squirt C

Andover – Squirt B1

Fogerty – Peewee B2, Bantam B2 & Bantam C

Princeton – Girls 10U A, B1 & B2 & Girls 12UB2

Coon Rapids – Squirt A & Peewee C

POSSIBILITY OF ADDING ANOTHER SITE ADDED DEPENDING ON THE NUMBER OF TEAMS

PLAYIN GAMES IF NEEDED WILL BE WEDNESDAY, FEBRUARY 11, 2026

These sites are tentative and subject to change. Sites listed for Girls 12U A & B1 and above and Peewee AA, A & B1 and above are based on an eight (8) team tournament. If the number of teams are below eight (8), the tournament site may be changed for more efficient use of ice times and officials. Due to increases in ice costs, sites are also subject to change for economic purposes.

Tournament Workforce Requirements

- There will be no admission/gate fee for the District 10 Tournament/Playoffs
- Each team participating in the District 10 Tournament will supply one (1) worker for the penalty box for their respective game.
- **No Minors are allowed in the penalty box or scorers area.**
- The following is a list of the workforce required for each game to work the tournament: (associations will be notified)

NOTE: All workers assigned to these positions must be adults.

Supervisor.....1

Security.....2

Penalty Box.....2

Ticket Takers.....2 (State Only)

District 10 shall review the workforce attendance for District/Region/State Tournaments each year. Any Host Association with unsatisfactory workforce attendance shall be assessed at an additional \$100.00 per team (to maximum of \$1000.00).

Tournament Job Duties

1. SUPERVISOR: District 10 League Coordinator

The Supervisor position shall be responsible for insuring that the full workforce is present and on time. Any interfacing between workforces (such as clock instruction) shall be handled by the Supervisor. The Supervisor shall act as an assistant to the League Coordinator or another District 10 Board Member acting on the League Coordinators' behalf. The Supervisor, or someone appointed by the Supervisor, is to attend the arena until the completion of all the tournament games. The Supervisor, or the appointed replacement, shall assist the League Coordinator in counting the cash box at the completion of the ticket takers duties each day following the Region and/or State Tournaments.

2. ANNOUNCER: District 10 to Provide

- Announce league level and teams playing.
- Announce the starting lineup, first the visiting team and then the home team. (only with time permitting).
- Announce goal scorers name, number, team and assisting names and numbers.
- Announce the type and length of the penalty, and only the number and team of the player who committed the penalty.
- Announce when both teams are full strength.
- Announce when there is only one (1) minute remaining in the period and again in the game.
- Announce shots on goal at the end of each period and the total shots at the end of game.

3. SCOREKEEPER: District 10 to Provide (Note: Announcer and Scorekeeper shall be done by one person)

- Be accurate.
- **Game Sheet will be used for the game scoring.**
- For scores and penalties, use the time on the clock.
- Keep shots on goal totals.
- **Make notes on the Game Sheet of players not playing in the game.**

4. TIMEKEEPER: District 10 to Provide

- Make sure to stop the clock on the whistle.
- Make sure to start clock on the drop of the puck.
- Make sure to be familiar with the length of periods and penalties.
- If there are questions regarding the clock, use the buzzer to warn the referee before he drops the puck.
- If the game involves any running time, stop the clock to set the penalty and restart the clock when the referee drops the puck.

5. PENALTY BOX (2): Teams to Provide

- Make sure to get the doors open for the player in time.
- Calm the players down when they start to act up.
- Report any unruliness to the referee.
- Keep track of penalties.
- Help referees keep track of players' numbers on mass penalties.
- **No Minors are allowed in the penalty box or scorers area.**

SECURITY (2): Teams to Provide

Take care of the keys for locker rooms and referees' room. Lock and unlock the locker rooms when players come and go from the ice and between games. Assist the referee if needed.

TICKET TAKERS (2) FOR STATE TOURNAMENTS: District to Provide

Ticket Takers will sell daily tickets; tournament passes and tournament programs. They are responsible for keeping track of the cash box. They must arrive at least 1½ hours prior to the start of the first game of the day and stay until their replacement arrives or until the gate has been shut down by a District 10 Official.

A District 10 Official will be available at every game to cope with all disputes.

Junior Gold "A", "B" & "16" sites will be determined by the **Junior Gold High School League**: web site: <https://www.ighsl.org>

District Tournament Rules

- a. The team listed at the top of the bracket in each game will be the home team, unless directed differently by the respective League Coordinator.
- b. The home team will wear their light-colored jerseys.
- c. All games will be played to a Win-Lose situation.
- d. A six (6) or more goal differential in the third period will result in running time.
- e. Running time will be used whenever a 6-goal differential occurs in the third period. *(If the goal differential becomes five (5) or less, stop time shall begin again)*
- f. **No pucks are allowed on the ice until the nets are set.**

Trainers/EMT/Medics

For all sanctioned District Tournament and Invitational Tournament games, there shall be one trainer assigned to each sheet of ice used for tournament play.

When Trainers/EMT/Medics are available (All Tournaments) and there is an injury, coaches/parents are not allowed on the ice until requested by the Trainer/EMT/Medics or on-ice officials.

District 10 Substitute Goalie Request:

In the event a rostered/non-rostered goalie (s) is not able to participate in a scrimmage, D-10 League, Invitational tournament or District 10 Tournament game(s), a substitute goalie may play in place of the rostered/non-rostered goalie provided the following is met:

1. The substitute goalie is not from a higher classification team (division or level).
2. The substitute goalie is acquired first from within the local association and second from teams within the District or league.
3. The substitute goalie must wear the jersey from his/her home association team.
4. The substitute goalie must wear the opposite jersey of the team they are substituting for, (the team is home, substitute goalie wears their away jersey and vice a verse).
5. Substituting does not interfere with any activities of his/her home association team.
6. The substitute goalie must abide by the player rest rule as stated in MN Hockey Youth Rules.
7. Substitute goalie may play only if rostered goalie(s) are not able to play; or a substitute goalie maybe used if the team does not have a goalie.
8. The substitute goalie form must have the approval of the District 10 Director.
9. If the team is leaving District 10 to play in another District, both District Directors must sign and approve the Substitute Goalie form.
10. The substitute goalie must be properly registered on a MN team for the current season in order to be eligible to participate as a substitute goalie.
11. This District 10 policy and request form is not intended for use with the **Squirt, Girls 10U, Girls 8U or Mite teams.**
12. The substitute goalie retains eligibility with their home team or organization at their original classification for the balance of the playing season whether they play in a game.

NOTE: The objective of the rule is to allow a team to obtain an emergency back-up substitute goalkeeper during scrimmages, D-10 league, invitational tournament or District 10 Tournament game(s).

The rule is not intended to permit teams to improve their goaltending through the drafting of an additional player.

District 10 Substitute Goalie Request form can be found on the D-10 website.

Region and State Tournament. MN Hockey Emergency Backup Goalie (E-Bug) MN Hockey

1. MN Hockey has their own forms that must be use for Region and State tournament play.
2. The E-Bug retains eligibility with their parent team or organization at their original classification for the balance of the playing season whether they play in the tournament in question.
3. E-Bug form must be signed/approved by the releasing/receiving District Directors.
4. E-Bug form can be found on the MN Hockey web site.
5. The E-Bug must be properly registered on a MN Hockey team for the current season in order to be eligible to participate in a regional or state tournament.

6. Proof of registration, such as a copy of their parent team's registered roster will be required during tournament check-in.
7. For more information on requirements, please go to the MN Hockey Handbook under Youth Rules and Regulations, VI. Team Composition C & D.

Protests

Protests must be filed in writing with the District person at that tournament within one (1) hour of the game completion in question. Failure to follow procedure nullifies any protest. Calls made by an on-ice official are not cause for a protest. The District President has ten (10) days to issue a decision.

Note: Teams which compete in Leagues run by a District other than District 10 will follow that District and League rules governing standings, fees and playoffs.

MN Hockey Seeding Procedure for Region Tournament

For all District 10 Leagues, both Youth and Girls, the following seeding procedure for teams advancing to Regions will be used:

- A. Advancement to Regional play will be based on results from the District Playoff Tournament. The bracket format will be used and advancement to regions may be adjusted as needed depending upon the number of District teams that are advancing.
- B. The District 10 Tournament Champion will advance to the Region Tournament as District 10 Seed #1. The Runner up, or 2nd place team, will advance as District 10 #2. If sending 3 teams, the winner of the 3rd place game will advance as District 10 #3. If they send 4 teams, the loser of the 3rd place game will advance as District 10 #4.

2025-2026 USA & MN HOCKEY

District Tournaments (Advancing to Region Teams) February 14th – February 22nd, 2026

Region Tournaments February 27th – March 1st, 2026

*The following is a list of the Regional Tournament sites District 10 will be hosting:

Anoka Arena BANTAM AA & BANTAM A & Princeton Arena BANTAM B & PEEWEE AA
Rogers Arena Girls 15UA

District Tournament (NON-advancing teams) February 7th – February 14th, 2026

For the number of teams advancing to the Regional Tournaments by level, refer to the current MN Hockey Handbook.

MN Girls State H.S. Tournament February 18th – 21st, 2026

MN Boys State H.S. Tournament March 4th – 7th, 2026

MN Hockey State Tournaments (Youth & Girls) March 13th – 15th, 2026

High Performance / Tier 1 Boys and Girls 14 & 15 Tryouts 2026

THIS POLICY APPLIES TO BOTH BOY'S AND GIRL'S PLAYERS.

- Participants who have a birth year (see MN Hockey website, High Performance) from any level of play and who are in good standing with their respective Association, can try out for the district 10 High Performance Program in the spring and/or District 10 Tier 1 Program the fall.
- Players will participate in tryouts within their Minnesota Hockey Districts. Players must try out in the District in which they live, not in the District where they attend school.
- It is the policy of District 10 Hockey that all players must attend at least **two** of the tryout sessions to be eligible to play on a District 10 Hockey HP/Tier-1 team, **no exceptions will be made.**
- Location and time of tryouts are to be determined – watch the website for updates.
- **District 10 recommends players should attend more than the required two sessions.**
- **Tryouts will be held two (2) days in week one and one to two (1 to 2) days the following week, where each day will be holding one to two (1 to 2) sessions, depending on the number of players.**
- **REGISTRATION WILL CLOSE FOR BOTH HP AND TIER 1 AT MIDNIGHT 2 DAYS BEFORE TRYOUTS START.**
- **All questions or request for special arrangements, the General Manager is the person to contact that only has the authority to respond.**

**BY-LAWS
OF
MINNESOTA HOCKEY (MNH) - DISTRICT 10 HOCKEY**

ARTICLE 1

Offices

- SECTION 1.** The principal office shall be at an address designated by the President of District 10.
- SECTION 2.** The corporation may also have an office at such other places as the Board of Directors from time to time may appoint, or as the business of the corporation may require.

ARTICLE 2

Membership Meetings

- SECTION 1.** All meetings of the membership of the District shall be held the first Monday of each month from September through April, except the Month of March. If it falls on holiday, the next Monday will be scheduled. Time and location are determined by the District President.
- SECTION 2.** An annual meeting of the membership of this District for the election of board members to succeed those whose 2-year term expires, and for the transaction of other business as may properly come before the meeting, shall be held in April with 10 days' written or email notice to each association. All elected terms start and end with the District 10 Annual meeting.
- SECTION 3.** The order of business at the annual meeting of the District shall be as follows:
- a. Call the meeting to order.
 - b. Reading of the minutes of last previous annual meeting.
 - c. Report of the officers.
 - d. Report of the committees.
 - e. Election of board members.
 - f. Miscellaneous business.
- SECTION 4.** Special meetings of the membership to conduct the normal business of the District may be called by the President or by a majority of the Board of Directors, and may be called at any time the President, Vice President, Secretary, or the Treasurer upon the request of 25% of the outstanding membership.
- SECTION 5.** A quorum at any annual or special meetings of the District membership shall consist of most of those associations that are in good standing and within Minnesota Hockey District 10.

ARTICLE 3

Membership

- SECTION 1.** The membership of District 10 Minnesota Hockey shall be comprised of all participating associations within District 10 Minnesota Hockey, providing they pay the annual dues as assessed by district, state, and national organizations.
- SECTION 2.** Voting on matters that pertain to the administration of District 10 Minnesota Hockey (i.e. election of board members, tournament bids, changes to by-laws, acceptance of new members associations) requires that each association be allowed one (1) vote per association and one (1) vote for each registered player and coach based on the previous year's numbers. Each officer and director of the District 10 Board, excluding the District Director, shall have one (1) vote.
- SECTION 3.** Voting on matters that pertain to the operations of the District 10 hockey leagues (i.e. modifications of playing rules, length of games, playoffs, number of games, etc.) shall be done by the Board of Directors.

- SECTION 4.** Each member association shall appoint a delegate to act as their representative at the meeting of the District Membership. Their delegate has the power to cast their association's allotted votes. The delegate will attend all meetings and minutes will be posted on the D10 website and all correspondence for their respective organizations, and it will be their responsibility to disseminate this information to the teams in their organizations. This delegate will not have a vote on the District 10 Board of Directors.
- SECTION 5.** Each elected Board Member of the District 10 Board of Directors shall be elected for two years and entitled to one (1) vote.
- SECTION 6.** The Articles of Incorporation or By-Laws may be amended by the District membership upon receiving two-thirds (2/3) vote of the membership entitled to vote on the proposed amendment(s), as provided by the By-Laws. Notice of the meeting and of the proposed amendment(s) must be given at least thirty (30) days prior to voting on the amendment(s).

ARTICLE 4 **Management**

- SECTION 1.** The management of all affairs, property, and business of this District shall be vested by the Board of Directors consisting of no less than fourteen (14) persons.
- SECTION 2.** The President may call special meetings of the Board of Directors at any time, or any officer to be held at any location within the confines of District 10 Minnesota Hockey.
- SECTION 3.** Three (3) days' notice of all special meetings of the Board of Directors shall be given each director by three (3) days service of notice, by letter, telegram, telephone, email or personally with the purpose of said meeting stated on each notice.
- SECTION 4.** No stated salary shall be paid to any District 10 Board Member. However, any voucher expenses incurred by any officer or board member may be reimbursed by the approval of the Executive Committee.
- SECTION 5.** The Board of Directors shall meet on the first Saturday in September after the Labor Day weekend, the first Saturday in January after the New Year's weekend) or after any scheduled District membership meeting. A quorum shall be a majority of the voting District Board of Directors. If there is not a quorum of the Board of Directors, the executive committee will continue, providing they have a quorum.
- SECTION 6.** **Executive Committee:**
Between meetings of the Board of Directors, on-going oversight of the affairs of the Corporation shall be conducted by an Executive Committee, the membership of which shall include the following officers of the District Board of Directors:

President, District Director, Assistant District Director, Vice President, Treasurer, Secretary and up to 5 at large members of the District Board appointed by the President.

The executive committee shall have the authority to act on behalf of the Board of Directors in between the regular scheduled meetings of the Board of Directors. The President shall act as chairperson of the executive committee. A majority of the Executive Committee shall constitute a quorum for the transaction of business, and all decisions shall be by majority vote of those present. If one or more members hold more than one position, an extra member(s) may be added, as no person is entitled to more than one vote.

- SECTION 7.** **Hearings:**
All hearings held by District 10 will follow USA Hockey By-Law 10 and Minnesota Hockey by-law Article 6 - AUTHORITY- APPEALS - SUSPENSIONS - COURT ACTIONS.
The hearing committee will consist of a minimum of 3 to 6 members plus a member to record the minutes and the Chairman. If the hearing involves player, coach, parent or team; the appropriate League Coordinator, and/or the appropriate Youth, Girls, or Jr. Gold Coordinator shall be included as members of the committee.

If the hearing is because of a violation of USA Hockey playing rules, then the District Supervisor of Officials will also be included as a member of the committee.

ARTICLE 5

Officers

- SECTION 1.** **The President:** The President shall have the general powers and duties of supervision and management usually vested in the office of the President of a Corporation. Subject to the Executive Committee, the President shall have general charge and supervision over the business affairs of the District and shall see that all orders and resolutions of the Executive Committee and the Board of Directors are carried into effect. The President shall be the chairperson at the Annual Membership meeting, any District Membership meeting, and all meetings of the District 10 Board of Directors. The President shall be ex-officio member of any committee established by the Board of Directors.
- SECTION 2.** **Vice President:** The Vice President shall act in the absence of the President and shall assist him/her in any way he/she can.
- SECTION 3.** **Secretary:** The Secretary of the District shall issue notice for all meetings and record the minutes of each membership meeting, directors meeting, or annual meeting and will compile the same in a corporate record book or in an electronic file. This book shall be available to the membership at any time. The Secretary shall make available the minutes of the membership and annual meetings of the District, within an appropriate amount of time to be set by the Board of Directors. This person shall perform such other duties as are requested of the office, or as are properly required by the Board of Directors.
- SECTION 4.** **Treasurer:** The Treasurer of the District shall have custody of all the moneys and securities of the District and shall keep a record book of accounts. He/she shall disburse the funds of the District in payment of the just demands against the District. He/she shall render to the Board of Directors, from time to time as may be required of him/her, an account of all District transactions as of the financial condition of the District. The Treasurer shall submit an annual financial statement to be presented at the Annual Membership Meeting.
- SECTION 5.** **District Director:** The District Director duties and responsibilities shall be as described in the MH By-Laws Article 7 – Board of Directors.
- SECTION 6.** In case of absence or inability to act on the part of any officer of the District, or of any person herein authorized to act in his/her place, the Board of Directors may from time to time delegate the power or duties of such officer, or any director of any person it may select until such time as his/her successor may be elected and qualify at the next Annual Meeting.
- SECTION 7.** The President and District Director must serve one (1) year on the District 10 board, immediately prior to being elected President or District Director.
- SECTION 8.** No voting Director of an athletic associate governing hockey can be President, League Coordinator, or League Game Scheduler of District 10.
- SECTION 9.** No member of the District 10 Board should act as a Divisional Coordinator for a league they have a son or daughter competing in. However, in certain situations the President can appoint said person to this position. No League Coordinator may coach or manage within his/her own league.

ARTICLE 6

Books and Records

- SECTION 1.** The books, accounts, and records of the District, except as may be otherwise required by laws of the State of Minnesota, may be kept at such places as the Board of Directors may from time to time appoint. These books and records shall be open for inspection by any of the membership of this District.

ARTICLE 7

Removal of a Member Association

- SECTION 1.** District 10, at any regular or special meetings of the membership, may expel (from league play) on ten (10) days written notice, any member association by two-thirds (2/3) vote of the membership.

ARTICLE 8

Divisions and Committees

- SECTION 1.** The President of the District shall appoint the elected Directors to the following assignments within the District:
Vice President,
Treasurer,
Secretary,
League Game Scheduler,
League Coordinators,
Special Committees,
Other positions as needed to conduct the business of District 10.

The Board of Directors shall nominate and select a President from the current elected Board of Directors to serve an annual term.

ARTICLE 9

Playing Rules

- SECTION 1.** The playing rules will be those of the USA Hockey amended by MH and District 10.

ARTICLE 10

Finance Committee

- SECTION 1.** The President shall appoint an audit committee, which will be chaired by the President and made up of three (3) additional members of the District 10 Board whose purpose shall be:
- A. Prepare annual budget and function as a continuous audit committee.
 - B. To prepare an Annual Budget and present to District 10 Board of Directors at the September Board of Directors meeting of the upcoming season.
 - C. The President and District Director have authorization to issue check payments for all approved budget items. If an emergency should arise, the District 10 President will call an emergency meeting (in person, telephone conference or electronic communications) to approve any item not previously covered by the budget process.

ARTICLE 11

Policy and Procedures

- SECTION 1.** Policies and procedures which will serve to foster the purposes and conduct of league play shall be established by District 10 Board.

ARTICLE 12

Inurement of Income

- SECTION 1.** No part of the net earnings of the Association shall inure to the benefit of, or be distributable to, its members, trustees, officers or other private persons except that the Association shall be authorized and empowered to pay reasonable compensation for services rendered.

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