



Mount Pearl Minor Hockey Association All-Star Guidelines

September 2024

Objectives of the All-Star Program

For U11 division and older players (both boys & girls) who want to play at a more advanced level, MPMHA's All-Star hockey program is a competitive league that requires full commitment by both players and their families. All-Star teams are formed by evaluating and selecting players to form a team of the highest quality players to represent MPMHA.

The objectives of the all-star hockey program are:

- To provide an environment for elite-level hockey players to develop their greatest potential;
- To adhere to the development pathways prescribed by Hockey Canada and Hockey NL;
- To develop athlete's skills on a physical, social, and personal level;
- To improve the overall physical health, coordination, and fitness of players;
- For players to learn how to participate in a team environment;
- To develop good relationships with parents, coaches, officials, and all members of the hockey community;
- To prepare young people for everyday life by teaching responsibility, commitment, and work ethic;

- For players to learn how to maintain self-discipline in a competitive environment; and
- For players to become more self-directed and acquire leadership skills.

Coaching & Team Management

Application for All-Star Coaching Positions

1. Any individual applying for a head coach must submit an online coaching application that includes previous coaching experience, NCCP levels attained, an up-to-date RNC Check and Vulnerable Sector Check, and a HNL Screening Application.
2. All prospective assistant coaches, managers, and trainers must submit an online coach/manager application to MPMHA. Also, an up-to-date RNC check, a Vulnerable Sector Check, and a HNL Screening Application is required.
3. Coaching applications are to be submitted online through the MPMHA website. All applications are due per the dates established by the MPMHA. Late applications will not be accepted.
4. Prospective coaches, trainers and managers must have, or be willing to obtain, the appropriate coaching/volunteer requirements as determined by HNL.
5. At the discretion of the All-Star Director, in conjunction with the Board, prospective head coaches may be required to undergo an interview process with a Selection Committee composed of members selected by the MPMHA Board of Directors.

Selection of All-Star Coaches & Managers

1. All-Star coaches will be selected based on the following criteria:
 - Hockey and coaching knowledge
 - Leadership ability
 - Communication skills
 - Ability to relate to the players
 - Coaching philosophy and attitude
 - Previous coaching experience
 - An understanding of adolescent developmental issues
 - Coach's past performance/conduct

2. MPMHA may recommend co-coaches or any individual to a coaching staff. All coaching staff must obtain all appropriate HNL certifications /RNC checks applicable to their division.
3. The MPMHA Board of Directors must approve each coaching staff position. Coaches are **not** permitted on the bench without board approval.

General Coaching Responsibilities

1. Coaches are to lead by example and teach fairness, good sportsmanship, and the development of a team concept.
2. Coaches are responsible for the development of the players on their team. This includes skills, fair play, respect for authority, etc. Coaches must treat all players with respect and expect the same in return.
3. Coaching Staff will attend planning/update meetings throughout the season as required. These meetings will be scheduled by the All-Star Director and include the Technical Director. The Technical Director will attend and conduct a set number of practices for each team throughout the season. Advanced notice of the timing and frequency of these practice sessions will be provided. Coaches should engage with the Technical Director before each session to discuss areas of need and to assist in the planning of the session.
4. Under no circumstances will coaches give or permit players to consume or have illegal substances in their possession.
5. Coaches must use good judgment to ensure that any discussions, involving differences of opinion, etc. between the coach, officials, and/or parents, either on or off the ice are conducted in private.
6. Coaches should be on the ice for all practices and attend all games or find a qualified replacement who has been approved by the MPMHA Board of Directors.
7. All coaches or designates should be in the dressing room one half-hour before a game or practice. Two team-approved representatives have to be in the dressing room at all times. Girls U13 and above, male coaches and parents are not permitted in the room during dressing/undressing. Two female representatives will be in the room during these times.

8. Members of the MPMHA Board of Directors may coach, assist, or manage teams, as approved by the Board (and have the requisite security checks)
9. When there is a female on a predominantly male team, one of the coaching staff (coach, manager,co-manager, trainer, etc.) should be a female or the parent of that child.
10. Where possible there should be recruitment of young coaches from the older division of the MPMHA and MP junior hockey system. These young coaches will develop through the Junior Coaching Program as long as the coach is a player in MPMHA.
11. Specific responsibilities of Head Coaches and Managers are outlined in a document found on our website under association info. Please review these documents.

Team Operations

Team Practices

1. Ice time should be utilized fully with drills and exercises (under the direction of the TD) that are innovative and will keep an optimum number of players active at all times.
2. Only team members or call-ups should attend practices. Call-ups from other teams at practice will be done at the discretion of the head coach.
3. Where possible the Head Coach should utilize call-ups for practice.

Playing Time

1. Players must be treated as fairly as possible in terms of ice time. MPMHA will follow HNL guidelines concerning fair play in all games and tournaments.
2. During regular season games, coaches will generally roll three lines as evenly as possible. Where, in the agreement of the coaching staff, an expected level of effort or proper behavior is not being shown by a player (based on the player's past performance and ability), the coaching staff can elect to reduce the ice time of such player until the expected level of effort or proper behavior is maintained. The reduction of ice time will be implemented after notice has been given to the player and will be followed up with the parent and such player has been provided

a reasonable opportunity to improve their effort or behavior.

Annual Christmas Tournament

1. All Minor Hockey A and B All-Star Teams must participate in the annual All-Star Christmas Tournament and will be responsible to host and participate in their division.

Discipline

1. Coaches will provide parents with a list of team rules, expectations, and any applicable MPMHA rules at their first meeting.
2. Coaching staff have a right and an obligation to exercise appropriate discipline. Coaches must follow the MPMHA disciplinary rules and infractions must be reported to the All-Star Director. Any action must be administered consistently and fairly. Parents must be notified of any suspensions by the Head Coach.
3. Team members are required to attend **80% of practices and 80% of games.** (extended medical exemptions with a doctor's note have to be approved by the board). Any blatant abuse of this may result in disciplinary action by the coach or All-Star Director.
4. The priority of any All-Star player, representing MPMHA, is to the team represented. Any All-Star player absent from a game or practice due to other hockey commitments without the permission of the Head Coach may be subject to disciplinary action.
5. Commitment to Provincial Tournaments: Once a player has been selected to an All-Star team he/she has then committed to play in the Provincial Tournament. A player, who opts out of this commitment, except in cases of sickness, injury, or extraordinary circumstances, will not be eligible for All-Star nor DJHL selection the next year. Travel vacations are not considered an extraordinary circumstance.
6. Any player who leaves the players' bench to go on the ice without permission from the coaching staff is suspended immediately pending a disciplinary hearing. Where such a hearing cannot be held in advance of the player's next scheduled game such discretion will be handled by the All-Star Director. Coaches must inform the All-Star Director promptly of such incidents.
7. Any player selected for an All-Star team who voluntarily quits will not be eligible to try out for All-Star hockey (MPMHA, DJHL) in the following season. Such a

player will only be permitted to play house league in the following season. Note that this player will not be able to play for the MCHL (Metro Club Hockey League) since they have been selected as an All-Star player.

Selection of Captains and Assistant Captains

1. Coaches may select a Captain and Assistant Captains. Coaches will inform the players of the expected role of the Captain and the Assistants.

Communication

1. Good communication is a two-way process and coaches are required to hold player meetings, parent meetings, and team staff meetings regularly. (e.g., the beginning of the season, after the Christmas tournament, and before the Provincial Tournament)

Coaching Decisions

1. Coaching decisions concerning any team matter will be fully supported by the MPMHA Board of Directors if these decisions are made within the MPMHA All-Star Policy and Guidelines.

Player Responsibility

1. Players are expected to attend all practices, games, and team functions. Any abuse of this will result in disciplinary action by the coach or MPMHA Board of Directors. Any player wishing to be excused for other than medical reasons must provide the coach with at least 24 hours notice so that he/she may avail of the call-up procedures to fill the vacancy created. Failure to give the coaching staff reasonable notice of a no-show for team functions may result in disciplinary action.
2. Any Minor Hockey A and B player who cannot attend the Annual Christmas Tournament must notify the manager/head coach one (1) month before the start of the tournament so that normal call-up procedures can take place.
3. Player Uniforms:
The Home uniform consists of a red helmet, red pants, and red gloves with a blue jersey and Blades socks. The Away uniform consists of a red helmet, red pants, and red gloves with a white jersey and Blades socks. It is the expectation that the uniform will be worn at all games. Blades socks can be purchased through the team manager.

Selection of All-Star Teams

1. U11 will have an All-Star “A” and a “B” and a “C” team if circumstances warrant.
2. For U13 and U15 there will be an “A” and a “B” and a “C” team if circumstances warrant. Team selections will occur at the beginning of the season, extraordinary circumstances may be taken into consideration.
3. The process for the Minor U9 Select team will be:
The Head Coach of each team will put forward their top 5 players for consideration. Each Head Coach will also put forward one goalie for consideration. The team will be selected by the Technical Directors and All-Star Director. All players must be second-year players. Girls U9 selects/year end tournament involves all girls in U9.
4. For U18 there will be an “A”, “B”, and a “C” Provincial team if circumstances warrant. The process of team selection is as follows:
Those interested in being considered for a U18 Provincial Team **MUST** complete the expression of interest which will be posted in the fall. Notice for expression will be emailed, on our website and our social media accounts. Failure to sign up by posted deadline will result in the player **NOT** being eligible for the U18 Provincial Teams.
The Head Coach of each team will rank their forwards, defense and goalies of their team. The team will be selected by the Technical Directors and All-Star Director.

All-Star Tryouts

1. For all tryouts, players must be members in good standing. “In good standing” means that they have paid their respective general registration fees(or have a payment plan in place), have paid their respective tryout fees, and have no outstanding balance of funds owed from previous years with MPMHA. Players must be in good standing before the deadline posted on the MPMHA website.
2. Tryouts for team placement will be in an OPEN TRYOUT format. Players will NOT be automatically guaranteed their past year's team slot. Players must try out and be selected for a particular team each year. **All players are expected to attend all evaluation sessions.** A detailed schedule and procedure for the tryout process will be posted on our website before the first session.

3. In the event of illness or injury, players can be evaluated at a later date. A doctor's note must be provided for an absence due to illness or injury. Any extraordinary absence has to be approved by MPMHA Board of Directors. Please note vacation travel will not be considered as an accepted absence.
4. Any player who is unable to attend tryouts due to an injury must first register for the tryout session, pay fees, and then submit a written request to the All-Star Director to have an evaluation done at a later date. This evaluation will be done in conjunction with the All-Star Director, and the Technical Director. This evaluation must happen no later than one month after the last tryout date.
5. In the event of a conflict between the scheduled tryouts and another elite sporting event (e.g., Provincial Baseball/Soccer, etc.), a player may submit a request to have an alternative evaluation conducted. This request must be submitted in writing to the All-Star Director at least 14 days before the scheduled tryout sessions. The request will be reviewed by the All-Star Director who will make a recommendation to the Board of Directors. The Board of Directors must approve all alternative evaluation requests.
6. With the new changes to double carding, girl hockey players are now only permitted to play for one team. As a result of this change from HNL, girls who wish to try out for a Minor Hockey (co-ed) All-Star team must commit to playing with any team to which they are selected, A, B, or C. Any girl who participates in the Minor Hockey try-out process and is unsuccessful may then choose to play Girls Hockey and try out for any teams available therein as opposed to playing in the Minor Hockey MCHL.

Selection

1. Final team selections will be done by the All-Star Director, Technical Director, and independent evaluators. At no point are parents allowed to make comments or ask questions to evaluators about their specific child during the process and once teams have been selected. Any other concerns/questions can be emailed to the All-Star Director and not our Technical Director or other board members. MPMHA will not be taking requests for player evaluations after tryouts.
2. The decision as to which players will be invited to the final selection (if required) is the combined responsibility of the All-Star Director, Technical Director, and the independent evaluators.

3. A player is eligible to try out for an All-Star team in his/her age category only. A player will be evaluated for the position identified on their registration form (except in the case of U11 – players will select either player or goaltender).
4. Players are to be selected on ability. The All-Star Selection Committee (composed of the All-Star Director, Technical Director, and evaluators) will ensure that selections are fair and result in the best teams available.
5. A standardized evaluation form shall be pre-approved by the MPMHA Board of Directors and used for all player evaluations. This form must be completed, scored, and totaled to validate the selection process.
6. At each stage of the selection process, the All-Star selection committee will submit the list of players moving forward through the tryout process to the MPMHA office before players are notified.
7. An evaluation form of all try-out players is to be submitted to the All-Star Director who undertakes responsibility for submission to the MPMHA office.
8. The All-Star Selection Committee shall evaluate goaltenders based on the Hockey Goalie Evaluation Process. This process will be distributed to the goalies before the tryouts. Goaltender Evaluators will be selected to assist in the process.
9. Before final approval, goaltenders **may** have an extra on-ice session. This session will involve shooters with pre-set goaltender drills.
10. All players in U11, U13, and U15 will get a minimum of 1 skill session, 1 small area game session, and 2 games as part of the initial evaluation process. For U13 and U15 players the skill sessions will be separate for forwards and defense to allow for more position-specific skill evaluation. Once the initial evaluation process is concluded, there will be a set number of players per division named to participate in 1 or 2 further game sessions for final evaluation. During the second portion of the evaluation, some of the higher-ranking players may be asked not to attend one or more of the games. This will be done to ensure proper evaluation of the remaining players can be completed.
11. For U9 Selects and U18 teams, no formal tryouts will be held.
12. Final team selections will be posted to the MPMHA website under the Association

info tab, under documents.

Tryout Code of Conduct

1. Inappropriate behavior by a player or parent on or off the ice during tryouts will not be tolerated. Inappropriate behavior includes but is not limited to, deliberate attempts to injure someone, harassment or bullying of players on or off the ice, use of foul language, attempting to intimidate or negatively influence others, or acting in a threatening way to any person. Attempting to address a coach while others are present or in public should not happen. Please use the 24-hour rule and email the All-Star Director with any concerns you may have. Any violations may cause the child to be removed from participating in the tryout process and subsequent team selection.

Girls All Star Guidelines:

Beginning in the 2024-2025 season MPMHA and other Metro Associations will feature Girls All-Star teams in U11, U13, and U15 if registration numbers are sufficient to support these teams. Please note that the new one (1) team policy in the metro region states girls cannot be double carded. (possible exceptions could occur for goalies in a situation of necessity)

The following is a guideline for U11-U15 Girls All-Star for 2024-2025:

U11: Where registration numbers permit U11 will have one (1) "A" All-Star team that will compete in the Girls Metro League against other association's "A" All-Star teams. Girls playing on this All-Star team would be a full year team playing a full schedule of one (1) hour games and practice times similar to an All-Star team in the Minor Hockey Divisions. All-Star fees, Coach selection, player/parent/coach/manager expectations, discipline, etc would be the same as stated in the Minor Hockey All-Star Guidelines. Tryout format and team selection for this team could differ from Minor Hockey tryouts depending on registration numbers and interest. This will be determined by the MPMHA Girls Hockey Director in consultation with the All-Star Director, Technical Director and would need approval from MPMHA board of directors. It would then be communicated to the membership before tryouts begin.

U13: Where registration numbers permit U13 will have one (1) "A" All-Star team that will compete in the Girls Metro League against other association's "A" All-Star teams. Girls playing on this All-Star team would be a full year team playing a full schedule of ninety

(90) minute games and one (1) hour practice times similar to an All-Star team in the Minor Hockey Divisions. All-Star fees, coach selection, player/parent/coach/manager expectations, discipline, etc would be treated the same as stated in the Minor Hockey All-Star guidelines. Tryout format and team selection for this team could differ from Minor Hockey tryouts depending on registration numbers and interest. This will be determined by the MPMHA Girls Hockey Director in consultation with the All- Star Director, Technical Director, and would need approval from the MPMHA board of directors. It would then be communicated to the membership before tryouts begin.

U15: Where registration numbers permit U15 will have one (1) "A" All-Star team that will compete in the Girls Metro League against other association's "A" All- Star teams. Girls playing on this All-Star team would be a full year team playing a full schedule of ninety (90) minute games and one (1) hour practice times similar to an All-Star team in the Minor Hockey Divisions. All-Star fees, coach selection, player/parent/coach/manager expectations, discipline, etc would be treated the same as stated in the Minor Hockey All-Star guidelines. Tryout format and team selection for this team could differ from Minor Hockey tryouts depending on registration numbers and interest. This will be determined by the MPMHA Girls Hockey Director in consultation with the All- Star Director, Technical Director, and would need approval from the MPMHA board of directors. It would then be communicated to the membership before tryouts begin.

Tournaments & Travel: Teams invited to and wishing to attend tournaments should give plenty of advance notice (minimum 2 weeks) to the Girls Hockey Director and MPMHA scheduler to confirm that there are no conflicts. This will also allow our scheduler to plan the schedule accordingly. Due to the large scale of our annual Cec Stoyles Christmas Tournament we are unable to accommodate the new C Divisions of Minor Hockey and the new Girls All-Star teams at this time. We are hopeful that another association will host the C Division and Girls All-Star teams for a tournament over the Christmas Season.

Supplemental Documents

Appendix A- Team Expenditure Guidelines

Appendix B- Replacement Players

Head Coach & Manager Responsibilities-found on the website under the tab Association Info, under documents.

