

District 3

Fall 2025 Coaches Presentation

Bantam, PeeWee, 12U, 15U, 19U

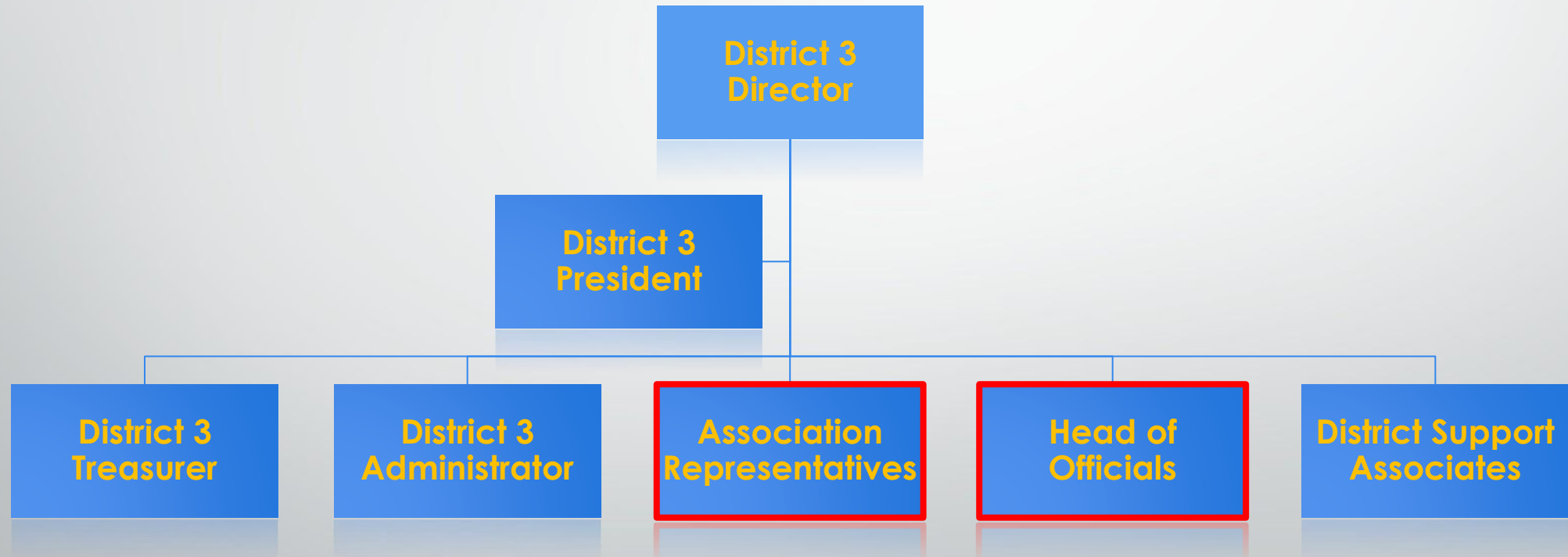


# Associations in District 3

- Armstrong Cooper
- Delano
- Hopkins
- Minneapolis
- Mound Westonka
- Orono
- Osseo Maple Grove
- St. Louis Park
- Wayzata



# District 3 Board of Directors



# Being a Coach

- Association Expectations
- District 3 Expectations:
  - Know the rules in the District 3 Rules & Regs
  - Follow the rules in the District 3 Rules & Regs



# Being a Coach -

## Before stepping on the ice:

- Register with USA Hockey
- Background check – good for two seasons
- SafeSport – every year (year 1 core class, year 2+ refresher)
- USAH Age-specific level module – required for level you are coaching; complete once
- Concussion Training



# Being a Coach -

## Before leaving the meeting:

- Register on D3 website for communications from the District (link located on the coach tab [D3hockey.org](http://D3hockey.org))

## Before December 31, 2025

- CEP Training – training required every year until Level 5 and then additional training required



# Being a Coach -

- The team manager and head coach are the team's only point people
- D3 will not respond to any parents with requests about game results or related concerns
- Utilize the D3 Website – Coaches Tab



# The Team Roster

Contact person:

Machel Whitmore, D3 Registrar



# Important Roster Information

- Only players listed on your team's USA Hockey Roster are ever allowed to play games, which includes scrimmages (controlled or otherwise) and tournament games.
- Only players listed on the team's USA Hockey Roster are allowed to practice with a team.
- No older or younger siblings or children of coaches are allowed on the ice or on the bench unless they are rostered as Student Coaches.
- Any adult who is acting in the capacity of a coach (head or assistant), on or off the ice, is required to be rostered.

*\*\*Only exception -- skills coaches are on a separate roster*



# Tournaments

Contact person:

Michele Jirik, D3 Invitational Tournaments



# Invitational tournaments

- Must be sanctioned by MN Hockey
- Out-of-state tournaments...teams must be pre-approved for out-of-state travel. [Link to online form is on D3 manager tab](#)
- The coach must send in any game or match misconducts that take place in a tournament. Follow the game/match misconduct rules outlined in the D3 Rules and Regulations.

# 2025-2026

## District 3 End of Season Tournaments

Bantam and PeeWee AA/A, B1  
15UA & B and 12UA & B1  
will start February 14th, 2026

Bantam and PeeWee B2/C & 12UB2  
will start February 21st, 2026

Squirt and 10U will start March 1st, 2026



# 2025-2026 B2 and C District 3 Post-Season Tournaments

New in 2025-26, District 3 is partnering with District 1, 5 and 10 to offer a post season tournament for all B2 and C teams at Bantam, PeeWee, and 12U. More details will be provided soon. Dates are the weekend of March 6-8<sup>th</sup> 2026.



# 2025-2026 Region and State Tournaments

MN Hockey Region Tournaments  
February 27th - March 1st, 2026

MN Hockey State Tournaments  
March 13-15th, 2026



# Please take out your Phone to Register as a coach

Go to [www.d3hockey.org](http://www.d3hockey.org)

- Click on the Coaches tab at the top
- Then click the registration link



**Reminder - Before December 31, 2025**

- CEP Training – training required every year until Level 5 and then additional training required

# District 3

# Specific Rules and Information

Supervisor of Officials  
*Matt Olsonoski*



# Player Conduct In Games

## Player conduct

- Officials have been instructed to be more consistent and have a heightened level of enforcement
- They will not seek out penalties, but obvious infractions will be penalized

## Proper penalty progression - Player

- Minor – This is additional to any penalty received
- Misconduct
- Game Misconduct
- Warning to the Captain
- Bench Minor penalty



# Specific Penalties

## 401

(b) Any player, except in the Adult age classification, who receives four penalties in the same game shall be assessed a game misconduct penalty. Any adult player who receives five penalties in the same game shall be immediately ejected for the remainder of the game with no further suspension.

Any Head Coach whose team, except in Adult classifications, receives twelve (12) or more penalties during one game shall be suspended for the next scheduled game of that team.



# Game Length, Period Length, and Length of Penalties

	Games	Game Length	Officials	3-Penalty Rule	Minor Penalties	Overtime, Time Outs (league games)
<b>Jr Gold</b>	No game limit	Metro League 3-15 min stop periods, <u>90 minute</u> games	3	Yes	2:00 minutes	No
<b>Bantam AA</b>	No game limit	3-15 min stop periods, 90 minutes <u>games</u> ; scrape between 2 <sup>nd</sup> and 3 <sup>rd</sup>	4	No	2:00 minutes	No
<b><u>Bantam A</u></b>	No game limit	3-15 min stop periods, 90 minutes <u>games</u> ; scrape between 2 <sup>nd</sup> and 3 <sup>rd</sup>	3	Yes	2:00 minutes	No

<b>Bantam B, C</b>	No game limit	3-15 min stop periods; 75 minute <u>games</u> ; No scrape between 2 <sup>nd</sup> and 3 <sup>rd</sup> .periods.	2	Yes	2:00 minutes	No
<b>Pee Wee AA</b>	No game limit	3-15 min stop periods; 75 minute <u>games</u> ; No scrape between 2 <sup>nd</sup> and 3 <sup>rd</sup> .periods.	2	No	1:30 minutes	No
<b><u>Pee Wee</u> <u>A</u></b>	No game limit	3-15 min stop periods; 75 minute <u>games</u> ; No scrape between 2 <sup>nd</sup> and 3 <sup>rd</sup> .periods.	2	Yes	1:30 minutes	No
<b>Pee Wee B, C</b>	No game limit	3-12 min stop periods; 60 minute <u>games</u> ; No scrape between 2 <sup>nd</sup> and 3 <sup>rd</sup> .periods.	2	Yes	1:00 minute	No
<b>Squirt A, B, C</b>	35 game <u>limit</u> (does not include district playoff games)	3-12 min stop periods; 60 minute <u>games</u> ; No scrape between 2 <sup>nd</sup> and 3 <sup>rd</sup> .periods.	2	Yes	1:00 minute	No

	<b>Games</b>	<b>Game Length</b>	<b>Officials</b>	<b>3-Penalty Rule</b>	<b>Minor Penalties</b>	<b>Overtime, Time Outs (league games)</b>
<b>15U-B</b>	No game limit	3-15 min stop periods; 75 minute <u>games</u> ; No scrape between 2 <sup>nd</sup> and 3 <sup>rd</sup> .periods.	2	Yes	2:00 minutes	No
<b>12U-A</b>	No game limit	3-15 min stop periods; 75 minute <u>games</u> ; No scrape between 2 <sup>nd</sup> and 3 <sup>rd</sup> .periods.	2	Yes	1:30 minutes	No
<b>12U-B</b>	No game limit	3-12 min stop periods; 60 minute <u>games</u> ; No scrape between 2 <sup>nd</sup> and 3 <sup>rd</sup> .periods.	2	Yes	1:00 minute	No
<b>10U-A, B</b>	35 game- limit (does not include district playoff games)	3-12 min stop periods; 60 minute <u>games</u> ; No scrape between 2 <sup>nd</sup> and	2	Yes	1:00 minute	No



<b>Mites /8U</b>	6 game <u>limit</u> (includes jamborees) Must have district director approval	3-12 min stop periods; 60 minute <u>games</u> ; No scrape between 2 <sup>nd</sup> and 3 <sup>rd</sup> periods.	2	Yes	1:00 minute	No
<b>19U</b>	No game limit	3-15 min stop periods, <u>90 minute games</u>	2	Yes	2:00 minutes	No
<b>15U-A</b>	No game limit	3-15 min stop periods, 90 minutes <u>games</u> ; scrape between 2 <sup>nd</sup> and 3 <sup>rd</sup>	3	Yes	2:00 minutes	No

**All of this information can be found in the District 3 Rules and Regulations.**



# D3 Exhibition Game Format

- GameSheet must be used for all exhibitions.
- For 60-minute game format: Periods one and two will be 12:00 stop time. Period three will be running time for the remainder of the time slot minus 2 minutes (this is for handshake and clearing the ice).
- For 75-and 90-minute game formats: Periods one and two will be 15-minute stop time. Period three will be running time for the remainder of the time slot minus 2 minutes (this is for handshake and clearing the ice).
- ALL 90-minute exhibitions (scrimmages) will have a resurface between the 2nd and 3rd periods.
- No time outs in exhibition games



# Suspensions

- Players or team officials serving a suspension for a game misconduct violation or disciplinary suspension may not have any interaction with the team 45 minutes prior to the game, during the game and for 30 minutes after the game.
- Prohibited activities include any communication, being in the locker room or in the vicinity of the bench area.
- Violations may result in supplementary discipline.



# Rule Reminders -



## 2025-29 PLAYING RULE CHANGE SUMMARY

Effective August 1, 2025

### YOUTH, GIRLS, HIGH SCHOOL & ADULT PLAYING RULES

RULE#	TITLE	CHANGE SUMMARY
All		Updates "Linesman" position to "Linesperson"
201(b)	Composition of Teams	Adds note allowing expanded team game rosters for Youth Tier I 15-Only, 16U, 18U, and Girls Tier I 19U games. Teams may dress 22 players.
303(b)	Goalkeeper's Equipment	Requires HECC certified neck laceration protectors for all Youth, Girls and High School goalkeepers. With note allowing BNQ certified NLP's for 2025-26 and 2026-27 seasons.
304	Protective Equipment	Edits language to clarify penalties for equipment violations
304	Protective Equipment	Adds rule requiring HECC certified neck laceration protectors for all Disabled players under the age of 18 years old. With note allowing BNQ certified NLP's for 2025-26 and 2026-27 seasons.
304(g)	Protective Equipment	Requires HECC certified neck laceration protectors for all Youth, Girls and High School players. With note allowing BNQ certified NLP's for 2025-26 and 2026-27 seasons.
307(c)	Equipment Measurement	Mandates bench minor penalty for team who challenge a mouthpiece and the challenge is not verified.



# Rule Reminders -

308(a)	Electronic Devices	Adds cameras and microphones to list of devices prohibited to be worn by a player during games. Any violation results in a misconduct penalty.
402(e)	Minor Penalties	Clarifies when a match penalty shall be served when assessed with a minor penalty to same player during same stoppage.
407(a)&(b)	Goalkeeper Penalties	Clarifies how penalties assessed to goalkeeper shall be served.
501(c)	Appointment of Officials	Adds new rule requiring all on-ice officials under 18 years of age to wear a neck laceration protector
601(c)&(d)	Abuse of Officials and Other Misconduct	Mandates game misconduct penalty to player or coach who uses obscene, profane or abusive language to any person after the game.
601.e	Abuse of Officials and Other Misconduct	Clarifies any game report following a physical assault of a game official must be submitted within 24 hours following the game.
610(c)&(d)	Delaying the Game	Removes mandatory minor penalty to a goalkeeper who accidentally shoots the puck out of the playing area.
612(c)	Face-off Locations	Clarifies that stoppages caused by the attacking team in the attacking zone shall result in a neutral zone face-off.
624(b)	Icing the Puck	Allows teams at the Youth 15-Only and above, and Girls 16U and above, to ice the puck while playing shorthanded.
624(c)	Icing the Puck	Requires center-ice face-off location if game officials err in calling icing.
627(c)	Kicking Opponent or Puck	Clarifies play must be immediately stopped and resulting face-off locations for attempted kick-shot.

# Rule Reminders -

628(a)	Kneeing	Adds mandatory misconduct to any minor penalty assessed for kneeing an opponent.
630(d)	Offside	Allows teams at the Youth 15-Only and above, and Girls 16U and above, to play with Delayed/Tag-up Offsides.
630(d)	Offside	Removes automatic whistle for shooting the puck into the attacking end zone "on net" with attacking players still in the end zone.
631(d)	Puck Out of Bounds or Unplayable	Requires a face-off located in the same zone the puck was located in if the puck leaves the playing surface or becomes unplayable.
633(a)	Refusal to Start Play	Adds second warning to team before suspending the game for refusal to start play.
New	Appendix VII	Adds Disabled Hockey Playing Rules to general rulebook



# Equipment Reminders -



## Neck Laceration Protection

Beginning August 1, 2024, USAH requires all players and officials 18 and under (including all Jr Gold and 19) to wear approved neck laceration protection at all times while on the ice.

- Coaches should be the ones enforcing the rules.



Helmet Alterations - Any player who alters their playing helmet will be removed from the ice until the helmet is repaired or replaced.

# Coach Conduct -

- In the event a coach receives a game misconduct penalty, the referee will inform him/her that he/she has limited time, (unless additional is needed) to vacate the players' box.
- A coach's failure to leave the box will result in his/her team receiving a bench minor penalty.
- If the coach still has not left the players box, the referee will inform him/her that he/she has to leave immediately.
- If the coach fails to leave after his/her second warning, his/her team shall forfeit the game.



# Coach Conduct -

- Any coach who receives a game misconduct for abuse of officials will receive a three (3) game suspension for their first offense, except under rule 401 (b) *when a team receives 12 penalties in a game, the head coach will only receive a one(1) game suspension.* The coach will however be subject to the USA Hockey rule of progressive discipline.



# Coach Conduct -

- If a coach receives a second game misconduct for abuse of officials, they will be suspended until they can attend a grievance hearing, minimum five (5) game suspension.
- If a coach receives a game misconduct for abuse of officials with an eighteen (18) years of age or younger official working the game, the coach will receive a five (5) game suspension for the first offense.



# Game Misconduct Reporting



Any Game Misconduct or Match Penalty – Assessed to either a player or coach...



Must be reported by the **head coach** to the supervisor of officials within **24 hours** by filling out the “2025-26 Coach Reporting of Suspension” form on the D3 website



Matt Olsonoski – Supervisor of Officials  
[matt@bhraofficials.com](mailto:matt@bhraofficials.com)

# Game Misconduct and Match Penalty Reporting

Home Standings High Performance Manager **Coach** Tournaments 19U Team More +

COACH > Fall Meeting Info Sub Goalie Info Squirt/10U Game Limit Concussion Info Rules/Regs More +

## COACHES' CORNER

The coaches corner is a place to enhance your sports education. The goal of this area is to assist you in developing better players and better people for future success at whatever level you might be at. Our goal is for you to learn one new thing each time you visit this section. If you have any questions, suggested topics, or articles to contribute to this area please contact us.

All head coaches must register with District 3 using the registration tab to the right. This will ensure coaches receive important communication directly from the District.

## COACH'S REPORTING RESPONSIBILITIES

In District 3, a head coach is required to report game misconducts and match penalties within 24 hours of the game. District 3 has set up an online reporting process which directly forwards the information to the Supervisor of Officials. Failure to properly report a game misconduct or match penalty will result in a minimum of one game suspension for the head coach.

**2024-25 COACH AND MANAGER REGISTRATION**

Coaches and Managers - In an effort to provide critical information, D3 is requiring one coach and one manager from each team to fill out this contact information form. Click here.

**REGISTER: 2024-25 COACH REPORTING OF SUSPENSIONS**

**Coaches must register match penalties and game misconducts using this link on the D3 website.**

# Game Misconduct Reporting

**This information is required on the Suspension Reporting Form:**

- Your team name (Ex. Wayzata BB1 Blue)
- Time, date, and location of game (be specific)
- Name and number of player or coach penalized
- What the penalty was
- When and where will the player or coach be serving his/her suspension – **MUST** be the next scheduled game and player must be crossed off the roster. Make a note on roster next to name that player is serving suspension.



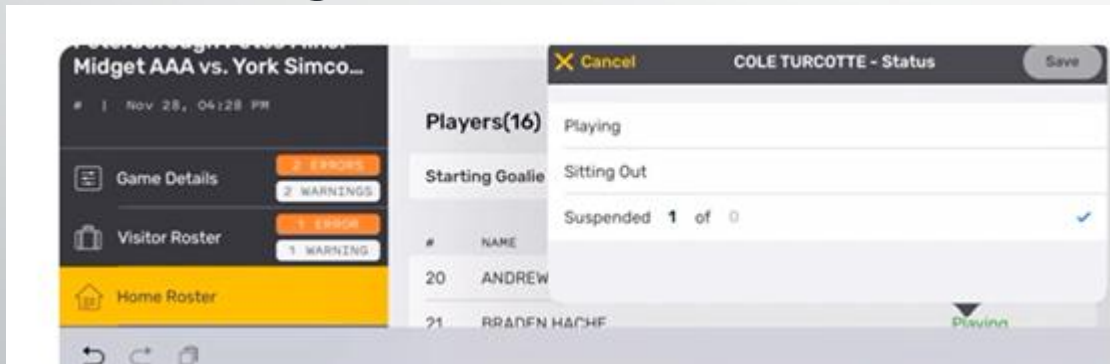
# Match Misconduct Reporting

- Match penalty reporting requirements are the same as for a game misconduct penalty assessment
- A player who is assessed a match penalty cannot participate in any team activities until there is a disciplinary hearing held. Team activities include practices, exhibitions, team functions or games of any sort
- Failure to comply with reporting requirements will result in one additional game suspension for the head coach



# Using GameSheet - player/coach status and recording suspensions

- Suspensions - Players/coaches serving a suspension must be marked as “suspended.” Do not remove from the roster or mark inactive. If the suspension is not coded properly, that game will not count as a suspension for the player/coach and another game suspension must be served.



<https://www.youtube.com/watch?v=UG14SiT0eIg>

# Discipline and Hearings

- If a player or coach on your team receives a match penalty, there will be a match-penalty hearing or option to serve suspension as deemed appropriate, prior to that player returning to play or any other team function.
- As a coach, you may be asked to provide additional information for the hearing.
- You are expected to keep the information confidential.
- There will be hearings for fan or coach aggression towards officials or dangerous penalties. Individuals will be notified of the of the hearing and if they are suspended. If hearing conflicts with team event, the individual will have to miss the team event.



# Goalies/EBUGs

*Contact Person:*

*Andy Treno - Goalie Coordinator*

[goalies@hopkinshockey.com](mailto:goalies@hopkinshockey.com)

952-201-7333



# Goalie Development

D3 Goalie Coordinator:

Andy Treno – [goalies@hopkinshockey.com](mailto:goalies@hopkinshockey.com)

**Mission-** increase the number of D3 goalies, improve our D3 goalie skills, and expand our D3 coaches' goalie teaching skills

- Bring together D3 goalie coordinators to share best practices
- Provide resources to better equip coaches to develop their goalies
- Help associations create goalie development plans for their programs.

# Association Goalie Coordinators by association

Armstrong Cooper	Andrew Cooper	ancooper.hockey.29@gmail.com
Delano	Open Coordinator	Please find someone for this role
Hopkins	Andy Treno	andy@andytreno.com
Minneapolis	Joel Laing	jlaing@mplshockey.com
Westonka	Brad Butler	Brad.butler1@aol.com
Orono	Dan Asfeld	Daniel.ashfeld@gmail.com
OMGHA	Joe Faust	joeyfaust@gmail.com
St. Louis Park	Andrew Koval	kovals@yahoo.com
Wayzata	Christie Weeg & Lindsey Emery	goalies@wayzatahockey.com

# Substitute Goalies

In a case your goalie is not available to play (sickness, vacation), a substitute goalie is allowed:

- Sub Goalie must be at your level or lower (cannot be from a higher level).
- Sub Goalie should be from within your own association first.
- Sub Goalie must be from within your district next.
- Sub Goalie must wear his/her own team jersey.
- \*If substituting game interferes with home team activity, must have parent AND coach approval\* (New change this year.)
- EBUGs **MUST** have District 3 Goalie Coordinator approval (both districts if goalie is from outside D3).
- **Head Coach or Manager must submit the request.** Request is available on the D3 website.



# Association Goalie Coordinators -

- Communicates with goalie coaches from each of their teams
- Knows their goalie numbers at each level and works to solve issues with other D3 goalie coordinators pre-tryouts
- Help their teams with coach EBUG requests, understanding the D3 rules and procedures
- **SUB Goalie Page**
- Provide their coaches with goalie resources to help develop their goalie teaching skills.
- Participate in your association's board meetings to help everyone understand goalie needs.

# Association Goalie Coordinators -



**Every travel team should have a coach designated as a goalie person for their team.**

- Goalie coach has access to goalie-specific drills and development aids – from your goalie coordinator or D3 goalie coordinator
- Ideally, goalie coach attends/helps with goalie skills night
- Ensures that team practice plans include goalie specific skill development and effective goalie warmups.
- Identifies backup goalie options at the squirt/10U level
- Make certain that they have a coach to go to, and that coach is an advocate for them

# District 3 Additional Game Information

*President D3*  
*Gina Hansen*



# Game Rescheduling

- Cancellation of league games is only possible with prior approval from the President of D3.
- Cancellation and rescheduling will only be allowed in the case of inclement weather, unavoidable cancellations by the arena or any other unavoidable circumstance (ex. schedule conflict due to a high school being reschedule).
- **No games will be rescheduled due to the addition of a tournament or scrimmage.**
- There is a process managers must follow to cancel and reschedule with the officials, so please work with your manager. Games must be rescheduled through your association ice scheduler.



# Locker Rooms and Monitoring

- Associations are required to have a locker room monitor policy consistent with MNH and USAH requirements. **A locker room monitor MUST be in the locker room with players at all times.**
- When both male and female players are on a team, special consideration needs to be paid to getting dressed and undressed
- Separate locker rooms, with gender appropriate locker room monitors are the ideal
- Taking turns getting dressed in one locker room is the next best option
- Separate locker rooms should not impact the amount or quality of coaching available to each player

# Concussion Reminders

## Player and Coach safety starts with the helmet.

- WEAR IT STRAPPED! You will face a 30-day suspension for not properly wearing your helmet.
- This is automatic and non-negotiable per USA Hockey
- Follow the Main Rule – “When in doubt – sit them out!”
- Return to play must be provided by a doctor or medical professional.
- Work with your Association President for return to play eligibility.



# Minnesota Hockey High Performance Programs



The main goal of all High Performance Programs is to create opportunities for players to develop and compete at a high level.

Additional goals are to create opportunities that are cost effective, utilize the off-ice and on-ice development models created by USA and Minnesota Hockey and build camaraderie and good sportsmanship.

# Minnesota Hockey High Performance Programs



## Spring – 2026



Boys 15  
Girls 15

Boys 14  
Girls 14

## Summer and Fall – 2026



Boys 15  
Boys 14  
Girls 14  
Boys 13



Boys 14  
Girls 14

# Minnesota Hockey

## Summer-Fall

### Tier One/Two Programs



- Tier One/Two programs are designed to send **teams** from MN to the USA Hockey National Championships
- Minnesota's programs are organized by District and weekend games are organized to meet the National Tournament game qualifying requirement
- Minnesota hosts League and District playoffs to determine the teams that will represent Minnesota at Nationals

# Please don't forget register as a coach

Go to [www.d3hockey.org](http://www.d3hockey.org)

- Click on the Coaches tab at the top
- Then click the registration link



**Reminder - Before December 31, 2025**

- CEP Training – training required every year until Level 5 and then additional training required

Please use this presentation as a resource during the season. We will always be happy to answer questions and clarify what may not be clear, but we ask that you utilize this resource first as it may very well provide what you need.

It will be posted on the coaches' tab.

Thank you!



# Wrapping it up...

- Use the D3 and MN Hockey websites as resources.
- Sometimes a “win” isn’t always reflected by the score.
- Thank you for Coaching!



**HAVE A GREAT  
SEASON!!!**

