

## **Namekagon Rush Hockey Handbook/Code of Conduct for Players and Parents/Guardians** **(Created 7/2026)**

*“Great Moments are Born from Great Opportunity.” Herb Brooks*

The purpose of this is to acquaint you with the expectations of the Namekagon Rush Girls Youth Hockey Program. It is not meant to take the place of communication between coach, athlete and parents; it is designed to encourage it. It is important that you and your athlete read and understand the contents. If there is something you do not understand please contact your coach.

We understand the sacrifices you make as parents/guardians that allow your athlete to be a part of something important to them. Hockey is a time commitment and financially demanding sport. Carefully consider these commitments before committing your player to the season. We appreciate your involvement. Thank you for your continued support.

### **History:**

Our name, Namekagon Rush was created because the Namekagon River flows through the communities that make up our program, making it the perfect symbol of the connection we share across Northwest Wisconsin. Just as the river brings our communities together, the Namekagon Rush brings together young female hockey players who share a passion for the game.

Hayward has volunteered to serve as the program administrator because it is home to the High School Girls Hockey team that many Namekagon Rush players may eventually play for. This creates a natural pathway for player development and helps connect younger athletes to future opportunities in the sport.

The Namekagon Rush is a partnership built on cooperation and a shared commitment to our players. While it is not an official co-op under Wisconsin Amateur Hockey Association (WAHA) guidelines, WAHA allows girls to play for the nearest girls' team when their home association does not offer a girls program.

### **Philosophy:**

To unite and grow the game of girls' hockey in Northwest Wisconsin by working together to provide a safe, positive, fun and challenging hockey experience.

### **Communication/Schedule:**

All team communication will be conducted through the SportsEngine app. Parents and players are encouraged to check the app regularly for updates, schedules, and team information.

To help coaches effectively plan practices, games, and tournaments, it is important that families respond to RSVP requests in a timely manner.

Practice and game schedules will be shared at the parent meeting at the beginning of the season and will also be available in SportsEngine throughout the year.

8U practices and jamborees

- Minimum of 2 practices per week
- Minimum of 1 jamboree per month

10U, 12U, and 14U practices and games/tournaments

- Minimum of 2-3 practices per week either 1 hour or 1.5 hour in length
- Minimum 2-3 away tournaments and 1-2 home tournaments. Multiple games on weekends throughout the season

Please note that schedules may be adjusted throughout the season due to ice availability, tournaments, weather, or other unforeseen circumstances. Families will be notified of any changes through SportsEngine.

**Coach Expectations:** Our coaches are committed to creating a positive, supportive, and development-focused environment for all players. Coaches are expected to:

1. **Treat every athlete fairly and honestly**, ensuring each player feels valued, respected, and supported.
2. **Lead by example**, helping players develop good judgment, strong character, sportsmanship, and pride in themselves and their teammates.
3. **Demonstrate knowledge of the game** and provide age-appropriate instruction that promotes skill development and a love for hockey.
4. **Maintain open and respectful communication** with players and parents throughout the season.
5. **Be organized and prepared** for practices, games, tournaments, and team activities.
6. **Serve as positive role models** both on and off the ice, representing the values of the Namekagon Rush program.
7. **Create an enjoyable and rewarding hockey experience** that encourages growth, teamwork, confidence, and fun.
8. **Establish and enforce team expectations** regarding attendance, effort, sportsmanship, and attitude. Coaches reserve the right to determine appropriate consequences for missed practices, games, tournaments, or conduct that is detrimental to the team.

**Parent/Guardian Expectations:** As a parent or guardian of a Namekagon Rush player, you agree to support and follow the guidelines below to help create a positive and rewarding experience for all athletes:

1. **Encourage your athlete to work hard, improve, and be a positive teammate.** Celebrate effort, growth, and teamwork as much as success on the scoreboard.
2. **Show respect and support for coaches, officials, opponents, teammates, and fellow parents.** Treat everyone with dignity and mutual respect always.
3. **Communicate respectfully both in person and online.** Do not post on social media or send emails, texts, or messages intended to disrespect, intimidate, humiliate, or harm any

player, coach, official, parent, or spectator. Healthy and constructive communication is essential to team success.

4. **Help create a positive environment for all athletes.** Remember that hockey should be a fun, rewarding, and memorable experience for every player.
5. **Demonstrate good sportsmanship at all times.** Unsportsmanlike conduct by parents/guardians, players, or spectators will not be tolerated.
6. **Support your athlete's commitment to the team.** Ensure your player attends practices, dryland sessions, IQ room sessions, games, and tournaments whenever possible, or make arrangements for transportation if you are unable to attend.
7. **Be involved and support the program.** Volunteer your time, assist with game and tournament responsibilities, participate in fundraising efforts, and contribute to the continued success of the Namekagon Rush.
8. **Help maintain a positive hockey culture.** Make a conscious effort to promote respect, teamwork, and sportsmanship at all hockey events. All participants and spectators are subject to disciplinary action for violations of team or association expectations.
9. **Respect the decisions of coaches and officials.** Maintain a positive attitude and demonstrate respect toward coaches, teammates, opponents, and game officials at all times. The Namekagon Rush follows a *Zero Tolerance Policy* regarding abusive, disruptive, or disrespectful behavior.
10. **Use social media responsibly.** Do not post or share content intended to disrespect, intimidate, humiliate, or harm any player, coach, official, teammate, parent, or spectator. Positive and respectful communication is essential to a successful team culture.

**Athlete Expectations:** As a member of the Namekagon Rush, you agree to follow these expectations and represent yourself, your teammates, and the program with pride:

1. **Be a great teammate.** Treat others with respect, support and encourage one another, and always put the team first. Remember: *"Together We Are Stronger."*
2. **Be prepared and on time.** Arrive ready to participate in practices, dryland sessions, IQ room sessions, games, tournaments, and all team activities.
3. **Take responsibility for your equipment.** Keep your gear organized, maintained, and ready for every practice and game.
4. **Be coachable and committed to learning.** Listen, ask questions, accept feedback, and strive to improve every day. Avoid complaining, making excuses, or displaying a negative attitude.
5. **Demonstrate good sportsmanship.** Unsportsmanlike behavior will not be tolerated. Take responsibility for your actions and treat others with respect.
6. **Commit to your development.** Participate in the offseason 10,000 Puck Challenge and other opportunities to improve your skills and hockey knowledge.
7. **Give maximum effort.** Bring your best attitude, work ethic, and energy to every practice, game, tournament, and team event.
8. **Be a positive role model.** You represent Namekagon Rush Girls Hockey both on and off the ice. Demonstrate honesty, integrity, sportsmanship, and strong character in all situations.

9. **Respect coaches, teammates, officials, and opponents.** Maintain a positive attitude and always show respect for others and their decisions. The Namekagon Rush follows a *Zero Tolerance Policy* regarding abusive, disruptive, or disrespectful behavior.
10. **Use social media responsibly.** Do not post or share content intended to disrespect, intimidate, humiliate, or harm any player, coach, official, teammate, parent, or spectator. Positive and respectful communication is essential to a successful team culture.

### **Locker Room Expectations:**

The locker room should be a safe, positive, and respectful environment for all players. As a member of the Namekagon Rush, you agree to follow these expectations:

1. **Help create a welcoming environment.** Every player should feel safe, respected, included, and supported.
2. **Keep the locker room clean.** Pick up after yourself and help maintain a neat and organized space.
3. **Be respectful.** The locker room is a place to prepare, learn, and support teammates. Horseplay, inappropriate behavior, and bullying will not be tolerated.
4. **No cell phones.** Cell phones and other personal electronic devices are not permitted in the locker room unless specifically authorized by a coach. Phones will be collected by locker room monitors upon entering the locker room.
5. **Respect personal belongings.** Do not touch, move, or use another person's equipment or belongings without permission.
6. **Represent the team with pride.** Your actions in the locker room should reflect the values of the Namekagon Rush and contribute to a positive team culture.

### **Bench Etiquette:**

*"The bench is part of the game."* What we do on the bench directly supports our teammates on the ice.

1. Eyes up, ears open:
  - a. Players should be watching the game and listening for instructions or their name. Coaches should not need to repeat themselves. Bench time is for focusing on the game—questions about the next game or post-game plans should wait.
2. Be ready for your shift:
  - a. Helmet on, gloves ready, stick in hand. When it's your turn, you should be ready to step on the ice quickly and safely. There is no pushing or stepping in front of teammates. Line changes and lineups are set by the coaches, and players are expected to follow coach direction.
3. Positive voices only:
  - a. We cheer for teammates and support one another. There is no yelling at referees, coaches, or teammates. Complaints about line changes are not appropriate during the game. If a player is frustrated, we are happy to talk about it 24 hours after the game.

4. One voice at a time:
  - a. When a coach is speaking, players should be quiet and listening. When teammates come off the ice, make room and be respectful.
5. Be a great teammate:
  - a. High-fives, encouragement, and positive energy matter. Hustle and teamwork are expected both on the ice and on the bench.

When the bench is calm, focused, and positive, the whole team plays better. Doing these things helps everyone succeed and earn opportunities as a team.

### **Rush Committee:**

The Namekagon Rush Committee is a volunteer group made up of coaches, parents/guardians, and community members who share a passion for hockey and a commitment to the success of the Namekagon Rush program. Committee members work together to provide leadership, guidance, and support for players, families, coaches, and the organization.

Committee members are expected to:

1. **Attend monthly meetings.** Members are allowed no more than two unexcused absences per year and are committed to serving at least a two-year term.
2. **Maintain and uphold the Namekagon Rush Handbook.** Members are responsible for helping keep the handbook current and for adhering to and enforcing its policies, rules, and Code of Conduct.
3. **Provide guidance on disciplinary matters when necessary.** Members may assist coaches, players, and parents/guardians in addressing behavioral concerns and disciplinary actions in a fair and consistent manner.
4. **Support the Namekagon Rush program and lead by example.** Committee members should demonstrate sportsmanship, respect, integrity, and a positive attitude both on and off the ice.
5. **Fulfill the following roles within the committee.**
  - Jersey Coordinator – Organize jersey ordering, sizing, distribution, collection at season end, and handle replacements as needed.
  - Raffle/Fundraising Lead – Plan and coordinate fundraising events, manage raffle donations and ticket sales, and ensure fundraising goals are met.
  - Marketing/Facebook Specialist – Manage the team's Facebook page and other social media, share updates, promote events and recognize sponsors
  - Coach & Scheduling Coordinator – Coordinate with coaches to develop practice and game schedules, communicate schedule changes, and assist with tournament and rink/ice logistics.
  - Committee Director (Chairperson) – Lead committee meetings, facilitate discussions, assign action items, and oversee progress on committee initiatives.

- Treasurer – Coordinate with the Hayward Treasurer to manage the organization's finances, maintain financial records, collect and deposit funds, pay approved expenses, prepare financial reports, and assist with budget planning.
- Secretary- take meeting minutes and send agenda

Individuals who are interested in serving on the Namekagon Rush Committee are encouraged to contact a current coach for more information about available opportunities and the selection process.

### **Team Manager:**

The Team Manager plays an important role in supporting the team throughout the season. Responsibilities include, but are not limited to:

1. Coordinating and reserving hotel room blocks for away games and tournaments, when needed.
2. Creating and managing volunteer sign-up schedules for all home games and tournaments.
3. Serving as a liaison between coaches, families, and the association regarding team logistics and communications.
4. Assisting with team organization and administrative tasks as needed throughout the season.
5. Ensure all volunteer positions for their team are filled and covered throughout the season.

We encourage parents to consider volunteering for this important role. This volunteer position would cover the required volunteer hours for the season. If you are interested in serving as a team manager, please contact your team's coaches for additional information.

### **Locker Room Monitors:**

The safety and well-being of our athletes is a top priority. In accordance with USA Hockey policies each Namekagon Rush team is required to have designated *Locker Room Monitors*. This helps ensure that only players, coaches, approved team personnel, and authorized family members are permitted in the locker room and that appropriate conduct is maintained at all times. Locker Room Monitors:

- Must be female
- Must successfully complete a background check and safe sport through USA Hockey
- Must help ensure a safe, respectful, and positive locker room environment for all
- Collect cell phones prior to players entering locker room

We encourage parents to consider volunteering for this important role. If you are interested in serving as a Locker Room Monitor, please contact your team's coaches for additional information. This volunteer position would cover the required volunteer hours for the season.

### **Practice/Game/Tournament Expectations:**

Players are expected to attend ALL team events including dryland, IQ room, practices, games and tournaments. If an athlete is going to be absent from practice or games/tournaments the parents should notify the coaches 24 hours prior to the practice and/or game. Excused absences would be considered for illness, pre-arranged appointments or events. If you are not able to participate due to injury, you are still expected to attend if medically able. Two unexcused absences may result in consequences decided by coaches.

### **Disciplinary Actions:**

All players, coaches, parents/guardians, and members associated with the Namekagon Rush are expected to follow the policies, rules, and Code of Conduct outlined in this handbook. Failure to do so may result in disciplinary action.

The chain of command for disciplinary actions is as follows:

1. **Verbal Warning.** The individual will receive a verbal warning from the coach or appropriate program representative regarding the behavior or violation.
2. **Removal from Ice Activities.** If the behavior continues or the violation is more serious, the individual may be temporally removed from practice and/or games. The coaching staff will determine the length of time the player will miss ice time based on the circumstances and if they will be present on the bench and/or locker room.
3. **Committee Review.** If needed the incident will be brought to the attention of the Namekagon Rush Committee for review. The committee may meet with the parties involved and determine appropriate next steps.
4. **District Review.** For serious, repeated, or unresolved violations, the Namekagon Rush Committee may refer the matter to Hayward Development Committee for review and final disciplinary action.

The Namekagon Rush Committee reserves the right to adjust the disciplinary process based on the severity of the violation. Serious misconduct, safety concerns, or actions that negatively impact the program may result in immediate advancement to the Hayward Development Committee and/or WAHA.

### **Playing Time:**

Playing time will be as even as possible at the 8u and 10u level. This is an age when our athletes are learning the fundamentals of hockey and it is important for all players to receive proper playing time. At the 12U level and above, playing time is at the coaches' discretion.

At any level, playing time may be adjusted when a player arrives late, misses practices, demonstrates a poor attitude, gives low effort, is uncoachable, or fails to meet team expectations. Coaches will determine appropriate consequences based on the circumstances.

### **Concerns:**

Concerns may arise during the season. Communication between athletes, coaches and parents is important and will solve most issues. We follow the **24-hour rule**. The coaching staff will not discuss concerns immediately following a practice, game/tournament. Please wait at least 24 hours to contact the coaching staff.

### **Dual Roster/Cross Roster:**

Dual Roster Players: Dual rostering may be permitted based on WAHA regulations, roster needs, and approval from the coaching staff and the Namekagon Rush Committee. A participation agreement will be established between the coach, committee, player, and parent/guardian. This agreement will outline expectations regarding attendance, participation, and commitment to the team. Failure to meet the terms of the agreement may result in disciplinary action or loss of dual-roster privileges, depending on the circumstances.

Cross Roster Players: Cross rostering may be permitted based on WAHA regulations, roster needs, and approval from the coaching staff and the Namekagon Rush Committee. A participation agreement will be established between the coach, committee, player, and parent/guardian. This agreement will outline expectations regarding attendance, participation, and commitment to the team. Failure to meet the terms of the agreement may result in disciplinary action or loss of cross roster privileges, depending on the circumstances.

In accordance with Wisconsin Amateur Hockey Association (WAHA) regulations, to maintain state tournament eligibility as a dual roster and cross rostered player, a skater must:

- Participate in a minimum of five games prior to December 15.
- Participate in the team's first playoff game.

### **Goalies:**

At the 8u level everyone is encouraged to try the goalie position. There may be opportunities for all goalies to receive registration discounts and incentives. Reach out to your team manager for more information.

### **Required Volunteer Hours:**

All families are responsible for assisting with fundraisers, operating their team's home games and tournaments, working one to two High School Girls home games, and fulfilling any additional volunteer requirements at our other home rinks throughout the season.

*Home rinks may include Hayward, Spooner, Rice Lake, Barron, Chetek, Cumberland, Siren, Park Falls, and Ashland.* Home games, tournament schedules, High School Girls games and any other required duties will be released at the start of the season and posted on SportsEngine. Team managers will distribute a volunteer sign-up spreadsheet outlining the available shifts and volunteer requirements.

Each family will be required to sign up for a designated number of volunteer shifts for games and tournaments. Families who do not sign up by the established deadline WILL be assigned shifts by the team manager.

If you are assigned or sign up for a volunteer shift and are unable to fulfill it, it is your responsibility to arrange for a replacement. Failure to fulfill volunteer obligations will result in your account being charged a fee equal to your player's registration cost. Unpaid and/or unfilled hours may affect your player's next year registration status.

### **Safety:**

1. Any head injury, suspected concussion, illness, or injury must be reported to the coach immediately. Player health and safety are the highest priority, and appropriate medical evaluation should be sought when necessary.
2. Players, parents, and spectators are prohibited from being under the influence of, or in possession of, illegal drugs, alcohol, tobacco products, vaping devices, or weapons of any kind at practices, games, tournaments, or team-sponsored events.
3. All participants share the responsibility of maintaining a safe environment. Any suspicious, unsafe, or illegal activity should be reported immediately to the team manager, coach or committee member.
4. Cell phones and other personal electronic devices are not permitted in the locker room unless specifically authorized by a coach. Phones will be collected by locker room monitors upon entering the locker room.

Failure to comply with safety policies may result in disciplinary action.

### **Important Dates to Remember for Skaters:**

- 1.) Register your athlete with USA Hockey- opens April 1
- 2.) Register your athlete with Rush- July 15-September 15

### **Important Dates to Remember for Coaches:**

- 1.) USA, Safe Sport, Background check completed by September 1
- 2.) Modules by September 1
- 3.) CEP class by December 31
- 4.) Submit initial rosters by November 15
- 5.) Submit final rosters by December 15

### **Roster/Tryouts:**

Depending on the number of skaters registered at each age level, tryouts may be required, and two teams may be formed; Gold/A and Bronze/B. Skaters who choose not to participate in tryouts will be placed on the Bronze/B team.

Tryouts will be conducted over two days during October. Specific tryout dates, times, and locations will be communicated to players and families by coaches through SportsEngine.

Tryout evaluators are selected annually by the Namekagon Rush Committee and may include, but are not limited to:

- Independent third-party evaluators
- Coaches from outside the age level being evaluated
- Hockey-knowledgeable adults with relevant experience

Evaluators will assess player performance during tryouts. Following the evaluation process, the evaluators and the Namekagon Rush Committee will review the results and consult with the coaching staff to determine final team placement.

The Namekagon Rush Committee reserves the right to make final roster decisions based on evaluation results, team balance, player development, and the overall needs of the program.

### **Playing up or down a level:**

The Namekagon Rush Committee follows the player movement guidelines established by USA Hockey and the Wisconsin Amateur Hockey Association (WAHA) when considering requests for players to participate above or below their age-appropriate division. Requests from players and their parent(s)/guardian(s) will be carefully considered; however, all placement decisions will be made with the best interests of both the individual player and the overall program in mind.

Players requesting to play at a higher age division should demonstrate the ability to compete at that level and should project to be among the top one-third of players on the team for which they are seeking placement.

The Namekagon Rush Committee reserves the right to make final decisions regarding player placement and team rosters based on player evaluations, team composition, player safety, competitive balance, and the overall needs of the program. These decisions are intended to support long-term player development, maintain program flexibility, and establish clear expectations for all Namekagon Rush players and families.

*Refer to **Appendix A and B** for USA hockey and Wisconsin Amateur Hockey Association player movement guidelines.*

### **Gear and Jerseys:**

Players are responsible for ensuring they have the proper equipment and for maintaining it throughout the season. The Hayward Sports Center provides equipment rental at no cost for 6U and 8U skaters, as long as all gear is returned clean and in good working condition at the end of the season. Equipment checkout is usually held during the last week of October and returned in

March. Rules for equipment needs over the off season will be communicated at the end of the regular season.

*Personalized jerseys must be ordered by September 1st* to receive them in time for games/tournaments. Information regarding the ordering process, available jersey numbers, and payment details will be in your online registration.

Game jerseys will be distributed at the beginning of each season to players who need one. Players and families are responsible for maintaining their jerseys and ensuring they are kept clean and in good condition throughout the season.

Game jerseys are not to be worn during practice unless specifically directed by a coach.

Team socks will also be distributed at the start of the season. Players are expected to bring their socks to all games and keep them in good condition throughout the year.

All jerseys and team-issued apparel remain the responsibility of the player and family while in their possession. Lost or damaged items may be subject to replacement.

### **Fuel Your Body. Play Your Best:**

Hockey is a fast-paced, high-energy sport that requires strength, speed, focus, and endurance. To perform at your best, it is important to fuel your body with the nutrition and hydration it needs to succeed.

The Day Before the Game: Preparing for a game starts the day before. A good night's sleep and balanced meals can help ensure your body is ready to perform.

Focus on meals that include:

- Lean proteins such as chicken, turkey, fish, eggs, and yogurt
- Whole grains such as pasta, oatmeal, rice, and whole-grain bread
- Fruits and vegetables
- Plenty of water

Game Day Nutrition: Athletes should eat a meal 2–4 hours before competition that provides lasting energy without feeling too heavy.

Good choices include:

- Oatmeal or whole-grain toast
- Eggs
- Yogurt
- Fresh fruit
- Lean proteins
- Plenty of water

Fueling Between Games: Tournament weekends and multiple-game days require athletes to refuel between games. Healthy snacks help maintain energy levels, improve focus, and prevent fatigue.

Recommended snacks include:

- Peanut butter and jelly sandwiches
- Cheese sticks
- Turkey or ham sandwiches
- Fresh fruit
- Yogurt
- Granola bars
- Water

Recovery After the Game: What athletes eat after a game is just as important as what they eat before it. Recovery nutrition helps repair muscles and restore energy.

Recovery meals should include:

- Protein to help repair and rebuild muscles
- Healthy carbohydrates to replenish energy stores
- Water to rehydrate

The sooner athletes refuel after activity, the better their bodies can recover and prepare for the next practice or game.

Foods to Limit Before Competition: To perform at their best, athletes should avoid foods that can cause sluggishness, stomach discomfort, or energy crashes, including:

- Fried foods
- Fast food
- Candy and sweets
- Sugary drinks
- Excessive caffeine and energy drinks

*"You Can't Outplay Poor Nutrition!"*

**Appendix A:** Taken from the USA Hockey Southeastern District website:

## **PLAYING UP**

A youth or girls player may play on a team in an older classification only if the applicable Affiliate's rules or decisions, and the applicable local program's rules or decisions, permit that player to do so. A youth or girls player residing in one Affiliate may not play on a team in an older classification in a different Affiliate unless both the Affiliate where the player resides and the Affiliate where the player desires to play have granted permission to play in an older classification.

**Please check with your Affiliate and/or Association for applicable rules on 'Playing Up'.**

## **PLAYING DOWN**

Allowing players to play down is not a trivial matter. Considerations extend beyond the excepted player. There are 39 other players on the ice and they also have a right to an expectation for fairness and safety. As in many life situations a separator must be established at some point. Exceptions to that separator create situations where one participant has an advantage over all other participants, creating an inequity that perpetuates unfairness. This exception policy allows individuals with severe medical conditions, the opportunity to experience ice hockey within a safe environment.

In order for a player (of any age), regardless of physical size or skill level, to "play down," it must be shown by the child's physician that it is medically necessary for the child to do so. USA Hockey's current rules do not permit "playing down," however, in an effort to accommodate disabilities and the Americans with Disabilities Act (ADA), USA Hockey has shown its' willingness to make some (though not all) accommodations, based on a physician's medical evidence and their statement regarding the child's safety and health. The doctor (M.D. or D.O.) must detail (in writing) the specific medical condition that causes the child to incur this medical necessity of "playing down." Players who are granted permission to "play down" should be limited to participation in house and/or recreational leagues and are not eligible to compete in Invitational Tournaments or on a team bound for a National Championship.

**NOTE 1:** In-house and Recreational teams competing "in their local area" or against teams which are routinely scheduled to complete league play are not considered travel teams unless the league Commissioner or appropriate Affiliate declares those teams as travel competition.

**NOTE 2:** Simply being "small for their age" or "not very skilled" are not considered to be adequate reasons for granting a "play down exception, since they do not rise to the level of a disability under definitions and current court decisions concerning the Americans with Disabilities Act (ADA).

It is the District Registrar's responsibility to grant "playing down" waivers to any individual who meets the following criteria:

1. The player must have a debilitating medical condition that necessitates the need for exceptional consideration.
2. The Parents/Guardians must request a waiver in writing to the District Registrar's Office, complete an A Typical Medical Condition Release form and attach the documents discussed below.
3. An attending physician must identify in writing the medical condition necessitating the exception, the number of additional "on-ice aides," if necessary, to ensure the safety of all on ice members including the child and other players, and indicate a willingness to fully discuss the child's condition with myself or my designee.
4. The Local Association must approve the parents' request in writing. The written approval will stipulate that the child will play in that association's house/recreational program, the excepted team will not play outside the house/recreational program, the additional "on-ice aides" that the physician indicated were needed to ensure safety in his/her letter will be identified, the officials for all games will be USA Hockey certified, and the opposing team's coaching staff and on-ice officials will be aware of the excepted player's condition, who the "on-ice aides" are and any modified rules to ensure a safe experience for all participants.
5. The District Registrar's office will review the above documentation in addition to any other information deemed appropriate to decide the matter. A written response will be sent to the parents, local association and the appropriate Associate Registrar.

**Appendix B: Taken from the WAHA handbook 2025-2026 pages 50 and 51:**

[https://scripts.wahahockey.com/scripts/WAHABook/2025/2025-26%20Guidebook\\_Digital\\_Final.pdf](https://scripts.wahahockey.com/scripts/WAHABook/2025/2025-26%20Guidebook_Digital_Final.pdf)

M.) 8U aged players wishing to move up and participate at the 10U level must complete the 8U Move-up Request Form found on the WAHA website. The form must be submitted to the WAHA 8U Section Director by November 15 of the current playing season. 50 The USA Hockey American Development Model (ADM) supports small teams at the 10U level. Under certain circumstances, Associations may move players from 8U to 10U with the approval of Regional Directors and the 8U Section Director.

**CRITERIA**

1. The association needs skaters to fill a 14-player 10U roster to make a first, second or third team.
2. A need for a goalie at 10U to be filled by an 8U goalie.
3. Other need identified by the Association (such as by a head coach).

Per WAHA eligibility and general rules, 50% of players on an approved roster must be the age of the registered team.

No 7-year-old (i.e., two birth years under 10U) will be approved to play up to 10U. Players moving up under Category #1 must be placed on the lowest level team the Association offers at the 10U level (if you have a 1c1 and a 1c2, they must be placed on the 1c2 team).

For Associations that wish to allow an exceptionally talented player to skate at the 10U level, the player must be ranked in the top 1/3 of the players on the top-level team. Associations must provide proof to Region Directors and the 8U Section Director that the player did, in fact, rank in the top 1/3 of the skaters on the top-level team following teams evaluation tryouts.

8U Girls wanting to play on a Girls 10U team when an 8U Girls team is not offered at their own association.

WAHA Region Directors and the 8U Section Director make all final approval decisions for all skaters playing up from 8U to 10U.

No 10U roster that contains one or more approved 8U players may exceed 14 total players which includes goalkeepers. Association Registrars are responsible for making sure the roster does not exceed the 14 player limit (which includes goalkeepers) upon submitting the final roster on December 31. Failure to do so will automatically disqualify the team from playoff and State Tournament play.

I realize that if I violate this Handbook/Code of Conduct I may be subject to disciplinary action. I also acknowledge that every situation may not be outlined.

By signing below, I agree to abide by the Namekagon Rush Handbook and Code of Conduct as outlined above.

Player name (printed) \_\_\_\_\_ date \_\_\_\_\_

Player Name (signed) \_\_\_\_\_ date \_\_\_\_\_

Parent/Guardian Name (printed) \_\_\_\_\_ date \_\_\_\_\_

Parent/Guardian name (signed) \_\_\_\_\_ date \_\_\_\_\_

Coach (printed) \_\_\_\_\_ date \_\_\_\_\_

Coach (signed) \_\_\_\_\_ date \_\_\_\_\_

Team Manger/Locker Room Monitor (printed) \_\_\_\_\_ date \_\_\_\_\_

Team Manager/Locker Room Monitor (signed) \_\_\_\_\_ date \_\_\_\_\_

Rush Committee Member (printed) \_\_\_\_\_ date \_\_\_\_\_

Rush Committee Member (signed) \_\_\_\_\_ date \_\_\_\_\_

