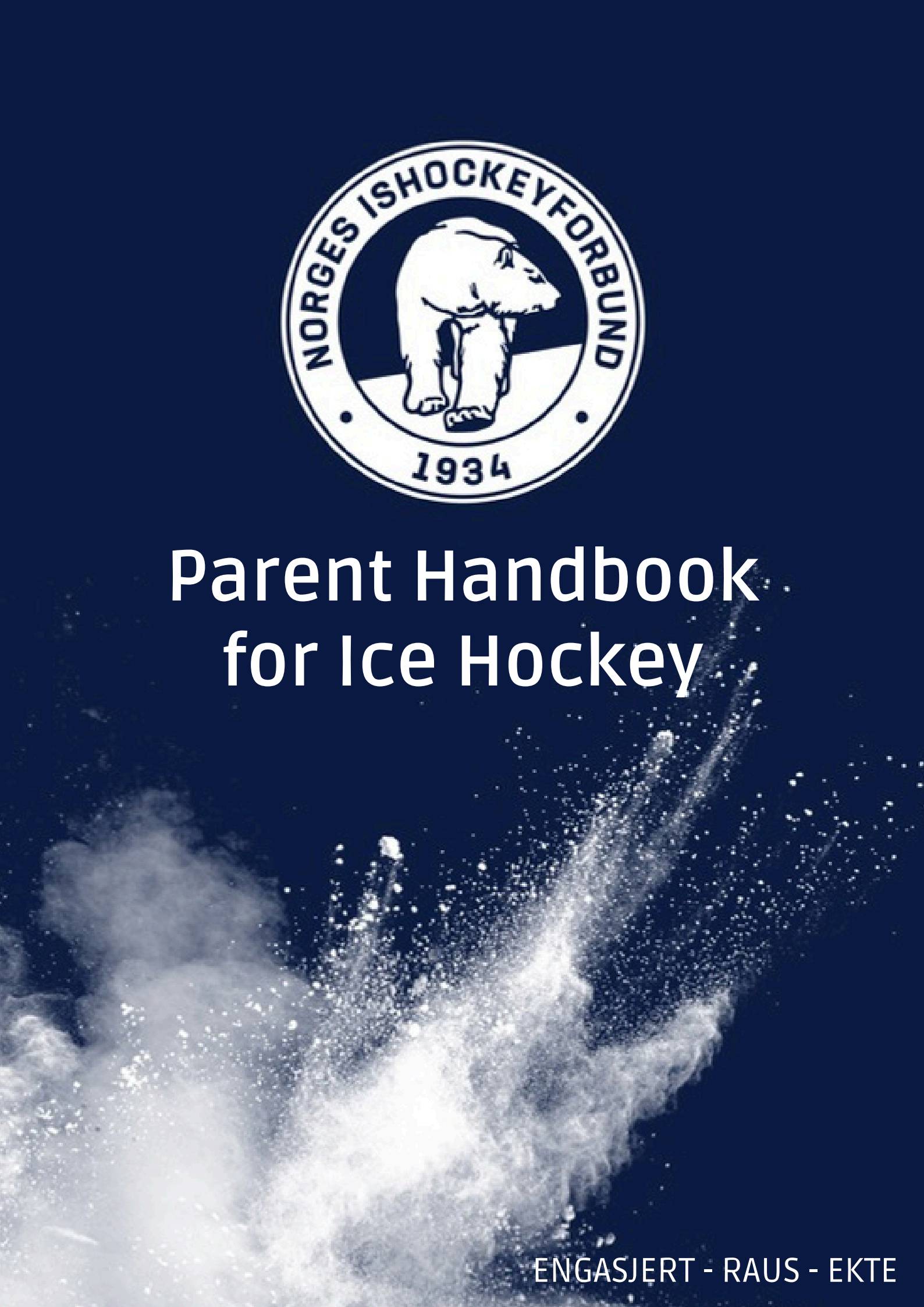
Parent Handbook for Ice Hockey



ENGASJERT - RAUS - EKTE

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Welcome to the Hockey Family

Ice hockey gives both you and your child an experience of a lifetime. As a parent with a child in hockey, you become a natural and important part of a unique and wonderful environment. Through ice hockey, both you and your child will have the opportunity to form lifelong friendships, contribute to the joy of sport and, not least, experience excitement. We are certain that your journey through ice hockey will give you memories for life!





Foto: Fredrik Hagen

NORWEGIAN ICE HOCKEY FEDERATION

The Norwegian Ice Hockey Federation (NIHF) was founded in 1934 and is one of Norway's 55 Sport federations. The NIHF's task is to lead and develop the sport of ice hockey in Norway. This includes everything from recruiting for skating and ice hockey schools, to running the national teams in the WC and Olympics.

www.hockey.no

The world's best children's sport

Our aim is to give children a varied and active start in life. We focus on developing basic movements through play-based activity. Physical activity should be fun and part of the child's daily life.

Through ice hockey, your child will have many wonderful experiences and feel camaraderie, joy and mastery. The unique combination of skating, stickhandling, and puck handling makes ice hockey especially fun and distinct from most other sports. In addition, your child will develop balance, motor skills, coordination, stability, and other abilities that will be useful to have later in life.



www.hockey.no

Foto: Goran Rokolj

Children’s rights and the parental role

Children’s rights - What can they expect?

Children's sports include activities for children up to and including the year they turn 12. In ice hockey this applies up to and including JU13/U13. Children's rights in sports apply to all children, without discrimination, regardless of the child or their parents' gender, ethnic background, beliefs, sexual orientation, body type, physical development, or disability.

The Norwegian Ice Hockey Federation works continuously to ensure a safe and positive environment for all members. As an important part of this work, anyone who works in roles that involve responsibility or trust towards minors or individuals with developmental disabilities, must present a police certificate (childcare certificate).

In addition, all individuals acting as coaches or instructors in children's and youth ice hockey must complete a coaching certificate.

The Parental Role

Ice hockey is a team sport, and as a parent, you are an important teammate. To create the best possible experience for your child and the other players on the team, it is crucial to have an involved and supportive group of parents. You do not need to have previous knowledge of ice hockey or other sports to contribute - there are many different roles in the team and no matter which role you choose, your participation and commitment is essential.

The good ice hockey parent ..

- .. attends games and practices - you are important to the players and the environment.
- .. encourages all players, through both successes and challenges - this fosters security, well-being, and motivation to stay engaged in the ice hockey family for a long time.
- .. is aware that there are children playing, and maintains a positive, supportive attitude - this makes you a great teammate!
- .. respects the coach's management during game and practice - constructive feedback or discussions should be saved for conversations with the coach or club afterward.
- .. takes responsibility for a positive game atmosphere - congratulate both teams on good performances and encourage Fair Play.
- .. respects the referee's decisions - even if you sometimes disagree!
- .. familiarizes yourself with the NIF's guidelines for children's sports and NIHF's policy document for youth sports.

NIF's Guidelines for children's sport

NIHF's policy document for youth sports

www.hockey.no



Foto: Brian McHattie

The Polar Bear Model for Children

The NIHF's recruitment work primarily takes place through the Skating and Ice Hockey School (SHS), a program aimed at children aged 4-8. This program focuses on play, a sense of mastery, security and ice hockey joy. Through the SHS, children learn to skate, cooperate with other children, use their bodies, and develop fundamental motor skills. The children also get an introduction to the game of ice hockey, so that those who wish can join an organized ice hockey team.

- Versatility is important, and for young children, we encourage participation in multiple sports and plenty of unorganized activity and play.
- Through play and the joy of ice hockey, we promote versatile activity that gives a great feeling of mastery.
- The goal is to learn how to skate, and eventually try the game with a puck and stick for those children who want to.
- Equipment guide.

www.hockey.no



Foto: Brian McHattie

Beginner: play, joy, mastery and versatility

When you want to start ice hockey, you usually start with the Skating and Hockey School (SHS), which is aimed at children aged 4-8 years. The focus here is on constant activity, play, and fun, which help develop both coordination and ice hockey-specific skills.

At SHS, children are placed in groups or levels that match their abilities, allowing them to build confidence and have positive experiences. This includes everyone from complete beginners learning to skate for the first time to those who have some experience on the ice.
Each club has their own instructors who ensure engaging and educational activities.

The Norwegian Ice Hockey Federation offers an Instructor Course with the aim of educating people who will contribute to the skating and ice hockey schools. These 8-hours courses are held regionally.



Foto: Bjørn Johnsen

Girls Hockey

Girls' and women's hockey is anchored in the NIHF's strategic plan as one of the association's main investment areas. It is therefore pleasing that the number of active girls and women has increased by an impressive 82.1% from 2017 to 2023, making us the sport association with the second-highest growth on the girls' side during this period - a remarkable achievement.

Our ambition is to strengthen the quality and quantity of games for girls. This is gradually happening as more girls become licensed players, and more teams register for girls' leagues at both regional and national levels. Recruitment of new girls is essential for this growth. Our recruitment project, "More and better 2030", is specifically focused on bringing new girls into our skating and ice hockey schools across the country.
Our goal is for girls to make up at least 40% of new enrollments in SHS. To support this, NIHF encourages all clubs with SHS programs to establish dedicated groups for girls and to organize Girls' Days during the season, where new girls can try ice hockey in a fun and accessible way. This commitment is shared internationally, as the International Ice Hockey Federation runs two annual initiatives for girls: World Girls Ice Hockey Weekend in the fall and the Global Girls Game at the beginning of the new year, both global events focused on recruitment.

In Norwegian ice hockey, we aim to provide equal opportunities for all. To support this, we have established a dedicated board position focused on girls' participation within every club and region, ensuring our goals for equal opportunities are upheld in the everyday life where the girls are.

From SHS to Teams

When the children take the next step from SHS, they join age-specific teams, which are organized by age group. The teams are called U7/JU7, U8, U9/JU9 etc., all the way up to U20 and then elite teams for seniors called A-teams.

For the youngest teams:

- Starts with own team practices.
- Participates in tournaments organized by clubs.
- Participates in tournaments organized by the regions.
- The game format is 3v3 on an adapted rink size.
- Free license in the form of the children's sports license.

Read more about 3v3 here:



www.hockey.no

Foto: Goran Rokolj

Para Ice Hockey

Para ice hockey is a fun and social team sport for people with and without disabilities, focusing on individual development, teamwork and having fun.

No prior experience is needed. Everyone is welcome to give it a try, regardless of age or gender!

Interested in giving it a try? Have any questions?

Espen Hegde, Para Ice Hockey Project Manager
Email: Espen.Hegde@hockey.no / Mobile: 922 32 716



Find your nearest club here:

www.hockey.no



Superlag - Inclusive Hockey

Superlag is an inclusive hockey programme open to people with disabilities and special needs. The aim is to create a welcoming environment where everyone can experience teamwork, friendship and the joy of being on the ice.

Contact your nearest club for information about practice times and registration. Most teams have equipment available to borrow.

Find your nearest Superlag team here:

www.hockey.no



Foto: Brian McHattie

Leadership and the coaching role

Our ice hockey clubs should first and foremost be an arena where children and young people experience well-being, safety, belonging, respect and tolerance. There must be acceptance that playing ice hockey has value in itself, regardless of skill level.

Participation in ice hockey should foster a lasting interest in physical activity and provide positive social experiences, helping children build a lifelong connection with our sport. At the same time, they should develop basic skills and experience mastery, with coaches/instructors focusing on long-term development.

In this work, the coach's professional competence and ability to see the whole individual are essential. Therefore, this plays a central role in NIHF's coaching education.

Different roles

Support staff

The support staff consists of various roles that are closely involved in the day-to-day activities of games and practices. Below are some of the most common roles within a support team:

- **The equipment manager** ensures that all gear is in order, giving players and coaches the best conditions for practices and games. Skates are sharpened, water bottles are filled, and the jerseys are ready to go. An equipment manager is solution-oriented, friendly and always ready to help.

- **The team manager** handles the logistics. They communicate with parents and the coaching staff, serving as the link between the club, coaches, and parents. A team manager is organized, positive, and contributes with their administrative skills.

- **The coaching team** handles the practice content, the player group, and the hockey itself. Whether you're the head coach, assistant coach, or an extra support coach, you are a key part of contributing what you can. The coaching team is passionate about running hockey on the players' terms, genuinely cares about personal connections, and aims to create the best possible environment for players both on and off the ice.

It takes many contributors to run a hockey game. Some need to help in the cafeteria, others in the scorer's booth, and some fill roles like game or fair-play host. Together, all these roles make it possible for the game to take place, and without your help, it might not happen. You are essential!

The presence and enthusiasm of spectators often set the tone for the game. Positive, engaged, and good-spirited spectators create the foundation for a fun and healthy hockey game. A spectator who cheers and brings good energy to the stands is a great spectator. Remember, the game should be a fun highlight for both players and referees—it's what they train for each week. Ensure that everyone involved leaves the game with a sense of achievement and motivation to return to practice the next day



Age-appropriate training

NIHF's recommendations for quantity and content for the various ages are based on our long-term player development plan. You can find this in the Isbjørnmodellen on Hockey.no, or by scanning the QR code below.

www.hockey.no

Game and competition format

Our game and competition arena must first and foremost be an arena where the children have positive experiences through feelings of mastery, camaraderie, safety and healthy competition. Additionally, games should offer something new beyond everyday training.



www.hockey.no

Foto: Brian McHattie

Age division regionally and nationally

The competition ladder consists of both a gender-neutral class (U) and a separate girls' class (JU), with the designations standing for "Under" (U) and "Girls Under" (JU). In the gender-neutral class, participants of both sexes can compete. For example, the JU13 class represent “Girls Under 13”, meaning that the oldest children will be 12 years old during the calendar year the league starts, turning 13 the following year.

Up to and including U12/JU13, the region is responsible for organizing league games. These league games are played exclusively against other teams within the region, with children participating in 3v3 games on adapted rink sizes. The league games is conducted as tournaments, meaning that the children will play multiple games against different opponents on the same day, and the entire tournament takes place in the same ice rink.

For U13 and U14, the NIHF organizes the leagues centrally but aims to maintain a focus on regional league play as far as possible. In these age groups, children play 5v5 on a full-sized rink. As the children get older, more games are scheduled beyond regional borders.

Starting from U15/JU16, national league play is introduced, with divisions based on team quality and preferences. Again, 5v5 games are played on a full-sized rink. Some regions may also offer regional league play alongside the national leagues.

In addition to league play, many teams participate in private tournaments, which are managed by each individual club or team unit.



Foto: Fredrik Hagen

DID YOU KNOW?

The ice resurfacer “Zamboni” prepares the ice before and after each practice to ensure optimal skating conditions and keep the ice smooth for players.

When moving off the ice, it’s a good idea to use skate guards to protect the blade on your skates or walk on the rubber mats.



Most ice rinks have separate lockers for each team unit, where players can store their equipment between practices.

Properly sharpened skates are essential for your child to develop their skills and have fun on the ice. The club can help sharpening the skates if needed.

The rink manager operate the ice resurfacer, prepare the ice between practices and games, and perform general maintenance tasks. They also manage access to locker rooms and ensure the venue is in good condition for activities. Their office is often located near the Zamboni.



Value Initiatives

Norwegian ice hockey must promote diversity, tolerance and positive attitudes. The clubs play an important role in reflecting the diversity of society and ensuring a positive ice hockey experience. Holistic development is a key component of our coach education focusing on the whole individual. The NIHF will initiate joint measures that can be adapted locally. NIHF is also working on value initiatives across multiple fronts, ranging from diversity and inclusion, to anti-doping efforts.

Read more about our value initiatives here:

www.hockey.no

Economy

With good planning and common sense, the costs associated with participation can be significantly reduced.
Many clubs are happy to help and offer various opportunities and advice to make ice hockey a sport for everyone. If you have questions or concerns regarding finances, please contact your local club. They have a lot of knowledge, experience, and advice that can be helpful.



www.hockey.no

Foto: Brian McHattie



Foto: grovenfoto.no

Equipment guide

Skating or playing ice hockey requires equipment that may be unfamiliar to many. This equipment guide has been created to ensure that the ice hockey gear is used correctly and well-maintained so that it lasts as long as possible. As a result, children will hopefully feel more comfortable in their equipment and experience mastery and joy while playing ice hockey. The guide provides an overview of the necessary equipment for the level at which you are participating, whether it is trying out skating, regularly attending skating and ice hockey school, or actively playing on a team.

We hope that you, as a parent or guardian, find the equipment guide helpful and that it makes everyday life easier. Remember that equipment can be bought used and passed down. The important thing is that the equipment fits properly and has the protection required to give the children a safe and positive experience on the ice.

www.hockey.no

What is needed to test out ice skating?

Not much equipment is needed to test out skating.
What you need is:

- **Clothes** and mittens/gloves that can withstand wet and cold conditions from ice and snow.
- **Helmet** (All types are approved. Hockey helmet, alpine helmet, bicycle helmet, etc.)
- **Skates** (NIHF recommends ice hockey skates with laces, see why on the next page).
  - You don't have skates/hockey skates? Many clubs have these available for loan. Contact your club and check the status there.



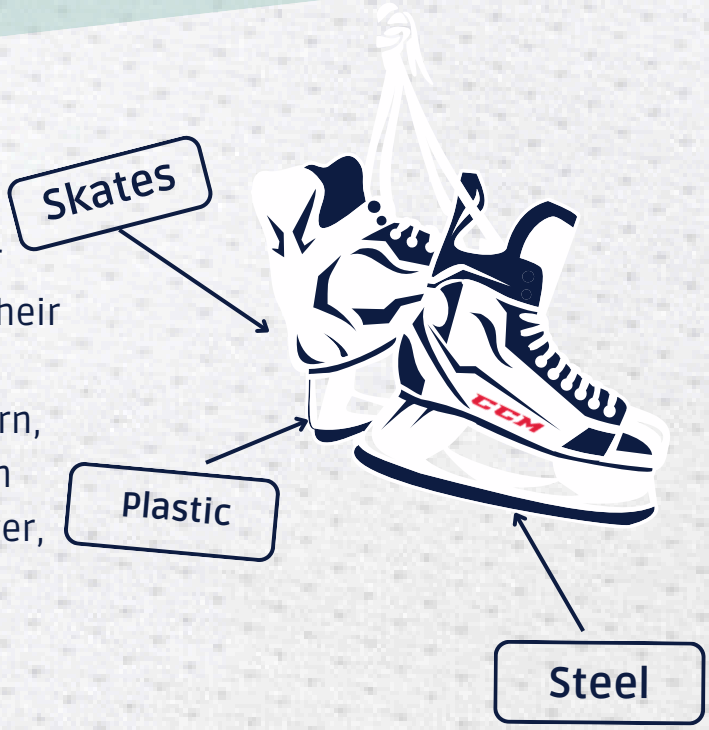
www.hockey.no

Ice hockey skates with laces

Good skates are the most important thing to have a good experience on the ice. We recommend well-known hockey brands such as CCM. Skates can be handed down, but it is important that they are not too big, as this can lead to chafing and uncomfortable pressure on the foot. Skates can be 1-1.5 cm larger than the foot, as long as the heel is secure and does not slip. Lace the skates tightly and walk around a bit to feel if they fit well. Avoid thick socks and extra soles.

Better feeling of mastery

Ice hockey skates are stiffer and provide more stability, which allows children to achieve better power distribution while skating and improves their balance. The steel on an ice hockey skate is normally of better quality, making it easier to turn, brake, slide, etc. Adjustable skates can create an incorrect center of gravity as they are made larger, resulting in the center of gravity shifting too far forward of the blade, which affects the balance point.



Better protection

Ice hockey skates offer better protection because they are harder and designed to withstand impacts from both pucks and sticks.

Longer durability of skates and steel

Ice hockey skates from well-known brands have a long durability. The rigid, solid construction and the plastic material withstand many impacts before wearing out. The same applies to the steel, which handles many rounds on the sharpening machine without breaking down.

Remember to sharpen your skates

Skates must be sharpened before use, and most ice hockey clubs offer sharpening services. Skating on unsharpened skates is nearly "impossible", and the joy of ice hockey is lost. Typically, skates need to be sharpened after every 8 to 10 uses, depending on the level of activity.

1



Helmet with face protection (grid). Ice hockey helmets are adjustable and can be used for several years.

2

Ice hockey skates with laces. Remember to invest in a proper pair of skates (preferably well-known brands).



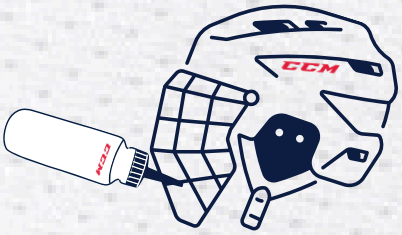
3



Neck guard (provides safety, protects against possible cuts).

4





Water bottle with spout makes it easy to drink with a grid on (so you don't have to take off your helmet).

What is needed to participate regularly in the skating school?

If the child wants to participate regularly in the skating school, this equipment is needed. Note that this equipment applies if the child only wants to skate. If the child wants to try out playing ice hockey, more equipment is needed, see next page.

What is needed to start playing ice hockey?

When your child wants to transfer to the hockey school (to play with a puck and stick), or start on a team, ice hockey equipment is needed. Below you see an overview of what is needed, while each individual part is described on the following pages.

1

Already invested "start equipment"









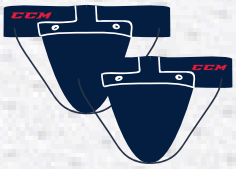
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Ice hockey "start-kit"



3

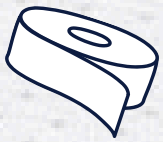
Protective cup



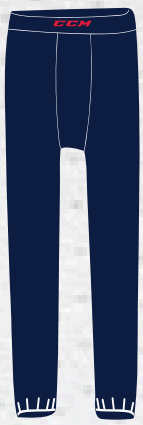


4

Hockey socks/tights + sock tape







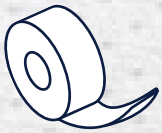
5

Hockey jersey



6

Hockey stick + stick tape





www.hockey.no

Description of equipment

"Start kit" - Most equipment suppliers offer a "start kit" at an affordable price. This includes the majority of necessary safety equipment, as listed below.

You get all this equipment in a "starter kit" from CCM



Shoulder pads: Protects the upper body



Hockey pants: Protects buttocks and thighs



Elbow pads: Protects elbows



Gloves: Protects hands



Shin guards: Protects knees/calf

Additional equipment

Protective cup protects the groin and is put on before putting on the hockey pants. The jock is gender-specific, so make sure to buy the correct one.



Jill (Girls)



Jock (Boys)

Hockey socks/tights are put on over the shin guards. They help ensure that the shin guards do not slide down. The socks/tights are secured with sock tape at the bottom by the ankle; some also like to tape in the middle of the shin guard.



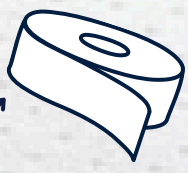
Socks



Hockey tights

With the use of socks instead of tights, the top of the sock must also be taped so that it does not slide down.

There are also sock garters as an alternative to taping at the top of the sock; you will still need to tape at the bottom. The sock garter is available both with and without an integrated jock.



Sock tape



Sock garter

www.hockey.no

Hockey jersey is provided by the club for loan. This is worn over all the equipment on the upper body.



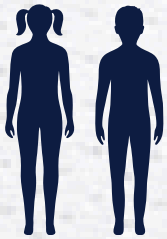
Hockey stick There is a few things you should know to buy the right stick:

- **«Right» vs. «Left»**. The hockey stick has two variants "Right" and "Left", this is determined based on the curve on the blade. A right-handed stick has a blade that curves to the left, while a left-handed stick curves to the right. Normally you should have your dominant hand (the one you write with, take things with, etc.) at the top, i.e. right-handed people play "left", left-handed people play "right". If you play "left", you must have your right hand at the top and your left hand in the middle of the stick, the stick then points out to the left side of your body, i.e. "left". "Right" becomes the opposite.
- **Flex.** The sticks have different degrees of softness/different stiffness levels, called flex. Lower flex = softer stick. The younger you are, the softer stick you need, and we recommend a flex of 35-45 for the youngest children.
- **How tall should the stick be?** A general rule of thumb is that the stick should reach your nose without skates on, and your chin with skates on. If the stick is too long, you can cut it with a saw or hacksaw.
- **How do I tape the stick?** The stick needs tape in two places: on the blade and at the very top. You can also get help with taping the stick at your club.
- You don't need to invest in an expensive carbon stick, a wooden stick works perfectly well. What's important to remember is that you should buy a youth stick. Youth sticks have a shaft that is appropriately thick for a child's hand, and a blade that is adapted to the stick's size, weight, flex, and the children's needs.



How to dress an ice hockey player?

1. Underwear



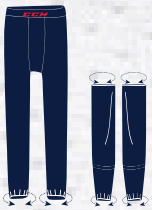
2. Protective cup



3. Shin guards



4. Socks/thights



5. Sock tape



6. Hockey pants



7. Skates



8. Neck guard



9. Shoulder pads



10. Elbow pads



11. Jersey



12. Helmet



13. Gloves



14. Stick



15. Remember to bring a water bottle



Instructional Videos

Feel free to take a look at our instructional videos to learn how to put on the equipment:

www.hockey.no

Find your club

Around the country, there are a total of around 60 clubs that offer skating and ice hockey schools. On the next page you will find an overview of all the clubs that have skating and ice hockey schools as of 2024.

For more information about your nearest club, scan the QR code below.



www.hockey.no