



Tri-Valley Roller Hockey League (TVRHL) Self-Rating System

Any hockey player can determine his or her TVRHL rating, which is required to participate in this league. Ratings are primarily established by self-evaluation and are verified through observation by qualified staff. Category descriptions are generalizations of skills. Your TVRHL rating is not meant to be static and will change based on improvements in your game or injuries that may keep you from playing.

SELF-RATING GUIDELINES

The TVRHL provides a simple initial self-placement method of grouping individuals of similar ability levels for league play, tournaments, group lessons, social competition, and club or community programs. The rating categories present overviews of different skill levels. You may find that you actually play above or below the category that best describes your skill level, depending on your competitive ability. The category you choose is not meant to be permanent, but may be adjusted as your skills change or as your league play demonstrates the need for reclassification. Ultimately, your rating is based upon your results in league play.

Have fun and keep enjoying this great sport!

To place yourself:

1. Read all the category descriptions carefully, beginning with “1.0 Beginner,” and then decide which one best describes your present ability level. If your abilities range between two categories, choose the lower one.
2. Be certain that you qualify on all points of all preceding categories as well as those in the classification you choose.
3. When rating yourself, assume you are competing against players of the same sex and ability.
4. Your self-rating will be verified by a qualified observer such as a teaching professional, coach, league coordinator, or other expert.
5. The person in charge of your hockey program has the right to reclassify you based upon league-play results if he or she deems your self-rating inaccurate.

SELF-RATING CRITERIA *(in order of progression)*

Skating (speed, balance, stamina, agility, mobility, strength)
Puck control (stick handling, passing and receiving, variety)
Shooting (power, accuracy, variety)
Positional play
Rink coverage
Teamwork
Experience
Past statistics

RATING CATEGORIES

1.0 Beginner: This player is just starting to play hockey. Has limited overall experience and is working primarily on skating and puck control.

2.0 Advanced Beginner: Needs on-rink, scrimmage, and league-play experience. Displays obvious weaknesses in skating technique (posture, balance, stride, power, turning, stopping, backward skating) and puck control (carrying, passing and receiving, shooting). Has little or no knowledge of positional play or rink coverage.

3.0 Lower Intermediate: Is learning to judge where the puck/play is going, although rink coverage is weak. Sustains basic puck control and slow-paced skating maneuvers for short periods of time when grouped with players of same ability.

4.0 Intermediate: Makes regular attempts at sustained puck control, puck shooting variety, and medium-paced skating maneuvers, with improved rates of success. Exhibits elementary power, speed, strength, stamina, agility, and execution in all skill areas. Shows better awareness and understanding of rink coverage and how it drives offensive and defensive positional play, yet remains less assertive than more-skilled teammates.

5.0 Upper Intermediate: Displays noticeably improved technique and more consistency with moderate-paced skating maneuvers and transitions between them. Exhibits better puck control and shooting dependability with good directional control and shot accuracy, more frequently and for greater periods of time. Presents average power, strength, and speed in all skill areas. Occasionally exhibits more-aggressive team play. Demonstrates improved comprehension and execution of rink coverage opportunities; is developing good teamwork strategy both offensively and defensively.

6.0 Lower Advanced: Has dependable skating skills and technique combined with higher speeds and controlled agility and strength. Shows dependable puck control and puck shooting variety more regularly and with improved accuracy, and uses these skills with frequent success. Handles a moderate to occasionally fast pace with better rink coverage and positional play, enabling this player to force defensive errors often and to create offensive opportunities. Improved teamwork is evident.

7.0 Advanced: Is starting to master regular use of power, speed, stamina, agility, mobility, and strength in all skill areas; becoming a dependable player at a fast pace. Has achieved sound skating technique; can control accuracy of puck passing and shooting; is beginning to vary game plan both offensively and defensively accordingly to opponents. Anticipates puck play rather than reacts to it, has strong rink-coverage skills, and is developing good awareness of and attempts at scoring-zone coverage. Demonstrates solid comprehension of teamwork concepts and puck support, as well as excellent positional play.

8.0 Upper Advanced: Has excellent offensive and defensive positional play and real-time puck/play anticipation. Commands a wide shot variety executed with consistency and a high percentage of accuracy. Features remarkable and reliable puck control. Demonstrates superior skating skills with exceptional consistency around which a game may be structured. Consistently creates scoring opportunities or forces defensive errors, and covers all areas of the rink with success. Successfully executes breakouts, zone play, power play, penalty kill, and the face-off game.

9.0 Expert: Has developed power, speed, stamina, agility, mobility, strength, and/or consistency as a major weapon. Varies strategies and styles of individual/team play in competitive situations and executes shots/passes/scoring opportunities in stressful scenarios with precision and accuracy. Is the “go-to” player on the team. Experience, knowledge of the game, teamwork, rink coverage, positional play, and maturity level are remarkable, obvious, and proven by statistics.

10.0 Pro: This player is paid to play hockey.

PERSONAL INFORMATION

Player’s Name: _____

Street Address: _____

City: _____ ZIP Code: _____

Home Phone: () _____ Cell/Work Phone: () _____

E-Mail: _____

Age: _____ Date of Birth: ____/____/_____

Male _____ Female _____

Number of seasons played with TVRHL, or years played hockey:

_____ Seasons _____ Years

YOUR SELF-RATING: _____

Favorite Position (Circle one): Defense / Forward (Center) / Forward (Winger)

Division: _____

Team: _____

OFFICE USE ONLY	Date Received: ____/____/_____ Director’s Evaluation Date: ____/____/_____ Self-Evaluation: “OK” or “Adjusted” _____
-----------------------	--