



At Rink Mentor Sheet

1. Positioning

- Clear sight lines and proactive movement improve decision-making.
- Maintain open viewing lanes; avoid standing behind players.
- Read play early: anticipate passes, shots, transitions, and conflicts.
- Skate with purpose; use strong edges and arrive early.
- Hold proper blue-line depth; avoid puck-watching.
- Use correct icing mechanics; track races; communicate with partners.
- Run face-offs consistently; ensure fair alignment; react quickly.
- Work as a team—avoid double-coverage and support partners.

Discussion: Were you in position? What caused lost sight lines? Did you anticipate play? Were movements purposeful?

2. Communication

- Strong communication prevents issues and builds respect.
- Use clear, concise, confident verbal cues (“Keep sticks down,” “Move it”).
- Maintain calm, controlled body language; avoid emotional reactions.
- Use crisp, visible signals; don’t rush mechanics.
- Stay professional under pressure; listen without defensiveness.
- Share info with partners; support each other on tough calls.

Discussion: Were signals clear? Did communication help flow? Did body language support credibility? Were you a good partner?

3. Rule Knowledge

- Confidence comes from understanding and applying rules consistently.
- Review rule book regularly; know intent and updates.
- Apply rules consistently; use discretion wisely.
- Distinguish legal vs. illegal play; avoid guessing.
- Set standards early and apply equally.
- Use preventative officiating to manage behaviour before penalties.

Discussion: Any rule uncertainty? Were standards consistent? Did prevention help? What rule area needs work?

4. Confidence Building



- Mentors help officials grow through positive reinforcement and constructive feedback.
- Highlight strengths and successes.
- Treat mistakes as learning opportunities; focus on solutions.
- Encourage questions; create a safe learning environment.
- Set achievable goals and track progress.
- Promote a growth mindset—view challenges as improvement opportunities.

Discussion: Strongest area? Biggest learning moment? One thing to change? Next development goal?

5. Game Management

- Great officials manage the game, not just enforce rules.
- Show confidence and professionalism; be visible in key moments.
- Stay composed under pressure; avoid emotional reactions.
- Address issues early; use communication to prevent escalation.
- Separate players when needed; defuse calmly; recognize emotional triggers.
- Maintain game flow—efficient face-offs, minimal delays.
- Watch for escalation: physicality, retaliation, verbal conflicts, targeting, bench frustration.

Discussion: What required management? Did you spot warning signs? Did actions support flow? How well were emotions managed?

6. Professional Habits

- Professional habits build trust and advancement opportunities.
- Arrive early; complete pre-game responsibilities.
- Review rules; bring proper equipment; conduct a thorough pre-game.
- Maintain a clean uniform and reliable equipment.
- Accept responsibility; be open to feedback; follow through on goals.
- Honor assignments; communicate professionally.
- Treat all participants fairly; maintain professionalism on and off the ice.

Discussion: Were you prepared? What habits help success? How is professionalism perceived? What habit needs improvement?

7. Supporting Young Officials

- Young officials need confidence, clarity, and encouragement.
- Create a welcoming environment; learn names and experience levels.
- Start with positives; avoid overwhelming criticism.



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- Provide specific, actionable feedback appropriate to experience.
 - Share lessons learned; model professionalism; be patient.
 - Focus on 1–2 improvements; avoid excessive technical detail.
 - Make officiating enjoyable; recognize effort; help them feel valued.

Discussion: Did they leave more confident? Was feedback age-appropriate? Were strengths identified? What support is needed next?