



# Player Code of Conduct

## 2007-2008 Hockey Season

- I will respect my coaches, teammates, parents, opponents and officials.
- I will dedicate myself to good sportsmanship, teamwork and discipline on and off the ice.
- I will be on time for all team related activities (practices, games, team meals, etc.).
- I understand unexcused lateness or absence may result in loss of playing time. I will communicate with my coaches in advance.
- I will not conduct or take part in any form of player initiation or hazing (physical or verbal) activities.
- I will participate in the Capital Drug Testing Program.
- I will abide by the rules of my coaches, the Midwest High School Hockey League and USA Hockey.
- I will not lash out at any official, no matter what the call is. If I receive a penalty, I will skate directly to the penalty box. I understand my coaches will handle all matters pertaining to officiating.
- I realize I am a representative of the Des Moines Capitals Hockey Club and I will conduct myself in a befitting manner at all times (at the arena, in the bus, at restaurants, at hotels, etc.).
- Any behavior reflecting poorly on the Des Moines Capitals Hockey Club during any official team function will result in immediate disciplinary action as determined by the coaching staff and/or Capitals Board of Directors.

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**I have read and signed this form as a member of the Des Moines Capitals High School Hockey team participating in USA Hockey for the 2007-2008 playing season.**

PRINT NAME OF PLAYER: \_\_\_\_\_

SIGNATURE OF PLAYER: \_\_\_\_\_

DATE SIGNED: \_\_\_\_\_

## **Midwest High School Hockey League Policy**

### **Section H.**

MHSHL STANDARD ON TOBACCO USAGE. Any player who uses tobacco products, or is in the possession of tobacco products, will for the first offense be suspended for the next two (2) scheduled games. For the second offense, a player shall be suspended for four (4) scheduled games and is on one year probation from the first offense. This means that if another offense occurs within the year of probation, the player is suspended for one calendar year from the date of the second offense. If the player has no violation within the year after the first offense, full eligibility is restored. This policy begins September 1<sup>st</sup> and is effective through the Chicago Showcase. Suspensions herein are minimum suspensions and if local policies are harsher they shall prevail.

### **Section I.**

MHSHL STANDARD ON ALCOHOL, DRUGS OR CRIME. Any player who uses or has possession of alcoholic beverages, including beer, or illegally controlled substances, including marijuana, or who is legally convicted of committing a crime (excluding minor traffic violations) or who agrees to enter into a diversion agreement in lieu of a conviction, will automatically be suspended. For the first offense the player will be suspended for the next four (4) scheduled games. After the first offense, a player is on one calendar year probation from the first offense. This means that if a second offense occurs within the year of probation, the player is suspended for one calendar year from the date of the second offense. If the player has no violation within the year after the first offense, full eligibility is restored. This policy begins September 1<sup>st</sup> and is effective through the Chicago Showcase. Suspensions herein are minimum suspensions and if local policies are harsher they shall prevail.

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**I have read "Section H." and "Section I." of the Midwest High School Hockey League regarding the usage of tobacco, alcohol and drugs.**

**I understand the consequences if I'm in violation of these policies.**

PRINT NAME OF PLAYER: \_\_\_\_\_

SIGNATURE OF PLAYER: \_\_\_\_\_

DATE SIGNED: \_\_\_\_\_