

PLAYER CODE OF CONDUCT

The following is NORCAL's player Code of Conduct which every player is required to adhere to.

IMPORTANT NOTIFICATION: A player registered with any Northern California Junior Hockey Association (NORCAL) member club cannot practice, compete or participate in any member club sanctioned event or activity until the player, the player's parents or guardians and the player's coach read this entire document, sign and return the attached Code of Conduct Agreement to the member club and said agreement is appropriately filed. Signed Code of Conduct Agreements must be made part of the Team Book as provided for in Rule 5.13 of the Northern California Junior Hockey Association Rules and Regulations.

Introduction

In personal development throughout youth sports, the player, his/her parents, coaches and administrators play a critical role. To insure that all participants work together to get the optimum benefits from a great sport like youth hockey, they need to be on the same page regarding their roles and responsibilities. Each must understand and respect his/her relationship with the other, the commitments they share and their requirements as a member of their team, their club, Northern California Junior Hockey Association (NORCAL), California Amateur Hockey Association, Nevada Amateur Hockey Association, and USA Hockey.

Participants must also recognize that to achieve complete success, they should understand both the values and goals of NORCAL and its Rules and Regulations. The Code of Conduct and Standards of Behavior contained herein has been developed to aid the participants in achieving a level of behavior that will allow all concerned to maximize the benefits of youth hockey development and guide the athlete in becoming a well-rounded, self confident and productive human being.

Three critical points are required to achieve a positive and healthy relationship between players, parents and coaches. They are to clearly define the roles of each participant, establish rules of behavior, and insure communications of expected conduct to all parties. The contention is that a clear understanding will help to prevent or curtail negative behavior.

Sportsmanship

A growing problem in youth sports today is the all-too common attitude that winning is everything. Nothing could be further from the truth, and Northern California Junior Hockey Association believes this attitude can contribute to players, coaches, and parents displaying a lack of good sportsmanship.

In any athletic contest, the competitors should do their best to try and win. After all, striving to win is a part of healthy competition. However, winning or losing is only a result—it should not be the reason we play the game. In addition, we sometimes need to be reminded to respect the opponents and that without them there is no game. We need to applaud good plays by both our team and by members of the opposing team.

Everyone in the game, including the parents and spectators, should have a sense of fair play. Satisfaction for players, coaches, parents and spectators should come from watching athletes playing their hardest and doing their best. There is a big difference between losing and being a loser. If one has done his/her best and played within the rules, a player is never a loser. By the same token, a team may score the most goals in

the game, but if the participants aren't humble in victory or played without respect for their opponent, they aren't winners.

Responsibilities

The Code of Conduct and Standards of Behavior for Northern California Junior Hockey Association is centered on and incorporates the USA Hockey Codes of Conduct. The various code provisions give a solid foundation for expectations and goals. The codes set the ground rules, standards of behavior and establish a perspective regarding the objectives of a youth hockey program. USA Hockey has emphasized a Zero Tolerance Policy for inappropriate behavior and has implemented a Parent Awareness Program. USA Hockey publishes a Code of Conduct for players, parents and coaches in its Annual Guide.

All member clubs are responsible for the dissemination, communication and enforcement of the Rules and Regulations and the Code of Conduct and Standards of Behavior of the Northern California Junior Hockey Association. All players, parents, guardians, administrators and coaches are responsible for the being familiar with and supporting these Rule and Regulations and the Code of Conduct and Standards of Behavior.

NORCAL has approved and adopted provision that all players, coaches, and parents are required to sign a Code of Conduct Agreement that will be kept in their team's binder. The document contains an acknowledgement that the participants have read, understand and pledge to behave in accordance with the Rules and Regulations and the Code of Conduct and Standards of Behavior of Northern California Junior Hockey Association. The league's intent is that this process will help communicate the standards of behavior to all participants throughout NORCAL, and in doing so help elevate the level of the youth hockey experience for all concerned.

It must be clearly understood that any player breaking any of the NORCAL Rules and Regulations or violating the Code of Conduct and Standards of Behavior may cause the player to be suspended for a specified period of time under Rule 410 of USA Hockey Official Rules, , or to forfeit his/her member status in NORCAL or with any associated member of NORCAL. There will be no refund for any unused ice times, tournament or game fees as result of such suspension and/or forfeiture.

Any coach, parent or spectator breaking any of the NORCAL Rules and Regulations or violating the Code of Conduct and Standards of Behavior may be suspended for a specified or indefinite period of time based on a review and ruling by the NORCAL Executive Committee.

Parents' and Spectators' Code of Conduct

- Do not force players to participate in sports, but support their desires to play their chosen sport. Participants are involved in organized sports for their enjoyment. Make it fun.
- Encourage players to play by the rules. Remember, young players learn best by example, so applaud the good plays of both teams.
- Be respectful of and do not embarrass a participant by yelling at players, coaches, officials or other parents. By showing a positive attitude toward the game and all of its participants, the player will benefit.

- Emphasize skill development and practices and how they benefit your young athlete. Deemphasize games and competition in the lower age groups.
- Know and study the rules of the game, and support the officials on and off the ice. This approach will help in the development and support of the game. Any criticism of the officials only hurts the game.
- Display good sportsmanship. Applaud a good effort in both victory and defeat, and enforce the positive points of the game. Recognize good plays by both your team and the opposing team with applause. Act appropriately; do not taunt or disturb other fans; enjoy the game together.
- Never yell or physically abuse a player after a game or practice - it is destructive. Work toward removing the physical and verbal abuse in youth sports.
- Recognize the importance of volunteer coaches. They are important to the development of young athletes and the sport. Communicate with coaches, support their decisions and trust their judgment and integrity.
- Cheer good plays of all participants; avoid booing opponents. Cheer in a positive manner and encourage fair play; profanity and objectionable cheers or gestures are offensive.
- Help provide a safe and fun environment; throwing any items on the ice surface can cause injury to players and officials. Be responsible for your own safety - be alert to prevent accidents from flying pucks and other avoidable situations.
- Do not lean over or pound on the glass. The glass surrounding the ice surface is part of the playing area.
- Respect locker rooms as private areas for players, coaches and officials.
- Be supportive after the game – win or lose. Recognize good effort, teamwork and sportsmanship.
- Refrain from the use of abusive, obscene or profane language or gestures.
- Treat everyone fairly, regardless of gender, place of origin, color, sexual orientation, religion, political belief or economic status.
- Abstain from use of tobacco, drinking alcoholic beverages, using illegal substances or mind-altering drugs at any NORCAL sanctioned activity or event.

Players' Code of Conduct

- Play for FUN.
- Abide by the rules of my team, my club, Northern California Junior Hockey Association, California Amateur Hockey Association, and USA Hockey.
- Work hard to improve your skills.
- Be a team player - get along with in a team environment. Never place blame for a loss or tie on teammates. Understand that you win or lose as a team.
- Learn teamwork, sportsmanship and discipline.

- Be on time for practices and games.
- Learn the rules and play by them. Always be a good sport.
- Respect and refrain from public criticism of your coach, your teammates, your parents, opponents and officials.
- Never argue with an official's decision. No lashing out at any official no matter what the call is. Let the coaching staff handle all matters pertaining to officiating.
- Anyone who receives a penalty will skate directly to the penalty box.
- Understand that fighting or fisticuffs will not be tolerated and can result disciplinary measures by the NORCAL Executive Committee.
- Conduct oneself in a befitting manner and refrain from the use of abusive, obscene or profane language or gestures. No swearing or abusive language on the bench, in the rink, at the hotel or any team function.
- Treat everyone fairly, regardless of gender, place of origin, color, sexual orientation, religion, political belief or economic status.
- Abstain from use of tobacco, drinking alcoholic beverages, use of illegal substances, and use of performance enhancing or mind-altering drugs.

Coaches Code of Conduct

- Understand that winning is a consideration, but not the only one, nor the most important one. Care more about the development of the player than the winning of the game.
- Remember players are involved in hockey for fun and enjoyment. Be reasonable, remembering that players have other interests and obligations.
- Teach players to play fairly and to respect the rules, officials and opponents.
- Be a positive role model to players, display emotional maturity and be alert to the physical safety of players.
- Ensure that player behavior is acceptable and non-threatening for all participants.
- Be generous with your praise when it is deserved; be consistent, honest; be fair and just; do not criticize players publicly; learn to be a more effective communicator and coach, don't yell at players.
- Adjust to personal needs and problems of players, be a good listener, never verbally or physically abuse a player or official; give all players the opportunity to improve their skills, gain confidence and develop self-esteem; teach them the basics. Give each team member a fair and honest chance to play.
- Organize practices that are fun and challenging for players. Familiarize yourself with the rules, techniques and strategies of hockey; encourage players to be team players.
- Maintain an open line of communication with players' parents. Explain the goals and objectives of your club/association.

- Be concerned with the overall development of players. Stress good health habits and clean living.
- Refrain from the use of abusive, obscene or profane language or gestures.
- Treat everyone fairly, regardless of gender, place of origin, color, sexual orientation, religion, political belief or economic status.
- Abstain from use of tobacco, drinking alcoholic beverages, illegal substances, performance enhancing or mind-altering drugs at any NORCAL sanctioned activity or event.
- Understand and teach players that to play the game is great; to love the game is greater.