



Spirit - Team Sportsmanship - Community Pride

TEAM RULES 2013-2014

Rules in General:

It is not in the best interest of ice hockey and is detrimental to hockey and is therefore prohibited to do any of the following while participating in or affecting the sport of amateur hockey:

Discriminate on the basis of race, color, religion, age, sex, national origin, or socioeconomic status. Consume, use, sale, give or abuse mood altering substances, other than in accordance with a Doctor's prescription,

For purposes of this policy, the words "mood altering substances" shall include the following:

1. Intoxicating beverages, including, but not limited to, alcohol.
2. Non-prescription or prescribed controlled substances.
3. Prescription or prescribed controlled substances when used to an excess in violation of doctors orders, or to produce the state of intoxication in the participant. Abuse, (*including but not limited to ethnic, racial, sexual, physical or mental*) another person or player.

Any violation of this policy will result in the player and parents being brought before the Rules and Ethics. The player will be suspended from all team activities until they have appeared before the board.

SEXUAL ABUSE POLICY

There shall be no sexual abuse of any minor participant involved in any sanctioned programs, tournaments or events by an employee, volunteer, or independent contractor. Sexual abuse of a minor participant occurs when an employee, volunteer or independent contractor touches a minor participant for the purpose of causing the sexual arousal or gratification of either the minor participant or the employee, volunteer or independent contractor. Sexual abuse of a minor participant also occurs when a minor player touches an employee, volunteer or independent contractor for the sexual arousal or sexual gratification of either the minor participant or the employee, volunteer or independent contractor, if the touching occurs at the request or with the consent of the employee, volunteer or independent contractor. Neither consent of the player to the sexual contact, mistake as to the participant's age, nor the fact that the sexual contact did not take place at a hockey function are defenses to a complaint of sexual abuse. Upon proof of violation of this policy, the violator will be permanently banned or suspended from AHAI/USA Hockey sanctioned programs and/or the programs of its Affiliate Associations

PHYSICAL ABUSE POLICY

It is the policy that there shall be no physical abuse of anyone. Physical abuse means physical contact with a participant that intentionally causes the participant to sustain bodily harm or personal injury. Physical abuse also includes physical contact with a participant that intentionally creates a threat of immediate bodily harm or personal injury. Physical abuse does not include physical contact that is reasonably designed to coach, teach or demonstrate a hockey skill. Permitted physical conduct may include, but is not necessarily limited to, shooting pucks at a goalkeeper, demonstrating checking and other hockey skills, and communicating with or directing participants, during the course of a game or practice, by touching them in a non-threatening manner.



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HAZING POLICY

There shall be no hazing of any participant.

Definition: Conduct which is insulting, intimidating, humiliating, offensive, or physically harmful. Any player, team official, executive member of a Team, Club or Association having been party to or having had knowledge of any degrading hazing, or initiation rite, without reporting it or taking action, shall be subject to suspension from playing or holding office with any Team, Club or Association affiliated with AHAI and/or USA Hockey.

LOCKER BOXING POLICY

The Cobras are concerned with the activity known as "Locker Boxing" (*aka Helmet & Gloves*) that produces head trauma in children and young adults. Cobras Hockey is opposed to that activity and any violation will result in being brought before the rules & ethics board.

Player Rules for Games:

- Players must be at games 1 hour before the scheduled game time. Failure to either be on time or call a coach (not text or email, not a board member, parent or player) explaining the reason why they are running late will result in the player sitting the first period of that game.
- Dress code for games: shirt and tie with team warm up pants and team jacket. Failure to wear proper attire will start with a warning and will progress from there.
 - Players who have 3 penalties in a game will sit for the remainder of the game.
 - Players who receive a fighting penalty or worse will be suspended pending an investigation by our rules and ethics committee. Keep in mind that AHAI automatically suspends players for a minimum of 3 games for fighting.
 - Foul language or poor behavior directed toward teammates, opponents, officials, coaches, or fans will not be tolerated. Coaches will enforce this rule as they see fit. However if there is obvious instances of foul language or poor behavior the rules and ethics committee may investigate and has the ability to suspend a player.
 - All suspensions must be served by attending the game and sitting in the stands. Games not attended by a suspended player will not count toward the player's suspension. Players must be dressed for practices 5 minutes before the scheduled practice time and be ready to go over the practice plan with the coaching staff. Failure to either be on time or call a coach (not text or email) explaining the reason why you are running late will result in the player sitting one period of the next game.
 - Mouth and neck guards must be worn at all times while on the ice. Failure will result in the player being asked to leave the ice until the equipment is worn.



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- Players must not leave the ice without permission from a coach for any reason during practice.
- Players who must miss a team event (game, practice, etc.) must call a coach with an explanation prior to missing the event. There must also be a follow up call to the same coach from a parent. Failure to notify the coaching staff will result in the player sitting one period of the next game.
- Players who attend any team event, including but not limited to games, practices, and parties, under the influence of drugs or alcohol will immediately be suspended from all team activities pending a rules and ethics committee hearing. The player involved and at least one parent must be present at the meeting.

Fan Rules for Games:

- Cobras fans should never criticize our players or coaches during a game. They should never call out a players name in a critical manner. Failure to comply with this rule will result in a conversation from a board member concerning the fans conduct. Failure to comply with this rule on a regular basis will result in a rules and ethics committee investigation and could result in the fan being asked to no longer attend games.
 - Cobras fans asked to leave the rink by an official during the game will be suspended from attending the next three games. A second offense will result in a rules and ethics committee investigation and could result in the fan being asked to no longer attend games.
- Anyone wishing to speak with a coach with a concern about a game must wait at least 24 hours. Violations of this rule will result in a rules and ethics committee investigation.

Signed (player) _____

Date: _____

Signed (parent/guardian) _____

Date: _____

Signed (parent/guardian) _____

Date: _____