

DICKINSON HOCKEY CLUB

RULES AND REGULATIONS

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PURPOSE

The purpose of the Dickinson Hockey Club is as follows:

- To help youth who participate become better citizens, better sportspersons, and more learned in the sport of hockey and the art of skating.
- To provide our youth with a set of safe and enjoyable experiences.
- To aid participating youth in their physical, social, and mental development.
- To provide an opportunity for our youth to develop a set of values, such as self-control, patience, and courage.

COACH'S CODE OF ETHICS

I. ALL COACHES WILL:

1. Keep in mind that the player is the most important part of the program and that learning and developing is more important than winning.
2. Understand the rules of the game, importance of teamwork and share that understanding with the players.
3. Treat players fairly.
4. Maintain a neat appearance.
5. Be prompt.
6. Display kindness, consideration, and understanding towards the players.
7. Share ideas and techniques with other coaches for the betterment of the program.
8. Be considerate of other teams.
9. Be well prepared for practices.
10. Have a positive attitude at all times.
11. Teach players to respect official's decisions.
12. Inform through a written report any violation of player conduct to the hockey director.
13. Participate in training sessions and coaching classes as offered by DHC.

II. COACHES WILL NOT:

1. Use offensive language.
2. Solicit players for their own team.
3. Shall not physically or verbally abuse players.
4. Use tobacco or alcohol while supervising players during practices or games.
5. Any disciplinary action involving suspension of a player must be reported by the coach to the Hockey Director.
6. Non-compliance with this code of ethics will result in a review of the coach by the Hockey Director with the consultation with the Hockey Board to determine disciplinary action. A report will be made to the Hockey Board regarding the outcome.
7. In the event questions or concerns, the procedure to follow is:
 - a. Take the concern directly to the party - coach, parent, player, official, ect.
 - b. Take the concern to the Hockey Director.
 - c. Take the concern to the Dickinson Hockey Board.

OFFICIAL'S CODE OF ETHICS

I. Officials are expected to:

1. Know the rules of the game.
2. Be professional.
3. Be on time.
4. Be courteous.
5. Be consistent and impartial.
6. Refrain from abusive or offensive language.
7. Refrain from the use of tobacco or alcohol during games.
8. Be properly attired as governed by NDAHA rules.

II. In the event questions or concerns, the procedure to follow is:

1. Take the concern directly to the party- coach, team manager, and official, etc.
2. Take the concern to the Hockey Director.
3. Take the concern to the Dickinson Hockey Board.

PARENT'S CODE OF ETHICS

A. I AGREE TO ABIDE BY THE FOLLOWING:

1. Remember that youth are involving in organized sports for their enjoyment not mine.
2. Encourage players to abide by the rules of the game.
3. Communicate to children that an honest effort is more important than winning.
4. Turn defeat into victory by helping my child work towards skill development and good sportsmanship.
5. Remember that all players' experiences and development are important.
6. Always conduct myself in a positive manner by respecting other parents, players, coaches, and officials.
7. Recognize that the coaches, not the parents, are the primary source of instruction and authority in the game.
8. Recognize the value, authority, and importance of our coaches and team interest.

B. I AGREE NOT TO:

1. Force an unwilling child to participate in DHC.
2. Publicly criticize or ridicule a coach, player, or official.
3. Condone physical or verbal abuse of players.

C. If any parent/guardian has an issue to discuss with a coach, Hockey Director or Hockey Board Member they must wait a full 24 hours from the time the issue occurred to bring their concerns to the coach, hockey director or Hockey Board Member.

D. If any parent/guardian is disrespectful or obstructs/interferes with a coach during the instruction time (on or off the ice), the player may be immediately suspended until further review with the Hockey Director, coach, and parties involved. A report will be made to the Dickinson Hockey Board regarding the outcome.

E. If any parent/guardian is verbally or physically abusive to a coach, official, or player, the parent/guardian may be suspended from the program or other disciplinary action may be taken. The Hockey Director will make this decision after reviewing the situation: A report will be made to the Dickinson Hockey Board regarding the outcome.

PLAYER'S CODE OF ETHICS

A. Realizing you are a representative of the City of Dickinson and the Dickinson Hockey Club, I agree to:

1. Follow NDAHA rules and the Dickinson Hockey Club rules and regulations.
2. Learn the rules, regulations, and the necessary skills of the game.
3. Always conduct myself in a positive manner by respecting other players, coaches, and officials.
 - a. If I am verbally or physically abusive to a coach, official, or player, I may be suspended from the program or other disciplinary action may be taken. The Hockey Director will make this decision after reviewing the situation. A report will be made to the Dickinson Hockey Board regarding the outcome.
 - b. I will recognize the value, authority, and importance of our coaches and team interests.
4. DHC believes that the growth and development of players can take place in an environment, which promotes safety, fairness, courtesy, and respect for one another. Therefore the following actions will not be tolerated:
 - a. **HAZING:** Committing an act against a player or coercing a player into committing an act that creates a substantial risk of harm to a person in order for the player to be initiated into or affiliated with DHC.
 - b. **DISORDERLY CONDUCT:** Engaging in offensive, obscene, or abusive language or in boisterous and noisy conduct tending to arouse, alarm, anger, or bring resentment to others.
 - c. **HARASSMENT:** Participating in or conspiring with others to engage in harassing acts that injure, degrade, or disgrace other individuals. Harassment, whether willful or otherwise, includes disability, race, sexual orientation, and/or age.
 - d. **REPORTING:** Any concern regarding the conduct of a player must be reported directly to the coach by the player or player's parents who the behavior is impacting.
 - e. **RESPONSE:** If these incidents occur, I realize that I may be suspended from the program or other disciplinary action may be taken. The Hockey Director will make the decision after reviewing the situation. A report will be made to the Dickinson Hockey Board regarding the outcome.
5. Understand the importance of teamwork and team concept.
6. Recognize that the coaches, not the parents, are the primary source of instruction and authority in the game.
7. Be prompt for all practices and games.

B. PROPERLY EQUIPPED

The following is a chart that shows the equipment that is required for each particular level of play.

Equipment	Mini's	Mites	Squirts	Peewees	Girls DT	Bantams
Approved Helmet/ Mask	R	R	R	R	R	R
Approved/ Attached Mouth Guard	R	R	R	R	R	R
Shin Pads	R	R	R	R	R	R
Elbow Pads	R	R	R	R	R	R
Hockey Pants/ Girdle	SS	SS	R	R	R	R
Cup Supporter or Pelvic Protector	SS	SS	R	R	R	R
Shoulder Pads	SS	SS	R	R	R	R
Hockey Gloves	R	R	R	R	R	R
Throat Protector	R	R	R	R	R	R

R= Required
SS= Strongly Suggested

Throat protector collar is required for goalies and recommended for others.

- Mouth guards must be attached to helmets at all levels.
- All standard goalie equipment when practicing or playing in the goal (except Mini's).

C. Playing or practicing without required equipment will result in not playing that game or practice.

D. The use of tobacco, alcohol, or illegal drugs will result in immediate suspension, the Hockey Director will release player from the hockey club for the rest of current season.

E. Any player removed from a game or practice for fighting or intentionally injurious conduct will be suspended from the next game and/or practice until further reviewed with the Hockey Director and a correction plan made. A coach may suspend a player for fighting during practice or travel.

F. Chronic discipline problems will be brought before the Dickinson Hockey Board for consideration of suspension for the remainder of the season.

G. In the event question or concerns, the procedure to follow is:

1. Take the concern directly to the party- coach, parent, ect.
2. Take the concern to the Hockey Director.
3. Take the concern to the Dickinson Hockey Board.

SKILL DEVELOPMENT

m=Minis M=Mites S=Squirts P=Peewee G=Girls DT B=Bantams

A. Skating

1. Forward	m	M	S	P	G	B
2. Backward	m	M	S	P	G	B
3. Controlled form	m	M	S	P	G	B
4. Stopping	m	M	S	P	G	B
5. Balance	m	M	S	P	G	B
6. Crossover forward		M	S	P	G	B
7. Crossover backward		M	S	P	G	B
8. Pivot forward		M	S	P	G	B
9. Pivot backward		M	S	P	G	B
10. Agility		M	S	P	G	B
11. Acceleration		M	S	P	G	B
12. Stride and Power		M	S	P	G	B
13. Lengthening stride		M	S	P	G	B

B. Stick Handling

1. Head up	m	M	S	P	G	B
2. Stick on the ice	m	M	S	P	G	B
3. Side to side		M	S	P	G	B
4. Front to back		M	S	P	G	B
5. Diagonal feint		M	S	P	G	B
6. Deke through legs		M	S	P	G	B
7. 1 - on - 1 move		M	S	P	G	B
8. Tipping		M	S	P	G	B

C. Shooting

1. Wrist	m	M	S	P	G	B
2. Backhand	m	M	S	P	G	B
3. Slot area		M	S	P	G	B
4. Rebounds		M	S	P	G	B
5. Snap			S	P	G	B
6. Slap				P	G	B
7. Creating Screen				P	G	B
8. Blocking				P	G	B

D. Passing

1. Forward Pass	m	M	S	P	G	B
2. Back Pass	m	M	S	P	G	B
3. Receiving Angle		M	S	P	G	B
4. Drop Pass			S	P	G	B
5. Flip Pass			S	P	G	B
6. Break to open spot			S	P	G	B
7. Not throwing away the puck		M	S	P	G	B
8. Changing lanes				P	G	B
9. Off Boards		M	S	P	G	B

m=Minis M=Mites S=Squirts P=Peewee G=Girls DT B=Bantams

E. Team

1. Position Breakout	m	M	S	P	G	B
2. Position for fore-checking	m	M	S	P	G	B
3. Lanes		M	S	P	G	B
4. Fore check on angles		M	S	P	G	B
5. Fore check 1-2-2			S	P	G	B
6. Fore check 2-1-2			S	P	G	B
7. Backing up fore checker			S	P	G	B
8. Back Checking			S	P	G	B
9. Checking-stick		M	S	P	G	B
10. Checking- ride out			S	P	G	B
11. Checking- covering in front			S	P	G	B
12. Checking- face off (offensive)			S	P	G	B
13. Checking- face off (defensive)			S	P	G	B
14. Breakout-center in, wings out			S	P	G	B
15. Breakout- wings in, center out			S	P	G	B
16. 1-2-2 in defensive end			S	P	G	B
17. Body checking			S	P		B
18. Neutral ice play				P	G	B
19. Attacking on Blue Line				P	G	B
20. Position in the attacking area				P	G	B
21. Defensive coverage				P	G	B
22. Face-offs neutral ice				P	G	B
23. 3- on - 2 offensive end				P	G	B
24. 3- on - 2 defensive end				P	G	B
25. Individual position			S	P	G	B
26. Power play				P	G	B
27. Man short situations				P	G	B

F. Goaltending

1. Moving side to side in the goal (shuffle)	M	S	P	G	B
2. Goalie stance	M	S	P	G	B
3. Keeping your eye on the puck	M	S	P	G	B
4. Freezing the puck	M	S	P	G	B
5. Catching the puck	M	S	P	G	B
6. Moving in and out of the goal (C-cut)		S	P	G	B
7. Deflecting the puck stick		S	P	G	B
8. Deflecting the puck pads		S	P	G	B
9. Deflecting the puck blocker		S	P	G	B
10. Deflecting the puck skates		S	P	G	B