

USA Hockey Code of Conduct

1. No swearing or abusive language on the bench, in the rink, or at any team function.
2. No lashing out at any official no matter what the call is. The coaching staff will handle all matters pertaining to officiating.
3. Anyone who receives a penalty will skate directly to the penalty box.
4. Fighting will not be tolerated. Fighting will result in an appearance before the Discipline Committee.
5. There will be no drinking, smoking, chewing of tobacco or use of illegal substance at any team function.
6. I will conduct myself in a befitting manner at all facilities (ice rink, hotel, restaurant, etc.) during all team functions.
7. Any player or team official who cannot abide by these rules or violates them will be subject to further disciplinary action.

NEWSOME ICE WOLVES CODE OF CONDUCT

1. COMMUNICATIONS

- a. I will provide an email address that I monitor and will read what's received.
- b. I will be accountable for instructions and information emailed to me by the Coaches and the Newsome Ice Wolves Booster Association (NIWBA) Board of Directors.
- c. When I have a schedule question, I will first look at the Newsome Website on SportsEngine to see if the answer is already provided there before I send a note/text or call the Coach.
- d. I will use the SportsEngine applications, and the RSVP function, to ensure my plans to participate are known.

2. PRACTICE

- a. I will be on time. I will get to the rink in enough time to get properly dressed and on the ice when the practice time begins.
- b. I will bring (and WEAR) my assigned/issued practice jersey to every practice.
- c. When the Coach calls players together for instructions, I will IMMEDIATELY stop what I am doing (to include shooting pucks or stick handling - or any various ice capades activity) and go to where the Coach has instructed players to assemble.
- d. I will pay attention to Coaches' instructions. I will not be a distraction when instructions are being given - and will not generate extra noise (which specifically includes talking with others) with which the Coach must compete in order to be heard by everyone.

3. GAMES

- a. I will be on time. This means I will arrive in the locker room at least 45 minutes prior to scheduled game times. I will be prepared (with appropriate attire and shoes for the purpose) to participate in team warm up exercises at that time.
- b. I will use the time following the warm-up, up to 15 minutes before game time, to get fully dressed and accomplish any remaining preparatory activity, such as fill water bottles, recover skates being sharpened, get chicken fingers from my Mom, hold hands with my girlfriend - whatever - and be READY TO GO, 15 minutes before game time. The last 15 minutes before any game is the Coach's time - I will be ready, and in the locker room, fully dressed, phone put away, and listen to what the Coach has to say.
- c. I will have everything I need, because I checked my bag myself (Mom doesn't want to do this for me because my bag stinks) before I left home to come to the rink. I will particularly ensure I have my Newsome game jersey(s) and socks (both sets, if issued) in my bag - and understand that I will likely NOT be allowed to play if I do not have my game uniform.
- d. I will pay particular attention to, and comply with, USA Hockey Code of Conduct items #2 and #3.

4. LOCKER ROOM

- a. I understand that the locker room is a place to get ready to practice or play. It is not a place to hold a social gathering, and I will not treat it as such. I will respect the game and get ready.
- b. Newsome Hockey Teams do not and will not have pre or post game music in locker rooms. If I want to listen to music to help me somehow get ready, I will use ear buds or headphones of some kind.
- c. I will not participate in, encourage, or tolerate horse play in the locker room. I understand that ice hockey includes adequate physical activity, with resultant risks, on the ice - without locker boxing, or wrestling, or any other excessive behavior in the locker room.
- d. I will leave the locker room like a found it. Trash belongs in trash cans. This includes, but is not limited to discarded/used tape, water and Gatorade bottles, candy wrappers, boogers of assorted types, and giant wads of paper towels or toilet paper that somehow accidentally get soaking wet and jump out into the middle of the room by themselves or magically stick themselves to the wall or ceiling. We will be good locker room citizens.

5. GENERAL: I will remember that I am an Ambassador for my team and my school. My behavior and actions in every rink and facility in which our team plays, practices, or otherwise gathers reflects on me, my team, Newsome High School, and my family. I will remember that these rinks and facilities are open to the public and are patronized by families and people of all ages. As such, we will not "sauce biscuits" anywhere that the public, and especially children, should expect to go. Neither will we have loud and vulgar conversations in these places. The list of behaviors we must avoid is long - but if we apply reasonable common sense, we will avoid them all. And we should probably just get in the locker room and get dressed to be on time anyway... I understand that my failure to follow this code, and all of its provisions, will result in disciplinary action against me, to include benching, suspensions, or potentially greater consequence.