



# Blue Book

## ***Please Read Me!***

This policy book is intended to represent the outline of what the Board of Directors have established as what is best for the development of players and the success of the Seattle Junior Hockey Association program. The intent of these policies and rules must be taken with common sense and the interpretation in context to the situation to which they are applied. To apply the rules and policies with inflexibility and rigidity would violate the spirit and nature of their development, which is for the smooth operation of youth hockey and the development of its players.

Many questions you may have about the SJHA program can be answered by your Team Manager or Coach. The final interpretation rests in the hands of the Directors of Seattle Junior Hockey Association.

We would like to thank those individuals whose wisdom and knowledge from years of involvement in the game of hockey and vision that has gone into the creation of this document.

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## **SEATTLE JUNIOR HOCKEY ASSOCIATION**

### **"A Model Program for Youth"**

Seattle Junior Hockey Association (SJHA) was established in March of 1974, expanding local youth hockey to the Junior level (ages 16-20) with a new team, The Northwest Americans. Eight very successful years later, SJHA began a youth division with a Beginner/Mite program (ages 5-9) to provide quality development for younger players. In 1993 SJHA began another growth phase to bring teams from recreational to rep to players from ages 11 - 18 years of age.

Throughout the years the SJHA Directors and Board members have been instrumental in providing a stable foundation for hockey in the Puget Sound Area. By providing leadership, consultation, and financial contributions, SJHA has assisted the area youth hockey programs towards growth and stability.

The NW American Junior B's won several western U.S. and B.C. championships. Experience with the NWA has given many players the opportunity to pursue higher education and athletics in fine colleges around the country. Additionally, many NWA players have gone on to the professional ranks of hockey. Due to budget constraints, the NWA program was concluded in 1998. This allowed funds to be directed to the youth program.

Currently, SJHA has expanded to over 40 Recreation and Representative teams; representing all five divisions from the Mite level through the Midget level, serving over 600 families. To facilitate greater growth, a partnership with Seattle Figure Skating Club was formed to construct a premier Olympic sized arena. In April of 1994 Olympic View Arena was opened. Previously in 1989, SJHA and SFSC had joined forces to purchase Sno-King Ice Arena, which is now renamed Lynnwood Ice Center.

### ***The SJHA Mission***

***"Seattle Junior is committed to creating transformational experiences for all players, coaches, and families through the game of hockey"***

Hockey present youths with an exciting challenge that will serve them for their entire life. A remarkable sport demanding unparalleled quickness, endurance, character, effort, and commitment, and teamwork, hockey is based on a healthy cooperative, yet tough, lifestyle in mind, body and spirit. These are among the finest traits adults can endeavor to transfer to youths. Our program will give players experiences to transform their leadership, social, and athletic skills to excel in any field throughout their adulthood.

### ***METS Core Values***

**Mindset:** When we work hard, we improve

**Education:** When we learn, we grow

**Trust:** When we believe, we succeed

**Safety:** When we respect the rules, the game, and other people, we thrive

**Our vision is "to expand what you think hockey can do for you"**

## Vision Statement

Our goal is to expand what you think hockey can do for you by executing player-centered hockey development, instilling leadership skills, and cultivating deep-rooted relationships in our community.

Mike Murphy	President	president@sjha.com
Marty Rubin	Director	<a href="mailto:marty.rubin@sjha.com">marty.rubin@sjha.com</a>
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Jerry Weir	Beginners Program	beginners@sjha.com
Mark Sorensen	Goaltending Director	goalie@sjha.com
Lisa Menzl	Youth Division Office Administrator	admin@sjha.com

### SJHA Office @ Olympicview Arena

**Address:** SJHA, 22202 - 70th Avenue W, Mountlake Terrace, WA 98043  
**Web Site:** [www.sjha.com](http://www.sjha.com)  
**E-mail:** [admin@sjha.com](mailto:admin@sjha.com)  
**Phone:** (425) 672-7744

Office hours vary depending on the time of year. Please contact office for open hours. Office is located downstairs at Olympicview Arena.

**The SJHA web site [www.sjha.com](http://www.sjha.com) provides up-to-date information regarding schedules and Association news**

### Team Names: A History

#### Junior Metropolitan

- Our representative teams are named in honor of the rich history of the Seattle Metropolitan. In 1917 the Seattle Metropolitan became the first American team to win a Stanley Cup.
- The Trident is representative of the pinnacle of leadership and also embodies power, character, and control of the seas and all who dwell beneath the tides.

#### C Recreational teams

- Primarily rooted in one of the great traditions of U.S. Hockey, NCAA Division 1 College Hockey.
- All teams were chosen by SJHA members who voted for their favorite college mascots (Badgers, Bulldogs, Eagles) except for the Totems which was added at the request of our members. As the association grows, we will continue to add team names that honor the history of hockey in the Seattle area such as our latest addition the "Americans".

### Use of our LOGOS, Apparel and Trademarks

SJHA logos may not be used without the express written consent of Seattle Junior Hockey Association. This includes the Seattle Junior Hockey Association name, acronym, "SJHA", all Junior Mets Logos and SJHA Recreational logos. All apparel using our names and or logo must be approved by submitting a request to the Hockey Director and purchased through our contracted vendor Breakaway Hockey Company. This includes social media and other internet enterprises.

## **SJHA Registration Procedures & Policy**

### **One Association Policy**

A registered SJHA player may not participate or tryout with another team/organization upon registering with SJHA and USA Hockey or otherwise during the winter hockey season or tryouts for the registering season. This includes practices, tryouts or games. The winter season is defined as the first official SJHA ice time of the season (including tryouts) for the player's age division until the conclusion of the team's last practice or game. An exception to be on two rosters may be allowable on a year-to-year basis for female players.

Registration material can be accessed and completed on-line through the Programs Section of the Seattle Jr. Hockey Association website, [www.sjha.com](http://www.sjha.com). Forms can be filled in and payment may be made through this section. Registrants will still be required to sign all documents and submit a Birth Certificate for the player. Registration material can be mailed. Requests for registration materials to be mailed, is subject to a \$10.00 fee. SJHA is not responsible for documents lost through the mail.

All completed forms must be returned to SJHA with appropriate fees attached.

Players will not be considered registered if the registration forms are incomplete and/or appropriate fees are not received. It is the player's/parent's responsibility to ensure forms are correctly filled out. SJHA is unable to contact individuals if their form is incomplete. Be sure form is correctly completed. If you have any questions, please call 425-672-7744.

### **Space Availability**

SJHA does not guarantee space will be available to returning players from the previous season. Space is limited in all divisions. Prior to the conclusion of Early Registration, divisions may become full. Space is available on a **first come first serve basis** and at the discretion of SJHA Directors. Please, to ensure your space, **Do Not Delay Your Registration**.

**SJHA RESERVES THE RIGHT TO ACCEPT OR DENY ANY AND ALL REGISTRATIONS**

### **Siblings**

SJHA may prioritize a new player's entry into SJHA if the player has siblings registered with SJHA and are in good standing.

SJHA may deny the registration of a player where a sibling is registered and plays at another youth hockey program which has engaged in predatory practices towards SJHA which has adversely affected SJHA hockey teams, SJHA rinks or the Association.

### **First Time Enrollment at SJHA**

#### **First Time Enrollees include the following:**

Beginners:	Refer to "New to Hockey" section at <a href="http://www.sjha.com">www.sjha.com</a> or contact our Beginner Director.
Move in Player:	Players who are moving in from outside the Puget Sound Region.
Local Player:	Players from PNAHA Associations, SKAHA, TAHA, KVAHA, PSAHA, EYH, etc.

**Move in Players:** Players moving in from outside the Puget Sound Region or Washington State: if you are a registered USA Hockey or CHA player, SJHA will register you under a "grandfather" rule. SJHA allows players who have been affected by a change of residence to continue to play hockey and will not penalize a youth player for circumstances beyond their control. Move in players in most cases may register during Early Registration.

**Local Players:** Space may be available for players not registered the previous season with SJHA. At the conclusion of early registration, the number of available spaces in the program will be known by approximately the 4<sup>th</sup> Monday in June to allow for registration of new applicants.

Players wishing to transfer to SJHA from a local association need to adhere to the following procedures.

1. Complete online registration
2. This registration will be accepted based on available space within our association.
3. SJHA takes experience into consideration in prioritizing the acceptance of players at the Pee Wee, Bantam and Midget levels of play.
4. SJHA encourages all players wishing to transfer to discuss the planned move with an official from your home association.
5. A release must be obtained from your former association prior to participating in any team events.
6. Bring your birth certificate and release within the time frame communicated to you by the registrar.

## Aaron Matlock Memorial Scholarship Fund Scholarship Program

SJHA has a long-standing tradition of providing affordable access to hockey. Bingo revenue subsidizes all SJHA players' program fees. Even with support from Bingo, hockey is very expensive.

For those who do not have the economic means or have a short-term financial challenge, scholarships are available based on level of need to assist with the cost of registration and program (ice) fees. Scholarships cannot be used to meet team expenses.

**If you would like to apply for a scholarship, please contact the SJHA Registrar at [admin@sjha.com](mailto:admin@sjha.com) for an application.** Application must be received prior to the due date for fees. **\*\*Scholarships are typically not given out for Rep Hockey. SJHA considers each application on a case by case basis\*\***

**SJHA invests a large amount of money each year into our scholarship fund and with that comes a commitment made from the Association to the player and their family. Should a player receive a scholarship and decide to leave for another local association the following year they will be required to pay back all remaining funds from the scholarship prior to receiving their unconditional release.**

## Rental Equipment Packages

SJHA has partnered with Breakaway Hockey Company which is located at Olympic View Arena for gear rental. Please email: [cj@breakawayhockeyco.onmicrosoft.com](mailto:cj@breakawayhockeyco.onmicrosoft.com) for details.

## SJHA Program Fee Refund Policy

Tryout Registration Fees: **Non-Refundable**

Registration Deposit: **Non-Refundable**

Once a player has accepted a spot with SJHA by way of registration they are bound by that registration to pay all funds associated with that registration and will not be released from that agreement until all dues are paid.

Players who choose to leave the Association at anytime prior to the completion of the season are required to pay all funds in full before they will receive an unconditional release to play for the next association.

**Refundable Situations:** Most refund scenarios will come in the form of a credit for the following season. Upon the 1<sup>st</sup> day of each month a player is obligated to fulfill any payment associated with that month.

- **Season Ending Injury:** A doctors letter prohibiting that player from competing for the remainder of the hockey season will be required and that player will be eligible for a refund in the form of a credit for the following season less the Tryout Fee, Initial Deposit, any Payment leading up to the point of the injury and any fees associated with the month the player is currently competing in.
  - Should a player request a release upon claim of season ending injury said release will not be issued prior to midnight of December 31<sup>st</sup> of the current season without full payment of all season fees and will no longer be eligible for a refund of any amount.
  - Short term injuries in which a player is eligible to play during the same season are not eligible for refunds
- **Player Moving from Washington State:** Should a player require to move out of State in the middle of the season they will be eligible for a refund less the Tryout Fee, Initial Deposit, any Payment leading up to the point of moving out of State and any fees associated with the month the player is currently competing in.
  - Any returned funds under this scenario will occur after December 31<sup>st</sup> of the current season

- **Act of God:** (ie. Covid 19 Pandemic) Families will be eligible for a refund in the form of a credit for the following season less the Tryout Fee, Initial Deposit, any Payment leading up to the point of the season in which we are affected by this act and any fees associated with the month the player is currently competing in as well as any outstanding fees the association may have in which we are not eligible for refund on behalf of an individual player or team

All refunds are under the assumption of a monthly payment plan made by the registrant during initial registration. Should a registration be paid in full during initial registration the breakdown of funds will go as follows.

- The payment in full will be broken into even amounts from September of current year through February of the following year (same season). This does not include the season's deposit which is non-refundable

## Beginner Program Overview

Seattle Junior Hockey Association (SJHA) has a long and proud tradition in the Seattle area in regards to the Beginners Program. Every successful organization builds from a strong foundation. SJHA's Beginner Program is the cornerstone to our strong foundation.

As the introductory stage to organized hockey, SJHA's Beginner / Late Starters Program will emphasize the three following areas:

1. **Fun** - The child must enjoy the activity and the process of learning new and challenging skills. By placing an emphasis on fun, it is SJHA's belief that the child will come into a deeper appreciation for the sport of hockey.
2. **Athletic and Skill Development** - In a carefully structured and fun environment, SJHA will educate our beginners in the importance of athleticism and good sportsmanship.
3. **Positive Environment** - Through a caring and personal approach, SJHA wishes to provide each player with a safe and positive environment. A positive environment will aid in achieving one of SJHA's ultimate goals, to foster good life skills.

*SJHA will develop hockey players but more importantly we help develop good people.*

In order for the Beginners Program to reach its potential, the following expectations, must be met by all participants; these expectations are simple, yet important:

### Expectations of Players

1. Be on time for any team event. If you will be late or are ill, please contact a team official.
2. When a coach is talking you must listen. The coaches are there to teach you, so you must pay attention. If you have a question raise your hand and wait for the coach to call on you.
3. Always play your hardest and always have fun.

### Expectations of Parents

1. Be supportive of the children. The sport of hockey is a new experience for them. Comfort, console and encourage your child to work hard and have fun.
2. Learn more about SJHA and the ways you can become involved (Team Manager, Team Parent, Association Volunteer, Fund-raiser).
3. Learn more about the sport of hockey. Educate yourself and help inspire your child's passion for the game.

The future of SJHA lies in a continued strong Beginner program. Let each and every one of us commit to our common goal of delivering the best experience for our children both on and off the ice.

### How to enroll in Beginners

1. Click on registration tab and register online., waiting list in numerical order. As vacancies occur, SJHA will refer to the numerical waiting list.

## LOCKER ROOM DRESSING POLICY

Seattle Jr. Hockey Association is proud to have and promote a program where female and male players have an opportunity to play together. It is the belief of SJHA that the co-mingling of the two genders in the locker room is handled through the use of common sense and a respect for individual modesty & attention to privacy. To assist with privacy, SJHA under the direction of USA Hockey requires the following locker room policy for teams with both male and female players:

1. Locker Room 6 at OVA and 4 or Red Hawks Locker Room at LIC are Female Locker Rooms. To enter as a coach or Locker Room Monitor you must knock and announce.
2. Players must arrive wearing athletic shorts/leggings and t-shirts (base layers) under street clothes to change.
3. No Parents are allowed in the locker room. If you need to talk to your child or need to tie skates, please communicate that with your Team's Locker Room Monitor or Coaches to get your child to come out of the locker room.
4. Teams must have one (1) locker room monitor immediately outside the locker room and regularly checking in on the locker room. If there are two (2) monitors, then they can monitor from inside the locker room.
5. Using devices of any kind to capture or transmit images is strictly prohibited in locker rooms, dressing areas, training rooms, showers, restrooms, or other areas where there is an expectation of privacy.

## SJHA Attendance and Punctuality Policies

### SJHA Minimum Participation Policy

Participation in hockey is a privilege. It is not an opportunity that is readily available. Therefore, SJHA implements and expects our coaches and managers to enforce a minimum participation requirement along with a standard communication policy. **It is imperative that families are in consistent, proactive, and honest communication with coaches and managers about missing games or practices. There are two types of absences: excused and unexcused.** Only excusable absences that are listed in this Blue Book's guidelines will be accepted. Failure to notify the coach of an absence will result in a one game suspension. Should it occur that a player accumulates 3 or more inexcusable absences in the course of a season, that player may be expelled from SJHA.

SJHA gives the right for coaches to decide if homework and non-hockey sports (soccer, football, baseball, volleyball, martial arts, softball, swimming, gymnastic, no further exceptions) does or does not constitute an excusable absence. Proper time management is expected of our participants. Coaches will decide at the beginning of the season and hold the line with their groups for the rest of the year.

### Types of Absences

Players must inform coaches and/or a team official of any absences prior to the event. **All absences must be approved by coach prior to the event.**

Excused absences: SJHA recognizes special school activities such as concerts, field trips, and events as legitimate absences. Just as well, family or medical emergencies, family travel separate from hockey, religious observances, and illness are legitimate absences. If transportation is a reoccurring issue for families, coaches and managers must make a plan to help the family get the player to hockey. If no plan can be made, the association will evaluate the player's position on the team. Short-term and long-term injuries qualify for absences, but injured players are highly encouraged to participate with the team for support. And, player affiliations in PCAHA when approved by the Hockey Director.

Unexcused absences: Playing non-USA Hockey sanctioned hockey or playing hockey for another organization during an SJHA team event. Homework or playing another sport (listed above) if coach decides these are inexcusable. No communication with coach prior to the event is considered unexcused. And, if families are found to be dishonest about their absences, SJHA will consider all absences unexcused.

In the event of an unexcused absence that results in a player missing a portion or a complete practice or game, the coach is allowed to deduct ice time from the player based on the following guidelines:

<u>Unexcused Absence</u>	<u>Penalty</u>
Late arrival	Lose equivalent games minutes as tardy
Miss complete practice/game	1 game suspension

3 Unexcused absences                      See SJHA attendance policy. Player may be suspended or released from the program

## Player Punctuality Policy

In order to achieve one's highest potential, proper preparation is imperative. Put into a team dynamic, proper preparation is crucial.

Therefore, in order to allow the highest degree of personal and team athletic development possible, SJHA coaches and managers are expected to enforce an arrival time policy for regularly scheduled practices and games.

## Mitey Mite, Mite and Squirt

SJHA Mite and Squirt players must arrive to all practices a minimum of 20 minutes prior to the published start time and 30 minutes prior to game time. Players must be fully equipped (including skates and helmets) at least 5 minutes prior to the ice time.

*Exception* – For all Mite and Squirt in the event of a game or practice with a 6:00am start time, SJHA requests that all participants arrive, a minimum of 15 minutes prior to ice time.

## Pee Wee, Bantam and Midget

SJHA Pee Wee, Bantam and Midget players must arrive to all practices a minimum of 30 minutes prior to the published start time and a minimum of 45 minutes prior to game time. Players must be fully equipped (including skates and helmets) at least 10 minutes prior to the ice time. Please note that SJHA coaches retain the right to ask that players arrive earlier than this policy states.

This policy will allow SJHA coaches the opportunity to properly address practice plans, game plans and other important information in a most effective and professional manner.

The coach reserves the right to withhold playing time by sitting a player for a period or more if a player is late for a practice or game based on the minimum arrival times.

Failure to comply with this policy on a consistent basis may lead to a loss of game time ice, a loss of member in good standing status or suspension.

## 'C' Recreational Division Ice Time Policy

Ultimately ice time is to be "fair", with the effort by coaches to allocate ice to all the team's players as equal as possible given game constraints such as special teams. No players will ever truly receive equal ice but the spirit of the policy is to allocate ice as equal as possible given game constraints. For the purpose of this policy: Equal = Fair.

All team players will receive equal ice time during the regular season, exhibition games and playoff games. Equal ice time is determined by the score clock at the Mite C & Mitey Mite level of play. When a clock system is not available, the coach's judgment will be used to allocate equal ice time. At the Squirt, Pee Wee, Bantam and Midget level equal is often an approximation and not defined by exact time.

Special team situations (Power Play & Penalty Kill) can be used for incentive and reward for players. In the final period of a playoff or Championship game ice time does not have to be allocated equally.

Players may receive reduced ice time due to behavior issues, game and practice attendance.

Ice time is often determined by stoppages in play, accompanied by shift changes, and can only be managed by coaches adhering to the spirit of this policy. Gross violations of this policy by "double shifting" or extra shifts will be investigated by the Association and can lead to disciplinary action. In fairness to all recreational players, SJHA encourages coaches to make the Association aware of any coach violating this policy. Each coach is provided an "ice time guideline" flow chart to help with decisions regarding ice time.

## Traveling to a Tournament?

All teams must submit a SJHA Tourney Travel Application for **approval no less than 30 days prior** to date of tournament. The policy regarding attending a recreational tournament is as follows:

1. All tournaments must be approved by SJHA.
2. All SJHA rec. teams are required to attend SJHA sponsored tournaments.
3. SJHA will not charge an entry fee to rec. teams participating in SJHA sponsored tournaments.
4. SJHA does not pay for rec. teams to attend other tournaments.
5. Rec. teams may attend only 1 tournament per season outside of SJHA tournaments.
7. Tournaments cannot be scheduled that will interfere with the MHL game schedule.
8. Teams are responsible to re-schedule and buy their own ice in the event SJHA has not available ice for MHL make up games

## Team Travel

It is the responsibility of parents/guardians and coaches to supervise players in arenas, hotels and restaurants while traveling as members of SJHA. Positive and negative behavior reflects, not only on the individual, but on our Association as well. Therefore, all SJHA conduct polices apply while traveling and representing SJHA.

**Coaches' Airfare:** Coach's' airfare will be paid by the team. For USA Hockey Regional/National tournaments, SJHA may pay coaches' airfare (maximum 3 coaches). Teams must make request to SJHA for coach airfare support, which will be dependent on available funds

**Coaches Lodging:** Teams are to pay for coaches' rooms up to 2 rooms per team per trip.

## SJHA Representative Teams

### Junior Mets Information & Policies

- Applies to all Rep Teams

**Roster:** All Junior Mets teams (Exceptions are made at Squirt Rep) will carry a minimum of 14 skating players, plus two goalies. The maximum number of players per rep team is 20. In order to carry 20 players, coach must request in writing and receive approval from the SJHA Directors. Recommend roster size is 17 players.

**Ice Time:** All Junior Mets coaches understand they are to develop each player they select, so it is SJHA policy that all players play during the course of a game.

Each Coach is provided a flow chart to assist in determining ice time given various situations Exceptions to this policy are:

1. Coaches may bench a player due to disciplinary reasons.
2. Coaches are not expected to equally play team members late in a playoff or championship game if doing so would contribute to the team losing the championship game. Extra ice time is earned and rewarded with power play and penalty killing ice time.
3. Each coach is provided with a Flowchart to help understand ice time issues.

**Family Financial Responsibility:** There are significant financial costs associated with Rep. Teams. Prior to the season, families should consider this fact in their decision to participate on a Rep. Team. In agreeing to participate, families are required to meet their financial obligation by contributing monthly to a team slush fund. Once the season has begun, families must meet the financial cost of participating in all away games. Failure to participate in away games due to financial or other reasons, not emergency in nature, will result in a release from the team. Choices for travel / tournaments are expected to be presented to parents. In many situations commitments are made in advance of the season to attend tournaments and schedule games. These decisions are made wisely and are not subject to a vote of player/ family participation. A decision to travel and the associated cost can be made independently by the coach and manager. The destination and expenses must be reasonable relative to the level of play. This travel can be approved or disallowed by a Director. Each team staff is provided a budget outline to help them communicate to team parents and plan the season.

**Coaches Fees:** Each player's family is required to pay a monthly coaches fee to the team fund. This is not optional. All players must pay this fee to offset the cost of coaching. The team will pay all coaches airfare. This is inclusive of all registered coaches on the team who fulfill a full time role as a coach.

**Team Travel:** A team is obligated to fulfill all game commitments made by the coaches and team managers. The final decision, on all trips will be made by the coach. SJHA encourages parent participate in decisions relating

to extended trips. Coaches may present such trips as confirmed road trips or he/she may seek the approval from team families. When numerous road trips are planned (greater than 2) outside the PNAHA and/or the lower mainland or Victoria, SJHA strongly expects parent feedback and input into the decision process.

To assist in budgeting for trips, a season schedule for all planned trips should be presented to families by the 1<sup>st</sup> week of October.

SJHA strongly encourages and may require Rep teams to take a weekend off during the season to allow players to regroup, refresh and avoid burnout.

Managers will be presented with a team budget template to follow for the team slush fund. SJHA Directors will approve the slush funds.

#### **Game Cancellations / Re-Schedules:**

A SJHA Rep. team must meet their obligation to all league games as scheduled. In the event of a game cancellation, SJHA requires that we receive in writing of a team's intent to reschedule a minimum of 3 weeks prior to the game. Exhibition games may be canceled within the 2 - week period only if the other team is able to reschedule the game with another team. Game cancellation one week or less to scheduled game or failure to give sufficient notice may result in suspension from SJHA, plus the team will be subject to a fine in the amount equal to ice rental fee and referee fee, payable to the hosting Association. Failure to pay this fine will lead to an immediate suspension. Rescheduling of canceled games must be consented and approved by SJHA Directors and the opposing team. **PCAHA, PNAHA, MHL games may not be cancelled. PCAHA games can only be rescheduled with consent from SJHA and PCAHA.**

### **Junior Mets Tryout Policy**

In order to develop a cohesive and progressive program, consistent with the development pyramid and philosophy at SJHA, it is necessary to implement the following policies to benefit players interested in playing on a representative team. In order to be selected for one of our Rep players must be registered and paid for the team in which they are trying out regardless of their ability to physically attend said tryout. Players who are unable to attend must notify the coaching staff and association 72 hours prior to the start of the tryout. Under these circumstances absent player will be given a minimum of one on ice evaluation at that teams next schedule session. Players will not be granted that evaluation session after September 15<sup>th</sup> of that season

Upon registering with SJHA for the winter season; no player may play, tryout or be registered to play hockey with another association that is a registered USAH, Canadian Hockey Association program or other organized program. The winter season is from August 1<sup>st</sup> through March 31<sup>st</sup> of the following calendar year, though the season may be extended into April should any team qualify for National Championship Tournaments into April.

In order for rep. coaches to gain a comprehensive view of players in their particular division, both 1st and 2nd team coaches will participate in the selection of the 1st team. In the past, it has been the tradition at SJHA to follow the below practices in regards to rep. teams and prospective rep. players.

1. It is recommended that all players tryout for the 1st team in the division.
2. Both head and assistant coach(s) from the 1st and 2nd team will participate in the selection of the 1st team.
3. Players selected to play on the 1st team cannot elect to play on the 2nd team. This action would take a position/opportunity on the 2nd team away from another player.
4. Until Dec. 31<sup>st</sup>, players can be transferred up and down from the 1st team and 2nd team, as the coaches and association consider necessary.

**Midget players are encouraged attend tryout camps for Jr. 'B', Jr. 'A' or Major Jr. teams. Players are expected to contact SJHA and or their coach to advise them of their absence from tryouts**

### **Junior Mets Equipment & Uniforms**

- All Junior Mets players are required to wear white helmets and SJHA Pant Shells.
- Gloves: Royal Blue, Red/White
- Game jerseys and socks are provided for each player and may be kept by the player following the season

### **Tournament Application to Travel**

All teams must submit a SJHA Tourney Application for approval 45 days prior to the tournament date. Policies regarding rep. tournaments are as follows:

1. SJHA will pay the entry fee for PNAHA, USA Hockey Regional or National tournaments.
2. SJHA sponsored tournaments counts as a paid tournament.

3. Teams may use SJHA jerseys and be insured for tournaments approved by SJHA in the month of April.
5. A Rep. Team may attend 1-3 tournaments outside of PNAHA/USA Hockey playoffs.
6. A Bantam & Midget Rep. Team may apply to play more than 2 discretionary tournaments outside of PNAHA/USA Hockey tournaments.
7. Teams must also receive Consent- to-Travel from PNAHA via SJHA

### **Parent /Spectator Policy: Tryouts and Evaluations**

In an effort to focus participants, parents and coaches on the task at hand and the primary purpose for attending tryouts and evaluations, the following policy has been instituted.

SJHA will post and monitor areas in both arenas that will be restricted to non- participants and officials.

Players must carry their own equipment to the locker room. When necessary, skates, tape and equipment will be forwarded to the locker room by a team or association official or a player can meet the parent out of the general vicinity of the locker room.

All players will be required to register at each tryout and evaluation. Upon checking in with an official they will head to the dressing room.

In the case where a parent needs to see their player, the player will be brought to the parent.

Association officials, division supervisors and volunteers will be assigned to assist in registration and monitoring.

### **Spring & Summer Programs**

- What should a Hockey Player do with their spring and summer?
- Why does SJHA offer the programs we do?

"Position a Player for the greatest enjoyment and success for their hockey experience"

SJHA offers our spring - summer programs based on the standards and wisdom of hockey experts throughout the international hockey community. From the NHL to USA Hockey and all levels of Junior and College in between, virtually all agree the spring and summer is a time to primarily train and rest.

What may seem innocent enough, in the formative years of youth hockey, to play on a spring or summer team, could lead and often does to real problems down the road.

Take a practical approach to training and development for the optimum development of your hockey player. Like all things in life, BALANCE becomes the operative word.

### **Non SJHA Program - Team - School - Clinic Promotion**

SJHA may provide mailing lists, including e-mail to businesses and programs that have been determined to be of value to our members and to the organization. SJHA is very discriminate about providing these lists.

Registered families can opt out of these mailing lists by contacting SJHA Administration.

With this in mind, team officials including coaches, managers, team coordinators or team members (including parents) may not provide e-mail or mailing lists to any individual, business or hockey program within our outside of SJHA without the express approval of SJHA.

Individuals (members or non members of SJHA) may not promote their program or business, in or outside of SJHA facilities, or to SJHA teams via flyers or other promotional means without the written consent of SJHA.

### **USA Hockey Select Camps & PNAHA Development Camp**

Each spring the top 14, 15, 16 & 17 year old boy and girl players in the Pacific District (Alaska, California, Oregon, Washington) are invited to attend USA Hockey state evaluation camps. From these camps, top players are selected to assemble the Pacific District Select 14, 15, 16, 17 and Girls teams. These teams then attend the National Camp where they will play against teams from other regions in the U.S. From these teams, top players are selected to assemble the National 15, 16 & 17 teams.

**Bantam & Midget players are strongly encouraged to work hard each winter to create an opportunity to attend the PNAHA / USA Hockey Select Camps.**

## **Team Personnel**

### **Head Coach:**

- Train and instruct individual players and the team.
- Oversee all team operations and held responsible for all team actions.

### **Assistant Coach:**

- Assist head coach with coaching of the team.
- In the absence of head coach, the assistant will assume the head role.

### **Team Manager:**

- Responsible for team jerseys received from Equipment Manager, must collect jerseys from all players following games and see to cleaning care of jerseys & pant shells.
- Maintain Team Roster by seeing that all players have signed the official roster and that it has been submitted to the District Registrar. Roster should be checked no less than every 4 weeks.
- Plan and execute Team Slush Fund with coaches.
- Act as intermediary between parents and coaches.
- Under coach's direction, schedule all out of league games.
- Arrange for minor officials at all home games.
- Retain and maintain all necessary USA Hockey player forms and birth certificates in a team binder and carry at all times.
- Secure locker room and key for all games. Inform visiting team of location of their locker room and key.
- Fill out score sheets as instructed by head coach.
- Forward hotel/lodging information to visiting teams.

**All Team personnel are required to be complete a SafeSport Module, National Background Check and a Washington State Patrol Background Check. No Adult may interact with the players in any team assistance role without first completing the above requirements**

## **Team Financial Accountability**

In order to protect the financial integrity of each team's "team fund" or "slush fund", SJHA has developed guidelines for establishing financial accountability for all funds collected by teams. This policy is to be adhered to by each team; it will serve to protect all interested parties.

1. Each Junior Mets Rep team is required to open a bank account. Accounts may not be opened under the SJHA non-profit tax ID number.
2. All bank accounts should be in the name of the team, not an individual. Checking accounts must have two signors on the account along with their social security numbers.
3. Two people from the team (not related) must be signers on the account.
4. Monthly Reporting: The team official responsible for the account must provide SJHA & all team members with a monthly account balance and expenditures.
5. Year End Report: Team officials are required to provide a year-end statement to team members and SJHA at the conclusion of the season.
6. Parents are required to complete their financial obligations to their child's team. Failure to do so will lead to the loss of membership at SJHA or a PNAHA organization.
7. Account Verification: Upon opening an account, both SJHA and team members must be provided in writing with the bank name, location and names of all authorized signers on the account.
8. Individuals responsible for team funds MAY NOT co-mingle these funds with their personal funds.
9. Guidelines apply to any team holding in excess of \$75.00 for 30 days or longer.
10. Recreational 'C' team' who have a team fund must also open a bank account following the above guidelines.

## **Coach - Player- Parent/Guardian**

### **Communication Policy**

Improving the communication channels between coaches -players- parents/guardians will greatly enhance and strengthen our children's hockey experience. The goal of this communication is to create a strong foundation for athletic and personal improvement. With this in mind, SJHA requires that coaches complete at least two (2) individual meetings throughout the season for feedback and planning purposes:

**For Coaches:** Will enable the coach to communicate strengths and weaknesses of individual players in regard to skills and team dynamics. Clearly defines how the player can contribute and set forth a plan of action through goal setting to help improve the player's hockey experience.

**For Players:** Raise awareness of individual strengths and weaknesses and enables a player to contribute in an active role in setting individual goals for improvement.

**For Parents/Guardians:** Will enable parents to communicate to the coach more about their child's learning patterns and habits. As well as, join with the coach and player in developing a plan to improve and enhance the player's hockey experience.

## Code of Conduct

[See USA Hockey Coaches / Players / Parents / Volunteers Code of Conduct](#)

Additionally for Parents:

1. Parents shall not defame or disparage the association, any of the association's staff, the association's coaches, the players in the association, or the players from other associations. Seattle Junior has a Zero Tolerance Policy when it comes to verbal abuse, hateful, discriminatory language, and disorderly conduct.
2. Parents shall not use team email lists, group SMS threads, and/or any social media platform as a forum to express grievances, opinions or regarding players, parents, association members, SJHA staff, other organizations, teams, or their officials. These forums are counterproductive to positive conflict resolution and SJHA policy.

## Publication Policy

SJHA encourages the promotion of our youth program and teams by members through the newspaper, TV and other mediums, but it is necessary for the protection of players and the program that the following guidelines are to be adhered to. SJHA takes this matter very seriously; we do not want any misrepresentation brought upon or attributed to our teams, coaches, players or program. Additionally, SJHA wishes to protect the privacy of all officials and players.

In order to protect the integrity of SJHA youth program, it's officials, coaches, players and parents/guardians, no individual or group may represent SJHA Directors, coaches, players or parents/guardians in any public medium without the expressed consent of the SJHA Directors. This includes social media pages and other online platforms.

Additionally, no personal information of players, parents/guardians, or SJHA official will be made public without the written consent of the interested parties. This includes but is not limited to: Print: Newspapers, magazines, periodicals; Internet: Social media, mass email, online publications; Television; and Radio.

- SJHA Teams or anyone associated with the team in an official or unofficial manner cannot operate independent web-sites to represent SJHA as an association or individual SJHA teams including, but not limited to: Instagram, Facebook, Tik Tok, Snapchat, or any other social media platforms.
- Players first names may not be used on an internet site.
- If posting with SJHA consent, but without SJHA's photo/video rights, a picture or video of a player (s) may only be posted with the written consent of the parent or guardian.
- The player in the picture may not be identified by first name and only by last name with express consent of parent or guardian.
- SJHA will only post rosters on the SJHA website using a player's first initial and last name. Parents / Guardians may opt their child out.
- Teams may not create their own web site without the express consent of SJHA.

## SJHA Photography and Videography Release

The Seattle Junior Hockey Association may publish or otherwise disseminate photographs or videos of those participating the SJHA program (on or off ice with team) on the SJHA website, Chip and Go Newsletter, SJHA social media, or in USA Hockey sanctioned periodicals. Seattle Junior families must hold the Seattle Junior Hockey Association, its officers, directors, and coaches harmless from and release any claims against them for any consequences relating in any way to the publication or dissemination of the photographs or videos as above.

-Photographic, audio, or video recordings may be used for the following purposes: conference presentations, educational presentations or courses, informational presentations, on-line educational courses, educational videos, and/or marketing material.

- Families will be consulted about the use of the photographs or video recording for any purpose other than those listed above.
- SJHA will never publish personal information (ie. full name, address, etc.) about a player, coach, or community member.
- There is no time limit on the validity of this release nor is there any geographic limitation on where these materials may be distributed.
- This release only applies to photographic, audio, or video recordings collected while participating in Seattle Junior Hockey and USA Hockey activities.
- Multiple adult witnesses will be present in the recording or capturing of any photo, video, or audio material.

**Violation of this policy can lead to disciplinary action and/or expulsion from SJHA.**

## **E-Mail/Group Chat Communication**

SJHA expressly forbids team members (Player, Coach, Parent) to use team e-mail lists/group chat lists as a form to express grievances, opinions or regarding players, parents, association members, SJHA staff, other organizations, teams or their officials. By making a grievance known via communicating to all or most members of a team, it is announcing problems via an e-mail/group chat which becomes a public or semi-public form which is counterproductive to positive conflict resolution and SJHA policy.

Personal communication among individuals on the team is of course personal and not of SJHA business.

Group / Public complaint and grievance communication regarding SJHA teams its' player, coaches and officials is SJHA business and can lead to suspension from SJHA. SJHA offers means for dispute resolution.

It is the expectation that all team officials use a reasonable and sensible means to solve issues and problems that may arise over the course of a season through face to face communication. The use of e-mail/group chat all too frequently leads to misunderstanding which exacerbate problems.

## **Membership in Good Standing**

The vast majority of players, coaches and parents remain members in good standing with SJHA for their entire year of participation at SJHA. A member in good standing is one who is positively committed to the philosophy, practices and polices (3 P's) of SJHA. A player, parent or coach can lose their membership in good standing for violating all or one of the "3 P's," henceforth known as Conduct Detrimental. Conduct Detrimental includes, but is not limited to, the violation of the USA Hockey Codes of Conduct (plus the SJHA additional codes), U.S Center for SafeSport Policies, the Seattle Junior Athlete Code of Conduct, E-Mail/Group Chat Communication, Publication, and Grievance Communication Policies.

Consequences include:

- Discipline Hearing
- Suspension
- Expulsion
- Loss of Registration Privileges
- Loss of Equipment Privileges
- Ineligibility for any form of Scholarship
- Ineligible to skate in SJHA arenas for activities such leagues, teams, schools, clinics, stick & puck and public skating for an undetermined period until issues with SJHA are resolved

## **Player Releases**

All players registered within PNAHA are required to receive a release from their current season association or last registering association prior to registering or playing with another USA Hockey association. Players may not skate with their "new" association until the association receives an official signed release from the players' former association.

Upon paying all dues to the association and team for all family members a player must be provided their release..

## **Players Released to SJHA**

SJHA reserves the right to refuse the registration of a player based on the player(s) or family status in another USA Hockey program. If a player and or members of the family have been in violation of policies, codes of conduct and are currently suspended or are involved ongoing hearings regarding disciplinary action related to

behavior and actions by the former association, PNAHA or USA Hockey, SJHA reserves the right refuse the release(s) and not to accept the player(s) for registration.

## **Unconditional**

Players, Coaches, or Parents are members in good standing. Association fees have been paid for player and when applicable, siblings. Team fees have been paid to team for player and when applicable, siblings. If applicable, scholarship monies received are paid back to SJHA.

## **Conditional**

A Player, Coach, or Parent leaving the program in a manner that is deemed to be Conduct Detrimental (inconsistent with the philosophy and practices and policies of SJHA) may be subject but not limited to the following:

- This Player and sibling(s) may be ineligible to register and play with SJHA
- The Player and sibling(s) may be ineligible to register with SJHA schools or clinics
- If the Player and sibling(s) desires to return to SJHA they may be ineligible for up to one year for a Tier I team and ineligible to return to play at SJHA
- The Player and sibling(s) may be ineligible to skate in SJHA arenas for activities such leagues, teams, schools, clinics, stick & puck and public skating for an undetermined period.
- The Coach may be ineligible to coach with SJHA or skate on SJHA's ice
- The Parent may be ineligible to enter the Olympic View Arena or the Lynnwood Ice Center

## **Zero Tolerance Policies**

The Directors at SJHA are committed to providing a healthy, caring, and enjoyable environment to ALL of our members. In the spirit of this commitment, we have created several policies to help reinforce and supplement USA Hockey's Code of Conduct. Failure to comply with these policies can result in severe consequences that you, your children and all coaches should be aware of.

To participate at SJHA as a player, coach, team official or parent is a privilege. All of these people MUST adhere to these policies in order to participate. All players and parents must sign and agree to adhere to the Code of Conduct Contract and the Zero Tolerance Policies. Possible consequences for violating the contract and rules are as follows:

1. The filling of an incident report against you.
2. A hearing with the SJHA Disciplinary Board.
3. Temporary suspension from the team, ice arena and/or Association.
4. Permanent expulsion from the team, ice arena and/or Association.

## **Please take the time to familiarize yourself and your family with the SJHA Zero Tolerance Policies.**

The INTENTION is to require parents/spectators to maintain a sportsmanlike and educational atmosphere before, during and after all USA Hockey sanctioned games. The game will be stopped by on-ice officials when parents/spectators displaying inappropriate and disruptive behavior interfere with the other spectators or the game. The on-ice officials will identify violators to the coaches for the purpose of removing parents/spectators from the spectators' viewing/game area. Once these are removed, play will resume. Lost time will not be replaced and violators may be subject to further disciplinary action by the local governing body.

This inappropriate and disruptive behavior shall include, but not be limited to:

- Use of obscene or vulgar language in a boisterous manner to any one at any time.
- Taunting of players, coaches, officials or other spectators by means of baiting, ridiculing, threat of physical violence or actual physical violence.
- Throwing of any object in the spectators viewing area, players bench, penalty box or on-ice surface, directed in any manner as to create a safety hazard.

## Grievance Communication Policy

The purpose of this policy is to provide a positive and productive forum for parents/guardians to express a grievance without inhibiting a coach from fulfilling his coaching responsibilities. Parents/guardians wishing to meet with a coach to discuss a grievance must follow the below guidelines.

1. Parents/guardians will not approach coaches immediately after a game to air a grievance. To prevent further escalation and poor communication, parents must observe a 24 hour "cooling off" period.
2. Contact the team manager to arrange a meeting with the coach to discuss your grievance.

**SJHA is firm on the observance of a 24 hour "cooling off" period.** Individuals in violation of this will be brought before the Disciplinary Board and may face suspension or expulsion from SJHA.

## SJHA Disciplinary Committee:

The SJHA Disciplinary Board will consist of a SJHA Director, and up to five other individuals from SJHA. It will be a mixture of Staff, Coaches and/or knowledgeable individuals from within the program or former members of the program. The Disciplinary Committee will meet as soon as possible to expedite resolution of violations.

Appeal Process: All members subject to disciplinary measures have the right to appeal. To appeal a decision by the Disciplinary Board, the following guidelines should be followed:

1. A request to appeal a decision by the Disciplinary Board must be made in writing within 5 days following the board's decision. Written request for appeals should be forwarded to Marty Rubin - Hockey Director. After 5 days, the right to appeal is waived.
2. Upon receipt, a hearing to review the appeal will be held within 5 days.
3. The Appeal Committee will render a final judgment within 10 days of concluding the review hearing.

## Bench Policy

**No parent** is allowed near or on the team bench at any ice facility, home or away, unless authorized by the coaches. Parents are not allowed to attempt to communicate with players, coaches or staff while team is on the ice. If there is an injury to a player, parents will be notified if they are needed on the bench. If a parent desires to approach the team bench, they must first contact the team manager and he will make the arrangements with the coach. Failure to comply with this policy may result in a parent being brought before the Disciplinary Committee. Parents are also not permitted to enter the ice for any reason unless given permission by a team official. This is a violation of Risk Management Policy and will result in action against parent.

## Cell Phone Policy

Cell phones may not be used in the locker rooms. The use of a cell phone for purposes of taking digital photos is not allowed and anyone found using a cell phone or any other photo recording device will receive a suspension from the program pending the results of an investigation and Disciplinary Hearing by Seattle Jr. Hockey Association.

## Spectator Policy

Spectators involved with a SJHA event will conduct themselves with the highest degree of courtesy, integrity, and behavior. Parents and spectators are required to remain behind the glass areas of the rinks. Furthermore, parents and spectators are to avoid any contact with the players' bench or the off ice official's area (including penalty boxes), unless specifically requested by a member of the coaching staff to be there. The area behind the goaltenders should be avoided when possible. In the event of disorderly conduct, rink management will be responsible for ordering the spectator(s) to leave the premises. Management will then file a letter of incident with the SJHA Directors. The Disciplinary Board will review and make recommendations based on the following guidelines. Referees and coaches reserve the right to remove a disruptive spectator from the building. Play will not resume until the spectator leaves the building.

First Offense:

1. Profanity or other verbal abuse: can exceed a 30 day suspension.
2. Physical abuse: can exceed a 90 day suspension.

Second Offense: Will lead to a longer suspension, possibly up to the duration of the season.

Profanity/verbal abuse or physical abuse includes any behavior aimed at players, coaches, officials, rink employees and/or other spectators. This policy will also be in effect for away games.

## Rules and Policies for All Arenas

- SJHA Arenas are private facilities. Anyone can be barred entrance or removed from the premises for inappropriate behavior.
- Be responsible for your actions
- Parents be responsible for your children at all times in the rink
- The rink area can and should be fun. But the rink is not a play ground for out of control children void of supervision
- Please clean up in after yourself or children.
- Be respectful to others and their belongings
- Players should be supervised by an adult at ALL times
- No "locker" boxing"
- No throwing of any objects: ice/ snow from skates, tape balls, garbage, equipment etc.
- To prevent risk of injury, no "horse-play" running, pushing, etc allowed in arena or locker rooms.
- No walking, standing or jumping on benches
- No sticks in the locker room
- All players will dress in assigned locker rooms. No dressing in lobby or stands.
- No wearing of skates without skate guards in designated areas and the lobby.
- Use of elevators restricted to those in need of them.
- No hockey playing anywhere in arena except on the ice. Use of street hockey equipment and in-line skates prohibited in the arena.
- All locker rooms must be picked up after use. No paper, tape or other debris is to be left in locker rooms.
- Vandalism by any individual in or around the arena will result in an immediate suspension from the Association pending a review by the Disciplinary Board and the incident will be reported to the police and charges will be sought.

## AWARDS

**SJHA Pride, Hustle & Desire Award** - Each month, SJHA PHD Awards are given to one player on each team that exemplifies the characteristics of, both, a good hockey player and a good individual. These characteristics include hard work towards self- improvement, leadership, selflessness, positive attitude, determination and perseverance. Player selection for SJHA PHD Awards will be determined by the team's coaching staff. At the conclusion of the year, each coach will select a PHD of the year for their team.

**Academic All-Star** - For High School age players achieving academic excellence at the end of the school year. Forms are available at [www.sjha.com](http://www.sjha.com) or from our registrar – [admin@sjha.com](mailto:admin@sjha.com)

### *Nominations are accepted in the month of February*

Aaron Matlock Award	Goalie of the Year	(Bantam and Midget eligible)
Coach of the Year	1 will be awarded at	Mitey Mite, Mite & Squirt
	1 will be awarded at	Pee Wee, Bantam & Midget
	1 will be awarded at	Junior Mets Rep (Squirt & Above)
Manager of the Year	1 will be awarded at	Mitey Mite, Mite & Squirt
	1 will be awarded at	Pee Wee, Bantam & Midget
	1 will be awarded at	Junior Mets Rep (Squirt & Above)
Player of the Year	Eligibility:	Bantam and Midget
Team of the Year	Eligibility	Pee Wee, Bantam & Midget
Mets Awards	Awarded for a Career	Coach, Player, Builder, Volunteer

## Section One: Seattle Junior Hockey Association Athlete Code of Conduct

### I. Purpose, Authority and Scope

The purpose of the Athlete Code is to establish standards for all Junior Mets in the area of performance and personal behavior for those individuals who voluntarily become involved with the Seattle Junior Hockey Association. An athlete who voluntarily participates in ice hockey regular season programming that is coordinated by the Seattle Junior Hockey Association agrees to abide by this Athlete Code of Conduct throughout the season in which the athlete participates. A "season" includes the moment that the athlete registers his/her intent to be evaluated for a Rep Division team or registers for the House Division season through 12:00 midnight on the date of the last team activity that is conducted for the season. Compliance with the Athlete Code is not limited to USA Hockey and/ or Seattle Junior Hockey Association sponsored sports activities or rink premises - this Code is in effect at all times for all Junior Mets during the season. The Code is not a complete list of undesirable conduct by athletes. Seattle Junior Hockey Association athletes are considered to be examples and role models and expected to act accordingly during their time at Seattle Junior Hockey Association. Any athlete whose conduct is found to be a discredit or to cause unfavorable notoriety to the athlete, the team, or the Seattle Junior Hockey Association shall be subject to disciplinary action as determined by the coach, Hockey Director, and/or the Board of Directors, whether or not the conduct is specifically described in the Athlete Code of Conduct. Seattle Junior Hockey Association is a member of the Pacific Northwest Amateur Hockey Association ("PNAHA") and USA Hockey. Additional standards, including USA Hockey SafeSport policies, may be found on their websites at [www.pnaha.com](http://www.pnaha.com) and [www.usahockey.com](http://www.usahockey.com).

### II. Specific Athlete Code Standards

The following rules are not an exhaustive list of conduct that subjects an athlete to discipline. At all times, athletes are expected to follow the USA Hockey Codes of Conduct and to behave in a manner consistent with the special privilege of being a Junior Met.

#### A. Respect for Authority

- **Seattle Junior Hockey Association Management, Coaching Staff, and Other Staff Members (including SafeSport Volunteers)**- No demonstration of disrespect for any member of the Seattle Junior Hockey Association management or staff will be tolerated.
- **Olympic View Arena and Lynnwood Ice Center Management and Staff**- It is imperative that the Junior Mets maintain a positive relationship in our home rinks and as such, no level of disrespect to their management or any member of their staff will be tolerated.
- **On-Ice Officials**- No adversarial confrontation, either verbal or physical, toward officials will be tolerated. All Junior Mets are to submit to the instruction of the referees whether they agree or not. The only athletes who are allowed to discuss issues with on-ice officials are the team captains or assistant captains, who are required to do so with the utmost respect.

#### B. Alcohol, Drugs and Tobacco are Strictly Prohibited.

- **Alcohol, Drugs and Tobacco are Strictly Prohibited**- The possession, use, consumption, distribution, purchase, sale or manufacture of, or any other improper or unlawful involvement of any kind or description with illegal drugs, controlled substances, alcohol or alcoholic beverages, anabolic or androgenic steroids, tobacco, tobacco products, E-Cigarettes, Vapor Pens, or facsimiles, "look- alike" drugs, drug paraphernalia, or substances or products that mask or tamper with any of these, is strictly prohibited. Also prohibited is the distribution, abuse or misuse of over the counter medications or prescription drugs, or other chemicals or substances. In addition to the prohibition against possession and/or use, a Junior Met shall not attend any party or gathering where the above substances, or any other mood altering chemicals, are present. Such functions include parties in homes or outdoors, or while riding in a vehicle. Failure to leave such a situation immediately, in a safe manner, shall constitute a violation of this Athletic Code. If a Junior Met cannot safely leave a situation where prohibited substances are present, the athlete must report the incident to a coach or administrator immediately. Verification of the circumstances will result in no disciplinary penalty.

#### C. USA Hockey and Seattle Junior Hockey Association SafeSport Policies.

USA Hockey and the Seattle Junior Hockey Association are committed to creating a safe and positive environment for its participants' physical, emotional and social development and ensuring it promotes and environment free from abuse and misconduct. As part of this program, USA Hockey and the Seattle Junior Hockey Association have implemented SafeSport policies (outlined in the USA Hockey SafeSport Handbook) addressing certain types of abuse and misconduct, certain policies intended to reduce potential misconduct, to monitor and govern the areas where potential abuse and misconduct might occur, and certain policies pertaining to the procedures and interactions with the United States Center for SafeSport (USCSS). The policies below

address the following types of abuse and misconduct and set forth boundaries for appropriate and inappropriate conduct:

- *Sexual Misconduct and Child Abuse.*
- *Physical Misconduct.*
- *Emotional Misconduct.*
- *Bullying.*
- *Threats.*
- *Harassment.*
- *Hazing.*

The policies below are implemented by Seattle Junior Hockey Association to incorporate protections to reduce the risks of potential abuse:

- *One on One Interactions Policy.*
- *Locker Room Policy.*
- *Athletic Training Modalities*
- *Social Media and Electronic Communications Policy*
- *Travel Policy*
- *Billeting Policy*

Strict adherence to all SafeSport policies is required by every athlete, coach and/or participant in our programming. All USA Hockey and Seattle Junior Hockey Association participants shall familiarize themselves with each form of misconduct and the policies in the SafeSport Handbook and in the USCSS Code and shall refrain from engaging in misconduct and/or violation of any of these policies. At times, Seattle Junior Hockey Association SafeSport policies will be more strictly applied than the USA Hockey policies. In the event of any internal inconsistency between the two policies, the stricter interpretation will prevail.

USA Hockey and the Seattle Junior Hockey Association are committed to creating the safest possible environment for participation in hockey. Questions about the USA Hockey SafeSport Program, or reports concerning possible violations of the SafeSport Program Policies, may be directed to USA Hockey's SafeSport Compliance Team by emailing [SafeSport@usahockey.org](mailto:SafeSport@usahockey.org), or calling 800-888-4656. Reports can also be emailed to PNAHA's SafeSport Coordinator by emailing [SafeSport@PNAHA.com](mailto:SafeSport@PNAHA.com). Reports can also be emailed to SJHA's SafeSport Coordinator by emailing [safesport@sjha.com](mailto:safesport@sjha.com).

#### D. Locker Rooms.

Seattle Junior Hockey Association's Locker Room policy is acknowledged annually at registration and is posted on Seattle Junior Hockey Association's website. All provisions therein are strictly required of all athletes and SafeSport volunteers. In addition, the following provisions apply:

- *Treat all team facilities (both home and away) with the same respect that one would treat their own home and property.*
- *Cell phones and other mobile devices with recording capabilities, which includes voice, recording, still cameras and video cameras, increase the risk for some forms of abuse or misconduct. As a result, the use of any device's recording capabilities in the locker rooms, changing areas or similar spaces at a Facility is prohibited.*
- *Junior Mets are NOT permitted to enter the locker room until 30 minutes prior to going on the ice for practices unless an alternative locker room time is posted on the schedule.*
- *Preparation in the locker room directly affects the outcome of a game. As such, the time in the locker room is to be considered part of the game preparation and should reflect the same focus that is demonstrated on the ice.*
- *When locker room space is available, athletes will be allowed to leave their equipment in the room for the duration posted. Leaving gear in the locker room is optional and at an athlete's own risk. Any lost or stolen items are the responsibility of the athlete, NOT the team.*
- *No food is to be consumed in the locker room area. If athlete's need to eat, please do so outside the room. Energy or Nutrition Bars are acceptable as long as wrappers and waste are disposed of properly.*
- *All stick preparation needs to be done prior to arriving at the rink. Any sticks requiring work or repair during a game or practice needs to be done by a trash can. All scrap tape is to be deposited in a trash can.*
- *All stalls are to have the equipment hung in the same manner. Jerseys must ALWAYS be left hanging neatly on their hanger at the front of the stall with the logo facing out.*
- *Locker rooms are to be cleaned up prior to leaving at the end of practice or games. NOTHING is to be left on the floor in showers or sinks regardless of the condition of the room upon your arrival. Cleanliness of the locker room is a TEAM responsibility.*
- *No hockey (stick handling, shooting, etc.), throwing or kicking balls of any kind is allowed in locker rooms. • Upon exit, the locker room will be left absolutely spotless.*

## E. Social Media.

Junior Mets should be aware that third parties, including media, SJHA staff, coaches and Board Members, future employers and PNAHA/USA Hockey personnel can easily access social media sites and view personal information. This includes pictures, videos, comments and posts. Posted items that are inappropriate in nature are easily discovered and can impact the perception of the athlete, the team, the organization and USA Hockey. Inappropriate posts can also be detrimental to a student's future education, athletic and employment opportunities and pursuits. Junior Mets must refrain from engaging in inappropriate posts, comments, pictures, and videos. Examples of inappropriate/offensive social media participation may include, but are not limited to, the following:

- *Photos, videos, comments and/or posters showing the personal use of alcohol, drugs and/or tobacco. This includes holding cups, bottles, cans, shot glasses, etc.*
- *Photos, videos and/or comments that are of a sexual nature. This includes links to websites of a pornographic nature or depicting other inappropriate material.*
- *Photos, videos, comments and/or posters that condone drug-related activity. This includes images that portray the personal use of marijuana and/or drug paraphernalia.*
- *Content that is unsportsmanlike, derogatory, demeaning or threatening toward another individual or entity. This includes derogatory comments regarding another team, taunting comments directed at another athlete, coach or team and derogatory race/gender comments.*
- *Content that depicts or encourages unacceptable, violent or illegal activities. This includes hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking and illegal drug use.*
- *Content that is in violation of team, SJHA, PNAHA and/or USA Hockey rules. This includes commenting about a coach, teammate, opponent, official and/or SJHA employees and/or Board members.*
- *Information that is sensitive or personal in nature or is proprietary to the team, which is not public information. This includes tentative or future team schedules, student athlete injuries, student eligibility status and/or team travel information (plans/itineraries).*

## F. Group Chats.

**Purpose and Scope.** The purpose of this policy is to establish clear expectations for electronic communications, including team-based group chats, in alignment with USA Hockey Safe Sport requirements. This policy applies to electronic communications involving players, coaches, team staff, and families within SJHA.

**Player-Only Group Chats (Non-SJHA Platforms).** SJHA recognizes that players may independently create and participate in group chats (e.g., text messaging, social media applications, or other third-party platforms).

These communications are not owned, administered, or monitored by SJHA.

SJHA does not assume responsibility for supervising or actively monitoring player-to-player communications conducted outside of SJHA-designated platforms.

However, all participants remain subject to USA Hockey Safe Sport policies, regardless of where communication occurs.

- *Prohibited conduct includes, but is not limited to:*
- *Bullying*
- *Harassment*
- *Hazing*
- *Sexual misconduct*
- *Threatening or discriminatory behavior*

Any reported conduct that is reasonably related to hockey may constitute a Safe Sport violation will be reviewed and addressed by SJHA in accordance with applicable policies.

**SJHA-Designated Communication Platforms (e.g., SportsEngine).** SJHA may establish and utilize an official team communication platform, such as SportsEngine, or another SJHA-designated system.

1. **Behavioral Expectations (All Communications).** All SJHA participants are expected to conduct themselves in a professional and respectful manner in all electronic communications, including player-created group chats, social media, and team platforms. Communications must not include conduct that would violate USA Hockey Safe Sport policies, including but not limited to bullying, harassment, hazing, sexual misconduct, or discriminatory behavior.

2. **Requirements for SJHA-Administered Platforms.** For any SJHA-created or team-sanctioned group communication:

- *At least one screened and Safe Sport-compliant adult (coach, team manager, or designated volunteer) must be included*
- *Communications must remain observable and interruptible, consistent with the USA Hockey Safe Sport One-on-One Interaction requirements*
- *Communications must be:*
- *Limited to team-related and hockey-appropriate content*
- *Used for appropriate team communication purposes only*

3. Scope Clarification. The requirements in Section 3.B apply only to SJHA-administered or team-sanctioned communication platforms. SJHA does not monitor or control independent player-created communications, but may review and address reported conduct within those communications if it falls under applicable Safe Sport or SJHA policy and is reasonably related to hockey.

Expectations for Participants. All participants (players, coaches, parents/guardians, and volunteers) are expected to:

- *Conduct themselves in a manner consistent with USA Hockey Safe Sport policies, both on and off the ice*
- *Refrain from engaging in or encouraging inappropriate behavior in any form of electronic communication*
- *Promptly report concerning behavior when observed*

Parents/guardians are encouraged to:

- *Monitor their child's electronic communications as appropriate*
- *Reinforce expectations regarding respectful and appropriate conduct*

Reporting and Response. Concerns involving potential Safe Sport violations should be reported in accordance with SJHA and USA Hockey reporting procedures. SJHA will evaluate reported conduct to determine whether it:

- *Falls under Safe Sport jurisdiction, or*
- *Should be addressed under SJHA Code of Conduct or team-level policies*

SJHA's responsibility is to establish expectations, provide education and guidance, and respond appropriately to reported concerns (not to proactively monitor all communications).

#### G. Behavior in Public.

All Seattle Junior Hockey Association members are required to refrain from any conduct in any and all public settings that will be offensive to those around them. Inappropriate behavior is a detriment to the reputation of the Seattle Junior Hockey Association, sponsors and Board of Directors. Offensive behavior may be subject to disciplinary action and will not be tolerated.

- *All players are prohibited from using vulgarities and/or explicit language, including language that is discriminatory in nature.*
- *To ensure that players are not exposed to age inappropriate conversations, specifically those of a sexual nature, are not to be conducted in the locker room.*

#### H. Vandalism or Damage to Facilities.

At no time should an athlete damage any facility that is hosting the team. This includes all ice rinks, hotels, restaurants, host family homes, or any other public property. If an athlete accidentally damages property, he must bring it to the attention of Seattle Junior Hockey Association staff immediately so the situation can be rectified with the appropriate establishment. If at any time a fee is assessed for damages, that fee will be designated to the individual athlete who caused the damage or split among the athletes responsible in the facility at that time.

#### I. Lost or Stolen Items.

Lost or stolen Junior Mets property will be paid for by the athlete (such as team jerseys, socks, hockey gear, sticks and team jackets). Respect both your property and your teammates' property at all times.

#### J. Dress Code.

Dress codes support team members feeling part of a group and lends itself to a feeling of all working toward one purpose. Whether intentional or not, how we dress sends a message. Therefore, every Junior Met will adhere to a dress code to signal by their appropriate appearance that they represent Seattle Junior Hockey Association with the utmost respect and pride. Where communicated by the team's coach, the dress code is required for all Junior Mets when entering the rink, exiting the locker room and/or appearing in a public area during home games, showcase games, all-star games, etc. The dress code is also to be worn if a team participates in any volunteer activities.

- *Teams may choose from these three (3) approved dress code options (teams are further encouraged to find sponsors to assist with the purchase of the team SJHA attire):*
- *Full Suit and Tie. Ties must be tightly secured and not hanging loosely. Dress shoes must be worn at all times. No hats, of any kind, are to be worn with dress clothes. Vans are not dress shoes.*
- *SJHA Track Suits; and/or • Approved SJHA Polo / Jacket / 1/4 Zip (same color).*
- *No jewelry of any kind is to be worn during on-ice activities as doing so may pose a safety risk.*
- *No hats may be worn during any team meal, games, tournaments.*

#### K. Conduct Not Specifically Described.

Each athlete is responsible for his/her own behavior on and off the ice. Furthermore, each athlete will be held accountable for his actions. Any action(s) by a member of a Seattle Junior Hockey Association hockey team that exhibits lack of respect for billets, teammates, coaches, medical staff, the hockey program, sponsors, and/or the Seattle Junior Hockey Association community, or represents the association in a negative fashion causing embarrassment to the organization, internally or externally, is cause for disciplinary action, suspension, or expulsion from the team.

### Section Two: Forms of Disciplinary Action

The consequences described herein outline the range of possible discipline that may be imposed for the listed violations. However, the Hockey Director and/or SJHA Board of Directors (or its designee/s) has complete discretion to depart from the listed range of discipline if the circumstances of a particular case justify a departure. The Hockey Director has the ability to instantaneously implement proper safety measures in accordance with the situation at hand; if safety measures are implemented, it is up to the Hockey Director's discretion to remove them as well. In all cases where suspension and/or expulsion are possible consequences, USA Hockey Bylaw 10 will be followed, which provides athletes/participants due process, including a hearing before discipline is imposed. In limited circumstances, a summary suspension may be imposed (by USA Hockey, PNAHA and/or Seattle Junior Hockey Association) prior to a hearing.

Please note that violations of this Athletic Code may be required to be disclosed and may reflect negatively on applications to other hockey clubs, universities, colleges, and military academies. Seattle Junior Hockey Association reserves the right to disclose violations in its sole discretion.

Violations will be cumulative during an athlete/coach time at Seattle Junior Hockey Association. Cumulation will begin the first day an athlete registers for any team and will continue throughout his/her career with Seattle Junior Hockey Association.

The following is a guide as to the typical consequences for certain violations. Each violation, however, will be handled on a case-by-case basis and consequences will be determined by the coaching staff, with consultation from the SafeSport Director, Disciplinary Chair and/or additional Board of Directors designees. Please note the following possible violations and their consequences:

- Violation – Misuse of Team Equipment. Athletes are responsible for all equipment issued by Seattle Junior Hockey Association, and that equipment must be treated with respect and kept in reasonable condition. You will be required to pay for any damage intentionally or negligently caused to your equipment.
- Violation – Late to Practice, Game or any Team Function without contacting a member of the coaching staff. See unexcused absences chart above.
- Violation - Team Rules. All violations of team rules are subject to the coaching staff's discretion. Suspensions must be cleared by Seattle Junior staff.
- Violation – Tobacco or Alcohol Consumption Consequences could include, but are not limited to player suspension and/or expulsion from the team and/or Seattle Junior Hockey Association.
- Violation - Illegal Use of Drugs Immediate expulsion from Seattle Junior Hockey Association. This is a zero tolerance policy.
- Violation - Unsportsmanlike Conduct, including Abuse of Officials, Abuse of Coaching Staff, Disrespect of Opposing Team. Notwithstanding required Playing Rules suspensions, consequences will be at the discretion of the coaching staff, but also may be subject to further disciplinary action from the Disciplinary Committee.
- Violation - SafeSport Policies. Consequences could include, but are not limited to player suspension and/or expulsion from the team and/or Seattle Junior Hockey Association.