



Minnesota Hockey Recreation League

Code of Conduct

The Minnesota Recreation Hockey League (Rec League) and its Board of Directors value sportsmanship, respect, and player safety. By participating in Rec League, players agree to honor these values.

Players are required to abide by the Minnesota Hockey's Youth Rules and Regulations.ⁱ The Board of Directors draws specific attention the use of alcohol, tobacco, e-cigarettes and controlled substances by coaches and players. The use of these substances during a Rec League event is prohibited and will result in discipline.ⁱⁱ

Players will behave in a sportsmanlike manner on and off the ice. The Board of Directors insists upon an inclusive and respectful environment for all players, coaches and officials. Unsportsmanlike conduct, hateful, offensive, harassing or discriminatory behavior on or off the ice is prohibited and will result in discipline.ⁱⁱⁱ

Players are expected to know and abide by the Minnesota Hockey and USA Hockey rules of play.^{iv} Rec League is a no-checking league. Players come to Rec League from many paths. Some are just learning to skate. Others have competed at the highest levels. Many have suffered concussive injuries and are at risk for further debilitating brain injury. No one can tell who is susceptible to a concussion. Therefore, no checking means no checking. Officials will be instructed to enforce the body contact rules on the ice (e.g. boarding, charging, checking, checking from behind, head contact and roughing). The Board of Directors will monitor penalties involving body contact. Repeated minor penalties may result in discipline.

The Board of Directors also discourages restraining fouls (hooking, tripping, holding, interference and slashing). Excessive minor penalties for these infractions may result in discipline.

Rec League and its Board of Directors look forward to an exceptional season where all participants are treated with respect, enjoy a safe game, and experience the highest level of sportsmanship. Your commitment to these rules will make the season a success.

ⁱ [Minnesota Hockey Handbook](#)

ⁱⁱ Minnesota Hockey, Youth Rules and Regulations, Article XIII: Mood-Altering Chemicals.

ⁱⁱⁱ Id. Article XIV: Conduct.

^{iv} https://cdn1.sportngin.com/attachments/document/0042/4244/Rulebook_2017-21_FINAL.pdf see, Article VIII: Playing Rules