

Nepean Raiders Competitive Program

Team Rules



“2010-2011 Raider Team Rules” and Player Discipline:

All NMHA Competitive Coaches will be enforcing the following disciplinary action as part of their Coach Agreement with the NMHA Competitive Committee. Coaches are required to enforce the disciplinary actions set out by the committee and their ability to enforce these team rules will make up part of their individual coach evaluations.

Please note that the “2010-2011 Raider Team Rules” does not replace the “NMHA Code of Conduct” that is posted on the NMHA Website. It is practical set of team rules to be used by all our coaches, managers, convenors, players and parents that will be used in conjunction with the NMHA Code of Conduct.

Player discipline will be progressive and will commence with warnings, increasing to reduction of ice time up to and including team-imposed suspensions. At each stage the coach will confer with the player and parents to ensure that all are aware of the circumstances and consequences.

After any infraction, a player will have a probationary period of 30 days. This means that should a player not violate any team rule for 30 days after an infraction, any subsequent infraction will be considered as their first. Coaches are not permitted to hold anything against a player over and above the Raider Code of Conduct and Player Discipline outlined below.

Disciplinary action will be as follows (and are cumulative):

- First infraction: warning
- Second infraction: one period benching;
- Third infraction: two period benching;
- Fourth infraction: one game team-imposed suspension
- Fifth infraction: Additional team-imposed suspensions and release from the team or entire competitive program will be taken into consideration.

The “**2009-2010 Raider Team Rules**” includes, but is not limited to, the items listed below:

Commitment to Attendance

Players are expected to attend all team functions.

If a player has a legitimate family reason such as illness, death in family, wedding etc. players still have to notify the head coach in order to receive approval for the absence from a team event. Should the coach not receive advance notification, the conduct will be treated as if the player missed the team function and will be disciplined accordingly.

Attendance Example 1: Player has a team hockey practice and decides to go to his football game instead. Player would receive an “official” warning from the Head Coach as a first infraction. Should the player break any other team rule within the next 30 days, he would receive a one period benching.

Attendance Example 2: Player was late for a game on September 25th and received an official warning from the Head Coach. On October 1st, the player attended his cousin’s wedding and didn’t notify the coach of this event. The relative’s wedding would then be considered a missed event which is against team rules. Player would receive a one period benching as a result of the second infraction.

Special Notice on Vacations as part of Commitment to Attendance

Vacations are defined as any voluntary absence from the team where the player will miss multiple practices and/or games.

In the interests of team success, vacations are not permitted during the following times:

- From the start of tryouts to November 1 of the current season;
- From February 1 until the end of the current season;

Parents wishing to take a vacation during the season, but not during either of the blackout periods listed above, still need to request approval of the Competitive Committee in writing through their Division Director 14 days before the start of the absence. The Division Director will note the requested absence and recommend action to the Competitive Committee. Should the request be refused by the Committee and the player is subsequently not at team functions, the player will be sanctioned up to and including indefinite suspension from all team activities. The decision of the Competitive Committee will be final.

Vacations during spring break are allowed, without any written approval from the Committee, from the Friday before the break until the Sunday before school resumes.

Commitment to Learning and Listening

Players will not be disciplined for their inability to carry through on tasks or coach instructions where talent and skill level inhibit them from doing so but they are expected to a general commitment to learning and listening.

Players are expected to listen and learn from their coaches even if they disagree with their philosophies.

Players are expected to give their best effort in following their coaches’ guidance.

Hockey Learning and Listening Example 1: Player doesn’t stand where the coach expects him to during face-offs. Head Coach informs the player of proper positioning and allows a reasonable time for the player to learn what is expected of him. Head Coach notices the player the next game standing in the wrong face-off position again. He again instructs the player on the

proper place where he wants him to stand. Player continues to stand in the wrong position. Head Coach gives ‘official’ warning as part of infraction 1.

Hockey Learning and Listening Example 2: Player takes 3 penalties during pre-season for hitting after the whistle. Coach informs the player that undisciplined play will not be tolerated and that the penalties are unnecessary because they were after the whistle. 10 days later in a 1-1 game with 3 minutes to go, the player overzealously tries to hit a player who comes near his own goal as the goalie freezes the puck. Player is given a 2 minute penalty by the referee. After the game, the Head Coach gives the player an “official” warning as part of 1st infraction regarding team rules.

Commitment to Dress Code

Players are expected to arrive and leave each game as per the following dress code:

- Shirt and tie, slacks or khakis (no jeans) and team jacket. Shirts must be tucked in and the player has a neat and tidy appearance.
- Running shoes are permitted at Minor and Major Atom.
- Running shoes are not permitted for Minor Peewee and older.
- Winter boots are allowed at all age groups in inclement weather.

Dress Code Example: Player comes to his first tournament game adhering to all the dress code requirements. He then returns to the rink after lunch for Game 2 with no dress shirt on and no tie on. Coach gives the player an official warning.

Commitment to Punctuality

Players are expected to adhere to the times in each Competitive Coach’s season plan. Prescribed times will be included for the following:

- Arrival time for practice.
- Arrival time for games.
- Ready time before games.
- Arrival time for off-ice programs.

Punctuality Example 1: Player arrives for the game on time as set out by the Head Coach. However, for 3 games in a row, the player is not ready in the dressing room with his equipment on prior to the game. Coach gives the player an official warning prior to Game 1. Player receives a one-period benching during game 2. Player receives a two-period benching during game 3.

Punctuality Example 2: Parent has to work late and drops the player off 15 minutes prior to game time. Player receives an official warning from the Head Coach, regardless of the reason for the tardiness.

Commitment to Raider Behaviour

Players must treat teammates, opponents, referees, spectators, premises and everyone else involved with respect.

Players are expected to conduct themselves in the dressing room in a proper manner so that a safe environment can be expected.

Players are expected to use proper language at all times.

Behaviour Example 1: Player is heard swearing at another player in the dressing room of the arena. Head Coach gives him an “official” warning. One week later, the player is seen throwing a garbage can in the shower stall prior to a game. Player receives a one period benching as a second infraction.

Behaviour Example 2: Player is heard insulting the opponent during post-game hand shaking. Player is given a warning by the Head Coach. 2 days later, the player is seen bullying his own team mate. Player receives a one period benching.

Commitment to Preparedness

Players must come with all the appropriate equipment for each team practice, game or off-ice athletic activity.

Players must put their best effort forward in regards to physical fitness, sleep, healthy eating and anything else that can hinder their preparedness.

Preparedness Example 1: Player forgets his neck guard for his game. Head Coach gives him an official warning. Three weeks later the player forgets his gloves at home for practice. Head Coach benches the player for one period as a result of the 2nd infraction.

Preparedness Example 2: Player shows up on time for ACC off-ice however, he decides to not put forth any effort because someone told him it was a waste of time. Coach asks him to ‘get it going’ and start working. Player continues to not give any effort. Head Coach gives the player an official warning.

Commitment to the Spirit of the “2009-2010 Raider Team Rules”

Players and parents need to be committed to the Spirit of the Raider Team Rules.

Spirit Example 1: Player decides that the 30-day rule is easy to get around. He will go ahead with the offence and accept the warning knowing that he can do the same thing 31 days from now without missing any hockey. Head Coach will approach to the Division Director and the situation will be handled at the discretion of the Competitive Committee on an individual basis.

Spirit Example 2: A group of parents are unhappy with the direction the coach is taking the team. They decide that the extra practice he arranged was not necessary. To prove their point, they decide that they will all miss the practice and accept the initial warning from the coach. Head Coach will go directly to the Division Director and the situation will be handled at the discretion of the Competitive Committee on an individual basis.

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