



## Parent's Code of Conduct Adopted from USA Hockey Code of Conduct

It is expected that all Minnesota Youth Hockey parents observe the following principles:

- Children are involved in organized sports for *their* enjoyment. I will encourage and support my child's desire to play his/her chosen sport but will not pressure him/her into participating.
- I will remember that the game is fun. I will not taunt or disturb other fans, or embarrass my child by yelling at players, coaches, or officials.
- I will support and promote Fair Play by encouraging my child to play by the rules. I will display good sportsmanship by applauding a good effort by both teams in victory and defeat, and respecting players, coaches, and officials.
- I will remember that "wins" are based on my child's performance, teamwork, and playing within the rules.
- I will recognize the importance of volunteer coaches and will take the time to attend team meetings to get to know my child's coach's philosophy, expectations, and guidelines. I will communicate with my child's coaches and support them.
- I understand that when my child is on the ice, the coaches do the coaching. I will not yell instructions to my child from the sidelines or give my child instructions counter to those of the coach.
- I understand that it is my role to teach my child sportsmanship, how to deal with success and failure, and to support my child's development in the game.
- I will strive to become knowledgeable about the rules of the game and support the official's decisions on and off the ice.
- I understand the importance of skill development. For the lower age groups, I will remember that practices benefit my child more than games and competition.
- I will respect locker rooms as private areas for players, coaches, and officials.
- I will not place unreasonable expectations on my child.

I have read and understood the principles stated above that were put forth by Minnesota Hockey. I agree to abide by those principles with the understanding that if I do not follow them I may be asked to leave any practice, game, or event.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Print Parent Signature \_\_\_\_\_

Player(s) Name(s) \_\_\_\_\_

*Please retain this copy for your records*



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Print Parent Signature \_\_\_\_\_

Player(s) Name(s) \_\_\_\_\_

*Please return this copy to the coach*



## HOCKEY EDUCATION PROGRAM (HEP)

The purpose of the Hockey Education Program is to:

- Provide players with a positive hockey experience based on FUN and sportsmanship.
- Grow youth hockey - reduce attrition of players, coaches, officials, administrators.
- Eliminate the incidence of “sports rage”, acts of violence and bad behavior.
- Make hockey a FUN experience for all involved.

The three components of HEP work together to achieve the goal.

**Skill Development** - The lack of skill development has resulted in players not having fun and dropping out. Practices are where skills are taught and mastered. Games, although fun, do not provide the environment for learning and developing skills. The HEP guidelines for practice to game ratios are 2:1 for Bantams/14 & Under, 3:1 for Peewees/12 & Under, greater than 3:1 for Squirrels/10 & Under and an occasional ½ ice or cross-ice game for mites/8& Under.

The “Skill Challenge Program” is an important part of skill development. The program is built upon a set of age appropriate skills that should be mastered at each level of play before moving to the next level. HEP Coaches’ manuals will help teach the identified skills. The program will also consist of standardized skill tests at the Mite, Squirt and Peewee levels. These pre- and post-season skill evaluations will allow players, parents, coaches and associations to assess if skills are improving, and to provide objective feedback to players on how they’re progressing.

**Education** - The goal of the HEP education component for both parents and coaches is to explain why kids play sports, how to properly instruct and encourage them and to allow them to develop at their own pace by removing excess pressure to perform and by removing winning as the sole focus. These principles are outlined in the HEP Manuals, “Sports and Your Child” and “Coaches Who Never Lose”.

**Accountability** - Through the “Fair Play” component of HEP; players, parents and coaches are now accountable for their conduct at games. Each team can earn a point in league standings (in addition to W/L/T points) by not exceeding an established threshold for penalty minutes or not have a parent or coach removed from the game. Thus rewarding sportsmanship and penalizing misconduct and every participant in the game (player, coach or parent/fan) contributes to whether their team’s Fair Play Point is won or lost.

## USAH Standards of Play and Rules Enforcement



USA Hockey initiated the new Standard of Play and Rules enforcement for the 2006-07 season. This did not change the rules but did change the way the current rules are called by the officials in relation to hooking, holding, tripping and interference. The goal is to reward players for their use of speed, skill and strength. The specifics of these rules are outlined to the right.

## New Standards of Play and Rules Enforcement (2006-07)



Through the new standard of rules enforcement, our game will allow the opportunity for improved skill development and a more positive hockey environment for all participants. Through the new standard of play a greater emphasis will be placed on skating, puck possession and the proper use of the body to establish position and a competitive advantage. The goal of the enforcement standard is to reduce restraining infractions in the game and not to remove legal body checking or body contact. A hard body check or using body contact/position (non-checking classifications) to gain a competitive advantage over the opponent should not be penalized as long as it is performed within the rules.

**The principles of this new enforcement standard include the following:**

- The use of the stick will be limited to only playing the puck.
- The stick will not be allowed to in any way impede a player’s progress.
- The use of a free hand/arm will not be allowed to grab or impede a player’s progress.
- Players who use their physical skills and/or anticipation and have a positional advantage shall not lose that advantage as a result of illegal acts by the opponent.
- Players will be held accountable for acts of an intimidating or dangerous nature.

**Enforcement Standard – These penalties are to be called with very strict enforcement**  
**HOOKING**

- A player cannot use his/her stick against an opponent’s body (puck carrier or non-puck carrier) to gain a positional advantage. Examples include:
  - tugs or pulls on the body, arms or hands of the opponent which allows for the space between the players to diminish
  - placing the stick in front of the opponent’s body and locking on – impeding the opponent’s progress or causing a loss of balance.
  - stick on the hand/arm that takes away the ability for the opponent to pass or shoot the puck.

**TRIPPING**

- A player cannot use his/her stick on the legs or feet of an opponent in a manner that would cause a loss of balance or for them to trip or fall. Examples include:
  - placing the stick in front of the opponent’s legs for the purpose of impeding progress, even if on the ice, with no effort to legally play the puck
  - placing the stick between the legs of the opponent (can opener/corkscrew) that causes a loss of balance or impedes the progress of the opponent.

**HOLDING**

- A player cannot wrap his/her arms around an opponent or use a free hand to clutch, grab or hold the stick, jersey or body on the opponent in a manner that impedes their progress. Examples include:
  - wrapping one or both arms around the opponent along the boards in a manner that pins them against the boards and prevents them from playing the puck or skating
  - grabbing the opponent’s body, stick or sweater with one or both hands

**INTERFERENCE**

- A player cannot use his/her body (“pick” or “block”) to impede the progress of an opponent with no effort to play the puck, maintain normal foot speed or established skating lane. Examples include:
  - intentionally playing the body of an opponent who does not have possession or possession and control of the puck.
  - using the body to establish a “pick” or “block” that prevents an opponent from being able to chase a puck carrier
  - reducing foot speed or changing an established skating lane for the purpose of impeding an opponent from being able to chase a puck carrier

**Allowed Actions**

- a player is entitled to the ice he/she occupies as long as they are able to maintain their own foot speed and body position between opponent and puck
- players are allowed to compete for body position using their strength and balance in front of the goal or along the boards

**SLASHING**

- The use of the stick will be limited to only playing the puck. Any stick contact, as a result of a slashing motion, to the hands/ arms or body of the opponent will be strictly penalized. In addition, hard slashes to the upper portion of the stick (just below the hands) of an opponent, with no attempt to legally play the puck, shall also be penalized.