

NYPHA U16 CARLSON #339 GENERAL TEAM RULES

FOR TEAM INFO, PRACTICE PLANS, DRILL EXPLANATIONS, SYSTEMS EXPLANATIONS AND MORE PLEASE VISIT:

<https://acimaging.net/hockey>

1. GAMES

- a. All players should arrive at least 1 hour prior to games.
- b. Players should be dressed in team warm-up jackets or association branded apparel. If you have a financial issue with affording a team warm-up jacket, please let Coach Amanda or Manager Julie know so we can try to figure something out.
- c. Players should bring both sets of uniforms to all games.
- d. Team warm-up will be 10-20 minutes prior to game time.
- e. All players will be dressed and ready by the time the resurfacers hit the ice.
- f. All players will have a minimum of two (2) sticks. They don't have to be the same. The back up stick doesn't have to be expensive.
- g. All players will carry their own back up sticks and water bottles to the bench and place them on/over the boards (do not throw). Coaches are not your equipment managers or water persons!
- h. There will be no phone use in the locker room, with the exception of one to play music. Players caught using phones (texting, snap chatting, whatever is cool these days) will have their phone taken for the remainder of the ice time. Subsequent issues may result in additional penalties affecting the entire team, such as having to turn in your phones/devices upon arrival and no music.
- i. Music will not contain profanity or explicit content. It is at the coaches' discretion to determine if a song should not be played. Remember, hockey is a family show! If you're stuck for what to play, I'm sure the coaching staff can get you some classic locker room titles sure to get any party started!
- j. After games, all players will be allowed to remove their helmets and gloves prior to post-game chat. Players should remove nothing else until coaches have left the locker room.

2. PRACTICES

- a. Players should be dressed and ready to take the ice as soon as the resurfacers doors close.
- b. It is recommended that players have a back up stick at practice. Unlike games, they do not need to bring it on the ice during practice – it can stay near the locker room.
- c. Players are responsible for their own water bottles. To prevent spread of illness, please do not share water bottles.
- d. Players will not leave the ice till helping to pick up all pucks, cones, etc. or until a coach says you can go. This is part of being accountable and being a good teammate.

3. TRAVEL

- a. Hockey is a travel sport in a season known for bad weather. It's better to arrive early than late; it is your responsibility to plan accordingly.

4. GENERAL

- a. Players should conduct themselves in accordance with A.R.T. and the team code of conduct at all times. Remember, you're representing not only this team and your family, but the entire association.
- b. Please communicate if you are going to be late or missing. 24-hour notice at least is appreciated whenever possible, but understand that things do happen.
- c. Team rules are subject to change depending on situations at hand and anything that may have been missed at the time of writing this up.