

NYPHA U14G CARLSON GENERAL TEAM RULES

FOR TEAM INFO, PRACTICE PLANS, DRILL EXPLANATIONS, SYSTEMS EXPLANATIONS AND MORE PLEASE VISIT: <https://acimaging.net/hockey>

GAMES

- 1) With a short roster, it is important that you try to make as many games as possible. The team management and association are aware of double rostering and many players additionally playing for SSC, but you have also made a commitment to this team!
- 2) All players should arrive at least 1 hour prior to games.
- 3) 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 know so we can try to figure something out.
- 4) Players should bring both sets of uniforms to all games.
- 5) Team warm-up will be approximately 60-45 minutes before game time.
- 6) All players will be dressed and ready by the time the re-surfacer hits the ice or as coaches advise (in the event games are running ahead).
- 7) 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.
- 8) 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!
- 9) 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. This is inline with association and USA Hockey policies.
- 10) 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!
- 11) 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.

PRACTICES

- 1) With a short roster, it is important that you try to make as many practices as possible. The team management and association are aware of double rostering and many players additionally playing for SSC, but you have also made a commitment to this team! Practice is where we get better as individuals and as a team.
- 2) Players should be dressed and ready to take the ice as soon as the resurfacer doors close.
- 3) 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.
- 4) Players are responsible for their own water bottles. To prevent spread of illness, please do not share water bottles.
- 5) 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.

TRAVEL

- 1) 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.

GENERAL

- 1) 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.
- 2) Please update TeamSnap as soon as you can with your availability. Practice plans are typically created up to 24hours in advance and are based on the number of players expected according to TeamSnap.
 - a) 24-hour notice at least is appreciated whenever possible if you are going to be late or missing, but understand that things do happen
- 3) 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.