

## [NYPHA 19UG CARLSON GENERAL TEAM RULES](#)

FOR TEAM INFO, PRACTICE PLANS, DRILL EXPLANATIONS, SYSTEMS EXPLANATIONS AND MORE PLEASE VISIT:  
<https://filthymittshockeytraining.com/npyha-23-24-19u-girls/>

### **GAMES**

- 1) As with any team, it is important that you try to make as many games as possible. You have made a commitment to play for this team just like the coaching staff has and we expect you to be at as many games/events as you can to honor that commitment.
  - a Only showing up to games and not practices without the coaching staff's prior knowledge and/or agreement will result in reduced playing time and could lead to escalation at the association level.
  - b Please use TeamSnap to notify coaches and staff of issues and to update your availability.
- 2) All players should arrive at least 1 hour prior to games.
  - a Team warm-up will be approximately 60-45 minutes before game time. I would like the team to be able to warm-up for at least 20 minutes min before you get dressed and still have 20-30 minutes to get dressed before coaches come in to talk.
- 3) Players should be dressed in team branded apparel whenever possible. DO Not wear apparel representing another amateur team or association (with the exception of your school or a letter jacket). If you have a financial issue with affording a team warm-up or NPYHA branded apparel, please let Coach Amanda or the team manager (Rick Nemeč) know so we can try to figure something out.
- 4) Players should bring both sets of uniforms to all games.
- 5) 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).
- 1) 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. Players are responsible for their own water bottles. To prevent spread of illness, please do not share water bottles.
  - a It is also recommended to have an extra set of steel for skates, but this is not required.
- 6) All players will carry their own back up sticks and water bottles and any other equipment needed for game-time to the bench and place them on/over the boards (do not throw). Coaches are not your equipment managers or water persons!
- 7) **There will be no phone use in the locker room, with the exception of one (1) 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. Continued failure to comply will result in reporting to Safesport and escalation within the association.
- 8) 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!
- 9) 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**

- 2) Like games, it is important – if not more important – to attend practice. Please make every effort to be at as many practices as possible because this is where we learn to play as a team and develop our core skills. I understand things happen and come up and with supplemental practices not being a set time, things can get sketchy. Please, please, please make the effort.

- a Only showing up to games and not practices without the coaching staff's prior knowledge and/or agreement will result in reduced playing time and could lead to escalation at the association level.
  - b Please use TeamSnap to notify coaches and staff of issues and to update your availability.
- 3) Players should be dressed and ready to take the ice as soon as the resurfacer doors close. If you are more than 5 minutes late and you have not previously communicated this with a coach, the team will skate 2 minutes for each minute you are late.
- 4) Players will be expected to wear a BLACK jersey. Solid black is not required but it should be 90% black. Players will also be issued a colored pinnie to indicate their line or group. Unless instructed otherwise, it is expected that players have both at every practice.
- a Failure to wear a black jersey and/or their colored pinnie will result in the team skating for 2 minutes for every piece of equipment missing.
  - b If you have issues with getting a black jersey, please let Coach Amanda or the team manager (Rick Nemeč) know so we can try to figure something out.
- 5) 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.
- 6) Players are responsible for their own water bottles. To prevent spread of illness, please do not share water bottles.
- 7) 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 24 hours 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 I understand that things do happen. Just do your best!
- 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.