



League Manual

MISSION STATEMENT

To do all things possible to help develop the skills, and abilities of each and every player.
To instill sportsmanship and encourage fair play, while developing a healthy competitive attitude in a fun and supportive environment.
To advocate, on behalf of players and families, the ability to play hockey where they choose, without boundary restrictions.
To support, advocate and represent our players as developing athletes, aspiring to play hockey at the highest levels possible.
To use hockey as a training tool to help players become better people, instilling upon them hard work, respect, cooperation and dedication.
To encourage academic excellence, stressing to our players the importance of education and helping them to reach their highest potential.

MANDATE

**AIM HIGHER...GO FURTHER
REP HOCKEY THE BETTER WAY
FOCUS ON EDUCATION ONLY WEEKEND AWAY GAMES
NO ADDRESS BOUNDARIES
MORE DEVELOPMENT WITH PROFESSIONAL INSTRUCTION**

Welcome to the ORHL (Ontario Rep Hockey League) formed from the Safe Rep Hockey League which began independent hockey back in 2011. It was clear there were a number of areas where the development of young aspiring hockey players was lacking.

NAIHF (North American Independent Hockey Federation) along with the CIHF (Canadian Independent Hockey Federation) recognized these deficiencies and created programming that focuses on better hockey development using the European and NCAA model of a higher practice to game ratio and more training combined with professional instruction.

Our rep hockey teams will not have to deal with geographic boundaries at any age and scheduling of our games will be done to minimize disruption to our players' school studies. No league games will be scheduled weekdays (Monday to Thursday) to ensure school homework is completed. We recognize the vital importance of education and for this reason have partnered with the AAU (American Athletic Union) and will promote our players to the NCAA to deliver on our mandate. NAIHF currently has in excess of 1,000 members and AAU currently has in excess of 40,000 members. These impressive numbers have been attained prior to the NAIHF being formally announced as the Canadian partner of AAU operating as AAU Canada Hockey. The 2015/16 season saw the introduction of AAA/AA level hockey in the AAU. There will also be a NAIHF 7 and 8-year-old Elite showcase series with tournaments being held in Chicago, Detroit, Toronto, Buffalo, including a North American Championship.

There will be ORHL league play with teams from Toronto, Oakville, Niagara, Burlington, Hamilton, Kitchener, Guelph, Cambridge Barrie, Sault Ste. Marie, North Bay, Sudbury and Buffalo. The game of hockey is and always will be an important part of Canada's heritage. It's now time that parents of young, aspiring, talented hockey players have another option for their child. We believe strongly in our model and understand the importance of credibility and integrity. We also understand the importance of raising well rounded children. While hockey will be a career for a select few, it will not be a career for most. We believe the NAIHF model, with our focus on both hockey development and education is leading edge and will meet all of your expectations.

REP HOCKEY – THE NEXT LEVEL – HOW WE ARRIVED HERE...

- Built a grass roots hockey development program and grew our network of professional contacts to provide instruction. We operate a league with values to support this development focused effort
- Identified key team members – Directors, Licensees and Player Development Professionals to execute and support our Mission and Vision.
- Provide a development focused program, based on Core Values and ensure such program is brought to market in a manner best suited to satisfy “market demand”.
- The league is sanctioned under the North American Independent Hockey Federation (NAIHF), The Canadian Independent Hockey Federation (CIHF) and the Amateur Athletic Union (AAU). We are also announcing the expansion of the ORHL to include a AAA Hockey program. The ORHL will also sanction AAU Houseleague and Select House League program for the 2016/17 season.
- The NAIHF is a partner of the AAU one of the largest sanctioning organizations in the world.
- They are the fastest growing Ice Hockey sanctioning body in the world. They compete with USA Hockey and Hockey Canada for members.
- The AAU provides the ORHL with the opportunity to expand its horizons by playing games and tournaments against many other programs who are sanctioned by the AAU specifically in the USA.
- There will be ORHL league play with teams from Toronto, Oakville, Niagara, Burlington, London, Cambridge, Kitchener, Hamilton, Guelph, Barrie and Greater New York.

OPEN LETTER TO PARENTS OF ORHL PLAYERS AND THOSE INTERESTED IN OUR LEAGUE

Firstly, we would like to thank the parents of our players currently playing in the ORHL we would like to thank you for your continued support for giving your children the opportunity to play hockey where you choose and for the coach you choose. For parents thinking of joining a team for next season we welcome you and thank you for considering our hockey programming for your child.

Recently there has been a number of negative letters written to local Hockey Canada associations by Hockey Canada about independent hockey leagues like the ORHL. At the ORHL we do not believe in commenting negatively about people who choose to see Hockey in a different way. We will not engage in a propaganda campaign with Hockey Canada. Many of you have received inaccurate and almost slanderous information about the rules regarding your children playing in our league or one like the ORHL, either from coaches or even associations.

However, we do want to direct you to the Hockey Canada Rule; “Any individual who participates in a Non-Sanctioned League after the Cut-Off Date of September 30th will lose all privileges with Hockey Canada **only** for the **remainder of that season**, and, may only apply for the reinstatement of those privileges after the end of that season.” Please understand that this rule is a Hockey Canada rule and not an ORHL rule. In addition, since Hockey Canada introduced this rule in May 2009 the ORHL is not aware of any suspensions of players breaking this rule.

Our league is a “right to choose” program and we do not place any restrictions on player movement whatsoever at any time during the season. In fact, we allow our players to play in both ORHL and Hockey Canada if you so desire. Hockey Canada has identified September 30th of each season as the date by which you must decide if you wish to participate in their programming. Up until September 30th we encourage you to give our league a try and we are sure you won’t be disappointed.

Here is what you can expect from the ORHL:

- We have over 40 teams in Ontario and when combined with our partners in Greater Niagara we can play over 130 teams. We have been in business for 5 years...expanding every season,
- No address boundaries – you can play for the team and coach you want no restrictions
- No releases needed – You do not need a release from Hockey Canada to join the ORHL. You also do not need any release to play in another city of your choice if you are not happy with the team in your area.
- All our teams are required to provide “professionally instructed developments sessions”. We don’t just train volunteer coaches we bring you professionals to develop your children.
- All our away games are played on weekends as we believe in the importance of your child’s education and we want to provide time during the week without hockey to allow the time required to be successful in school.
- All our participants are insured through the AAU (Amateur Athletic Union) the worlds largest youth sports organization with over 100 years in operation. <http://aauiice.rsportz.com/>
- Coaches receive AAU coach training from “Positive Coaching Alliance” and “Heads up Concussions in Youth Sports”.
- We also offer game variety for your teams with an alternative game program that includes games vs USA teams as part of your regular season.
- Tournament based regular season games which will bring a whole new excitement to the regular season
- A grand championship tournament second to none in crowning our champions.

ORHL HISTORY

2016-2017

ORHL restructures to Tournament style regular season and playoffs.
Formation of partnership between ORHL and USA based GNAHL (Greater Niagara Amateur Hockey League)

2015-2016

SRHL renamed ORHL to better reflect level and style of play
Expanded growth into Novice and Atom divisions
ORHL achieve 40 team league
AAU Hockey Introduced and partnered with NAIHF (North America Independent Hockey Federation)

2014-2015

League continues growth despite Hockey Canada moving to non-contact at Peewee
22 teams in Peewee to Midget divisions

2013-2014

League continues growth
15 teams in Peewee to Midget divisions

2012-2013

Teams are formed and play in first non-contact Rep League
10 teams in Peewee and Bantam divisions

2011-2012

CIHF and SRHL formed

PROGRAM DESCRIPTION

ORHL is sanctioned with AAU hockey. The AAU is one of the largest non-profit volunteer sports organizations in the United States. The AAU rivals USA Hockey and is growing exponentially each season. This affiliation with the AAU allows the ORHL the opportunity to host winter tournaments for teams from all over the country. ORHL teams will also have the opportunity to compete in other AAU tournaments across the country.

The AAU was founded in 1888 as a multi-sport organization dedicated to the promotion and development of amateur sports and physical fitness programs. AAU focuses on providing sports programs for all participants of all age levels beginning at the local and regional levels. For more information, click on <http://www.aausports.org/>

The ORHL promotes:

- Development of high level hockey players and academics
- Encourage players to achieve athletically but more importantly as a respectful person and proud member of your community
- Weekend league games only to assist with needed study time to be a success academically
- The NCAA approach to hockey training and academics with more on-ice and off-ice training
- The NCAA develops approximately 35% of all the players that reach the NHL and it is considered the number one path to the NHL or Business Career.
- All teams providing a variety of professional development along with coach managed practices as part of their program.
- Puck Handling, Power Skating, Skating Treadmill, Shooting, and Off-ice training Sessions
- A minimum 28 game league schedule
- Develop a tournament series so players can compete against other competitive talent. We will have local tournaments and Tournaments against other AAU Teams.

The information below is generic to all ORHL teams, and specifically for the A/AA division. At the end of this manual see exceptions and add-ons for our AAA division only.

ORHL teams will prepare a development program including tournaments, games, practices, and professional development that must be given to parents in writing.

Parents it is your responsibility to understand the team's development plan, their philosophy on team play, their coaching style, etc. before signing to play on a team. Please do not sign with a team without understanding these important criteria so your season will be fun and successful for your child.

LICENSEE PROGRAM

This season the ORHL has developed a licensee program that allows for the ORHL to appoint organizations to manage certain markets for the league. A Licensee will be responsible for the operation of all teams in their marketplace. In markets where there is no Licensee or teams began before a licensee was appointed we do have individual teams you can play on as well. Our programs are a business, and although each team is required to disclose fees to each parent and what they receive in return value, they are not required to provide financials for a team or organization, this is private business. Our Licensees and Coaches may be paid for their time dedicated to your children and the development of them as a hockey player and person.

Go to our league website at www.orhl.net and see the tab "Teams" to learn what teams are available to play on.

HOCKEY WITHOUT BOUNDARIES

The ORHL deeply believes players should play where they choose to. We welcome players from across Canada and Internationally who feel the same way. Our program is insured and sanctioned by the American Athletic Union as we are in full compliance with their rules and regulations as set forth by the AAU

The ORHL is not now nor has it ever been an OUTLAW league. We operate as a Club Team organization and work within the boundaries of our AAU affiliation. The ORHL is a reliable choice over Minor Hockey Association based programs and has been a destination for many hockey families for several years now.

THE RECRUITMENT PROCESS

Unlike Hockey Canada, teams can recruit players at anytime before, during or after the season, with no restrictions based on city, region or location. There is no requirement for tryouts if a coach feels your son/daughter can play on their team, they can commit to signing them at anytime for that season or the following season.

Most of our Licensee's and independent teams will run tryout camps for unsigned players in April and later to assess and sign players. Check the ORHL website for teams and contact them for their tryouts dates.

SAFETY AND ETHICS

The health and well being of every player is our first concern. We have listed below some of the common practice standards that each parent can expect from the ORHL.

- Concussion and injury protocols
- All coaches will provide a police check
- Two deep in the room rule
- Zero tolerance to bullying and profanity in any way
- Zero tolerance of any abusive behaviour on or off the ice

The ORHL offers NO BODY CHECKING REP HOCKEY in A/AA divisions to players in Novice, Atom, Pee Wee, Bantam and Midget divisions. Player safety and enjoyment are our primary concerns. Our philosophy of "it's just a game", allows our children to play the game with no undue pressure. Our Code of Conduct for Coaches, Parents and Players mandates this and gives us recourse if anyone is not following.

We are committed to investing in our team of coaches, trainers, league officials and also ensure that every team hires professional instructors for portions of their development training to ensure our children receive the best possible instruction.

SCHEDULE

We are looking forward to an awesome season. The ORHL management has considered the best way to create a unique and fun hockey experience for your children. We have analyzed how we handle expansion of the league and at the same time keep to our vision of reduced travel, away games on the weekends only, help our players with their schooling, allow for increased development, balance the league better for greater competition etc. To accomplish that we will be playing our regular season and Championships as showcases and tournaments in this coming season. As with everything we do we considered our players first and the one thing we know is that...

KIDS LOVE TOURNAMENTS

In review we noticed in this past year that all teams attended our Kickoff and Championship events and most teams also attended three tournaments in addition to the regular season. So by adding 1 more event we can meet all our mandates and satisfy the want for

tournaments by teams. We are making for 24 game season plus through events and then developing a Game Exchange model of individual games. By doing this concept we are saving parents from traveling to away games virtually every weekend. Parents now get to be home 3 weekends every month that allows for families to have a better hockey life without having scheduled league games each week.

We also know that teams want an individual choice on the ratio of practice, professional development, and games they want to deliver to their families. To assist with this, we have developed Game Exchange that allows teams to play games outside of the showcases. Game exchange is a very exciting option for teams. You can play as many or as few games over the 28 game minimum as you choose. You can also choose which teams you play to ensure you get the quality of games you are looking for. Most teams have targeted a 40 game season.

THE ORHL IS THE FIRST LEAGUE TO GIVE TEAMS CHOICE ON HOW THEY DELIVER SERVICE TO THEIR FAMILIES

The schedule for next season is planned but tentative based on us securing ice in some of the markets. However, you will know your schedule by July at the latest.

As you read the schedule you will see Showcase and Tournament Format style. Showcases are regular season games and will be 2 games Saturday and 2 games Sunday. Tournament format will add semi-finals and finals and will require games on Friday.

- September 29 – October 2, 2016 – London Showcase – Western Fair Arena
- November 11 – 13, 2016 – Brampton Showcase – Powerade
- November 25 – 27, 2016 – Sault Ste. Marie – Tournament Format (optional)
- December 16 – 18, 2016 – Burlington Showcase
- January 20 – 22, 2017 – Sudbury Showcase (optional)
- February 17 – 20, 2017 – Tri-Cities Showcase (Cambridge, Kitchener, and Waterloo plus Guelph)
- March 24 – 26, 2017 – Niagara – Championships

BENEFITS OF THE TOURNAMENT CONCEPT

- We will play a showcase or tourney in every one of our major centres so family, friends and parents/players in other leagues can see all our teams play. Parents in our league or other leagues can have a chance to meet league area licensees or league management at those events to talk about the league.
- One of our main focuses of the ORHL is the development ratio over games. The tournament format frees up weekends for your team to run more development for your players. This is also a cost savings for many parents who are purchasing development services from professional instructors outside of their team practise, now you get everything within your team structure.
- You can be in control of when you play extra games and against what competition. Therefore, rather than being held to a league schedule you can play teams that allow you to have the most competitive games.
- Tournaments allow us to provide more competitive games because it is very difficult to sort teams by their level of skill over a whole season, whereas we can do this for a weekend in a tournament.
- This allows us to expand because as we get more teams coming to the league. Without this change, it would be much more difficult to stick to our weekend only games and adds travel for every team.
- Kids love to play tournaments and this clearly differentiates our league from regular Hockey Canada programming, allowing parents and players enjoy the season more.
- Having 4 games in one weekend each month allows parents to have a life outside hockey as your team can choose to not schedule hockey on a weekend or have lighter schedule.
- The times that parents must travel out of town is reduced by going once to a tournament rather than travelling each weekend to out of town games. In our winters this can be a huge stress relief for parents.
- We can better supply referees because they know they can come to one rink and ref many games over a weekend. This also enhances the referee talent.
- It allows us to look for sponsors for the league because the more events you have where parents will see their product or service is more attractive to them.
- The league can be better managed with more observation of games because staff will see many games in each division at an event.
- We can invite other AAU teams from the USA to our league showcases providing even more competitive games and a variety of teams to play.
- Because you pay a players fee the tournaments are operated at cost, no excess revenue to the league.

GAME EXCHANGE

- Game exchange is a system designed to allow teams the opportunity of playing more games outside of the tournament format. Each team is required to schedule at least 4 games under this structure to complete the minimum 28 game season. However, teams can schedule as many games as they wish under this format.
- The benefits of Game Exchange are that it allows your team to schedule games against the league teams they want to play to increase competition, provide more development, to play more local games or schedule games against ORHL partner leagues like Buffalo and others.
- Games are organized by your team but still appear on the league schedule and must be refereed by league approved referees.

OTHER TOURNAMENTS

You are able to choose travel tournaments if your parents agree. However, teams must attend the minimum number of ORHL tournaments required by the league before attending any tournament outside the ORHL.

PRACTICES

Please note that practices are scheduled as close to your home location as possible, however, scheduling is dependent on ice availability, which can be limited in certain areas.

PLAYOFF FORMAT

- Every team makes the playoffs. The ORHL will hold a championship weekend event that will allow every team to play 4 games and if successful progress to a semi-final and final to declare champions for the current season.
- Guest teams that participated on a semi-regular basis during the season will be eligible to play in the championship.
- ORHL Playoff Championship weekend; As you progress through the season every game will count in the standings (league, exhibition, and tourney) as we use all these games to develop a ranking for each team as we head into the Championship event.
- This is where we intend to split the league in AA and A division so the opportunity to win a Championship exists for all teams. The end result of the season will be competitive games for everyone – 4 games included in your 28 game schedules. Location TBD

PLAYERS

All players must register with the league for roster and insurance purposes. The league fee of \$150.00 per player will be collected by the team and submitted to the league.

The league provides:

- Insurance
- Membership into the AAU
- Operation of the seasons tournaments from Kickoff to Championship
- Scheduling of games, referees, and timekeepers at ORHL regular season events
- League Discipline
- Manage partnerships with GNAHL for more games
- League manuals and follow up on rules, league policies, and code of conduct
- League wide volume pricing for jerseys, apparel, bussing, and other team needs
- AAU tournaments to give our teams many options to play games against a variety of teams

YOUR CHILDREN

We are dedicated to ensure that your son or daughter receives the best training available. In today's environment, in order for them to reach their maximum potential, training and conditioning is a year-round requirement. As you know, playing only games does little to develop essential skills. The majority of improvement in the areas of speed, agility and core body strength will occur during practices and off-ice training sessions. Our program offers players the ability to not only improve their skills but also create friendships that will last a lifetime.

FAIR PLAY

ORHL offers competitive tournament play and game exchange individual games that all count in the standings. Rep hockey play does not dictate equal ice time. We are not going specifically direct how teams operate, in regards to player's time on the ice. Teams may choose to have specific Power Play and Penalty Kill units, and strategy for the last few minutes of a game etc. However, we do **insist that coaches communicate with their parents** on coaching style when signing your child. Parents **we strongly encourage you** to not sign with a team that have a philosophy not matching your own for your son or daughter. Coaches **communicating with Goalies on your style of deploying them is critical**, splitting games and playing full games may impact the happiness of your goaltenders.

HAVE FUN

As an ending statement, we want to bring you back to the reason we all support our children in playing the game... *it must be fun!* We are here to help. If you have any issues throughout the year with your team, tournaments, or our program please contact Mark Hetherman immediately. The sooner we can deal with issues the better, and lets remember the game is about the kids not the parents or coaches.

AGE AND LEVEL

- Regarding levels of hockey, we do prefer that players play at their proper level. A player can always play up a level if they have shown the necessary skill. The ORHL discourages players playing down a level, if they are AAA quality we would need them to play that level. If a particular city does not have AAA we will review each player's case individually to see if we feel they can fit into the league. We do not want to turn away any player interested in our league if possible.
- A possible scenario is where we have a minor aged player (2005 playing in the 2004-2005 division) we might allow that AAA player in that division depending on skill so they can join the league and hopefully find a AAA team in the following year. The other possibility is a 2004 AAA player moving up to the 2003-2002 division.

AP PLAYERS

- AP players are allowed under the following conditions
- Teams are allowed to call up any player from the minor age of the division from any team they can make an arrangement with. If the team is not able to arrange to AP from the minor age of the division, they can call up a player of similar calibre to the player not showing up.
- A team can also call up any player from the full division lower, but we caution about this because of the 2-year gap in age.
- Teams are allowed to AP players from outside the league, but those players must be registered in the league for insurance purposes. AP players must pay an AP fee of \$75.00 to the league to allow for insurance payments. Any single player cannot AP more than 10 games in the season.

CONGRATULATIONS LETTERS

Every Parent will receive an ORHL **Congratulations Letter** for making a team. Coaches will provide a copy of this letter to any player for whom they are reserving a position on their team. These letters should be sent to players as soon as they agree to join the team. Parents it is critical that committed players pay the deposit required by their team and register with the league to confirm their position with your squad. The letters include instructions to register within the ORHL system.

FLYERS

The league has provided and some Licensees have developed their own flyers. The Licensees will print flyers that can be used to place in local hockey arenas to recruit players. We also hope that everyone can assist in recruiting for all age groups, ask your coach or Licensee for flyers if you can distribute.

E-MAIL

We send out regular e-mail blast to former players and new contacts we receive. We ask that you forward a copy of the e-mail blast to any player or coach contacts you have.

FUND RAISING

The ORHL has no restrictions on fund raising which allows for our players to enjoy more tournaments or more development or even fund activities outside of hockey. The league will be developing some programs that will help teams fund raise.

JERSEY NAME BARS

These are optional and teams may choose to include or not depending on their team jersey policy.

JERSEY SPONSOR BARS

These are optional and teams may choose to include or not depending on their team jersey policy.

POLICIES

The purpose of this document is to clearly state the expectations of players, coaches and parents for the season ahead. We encourage open dialogue with all parents and players should any issue arise throughout the season. Please remember why we participate in the ORHL and most importantly, why children participate in sports. Review this document with your child to ensure that everybody involved fully understands his/her responsibilities on the team. If you have any questions or concerns throughout the season, do not hesitate to ask.

SPORTSMANSHIP

- Good Sportsmanship is expected and required of all players, coaches, parents, spectators and referees.
- All ORHL rules will be strictly enforced.
- All players will treat their own teammates and their opponents with **respect**. Players will not criticize their teammates, but will be courteous, supportive and cheer in a positive manner.
- Parents and coaches will not focus on winning or losing, but rather the growth and development of their child and team players. Please understand that behaviour that is not tolerated in regular society is not allowed just because they are in a hockey rink. In addition, you are teaching your child and others impacted by your behaviour that it is ok to disrespect a person in authority (Coach, Referee, Convenor, League staff etc.) by yelling and swearing at another human being.
- All players will shake hands **prior to the start** of every game. Coaches will remain on their bench.

APPROPRIATE CONDUCT / ALCOHOL

- There should be no consumption of alcohol in any arena, team bus or in the presence of team players.
- Any person affiliated with the team who appears intoxicated at any team function, game or practice, will be asked to leave the facility, the police will be notified and parents will be asked to arrange alternative transportation for their child.
- Parents should remember that there is a time and a place for everything. Minor hockey and alcohol do not mix.

ICE RESURFACING

- When the ice is being resurfaced between skating sessions, no player shall step on the ice until the resurfacing machine has left the ice and the doors to the machine (Zamboni) storage doors are closed.
- No players are allowed to enter the ice surface until they are supervised by a referee who is present or on the ice.
- At the conclusion of a practice or game players are expected to leave the ice surface in an appropriate and organized manner. No pushing, shoving, verbal abuse or slamming of sticks will be tolerated.

ARRIVAL TIMES

- From time to time we understand that daily schedules do not always run according to plan, and parents do their best to have children on time.
- If you're going to be late for a game or practice, please communicate to the coach or manager prior to or on arrival at the rink. A simple text message will comfort your coach that you are coming.
- The parents of players who habitually arrive late maybe asked to meet with team officials to resolve the situation.

PLANNED ABSENCE FROM PRACTICE, GAME OR TEAM EVENT

- The team manager or head coach shall be notified as soon as the parent / player knows they are unable to attend any game, practice or team function.
- Players who may not be able to participate in games, shall notify the team 24 hours prior to the scheduled game.

BULLYING

- The ORHL has a Zero Tolerance for any form of bullying. Any accusation of bullying will be brought forward to the executive of the ORHL.
- If the complaint is found to have merit, a hearing will be convened with the party or parties involved, team officials and the representatives from the ORHL.
- Consequences for bullying may include suspension and removal from the league.

COMMUNICATION WITH THE COACHES

- Parents shall not approach the coaches before, during or after games or practices until a period of 24 hours has passed to discuss issues about their child.
- Congratulations and other general remarks are appropriate but **DO NOT** discuss negative issues when emotions are high.
- The coaching staff endorses the code of conduct and encourages all parents to utilize the proper procedures when dealing with sensitive issues.
- All parents, coaches and players are expected to communicate in a positive professional manner.
- Parents are reminded that it is a coach's job to coach, and his/her decisions are made in the best interest of the team.

GAME ACTIONS

- League personnel cannot attend every game played in the ORHL so it is understood that the Coach or Manager of the Home Team is recognized as the convenor for that game. The convenor has full rights to take action according to the league manual.
- Referees are always in charge on-ice during a game and their decision is final and cannot be debated at the game.
- **Parents and Coaches** are responsible for their behaviour at the rink and should not take action that would embarrass themselves in front of others. If you have a concern that is not addressed, please wait 24 hours and contact Mark Hetherman for League issues and Kevin McKinnon for referee concerns.

WEATHER

- No game or practice will be cancelled due to inclement weather unless the OPP closes a road on the route to the arena. However, if the two teams agree to cancel the league will understand, however the home team has the choice to follow league rules as they are the ones losing money from cancelled ice costs and referee costs.

START OF GAMES

- A three-minute warm up is all that is permitted. Referees will be instructed to start the game on time. Any delays by either team will result in a delay of game penalty. The home team is required to provide pucks for the game. **The home team is also required to provide one timekeeper.**

GAME SHEETS

- **For Game Exchange the home team is required to provide the game sheet.** The home team coach must print the gamesheet from Pointstreak before the game. The home team must provide the visiting team the game sheet no later than 20 minutes prior to face-off. Both coaches must sign off on the gamesheet.
- **At the conclusion of the game,** the home team must collect the game sheets from the timekeepers and provide the visiting team the opportunity to take a picture of the gamesheet. This year in Game Exchange coaches or managers will be required to input game scores and stats directly on the Pointstreak website.
- **At Showcases and Tournaments, the ORHL will handle all gamesheets.**

COMMUNICATION WITH REFEREES

- **No member of the coaching staff shall yell at or abuse an on-ice official at any time.**
- If a coach would like to speak with an official regarding a call, they are asked to have the captain or assistant captain request the referee speak to his/her coach at the bench.
- Coaches must be professional and respectful at all times. Failure to do so may result in a penalty or ejection.
- A referee's decision is final. They will not change a call based on a conversation with a coach.
- **Referees will not come to the bench more often than needed, we cannot have games held up for multiple questions by coaches.**
- If you or your coaches have a general concern about the calling of a game they are able to write an e-mail to the Referee-in-Chief kevin@cornerstonesportsgroup.com **Please do not call Kevin...** please take a 24 hour cooling off period to review the situation calmly and ensure all details are included in your e-mail including referee number.

PARENTS AND OTHER SPECTATORS

- **No parent or spectator in the stands may shout instructions** to their child on the ice.
- No coaching from the stands. Every team has a bench coach and they will instruct the players as they see fit.
- No parent or spectator is permitted to shout obscenities or make disparaging remarks about the referee's.
- Any parent or spectator who is breaking this rule or a rule from the Code of Conduct may be asked to leave the arena by the referee, a convenor or league official.
- Any parent or spectator who verbally abuses a convenor or league official will be subject to a mandatory hearing with league officials.
- They may face suspension or expulsion from the arena.

MOUTHGUARDS

- All players (Goalies not required) will wear a mouth guard. This will help reduce the risk of a concussion. This has been mandated by AAU insurance.

INSURANCE GUIDELINES

- All coaches must wear a CSA approved helmet while on the ice with the players.
- Only persons **18 years of age and older** are permitted on the ice with the teams.
- All designated practice time must be used for team training. No other activities may be planned without the written approval of their league official.
- Teams are not permitted to book ice time on their own. If a team requires additional ice time, they must contact their league official and make a formal request. This will ensure the practice is covered by league insurance.

DRESSING ROOM GUIDELINES

- There should be 2 coaches (with approved police checks) in the dressing room with all players under the age of 18 at all times.
- Only players and coaches should be in the dressing room both pre and post-game. Parents are only allowed to dress a player of young age. Once player is dressed parents must leave the dressing room.
- ORHL coaches, managers, trainers and any other team personnel are never to inappropriately touch or shower with players.
- Teams are responsible for leaving the dressing rooms clean. Any damages to a dressing room caused by a team or a team member are the responsibility of the team and coaching staff.
- Parents are strictly prohibited from the Dressing Room until 15 minutes after the end of the game. This allows coaches to have time with the team post-game. Any parent involved in an altercation with another fan, league official, arena personnel, etc. will be banned from ORHL games for life.

EQUIPMENT POLICY

- It is mandatory that all players in the ORHL to wear approved hockey equipment.
- This rule shall be in effect at all times when involved in any game or practice, including tournaments and exhibition play. Failure to comply with this rule may result in a player suspended from participation until the approved equipment rule has been satisfied.
- Further failure to comply with this rule may result in suspension of the player and team officials by the ORHL. This rule will also be in effect for all team officials assisting or participating in any on-ice activity (must wear CSA approved helmet with chin strap done up).

RULES AND REGULATIONS

The ORHL is sanctioned by the Canadian Independent Hockey Federation and the Amateur Athletic Union in the United States (AAU). We are not in any way affiliated with Hockey Canada/USA Hockey or the OMHA. The ORHL utilizes the majority of the rules as laid out in the NHL rule book but does have exceptions and additions. Players can go back and forth between leagues on an annual basis.

DISCIPLINARY ACTIONS

- Fighting of any kind will not be tolerated on or off the ice.
- Any breach of the code of conduct, abusive language, and violent conduct, disrespect of coaches, officials and peers will not be tolerated.
- The coach will handle such problems with the players/parents directly but if the problem continues, the coach may request a meeting with the player/parents, team officials and league representative.
- It is the intention of team officials to find amicable resolutions to all problems that may arise, but some issues may be resolved by disciplinary actions such as, suspensions, loss of playing time or removal from the team.
- Parents that directly interfere with the running of the team or the team's philosophy, or refuse to abide by the team's code of conduct will be considered problematic, and requested to meet with team officials or association executive.
- Any personal attack verbal or physical on any team official will not be tolerated and the parent or player involved will be removed from the team.

RULE BOOK HIGHLIGHTS – adjustments to NHL rule book.

- Non-body checking - Referee discretion on 2/4/5 minute penalties for body checking
- Blue Line Icing
- Puck hitting Goalie Mask
- High Sticking the Puck
- Four-minute Penalty – Player stays in box even after powerplay goal
- Last 10 minutes of game – extra one game suspension over and above suspension for the penalty itself.

- Player with 3 minor penalties is removed from the game
- One time out is permitted during games.
- No coach or bench member may step on the ice surface unless an injury occurs.

BODY CHECKING RULE: (PLEASE READ CAREFULLY)

The calling of the body checking penalty and severity of that call will be left to the discretion of the referees. Checking penalties can range from 2 minutes, 4 minutes, or 5 minutes.

See below for general description of how penalties will be called.

- If a player checks another player by dropping his shoulder and stepping into the opponent and does not cause this player to fall to the ice is a checking penalty.
- If a player checks another player by dropping his shoulder and checks the opponent **aggressively** into the boards deliberately, that player will receive a more severe penalty.
- If a player deliberately checks an opponent in an open ice situation **aggressively** and causes the player to fall to the ice, that player will receive a more severe penalty.
- **If a major penalty occurs in the last 10 minutes of the game, that player will receive an automatic one game suspension in addition to any suspension that might occur as a result of the penalty.**
- If a player deliberately checks an opponent and causes a significant injury, that player will receive a more severe penalty, which might include multiple games suspension and possible meeting with League Officials.

BLUE LINE ICING

- We will have Blue Line Icing which means any puck shot down the ice after the reaching the blueline will not be icing.
- Less whistles both from less icing plays and by making changes easier for teams without needing to ice the puck.
- Referees can be more accurate with off-side calls as they do not need to concern themselves with the Red Line for potential icing.
- This new rule is similar to the change made by the NHL when they eliminated the two-line offside pass coming out of the strike. Eliminating the red line from all calls makes sense to the flow of the game and the easing of the referee's job, making for a better opportunity to see more calls during the game.
- Teams are allowed to make line changes after an icing.

SHOT HITTING GOALIE MASK

- If a shot hits a Goalie in the mask the play will be immediately blown down and the play will be dead.
- We are doing this to provide safety to our Goalies and to make the call simple for the ref's and to provide coaches and parents a clear understanding of the call.
- Discussion has brought up the point of a puck hitting a Goalie Mask and the puck going directly in the net. Some coaches have asked for this to be called a goal because Goalie safety is not at risk.
- While considering this we feel that any time a Goalie is hit in the mask potential injury is a possibility. The Goalies instincts are to move towards a puck even if it is in the net because they often don't know that it has gone in the net. Any movement by a Goalie that could be made with a mask ajar or off completely exposes the Goalie to injury. If the Goalie knows that as soon as his mask is hit the play is dead, they will not make any additional moves providing safety.
- We are going to start the season with this rule and reevaluate if we feel it is not working.

HIGH STICKING THE PUCK

- **If a DEFENSIVE player high sticks a puck:**
 - In the defensive zone the faceoff will go to the closest spot in the defensive zone.
- **If an OFFENSIVE player high sticks a puck:**
 - In the offensive zone the faceoff will go to the blueline spot in the offensive team's neutral zone.
- **In the NEUTRAL zone:**
 - The faceoff will go to the nearest spot of that offending teams end

PENALTY TIME SERVED

- In our efforts to make the game of hockey safer we are going to discourage penalties by making certain that the player who takes a 4-minute penalty serves the complete time for the penalty.
- This means that if a team is scored on shorthanded, the team will return to full-strength however the player will stay in the box until the end of the penalty time and returns to the ice at the first whistle after the time is complete.
- The motivation of this rule again is to make players aware that inappropriate actions in a game that might lead to injury will not be tolerated in the ORHL. The only method of getting this point across is to make players serve the full penalty they have been assessed.
- If a player is released from the penalty box in 20 seconds of a 4-minute penalty because of a PP goal, he is more likely to repeat his actions at some point in the game.

SUSPENSIONS

Minor Penalties

- Any player who receives 3 minor penalties in a game will be ejected for the remainder of that game only. A 4-minute body-checking penalty is considered 1 penalty, unless it is a second 4-minute penalty that game. If the 3rd minor penalty occurs in the last 5 minutes of the game, the player will receive an automatic 1 game suspension.

Example: 3 minor penalties can be obtained in three ways → 2+2+2, 4+4, 4+2+2

Major Penalties

- Any player receiving a 5-minute major penalty at any time in a game will miss the balance of that game and at least one more game. The League Commissioner will review all major penalties for additional game suspensions as warranted.
- If a player receives a 10-minute misconduct in the last ten minutes of a game, the player is automatically suspended for the next game. There is no appeal of this rule.

PLAYER AND/OR COACH SUSPENSIONS

- If a player or coach is under suspension, they are not permitted in the dressing room, the dressing room area, or on the players' bench before, during or after a game. A player can practice with his team while under suspension but cannot play a game until the suspension has been served. Any player or coach who is serving a suspension must be listed on the gamesheet as serving game 1, game 2 etc. of his/her suspension.
- If a player receives a suspension in an exhibition or tournament game, the suspension will carry over to the next game exchange, tournament or playoff game.
- When suspensions are handed out the games to be served will first be served against the team the infraction occurred against.
- Coach suspension includes no interaction with Players or Assistant coaches before or during the game, including yelling instructions from the seating area or at ice level.

LIST OF SUSPENSIONS

- The ORHL will provide Suspension List as a guideline for its decisions on suspensions. The ORHL looks at each case individually and the circumstances surrounding the incident and then renders a decision on a suspension.
- A suspension list will be published to the coaches and team operators daily with an update to suspensions ended and current.

MIDGET AMENDMENTS TO LEAGUE RULES AND POLICIES

- The Midget divisions will use a 3 referee system
- Major Penalties will be assessed a 3 game suspension
- Any major penalty during a tournament or showcase will result in automatic expulsion from the complete event and possibly carry over to further games in Game Exchange or next Showcase/Tournament.

ORHL AAA HOCKEY

Mission Statement

- To do all things possible to help develop the skills, and abilities of each and every player.
- To instill sportsmanship and encourage fair play, while developing a healthy competitive attitude in a fun and supportive environment.
- To advocate, on behalf of players and families, the ability to play hockey where they choose, without boundary restrictions.
- To support, advocate and represent our players as developing elite athletes, aspiring to play hockey at the highest levels.
- To use hockey as a training tool to help players become better people, instilling upon them hard work, respect, cooperation and dedication.
- **To encourage academic excellence, stressing to our players the importance of education and helping them potentially reach their NCAA goals.**

Safety and Ethics

The health and well being of every player is our first concern. We have listed below some of the common practice standards that each parent can expect from ORHL AAA Hockey Teams.

- Concussion and injury protocols

- Certified first aid personnel
- Coaches who have a police checks
- Two deep in the room rule
- Zero tolerance to bullying and profanity in any way
- Zero tolerance of any abusive behaviour on or off the ice

Our ORHL AAA Advantage

Families know the expense of playing hockey. The ORHL AAA Hockey Clubs integrate, professionally instructed high-performance skating, shooting, stick handling, skating treadmill and off ice training, into your club fees. This allows for one stop shopping, as our team approach allows for all of these activities to happen for your child. All our AAA teams will use world class training facilities and a Club House for all our players, providing an environment of fun and team unity.

Professional Coaching and Training

Our AAA professional training facilities hired by our teams include instructors who have played at the highest levels. In addition, our coaching staff are qualified coaches who have coached in CANADA, USA and EUROPE at high levels of the sport. Our staff is selected based on their qualifications and abilities to provide our players with unmatched skill development and game instruction. In addition to professional qualifications, we select great people who put the kids first.

Our ORHL AAA teams work very hard to combine fun professionalism and development as our key principles to success.

Hockey without boundaries

The ORHL deeply believes players should play where they choose to, and this is most important to AAA players who want to seek the best development to prepare them for higher levels of hockey. We welcome players from across Canada and Internationally who feel the same way. Our program is insured and sanctioned by the AAU (American Athletic Union) as we are in full compliance with their rules and regulations as set forth by the AAU

The ORHL is not now nor has it ever been an OUTLAW league. We operate as a Club Teams and work within the boundaries of our AAU affiliation. ORHL AAA hockey is a reliable choice over Minor Hockey Association based programs and has been a destination for many hockey families for several years now.

Giving kids a chance to improve

Kids just don't become outstanding players without a plan. Our AAA programs embrace the train to play model that has been so successful in Europe and the USA. Skill development together with off ice training provide kids the tools to play the game.

Below is a recommended outline for kids 14 and under.

Team Practice – weekly 90-minute game skills and positional play
 Combination Skills Unit – weekly 90-minute professional instructed session
 Skating Treadmill or equivalent skating training – weekly 60-minute session
 Off-Ice Conditioning – twice per month totally 120 minutes
 Shooting Instruction - twice per month totally 120 minutes
 Games – 30 to 40 per season
 Training per week on average - 5 hours of training time per week not including game play.

The reality for most players is very different, as players are expected to improve on a 2:1 practice to game ratio common in Hockey Canada based programs. This method emphasizes game play over practice and teaches players to compete earlier but often times at what costs? The most respected people in hockey tells us kids are better off learning how to compete at older ages while skills are best taught before the age of 14. It is only rational to believe that kids who don't have the required skills and are asked to compete early in their development often leave the game disappointed by the age of 13. The ORHL feels this is wrong. The ORHL model is based on a much higher practice to game ratio and it embrace the "development" model over the "game play" model and has built a program around international standards that support our vision.

Game play and leagues

The ORHL plays in The Greater Niagara Amateur Hockey League (GNAHL) interlacing with a variety of teams from the Buffalo region. During our inaugural year 2015-16 our AAA teams played over 50 games successfully competing with teams from the Greater Niagara

area, the City of Toronto and as far away as Chicago, Boston, and Minnesota. The culmination of each season will be our participation in the AAU North American Championships held in Niagara Falls New York

Professional Partnerships

The management of the ORHL has close relationships with Prep Schools from across Canada offering positions to those highly skilled players at the U16 and U18 levels. Prep School hockey has become increasingly more popular due to its practice to game emphasis the most highly skilled players. We have been involved in Junior Hockey for many years specifically the Ontario Junior Hockey League which is one of the two best leagues for developing players to achieve NCAA scholarships or admission to CIS. (Canadian Universities)

Steps to achieving your goals:

Join the ORHL at any age under 10 and at any level

Put the required effort into training programs provided by the teams of the ORHL

Join one of our AAA teams by the age of 12 but the earlier the better

Develop under the increased professional development provided at this level

At age 15 or 16 join a Prep School Hockey Team in Canada

Continue your development at Prep Hockey until 18.

Join a Junior A team at ages 17 to 19, most scholarships are obtained at the ages of 18 to 20

Attend a NCAA or CIS University with Scholarship money

Pursue the dream of Professional Hockey but most importantly gain an education that can serve you well your whole life

Over 35% of players in the NHL today come from USA Universities and Colleges.

This is the dream progression for an ORHL AAA player as we are an education first league, however there are many options available to our players to reach their dream including being drafted into Major Junior Hockey (Ontario Hockey League)

All team personnel listed below are required to have a police check report dated within 2 years. (if you have one within in the past 2 years please provide a copy to the league)

Be an ORHL Coach

- BE A MENTOR – BE INSPIRATIONAL – BE A LEADER
- BE PROUD TO DEVELOP YOUNG HOCKEY PLAYERS INTO BECOMING LEADERS OF TOMORROW
- TEACH THE VALUES OF SPORTSMANSHIP, FAIR PLAY, RESPECTING COACHES, REFEREES, TEAMMATES AND PARENTS
- ENGAGE THE PLAYERS IN THE COMMUNITY AND BE UPSTANDING MEMBERS
- COACH IN YOUR LOCAL CITY OR AN OUTSIDE CITY, WE HAVE NO ADDRESS RULES
- BE A ORHL HOCKEY COACH – YOU WILL BE GLAD YOU DID
-

We are also looking for Assistant Coaches, and Managers

2002 to 2010
AAA, AA/A

THE ORHL BRAND is about being one COMMUNITY OF HOCKEY PLAYERS, COACHES, AND PARENTS

Please tell others you know about the ORHL

Coaching or managing young hockey players is a joy that all people involved in the game of hockey understand. As a coach or manager you can mentor young players to become not only the best they can be in hockey but also in life. The ORHL teams are looking for devoted parent and non-parent coaches to lead young people to develop as hockey players. We encourage former players who have played at the Junior, NCAA, CIS, and/or Pro level to lend their experience and mentoring skills to our young players, by coaching or being an Assistant Coach. If you are interested in being a Coach, Assistant, or Manager please e-mail Mark Hetherman mark.hetherman@orhl.net and he will connect you with the Licensee for your area.

COACH CERTIFICATE

- All coaches are required to register with the AAU (Amateur Athletic Union) (this will be handled by the league) and complete the on-line coach's course.
- The AAU registration will include an international police check.
- The coaches' on-line courses are free with an AAU membership. Go to this link and you will only need to complete level 1 this season. However, we encourage all coaches to take all the levels to become a better coach. <http://www.aauhockey.org/RulesClinics/MandatoryCoachesEducation.aspx>
- All coaches and trainers are required to complete and pass the "Heads Up for Concussion in Youth Sports" course and provide a certificate to the league.

JOB DESCRIPTION FOR HEAD COACH

- Serve as the official spokesperson on behalf of the team
- Delegate responsibilities to the assistant coach and manager
- Plan on and off ice activities in consultation with the assistant coaches
- Plan, implement and control pre-game preparation and communication with the team
- Design the practice plans in consultation with the assistant coaches
- Coach the team in all games and practices
- Establish rules for the team and oversee the supervision of the players
- This year all coaches will be required to take an on-line coaches certification course through the Amateur Athletic Union prior to the start of the season.
- Ensure all ORHL Leagues rules are communicated to the players and parents and that rules are strictly adhered to.
- Obtain signed player and parent "Codes of Conduct" forms and returned to the league office.

JOB DESCRIPTION FOR THE ASSISTANT COACH

Assist with:

- planning, organizing and conducting practices, pre-game preparation, in game operation of the team
- the supervision of players on and off the ice
- the preparation of a game plan
- communication with parents, be the liaison between coach and parents
- Report to the head coach
- Complete and pass the "Heads Up for Concussion in Youth Sports" course and provide certificate to the league.

JOB DESCRIPTION FOR THE CERTIFIED TRAINER

Trainer should ensure

- The arena is safe for all of the players. Report all unsafe situations immediately to arena staff
- All players have all of the required hockey equipment at all times including a mouth guard and neck guard.
- They have a complete trainer's bag including first aid supplies available at all times
- Attend to any on and off ice player injury
- Have a completed medical questionnaire including OHIP numbers with you at all times for all team members
- If an injury on the ice results in medical attention, the trainer must fill out the accident report form and submit it to the league office within 48 hours.
- Complete and pass the "Heads Up for Concussion in Youth Sports" course and provide certificate to the league.
- All trainers must have passed a first aid course in the past two years.

JOB DESCRIPTION FOR THE CONVENOR

Convenor should ensure

- That all players, coaches, parents and spectators are following the appropriate Code of Conducts. If necessary, the convenor will take the required steps to deal with any breach of the Codes of Conduct.
- Any and all player suspensions are adhered to.
- Timekeepers have game sheets and are prepared to start the game
- Referees are in the building and getting ready for the game, contact Referee in Chief if Ref's are not available.

If you have any questions about the league contact your organization or coach first if they cannot resolve your question or concern please contact Mark Hetherman mark.hetherman@orhl.net



ORHL REP HOCKEY LEAGUE COACHES' CODE OF CONDUCT

This Code of Conduct is intended to promote fair play and respect for all participants within the ORHL. All coaches must sign this pledge before being allowed to take control of their team and must continue to observe the principles of the Code of Conduct.

CODE OF CONDUCT FOR COACHES

- I will recognize and respect that players and families have other interests and obligations and may not be able to attend every game and practice.
- I will teach my players to play fair and to respect the rules, officials, opponents and teammates.
- I will ensure all players receive equal instruction, ice time, discipline, and support.
- I will not ridicule or yell at my players for making mistakes or for performing poorly. I will remember that children play to have fun and must be encouraged to have confidence in themselves.
- I will make sure that equipment and facilities are ORHL and match the players' ages and ability.
- I will remember that children need a coach they can respect. I will be generous with praise and set a good example.
- I will obtain proper training and continue to upgrade my coaching skills.
- I will never use profanity or argue a call with a referee while on the ice or in the hallway after a game. If I would like to discuss a call with a referee, I will act in a calm and professional manner and accept the referee's judgment. I understand that the use of profanity will result in an automatic 1 game suspension.

I agree to abide by the principles of the COACHES' CODE OF CONDUCT as set by the ORHL.

I also agree to read and abide by the rules, regulations and decisions as set by the ORHL.

I understand that failure to abide by the above-mentioned rules and regulations may result in my suspension or dismissal.

NAME: _____ DATE: _____

SIGNATURE: _____



ORHL REP HOCKEY LEAGUE PLAYERS' CODE OF CONDUCT

This Code of Conduct is intended to promote fair play and respect for all participants within the ORHL. All players must sign this pledge at Peewee to Midget before being allowed to play on their team and must continue to observe the principles of the Code of Conduct.

CODE OF CONDUCT FOR PLAYERS

- I am responsible for my conduct at all times. I will always be a positive representative of CIHF-ORHL and my team.
- I will play for fun
- I will work hard to improve my skills at practices and games.
- I will be on time for practices and games and will notify my coach if I will be late or cannot attend.
- I will be a team player because the abilities to cooperate, communicate, respect and get along with others are valuable traits in sport and in life.
- I will develop my skills of teamwork, sportsmanship and self-discipline.
- I will be modest in victory and gracious in defeat.
- I will learn the rules of the game and play by them.
- I will respect the rights and consider the safety of other players, coaches, trainers, officials, administrators, volunteers and parents at all times.
- I will respect the integrity and judgment of game officials and accept their decisions graciously.
- I will never swear, use profanity or make obscene gestures, or engage in any inappropriate behaviour or conduct, at any time.
- I will never criticize other players, the coaches or officials. I will not blame others when my team loses.

I WILL SPORT A POSITIVE ATTITUDE AND ENCOURAGE MY TEAMMATES TO FOLLOW MY EXAMPLE

I agree to abide by the principles of the PLAYERS' CODE OF CONDUCT as set by the ORHL. I also agree to read and abide by the rules, regulations and decisions as set by the ORHL.

I understand that failure to abide by the above-mentioned rules and regulations may result in my suspension or dismissal.

NAME: _____ DATE: _____

SIGNATURE: _____



ORHL REP HOCKEY LEAGUE PARENTS' CODE OF CONDUCT

This Code of Conduct is intended to promote fair play and respect for all participants within the ORHL. All Parents must sign this pledge before their child will be allowed to play on their team and must continue to observe the principles of the Code of Conduct.

CODE OF CONDUCT FOR PARENTS

- I pledge to provide POSITIVE support, care and encouragement for the athletes of the (ORHL) following the Parents' Code of Conduct.
- I will instill notions of fair play and good sportsmanship in my child by demonstrating positive support for ALL players, coaches, and officials at every game, practice or other ORHL related event.
- I will place the emotional and physical well being of my child ahead of my personal desire to win.
- I will recognize the importance of coaches. They are essential to the development of my child and the sport. I will communicate respectfully and support our coaches, in order to encourage a positive and enjoyable experience FOR ALL.
- I will refrain from coaching my child or other players unless I am an appointed coach of the team. It is unfair to put my child in a position of having to decide who to listen to—his/her parents or his/her coach.
- I will make every attempt to have my child attend every game and practice on time. As team members, we must be fully committed to the team. I understand that if my child wants to improve he/she has to attend practices-- not just play the games.
- I will remember that the game is for my child – NOT the adults.
- I will do my best to make hockey FUN for my child.
- I will embrace healthy and attainable goals for my child's participation in this sport. Developing new skills, learning to get along with others, and dealing with the emotions that come with winning and losing are important goals.
- I understand that officials are responsible for ensuring that the game is played in a safe and fair manner for all participants. They do not make the hockey rules; they only apply them.
- I will applaud the good plays of both teams. I will NEVER engage in booing or taunting.
- I will never swear, use profanity or make obscene gestures, or engage in any inappropriate behaviour or conduct, at any time.
- I will treat all players, coaches, officials, parents, and spectators with dignity and respect in language, attitude, behaviour and mannerisms.
- I will insist my child treats players, coaches, spectators, parents and officials with dignity and respect in language, attitude, behaviour and mannerisms.

I WILL LEAD BY EXAMPLE BY BEING A POSITIVE ROLE MODEL

I agree to abide by the principles of the COACHES' CODE OF CONDUCT as set by the ORHL. I also agree to read and abide by the rules, regulations and decisions as set by the ORHL.

I understand that failure to abide by the above-mentioned rules and regulations may result in my suspension or dismissal.

NAME: _____ DATE: _____

SIGNATURE: _____