

## **METRO HOCKEY LEAGUE**

### **PLAYER RULES TEST #2**

#### **Player's Code of Conduct**

- Play for fun.
- Work hard to improve your skills.
- Be a team player – get along with your teammates.
- Learn teamwork, sportsmanship and discipline.
- Be on time.
- Learn the rules and play by them. Always be a good sport.
- Respect your coach, your teammates, your parents, opponents and officials.
- Never argue with an official's decision.

#### **Test Questions [6 Questions] (Updated 9/21/17)**

For each of the following situations, select the one best/preferred course of action from the choices given.

1. The puck is deflected into the corner by the goaltender. As the defensive player who wants to clear the puck from the zone, you should:
  - a. Skate hard directly to the puck, and slap the puck up the boards while facing the boards.
  - b. Take three quick steps, look over your shoulder, break down 3 feet from the boards, take an inside out angled approach to the boards and slide the puck up to the winger.
  
2. The puck is passed from the defensive zone into the center circle. As a backchecking forward, you see the player who is going to receive the pass, he has his head down, focusing on catching the pass. As the defensive player, you should:
  - a. Play the puck directly, even if there is unintentional contact in the process.
  - b. Play through the man, forcing the puck receiver to pay attention to you - looking for a big hit - regardless of when the puck arrives.
  
3. During your last shift, an opposing player aggressively charged you while you were playing the puck along the boards, drawing a major penalty and misconduct. You should:
  - a. Turn and push back at the player, whipping your elbow around to defend and retaliate. No one should hit another player like that, especially you.
  - b. Be aware of the oncoming player, anticipate the contact, and either step aside from the check or prepare to absorb a potentially illegal hit, knowing the result of the play will likely result in a power play for your team.

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4. During pre-game warm-ups, a player from the opposing team skates by and nods his head at you, muttering a comment about your skating and your team mates. Next time around he tells you to keep your head up tonight - he is going to “get you.” You should:

- a. Mind your own business and continue to warm up. Continue your pre-game routine, knowing during the game you will have to be focused on your own play, not the “smack talk” from another player.
- b. Stand up for your team and defend yourself. Next time around you flip a puck at the player, and snap back a few comments of your own, no one is going to talk to you like that. He is a jerk and has to know what you think of him.

5. Every time you skate past the other bench, members of the opposing team make comments that are not audible to the referee, but certainly directed at you. Calling you soft, and afraid to step up and defend yourself, they challenge you to prove that you are tough enough to play in this league. You should:

- a. Snap back when challenged, giving it right back to them - a taste of their own medicine. As you set up for a faceoff, be there first, tell the player you won't back down, and make sure your stick is always in front, even if it means pushing or slashing the opposing player.
- b. Focus on the line change. Encourage your teammates, focus on your team and the game plan your coaches have put in place.

6. You are feeling fantastic following your team's victory in the league championship. In the locker room, following the game the team is celebrating, everyone is happy – except for “Graham.” He is still at the hospital after receiving a concussion following an illegal check in the first period. You take out your cell phone and take a few pictures of your jubilant team mates. When you get home, you think about Graham and how unfortunate it is that he was not with the team to celebrate. You remember the pictures you took – wouldn't it be great if he was able to see what went on in the locker room? You open your phone, look at the pictures and immediately feel great again – even though you notice some of your teammates had already taken off their equipment and appeared in the background of the pictures in their underwear. You should:

- a. Find his address in your contacts, attach the pictures you took and send them to him. He deserves to see the celebration – after all, he is part of the team.
- b. Call him or his parents to find out how he is doing and to wish him a speedy recovery. Then, delete the pictures from your cell phone.