

MCKENZE COUNTY HOCKEY CLUB



Player Handbook Rules & Regulations

July 1, 2017

The purpose of the McKenzie County Hockey Club (MCHC), as stated in the Bylaws, is to:

- ❖ Provide organized hockey activities for the youth in the local community and surrounding area;
- ❖ Promote physical activity and a healthy lifestyle
- ❖ Develop hockey players to the best of their ability;
- ❖ Maintain affordable membership;
- ❖ Maintain and/or secure facilities for hockey;
- ❖ Organize and supervise games, practices and leagues;
- ❖ Promote a high level of competition;
- ❖ Coordinate and pursue fundraising activities;
- ❖ Provide the necessary organizational and financial framework;
- ❖ Conform with the bylaws of the North Dakota Amateur Hockey Association and USA Hockey;
- ❖ Conduct other lawful business; and
- ❖ Use all profits and donations to the ends stated herein and to have no member profit hereby or to receive any monetary or other property benefit from the Corporation whatsoever, except for reimbursement for actual expenses incurred by a member or for services rendered as employment.

Watford City Oilers Hockey

McKenzie County Hockey (“MCHC”) is a non-profit organization, governed by a board of directors (the “Board”) elected by the members pursuant to a formal set of by-laws. Membership is open to all residents of the McKenzie County area with an interest in youth hockey. The organization is a member of the North Dakota Amateur Hockey Association (“NDAHA”), which, in turn, is a member of the Amateur Hockey Association of the United States (“USA Hockey”), and conducts a hockey program based on USA Hockey guidelines and rules of play. The Board endeavors to administer the program according to the following guidelines, which may be amended in the Board’s discretion as conditions warrant.

Important Dates

October 1, 2017 – March 31, 2018

October 12, 2017

October 23 – 27, 2017

October 30, 2017

November 4, 2017

December 22, 2017

December 25, 2017 – January 2, 2018

March 2 – 4, 2018

March 9 – 11, 2018

March 15, 2018

MCHC Hockey Season

Annual Pre-Season Coaches Meeting

Learn-to-Skate (Session 1)

Official Practice Starts

Try Hockey for Free Day

Alumni Game

Christmas Break

Junior Gold State Tournament (RRC)

12U Girls State Tournament (RRC)

Annual MCHC Banquet & Awards

Programs, Eligibility & Fees

McKenzie County Hockey offers a variety of teams, including Termites, Mites, Squirts, Girls 12U, PeeWees, Bantams, Girls 19U and Jr. Gold. The number of teams per age category will be based on the number of registered players. A birth certificate will be required as proof of age at the time of a participant’s first registration.

Program	Ages	Birthdate	Registration Fee
Jr. Gold	19 & Under	7/1/1998 to 6/30/2002	\$ 450
Girls 19U	19 & Under (Girls)	7/1/1998 to 6/30/2002	\$ 450
Bantams	14 & Under	7/1/2002 to 6/30/2004	\$ 350
PeeWees	12 & Under	7/1/2004 to 6/30/2006	\$ 300
Girls 12U	12 & Under (Girls)	7/1/2004 to 6/30/2008	\$ 300
Squirts	10 & Under	7/1/2006 to 6/30/2008	\$ 300
Mites	8 & Under	7/1/2008 to 6/30/2010	\$200 (Free for 1 st Year Players)
Termites*	6 & Under*	7/1/2010 to 10/01/2013	\$125 (Free for 1 st Year Players)

**Termite Players must be age 4 prior to October 1, 2017*

In addition to registration fees, each parent is required to register their player with USA Hockey. USA Hockey registration is required of each player for every new hockey season. Registration can be completed on the USA Hockey Website.

https://www.usahockeyregistration.com/login_input.action

Each participant registering to play or coach will pay the USA Hockey fee of \$40 if age 7 or older. No USA Hockey registration fee required for ages 6 and Under. A North Dakota Affiliate fee of \$15 is also required. Both fees will be paid following the above steps.

LEARN-TO-SKATE:

Objective

- The Learn to Skate Program (LTS) will provide developmental league hockey players a foundation by teaching the basics of skating. The LTS will divide skaters into two groups based on ability. Each group will work on basic hockey skating skills needed to play hockey.
- The LTS program is offered to any first-year skater, ages 4 and above, or any skater seeking to develop basic hockey skills.
- **Cost:** The cost for the Learn to Skate program will be \$20.00. Players will wear full hockey gear to be provided by the McKenzie County Hockey Club. The equipment rental is included in the cost of the Learn to Skate Program. Should a player wish to continue with hockey after Learn to Skate there are additional costs, subject to the MCHC and USA Hockey registration process.

Who is Learn to Skate For?

- The LTS program is designed for children who are first year skaters or first year hockey players.
- There is no age limits to the Learn to Skate Sessions
- If your child has difficulty standing on the ice even if they played hockey or skated last season they are welcome to attend Learn to Skate.

Functionality

- There will be one LTS program per season.
 - Learn to Skate (Session 1): October 23 – 27, 2017 (all days except Wednesday)
 - **Players are not required to be registered with USA Hockey or the McKenzie County Hockey Club.**
 - Cost = \$20.00
 - Time = 5:30 pm to 6:30 pm
 - Location: Roughrider Center | Arden Berg Community Rink
- The sessions will be staffed by the current Mite/8U coaching staff and/or other MCHC coaches. The highest player-to-coach ratio will be 10 players to one coach with a goal of 5:1.

Rink Setup / Curriculum

- **Players** will be divided into three (3) groups according to their ability as determined by the coaches. The player will remain in that group until he or she can pass criteria for each level.
 - **Level I:** Brand new skaters with difficulty standing on their own. Level I will teach the player how to stand up, the hockey position, and marching on the ice.
 - **Level II:** For skaters who can move on the ice on their own. Level II will teach players the proper hockey stance, forward gliding, and introduce them to stopping and backwards skating.
 - **Level III:** The final level of Learn to Skate will teach players, who can now move well on the ice, proper forward/backward skating technique and how to properly stop on the ice.

Evaluation & Advancement

- All players will be evaluated by the coaching staff on an ongoing basis during the LTS program and will advance players accordingly.
- All players must complete Level III of the LTS program before advancing to their appropriate MCHC hockey age group.
- All player evaluations shall be confidential and available only to the 8U Program Director.

8 & Under Program:

Levels

The levels are determined by the age of the skater on or before June 30.

1.	Learn to Skate (LTS)	--	Any first-year skater*
2.	Termites	--	ages 4 to 6**
3.	Mites	--	ages 6 to 8

* All first-year skaters must pass the Learn to Skate evaluation

** Termite age players may be advanced to the Mite/8U age group at the 8U Coordinators discretion and with the approval of the players parents.

Termite Outline:

- All kids under 6 years of age will be placed into Learn to Play that follow Termite Age brackets.
- This is a skill development program that will run ADM style practices following 6U from USA Hockey.
- Session will be broken into two sessions:
 - Fall Session:
 - November 2, 2017 to December 15, 2017
 - Two Practices per Week on Tuesday & Friday (see online practice schedule)
 - Winter Session:
 - January 8, 2018 to February 16, 2018
 - Two Practices per Week on Tuesday & Friday (see online practice schedule)
- Winter Session teams will be picked on a basis to make equal teams for cross ice play.
- Kids eligible at this level may be requested at coach's discretion be moved up to 8U In-house League.

Mite Outline:

- This is a skill development program that will run ADM style practices following 6U from USA Hockey. An "In-House" league will be established per the Team Selection guidelines below with even teams.
- Session will be broken into two sessions:
 - Fall Session:
 - November 2, 2017 to December 15, 2017
 - Two Practices per Week on Monday & Thursday (see online practice schedule)
 - In-House games on Fridays
 - Winter Session:
 - January 8, 2018 to February 17, 2018
 - Two Practices per Week, Monday & Thursday (see online practice schedule)
 - In-House games on Fridays
- At the Mite age level there is also an opportunity for games away from Watford City against other Mite teams. It is not a requirement of any Mite family to travel. The 8U coordinator will ask all families that are willing to travel for hockey and priority for travel teams will be given based on age (with priority to the oldest players).

Team Selection

- All players will be evaluated and placed on a team as soon as possible.
- All player evaluations shall be confidential and available only to the 8U Program Director and the In-house coaches.
- The In-house Coaches, with the assistance of the 8U Program director, will choose team members.
- Players will be drawn from pools established according to evaluation.
- As close as possible, teams will receive the same number of players evaluated equally.
- The 8U Program Director will have final authority in cases of dispute.

Open Hockey Policy

Please review and familiarize yourself with this Policy

The McKenzie County Hockey Club (MCHC) places a strong emphasis on skill development during the season. It comes as no surprise that most of the successful past and current MCHC players spent countless hours on the outdoor rinks or at open hockey with their friends honing their skating, shooting, and stickhandling skills.

Research has found that “at all ages the variable that determined the skilled players from the lesser skilled players was the amount of time spent practicing/playing with a friend(s) a player spent outside of the organized practice and game sessions. In fact, the skilled players reported nearly **twice** as much time practicing with a friend than the non-skilled players.”

Throughout the year, MCHC provides scheduled “Open Hockey” for our players to further develop their skills and understanding of the game in an unstructured setting with friends and teammates. The Hockey Committee continues to identify ways to offer more “Open Hockey” during the year for our players to further their enjoyment and love of the game. It is important that players and parents understand and follow MCHC’s “Open Hockey” guidelines:

- WE WANT TO DISCOURAGE ADULTS/PARENT/COACHES ON THE ICE AND ORGANIZING THE ACTIVITIES FOR THE PLAYERS. ADULTS/PARENTS CAN BE PRESENT TO MONITOR PLAYER BEHAVIOR, BUT WE DO NOT WANT THEM TO DICTATE THE TYPE OF GAME OR ACTIVITIES THAT ARE GOING ON DURING OPEN HOCKEY. WE WANT TO CREATE A BACKYARD ATMOSPHERE WHERE PLAYERS CREATE GAMES OF THEIR INTEREST IN AN UNSTRUCTURED SETTING. (WITH EXCEPTIONS OF 8U) – PLAYERS ONLY
- Attend the scheduled time for your level.
- You (the player) must be a current member of MCHC to attend open hockey.
- Be respectful of others on the ice. Please divide the ice equally so all players have the opportunity to form a game or work on a skill set. Please include all players!
- No checking or contact.
- Make sure all doors are shut.
- All players need full equipment which includes a facemask.
- No hard slap shots.
- No food or drink on the ice.
- Report any dangerous situations or behavior to staff immediately.
- If players fail to follow the above guidelines, they will be asked to leave the ice.

PARENT'S CODE OF CONDUCT:

The MCHC is a parent-run organization that depends on the volunteer efforts of hundreds of people and thousands of hours. Each family is expected to volunteer at fundraising events. This is in addition to the jobs that must be done, on a rotating basis, by the team parents for each home game (e.g., timekeeper, scorer, penalty box, concessions & gates).

A. I AGREE TO ABIDE BY THE FOLLOWING:

- Remember that youth are involved in organized sports for their enjoyment, not mine.
- Encourage players to abide by the rules of the game.
- Communicate to children that an honest effort is more important than winning.
- Turn defeat into victory by helping my child work towards skill development and good sportsmanship.
- Remember that all players' experiences and development are important.
- Always conduct myself in a positive manner by respecting other parents, players, coaches, and officials.
- Recognize that the coaches, not parents, are the primary source of instruction and authority in the game.
- Recognize the value, authority, and importance of our coaches and team interest.
- Adhere to the rules and enforce "the Player's Code of Ethics" of the association for their child. With the intent of assisting our players to become better citizens and aid in providing our youth with a set of safe and enjoyable experiences; each parent will recognize and participate in correcting of their child's behavior and following through on agreements.
- Will not discuss any "negative" game situation with the coaching staff until at least 24 hours have passed from the completion of the game.

B. I AGREE NOT TO:

- Force an unwilling child to participate in organized hockey through the MCHC.
 - Publicly criticize or ridicule a coach, player, or official.
 - Condone physical or verbal abuse of players.
- If any parent/guardian is disrespectful or obstructs/interferes with a coach during the instruction time (on or off the ice), the player may be immediately suspended until further review with the Hockey Development Subcommittee, coach, and involved parties. A report will be made to the MCHC Board of Directors regarding the outcome.
- If any parent/guardian is verbally or physically abusive to a coach, official, or player, the parent/guardian may be suspended from the program or other disciplinary action may be taken. The Hockey Development Subcommittee will make this decision after reviewing the situation. A report will be made to the MCHC Board of Directors regarding the outcome.

I have read the above stated agreement and by my signature agree to abide by these rules. I am fully aware that failure to abide by the agreement can result in disciplinary action that may include my child's suspension from participation in activities associated with MCHC.

SIGN: _____

DATE: _____

PRINT: _____

PLAYER'S CODE OF CONDUCT:

- A. Realizing that I am a representative of the Watford City Oilers and the McKenzie County Hockey Club (MCHC), I agree to:
- Follow NDAHA and USA Hockey rules, SafeSport, and the McKenzie County Hockey rules and regulations.
 - Learn the rules, regulations, and the necessary skills of the game.
 - Always conduct myself in a positive manner by respecting other players, coaches, and officials.
 - If I am verbally or physically abusive to a coach, official, or player, I may be suspended from the program or other disciplinary action may be taken. The Hockey Development Subcommittee will make this decision after reviewing the situation. A report will be made to the MCHC Board of Directors.
 - I will recognize the value, authority, and importance of our coaches and team.
 - Understand the importance of team work and team concept.
 - Recognize that the coaches, not parents, are the primary source of instruction and authority.
 - Be prompt for all practices and games. Unexcused absences from team functions will result in player missing game time. If circumstances arise that make attendance impossible, notify the coach beforehand. There are legitimate reasons for missing a practice, or even a game. Injury, illness, and religion are a few examples that may be excused. If three consecutive practices are missed due to an injury or illness, a doctor's note will be required upon return. Discipline depends on coaching staff.
- B. The MCHC believes that the growth and development of players can best take place in an environment which promotes safety, fairness, courtesy, and respect for one another. Therefore, the following actions will not be tolerated:
- *Hazing*: Committing an act against a player or coercing a player into committing an act that creates a substantial risk of harm to a person or destruction of property in order for the player to be initiated into or affiliated with MCHC.
 - *Disorderly Conduct*: Engaging in offensive, obscene, or abusive language or in boisterous and noisy conduct tending to arouse, alarm, anger, or bring resentment in others.
 - *Harassment*: Participating in or conspiring with others to engage in harassing acts that injure, degrade, or disgrace other individuals. Harassment, whether willful or otherwise, includes disability, race, sexual orientation, and/or age.
 - Reporting: Any concern regarding the conduct of a player must be reported directly to the coach by the player or player's parents who the behavior is impacting.
 - Response: If any of these incidents occur, I realize that I may be suspended from the program or other disciplinary action may be taken. The Hockey Development Subcommittee will make this decision after reviewing the situation. A report will be made to the MCHC Board of Directors regarding the outcome.
- C. Playing or practicing without required equipment will result in not playing that game or practice. The following is a chart that shows the equipment that is required for each level of play.

Equipment	Learn-to-Skate	Learn-to-Play/6U	Mites/8U	Squirt/10U	PeeWee/12U & Above
Approved Helmet/Mask	SS	R	R	R	R
Approved Mouth Guard	SS	SS	R	R	R
Shin pads	SS	R	R	R	R
Elbow pads	SS	R	R	R	R
Breezers/Girdle pads	SS	R	R	R	R
Cup or Pelvic Protector		SS	R	R	R
Shoulder pads		SS	SS	R	R
Hockey Gloves		R	R	R	R
Throat protector		SS	SS	SS	SS
R=REQUIRED SS=STRONGLY SUGGESTED					

- Throat protectors are required for goalies and recommended for others.
- All standard goalie equipment when practicing or playing in the goal (except LTP/6U).
- Players are strongly encouraged to wear the base color of black for their gloves, helmet, and hockey pants when they are playing in a travel game.
- For Bantam/14U and above, players will wear the matching game uniforms and socks as purchased from the MCHC. The Black or Red “road” uniform will be worn with matching socks and the White “home” Uniform will be worn with matching white socks. There will be no deviations from this.
- For PeeWee/12U and below one set of socks will be purchased from the MCHC and jerseys will be supplied by the MCHC. Alterations to the jerseys are prohibited.
- All helmets will be clear of any stickers except for “warning” decals provided by the manufacturer of the helmet, numbers on the back to match your uniform, and stickers distributed by the MCHC.
- Game jerseys shall not be worn during practice.

- D. Any player removed from a game or practice for fighting or intentionally injurious conduct will be suspended for the next game and/or practice, whichever is a greater amount of time, until reviewed with the Hockey Development Subcommittee and a correction plan is made. A Coach may suspend a player for fighting during games, travel, or practice.
- E. Chronic discipline problems will be brought by the Coach or Hockey Development Subcommittee to the MCHC Board of Directors for consideration of suspension for the remainder of the season.
- F. Players who are suspended or expelled from school are prohibited from participation in the McKenzie County Hockey Club’s program during the length of suspension. It is the responsibility of the player/parent to notify their team coordinator/coach about suspension. For example: a player will not be able to participate in their next hockey practice or game (whichever comes first) if suspended for a day of school.
- G. In the event questions or concerns arise, the procedure to follow is:
- a. Take the concern directly to the party - coach, parent, player, official, etc.
 - b. Take the concern to the Hockey Development Subcommittee.
 - c. Take the concern to the MCHC Board of Directors.

Prohibited Activities

- To possess a tobacco product. "Tobacco product" means any product that is made from or derived from tobacco or contains nicotine or a similar substance, and is intended for human consumption or is likely to be consumed, whether smoked, heated, chewed, absorbed, dissolved, inhaled, or ingested by any other means, including, but not limited to, a cigarette, a cigar, pipe tobacco, chewing tobacco, snuff, snus, or an e-cigarette. "Tobacco product" does not include any product specifically approved by the U.S. Food and Drug Administration for sale as a tobacco cessation product and is being marketed and sold solely for the approved purpose.
- To sell, deliver, or give, or attempt to sell, deliver, or give to any person any of the substances listed in this policy or what the player represents or believes to be any of the substances listed in this policy.
- To possess, procure, purchase, or receive, or to attempt to possess, procure, purchase or receive, the substances listed in this policy or what is represented by or to the player to be any of the substances listed in this policy or what the player believes is any of the substances in this policy. A player will be determined to be "in possession" when the substance is on the player's person or in the player's locker, car or handbag, or when he/she owns it completely or partially.
- To be under the influence of (legal intoxication not required), or to use or consume or attempt to use or consume, the substances listed in this policy or what is represented by or to the player to be any of the substances listed in this policy or what the player believes is any of the substances in this policy.

In all instances if a player is found with illegal possession of alcohol, tobacco, or other drugs the police will be notified.

Prohibited Substances

- Alcohol or any alcoholic beverage;
- Any controlled substance or dangerous drug as defined by NDCC Sections 19-03.1-05 through 19-03.1-13 and 19-03.1-26 (paraphernalia) or as define by Section 812, Schedules I-V, of Title 21, United States Code, Section 801, et seq., including but not limited to marijuana, and narcotic drug, any hallucinogen, any stimulant, or any depressant, any form of tobacco, and all other illicit drugs;
- Any abusable glue or aerosol paint or any other chemical substance, for inhalation, including but not limited to, lighter fluid, white out, and reproduction fluid;

Authorized Use

Any player whose parent or guardian requests that he or she be given any prescription or nonprescription medicine, drug, or vitamin shall provide the medicine, drug, or vitamin.

Violation

Disciplinary sanctions will be imposed on any player violating this policy. These sanctions may include suspension and notification of proper authorities for prosecution. Prohibited substances will be confiscated and illegal substances will be turned over to law enforcement authorities. Players violating this policy will be suspended from representing the MCHC in any activities for 6 weeks for the first offense and an 18 weeks suspension for any subsequent offense. The period of suspension shall begin from the date and time the coach or MCHC Board of Directors gives notification to the player. Violations resulting in academic and/or athletic suspension, prior to the MCHC season, shall carry over into the MCHC season for the full length of the original suspension. To be clear, any player serving a suspension under North Dakota High School Activities Association rules or the rules of the McKenzie County School District at the beginning of

the MCHC season (October 1) shall continue to serve said suspension until the original timeframe and the accompanying restrictions are satisfied. The player may still practice, but cannot represent the club at functions. Continued offenses will result in recommended expulsion from the club. The player's parents and the police will be notified if any player is observed to be under the influence of a prohibited substance. If there appears to be imminent danger to other players, personnel and/or the player involved, the player may be removed from the property. A new Player's Code of Conduct must be signed prior to each and every season. Offenses will be reset upon the signing of the new agreement as it relates to the suspension timeframe of subsequent offenses.

- Crimes against persons and/or property will result in an immediate suspension of the player/players involved. Suspensions will be at the discretion of the McKenzie County Hockey Board.
- Actions not specifically covered, but clearly contrary to expected conduct are subject to review and possible action by the McKenzie County Hockey Board or their designees.

Any conduct that results in significant loss of playing time will require notification of a parent or legal guardian by a McKenzie County Hockey Board member.

I have read the above stated agreement and I understand by signing this document I agree to abide by the McKenzie County Hockey Club Player Code of Conduct. Further, I understand that my failure to comply with the above code will result in the above outlined disciplinary action.

SIGN: _____

DATE: _____

PRINT: _____

Electronic Signature:

I/We have read, understand and agree to comply with the Code of Conduct as outlined above.