



North Hills Hockey Club

Team Rules and Code of Conduct

Including Social Media Policy

NHHC Executive Council
May 15, 2021

In order to promote the highest level of sportsmanship, character development in our student athletes, safety, and athletic success, all players, coaches, and spectators agree to the following:

I. PLAYERS

I.I. Players are to

- I.I.I. speak respectfully to coaches, teammates, referees, or minor officials.
- I.I.II. listen when coaches are speaking.
- I.I.III. give their best effort at games and practices.
- I.I.IV. do their best to follow coach's instructions and play according to the team system.
- I.I.V. attend every team activity (practices, games, 'chalk talks,' conditioning sessions) unless excused. Players will forfeit playing time if they fail to provide the coach *in advance* with an acceptable reason for missing practice.
- I.I.VI. report to the locker room a minimum of 30 minutes prior to any game or practice.
- I.I.VII. be in control of their emotions during games and practices.
- I.I.VIII. wear all equipment, including mouth guards and neck guards, for all practices and games. All equipment must be USA Hockey/HECC certified equipment.

II. Players are **not** to...

- II.I. speak with disrespect or criticize their coaches, teammates, officials, or spectators.
- II.II. talk to or distract others when coaches are speaking.
- II.III. interact with or gesture to spectators.
- II.IV. use profanity at any time during any North Hill Hockey event or use derogatory or abusive language towards opponents.
- II.V. be involved in 'horseplay' before, during, or after any North Hills Hockey activity, especially games and practices.
- II.VI. take unnecessary or selfish penalties, as interpreted by the coaches.
- II.VII. throw their hockey stick on the bench or in the penalty box. This is always poor sportsmanship and can draw additional penalty time. Also, the RMU Island Sports Center complex with charge North Hills Hockey for any damages; the player will be responsible for payment.
- II.VIII. use drugs, alcohol, or tobacco products. Any player caught with any of

these substances will be disciplined and may be suspended or removed from the team.

Players must be aware that their actions, both on and off the ice, are a reflection on the entire North Hills Hockey Club; as is the case, players will be held to the highest ethical and moral standards. These standards apply whether players are attending North Hills Hockey Club events (home or away games), or non-Club events.

III. Accountability and discipline

- III.I. Players shall be accountable to the head coach, assistant coaches, and the Executive Committee depending upon any violations of the code of conduct. Disciplinary action may range from a warning, suspension, or removal from the team.

II. COACHES

I. Coaches are to

- I.I. be respectful to players, coaches, referees, minor officials, opponents, and spectators.
- I.II. maintain order and sportsmanship to the best of their ability.
- I.III. enforce team rules and code of conduct by 'sitting out' a violating player.
- *Coaches have the authority to decide the duration of the disciplinary action. A 'warning' may be sufficient for a first violation.*
 - *It is suggested that the duration be increased for successive violations, up to suspension for one or more games or removal from the team.*
 - *Coaches should apply the same standards to every player.*

II. Accountability and discipline

- II.I. Coaches are accountable to the North Hills Hockey Executive Committee. Repeated and/or gross violations may result in suspension or termination of the coach. Complaints by players or parents must be directed to the Executive Committee in writing through the team vice president or coach liaison.

III. SPECTATORS/PARENTS

The role of the spectator is to watch the game and cheer for the team.

I. Spectators/Parents are to...

- I.I. bring the players on time to games and practices or arrange for transportation if necessary.

- I.II. be supportive of the team, which includes all players and coaches.
- I.III. be available to help when needed.
- II. Spectators/Parents are **not** to...
 - II.I. speak or gesture to any player during games or practices. Instruction and direction is the responsibility of the coaches; please don't undermine their efforts. Questions, comments, suggestions, etc. should be directed through the team vice presidents unless the coach has indicated he is willing to receive these directly.
 - II.II. be abusive to referees. A referee may assess a minor penalty for fan abuse and/or remove spectator from the stands.
 - II.III. initiate, instigate, promote, or engage in verbal or physical exchanges with opposing players or spectators.

A coach may request the removal of any spectator who is disruptive or continues to disregard the code of conduct. If the spectator refuses to comply, the coach may 'sit out' the player of the offending parent.

The Executive Committee shall be informed by the team vice president of any disciplinary action involving a player, coach, or spectator. This shall include, but not be limited to misconduct penalties, game misconduct penalties, 'fan abuse,' and ejection by a referee.

IV. OTHER:

- I. Players must maintain a passing grade level to be eligible to play.
- II. If a player does not attend school on the day of a game, he is ineligible to play in that game.
- III. No one other than players, coaches, and the team vice president are permitted in the locker room.
- IV. NO EXCEPTIONS!!

(Continued)

V. SOCIAL MEDIA POLICY

I. INTRODUCTION

- I.I. Social media refers to the use of web-based and mobile technologies to turn communication into interactive dialogue. Examples of social media include, but are not limited to: Facebook, Twitter, YouTube, Snapchat, Vine, Instagram, Myspace, LinkedIn, Podcasts, Blogs.
- I.II. As a student-athlete participating in the North Hills Hockey Club, you are a representative of the North Hills School District and Hockey Club. As a student-athlete, you are held to a higher standard than other students. Please keep in mind the following guidelines below as you participate on the various social media sites.

II. REGULATIONS

- II.I. North Hills High School recognizes athletes' right to actively participate in social media, however it maintains and will enforce the following expectations of athletes:
 - II.I.I. Student-athletes will not post sexist, racist, obscene or profane material of any kind.
 - II.I.II. Student-athletes will not use social media to degrade, demean, or attack any person or school.
 - II.I.III. Student-athletes will not post material relating to acts in violation of any Federal or State laws, North Hills policies, or team rules. This includes divulging confidential information about teammates or members of the North Hills Hockey Club such as personal family issues, medical issues, and any other information deemed private in nature.
 - II.I.IV. Student-athletes will not post material which reflects negatively on themselves, North Hills School District, North Hills athletics, their respective teams, or other schools.

III. SANCTIONS

- III.I. Severe punishments can be handed down for a quick "Tweet" or "Facebook" post. Look at everything negative that pops up in the news from tweets or posts.
- III.II. Teams at all levels have had seasons completely cancelled because of social media mishaps. Don't be that one person that costs your 20 other teammates their season because you went overboard on Facebook or Twitter.

- III.III. Any activity or language in violation of the above prohibitions, including first time offenses, are subject to investigation and possible sanction by the North Hills Athletics Department, as well as civil authorities.

Sanctions imposed by the Athletic Director may include, but are not limited to, the following:

- III.IV. Notification from the Athletic Director to the student-athlete outlining the policy and requiring that the unacceptable content be removed or the social network account be deactivated.
- III.V. Suspensions from the team and all team-related activities. Based on your situation, you can be temporarily suspended for a determined length of time or permanent.
- III.VI. Student-athletes may also face review by North Hills Board of Directors.

IV. POSTING GUIDELINES

- IV.I. **THINK FIRST** – Before you post anything (text or photo), be aware that once you post, it is available and viewable to anyone, anytime, anywhere in the WORLD. The moment you put it in cyber space, it is out of your control – even if you limit access to your site. Is your post something you’d want your mother, father, or grandparents to see or broadcast on ESPN (it’s public, they can use it!)?
- IV.II. **FREEDOM OF SPEECH** - Be sure to not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is NOT unlimited. The online social network sites are not a place where you can say and do whatever you want without repercussions.
- IV.III. **STRIVE FOR ACCURACY** – Get your facts straight before posting them on any social media site. Don’t start rumors or post anything you are not 100% sure of. Review all of your content for GRAMMATICAL and SPELLING purposes. Don’t make yourself sound uneducated.
- IV.IV. **BE AWARE OF LIABILITY** – At all times, you are responsible for what you post on your own site AND the site of others. You CAN be held liable for anything deemed to be copyright infringement, defamatory, proprietary, libel or obscene (as defined by the courts). Be sure what you post TODAY does not come back to haunt you TOMORROW.
- IV.V. **PHOTOS** - Again, you are responsible for anything you post INCLUDING pictures. Do NOT post pictures of anyone other than yourself unless you get their permission. Photos of drinking activities or other inappropriate photos will not be tolerated.
- IV.VI. **BE YOURSELF** – Never pretend to be someone else. Tracking tools make it possible for those to find out who posted what comments anonymously. Even if you delete a post or comment, it can still be found within the hard

drives of a computer and/or website.

- IV.VII. CORRECT MISTAKES – If you make a mistake when posting, admit it. Be upfront and be quick with your correction, don't wait three days to correct something. Also, monitor your teammates. If you see a post that's borderline, encourage them to delete it.

V. SAFETY & PRIVACY

- V.I. Never post anything in relation to your home address, local address, phone number(s), date of birth or other personal, private information. Always exercise caution when posting your whereabouts or plans for the night.
- V.II. Be aware of who you add as a friend to your site(s) – many people are looking to take advantage of student-athletes or to seek connection with student-athletes to give them a sense of membership on your team.
- V.III. Protect yourself at all times! While you want to be honest about yourself, don't provide anything that scam artists or identity thieves could use against you.
- V.IV. Maintain privacy at all times, especially with pictures. Don't discuss or recreate the scene from a picture you post involving names of the pictured individuals.

You will not be permitted to practice or play until this document is signed and returned to the club.

I have read the Team Rules and Code of Conduct and understand the terms and conditions of participation in the North Hills Hockey Club.

Signed (Player): _____ Date: _____

Signed (Parent/Guardian): _____ Date: _____

Team: _____

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(revised May, 2021)