

CLARENCE-ROCKLAND GIRLS HOCKEY
ASSOCIATION
RULES AND REGULATIONS



Revised: May 2024

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1.0 Registration

Player definitions

1. Veteran Player - Registered with the CRGHA during the previous fall/winter season.
2. Former Player - Registered with the CRGHA for a fall/winter season prior to but not during the previous fall/winter season.
3. New Player - Never registered with the CRGHA for a fall/winter season.

1.1 Registration Priority

- For all CRGHA players, registration will be on a first-come first-served basis, within the 'Registration Timetable' described in 1.2.

1.2 Registration Timetable

- January
 - o Determination by the Executive of the registration fee schedule.
- February
 - o Distribution of registration information to all CRGHA members.
- March
 - o Registration for veteran CRGHA players only.
- April
 - o Registration opens to veteran, new and former CRGHA players. Preliminary determination of the number and distribution of CRGHA teams.
- August
 - o Late registration opens to all CRGHA players. CRGHA will accept new and former players not residing in Clarence-Rockland if space is available.
- September
 - o Final determination of the number and distribution of CRGHA teams.

1.3 General Rules

- Registration forms must be submitted at scheduled registration dates and locations.
- Registrations will only be accepted with full payment in accordance with the payment plan and accompanied with all required documentation.
- Required Documentation:

o Veteran players:

- Completed registration form

o New and former players:

- Completed registration form
 - Copy of Proof of Age (e.g. copy of birth certificate)
 - Copy of Permission to Skate and/or Release form.
- Registrations will not be processed for players who have not fulfilled their financial obligations to CRGHA or who have not returned all CRGHA equipment and jerseys.
 - There will be a late registration fee of \$100 applied to all registrations beginning August 31st.
 - There will be a \$50.00 charge on all NSF cheques. At the discretion of the Executive, repeat offenders will be required to submit payment in full either in cash, by certified cheque or by money order at the time of registration.
 - Any registration special is for new players only (see description at the beginning of section 1 “Player Definitions”). Veteran and Former Players are NOT eligible.
 - Players can play only once they have paid in accordance to the payment schedule in the CRGHA Registration fees.

1.4 Registration Refunds

- To receive a refund, a written request must be submitted to the Registrar.
- A fee in line with the OWHA participant registration fee will be charged to all withdrawing players.
- Refunds will be issued only after the player’s cheque has cleared the CRGHA bank account, all outstanding team fees and/or CRGHA charges have been paid and all CRGHA equipment and jerseys have been returned to the CRGHA.
- The amount of the refund will be determined as follows:

Refund requested Non-refundable portion (*)

Before September 1st Administration Fee

September 2nd to December 31st Administration Fee + Pro-rated to the amount of ice time used + any other fees paid on the players behalf

After December 31st No reimbursement

* Any exceptions to the above must be brought to the CRGHA Executive Committee

for approval.

2.0 Permissions to Skate and Releases

In Line with OWHA's Player Movement Policy;

- A Permission to Skate and/or Release will not be issued to a member who has not fulfilled their financial obligations to the CRGHA or who has not returned all CRGHA assets, equipment and jerseys.
- A Permission to Skate will be given to any member wishing to tryout for a team with another OWHA Association, providing the below timelines are met:
 - Requests must be submitted a minimum of 48 hours prior to the player's tryout.
 - Permissions to Skate will only be provided to players up until 10 days before CRGHA tryouts begin at that level, any requests made between this date and the end of tryouts will be accommodated via a release.
- A Release will be granted to a member who has been accepted onto a competitive team with another OWHA Association or would like to tryout for another team but has not met the Permission to Skate timeline obligations, with the explicit understanding that:
 - Players leaving to attain play at a higher level than that which is offered by CRGHA will be released without conditions.
 - Players leaving to play at a level offered by CRGHA or lower will not be invited back to competitive team tryouts for a period of 2 years unless granted an exception by the executive board.
 - Release requests made after a player has been offered and accepted a position on a competitive team (level B or higher) will incur a \$200 administrative fine.
- All Permissions to Skate and/or Releases may only be approved by the President or Vice President.

3.0 General

3.1 General

- All team staff must consent to a Vulnerable Sector Check.
- All on-ice and and/or on-bench team staff must complete the online Respect in Sport for Leaders course.
- The deadline for team staff to acquire the minimum required certification is November 1 for coaches and November 15 for trainers. Failure to do so will result in the removal of the individual from the relevant team staff position on the team.
- The Association will cover the cost for up to 4 bench staff per team for insurance purposes.
- The cost to team staff for acquiring the necessary trainer certification (Level I or II) coach certification (Intro Coach/IP, Coach Stream or Development 1) will be reimbursed by the CRGHA.

* Any exceptions to the above must be brought to the CRGHA Executive Committee for Approval.

3.2 Head Coach

3.2.1. General

- CRGHA will attempt to recruit the best possible head coaches for all teams, seeking the most qualified candidates.
 - o A program will be established to enable the coaches to follow the same teaching basics of a game plan and practice system of our national sport. Occasional meetings may be held with the coaches and coordinator of the program.
 - o A program for each category will be set forth. The coordinator may assist team practices in order to see the player progression or suggest any modifications whatever the case may be.
- Individuals wishing to be considered for a head coaching position must submit a coaching application to CRGHA by the advertised date and be willing to attend an interview by the Coach Selection Committee. Late applications will be considered on an individual basis.

3.2.1.1. Coach Selection Committee

- The Coach Selection Committee will consist of the President, the Development Coordinator and the VP Hockey Operations. Interview panels consisting of three members will be chosen to conduct the coaches' interviews. The panel will provide recommendations to the Coach Selection Committee.

3.2.2 Selection Criteria

3.2.2.1. Training

- Training qualification is based on the National Coaching Certification Program (NCCP) standard coach certifications. All prospective head coaches in the CRGHA program must have the minimum NCCP designation, or have committed to obtaining the minimum designation before November 1st. Preference will generally be given to coach candidates with higher levels of qualification.

3.2.2.2. Experience

- Relevant experience includes the number of years as a head coach, the number of years as an assistant coach, the category and level of the teams coached and the association of the teams coached.
- Background experience includes the number of years playing hockey and the category and level of the teams played on.

3.2.2.3. Evaluations

- Coaching evaluations by both parents and players will be carried out before the end of the regular season.
- It is recommended the parents and players be notified in advance of the date set to complete evaluations.
- Evaluation results will be shared with individual coaches and the President and used by the Coach Selection Committee when recommending coaches for ensuing seasons. The greater emphasis shall be placed on the player evaluations.

3.2.2.4. Other Commitments

- Preference will be given to coach candidates that are relatively free of other commitments. Specifically, coaching another team, extensive job related travel or volunteer time in non-hockey organizations are items that would be considered here. The Coach Selection Committee will evaluate the level of these other commitments and may include them as a factor in the selection process.

3.2.2.5. Other Criteria

- Other attributes that will be assessed include, but are not limited to, coaching philosophy and style, life experience, organizational abilities, adherence to fair play, and conduct with officials.

3.3 Other Team Staff

- Once teams are formed, both House League and Competitive Head Coaches will choose their own Assistant Coach(es), Manager(s) and Trainer(s), subject to CRGHA Executive approval.
- Primary Trainer must be a female Trainer (mandatory).

- Backup Trainer should be a female but a male will be accepted.
- Trainer Requirements:
 - o Games: Must be on the Bench
 - o Practices: Must be in the vicinity of the ice surface
 - o Land Training: Must be at the training in the vicinity of the players
 - o Team Event: Attendance is recommended
- It is strongly recommended that spouses do not serve as primary staff members (Head Coach, Manager, Trainer) on the same team.

4.0 Formation of Teams

4.1 General

- Generally, teams will be restricted to a maximum of 15 players, excluding goalies. The Executive must approve any exceptions.
- The Executive will determine the number of players per team.

4.2 Competitive Teams

- The evaluation committee, as formed by the President, will monitor the selection of the Competitive teams.
- Players added to the waiting list after the first ice time can try out for a competitive team only if there is space available, as defined by the Executive.
- To be eligible for a competitive team, players must attend a minimum number of competitive tryouts as determined by the Executive.
- All players within an age level (such as U7, U9, U11, U13, U15, U18) are eligible to try-out for a competitive team including players that are brought up from a lower age level.
- All players wanting to try-out for a competitive team will be charged a try-out fee.
- Any eligible player that is moved up to a different level that doesn't have a competitive team and had registered and paid their try-out fee will be reimbursed.
- All players released from a team of higher caliber who return to CRGHA will be reinstated into the Registration Priority format (see Item 1.1)
- Players chosen for competitive teams who are related to that team's potential coaches, assistants, trainers or managers will be assessed by an independent evaluator to ensure they belong on the team for which they have been chosen.

- At the discretion of the Executive, player changes can be made in any team up to the end of November.

4.3 House League Teams

- Only registered players will be assigned to house league teams.
- Players will be assigned to teams such that the balancing of the teams in terms of skill shall be the first priority. The process to determine the equal balancing of players on teams will include rating of players' skills at on-ice stations by independent evaluators, and a controlled scrimmage.
- Players are expected to play within their age level (such as U7, U9, U11, U13, U15, U18). A request to play in a higher age level will be considered only if the following criteria are met:
 - o The player and/or player's parent has made the request in writing.
 - o The higher age level needs additional players.
 - o The player is capable of playing at the higher age level.
- At the discretion of the Executive, player changes can be made in any team up to the end of November.

5.0 Team/Player Commitment

5.1 General

- At the Executive's discretion, all players will be asked to sign a statement at the beginning of the season agreeing to abide by all rules, regulations, policies and procedures of the CRGHA, ODWHA (or pertinent league), OWHA and Hockey Canada and agreeing to accept the consequences of failing to do so.
- At the Coaches discretion, players may be asked to sign a statement agreeing to abide by team rules that must have been submitted to the Executive for approval prior to signature. Agreeing to these team rules implies acceptance of the consequences of failing to do so.
- Other than for reasons of illness, injury, family commitments or school activities, a player is expected to attend all team activities.
- All players must notify their coach in advance when unable to attend a team function. This includes games, practices and all other team activities such as social functions and

fundraising efforts.

- Players who regularly miss practices, games or tournaments may, at the Coach's discretion, be given less ice time than other players on her team. The executive will monitor such denial of equal ice.

6.0 Use of Affiliate/Pick-Up Players

6.1 General

- A player's first commitment is to the team on which she is registered. Prior to using an affiliate/Pick up player, the Coach must receive permission from the affiliate player's Coach.

7.0 Player Ice Time

7.1 General

- Coaches are encouraged to develop all players for specialty units such as power play and penalty killing.

7.2 House League and Competitive Teams – Equal Ice

- The only exception to the rules below is when a player is denied equal ice for disciplinary reasons. These may include, but are not necessarily limited to, violations to the Players Code of Conduct, non-compliance with team rules or repeated absences from team activities. The Executive will monitor such a denial of equal ice time.
- All players will receive equal ice time with the exception of:
 - o the last two minutes of close games.
 - o the last minute of close periods (in cases where continuation in tournament play is dependent upon successful allocation of points for each period.)

8.0 Team Finances

- All teams are required to open a team account at an accredited financial institution for the current season.
 - The account must provide proof of financial summary with coaches validation
 - Financial validation must be a 2 person process, with neither persons residing at the same address
 - The account must be made available for auditing by team personal or executive at any time throughout the season

- A team budget is to be presented to and approved by the team players/parents and provided to the CRGHA Treasurer at the beginning of the season.
- Both a mid-season (by December 31) and year-end (by the year-end banquet) financial report is to be distributed to all team players/parents and to the CRGHA Treasurer.
- Financial statements and/or team budgets must be provided to the Executive upon request.
- It is highly recommended that all fees be collected by December 31st of the current season.
- If a player leaves the team after the start of the season, her team fees must be pro-rated and refunded.
- If a player joins the team after the start of the season, team fees must be pro-rated and charged.
- Player team fee refunds must be issued in a timely fashion at the end of the season, no later than the end of the fiscal season May 31st.

9.0 Fundraising

9.1 By the CRGHA

- The CRGHA may, at the Executive's discretion, initiate an association wide fundraising effort. Teams will be required to participate as determined by the Executive.

9.2 By the CRGHA Team

- It is prohibited for CRGHA Teams to contact local merchants or associations (Lions Club, Club Optimiste, ...). Funds received from personal relationships with people of these businesses or organizations are permitted with prior approval of the CRGHA Executive Committee. Only the CRGHA Association is allowed to canvas these businesses or associations.
- Teams are encouraged to organize fundraisers to ease the financial burden for parents.
- All fundraising activities must be approved by the CRGHA Executive Committee except for 50/50 and the selling of drinks.
- If agreed to by all the parents, minimum family quotas can be established. Otherwise,

individual family results should be allocated against their respective expenses.

- Fundraising must be conducted in such a manner, and at such a time, as to cover actual or anticipated team and player expenses only and must be approved by CRGHA

Executive Committee.

- Teams need to complete the appropriate form in the forms section of the CRGHA Web Site and to submit the request to the CRGHA Executive Committee via the instructions provided on the form.

- The CRGHA Executive Committee may limit the number of fundraisers per team.

- Sanctions:

- o First offence: coach suspension – 1 game

- o Second offence: coach suspension – 2 games

- o Third offence: coach suspension – remainder of the season

10.0 Ice Allocation and Scheduling

- Each team must specify someone, be it a coach, manager, or parent, with,

phone number, and email address, as the contact for the team's ice allocation. All communication on ice allocation and scheduling will be between this contact person and the Ice Scheduler.

- The Ice Scheduler is responsible to ensure all ice is allocated, including ice for league play and team practice.

ice.

- All teams will be allocated their fair share of the less attractive ice times.

- Depending on the total ice allocation and monitored by the Ice Scheduler, teams will generally be allocated practice ice as follows:

- o Competitive teams - Shared ice practices can be allotted by the ice scheduler wherever necessary, 1 practice per week.

- o House League teams - Shared ice practices can be allotted by the Ice Scheduler wherever necessary, 1 practice per week.

- o Intermediate teams - The number of ice practices for Intermediate teams will be decided by the Executive at the beginning of every season.

- The Ice scheduler will not assign any practice ice times that conflict with the team's

schedule provided that he/she has been informed by the team well in advance of all rescheduled league and playoff games as well as any additions to the team schedule, tournaments the team has entered and exhibition games.

- The Ice Scheduler may take away any previously allocated ice time as necessary.
- So as not to jeopardize attempts to get more ice from the City of Clarence-Rockland, no ice may go unused. The Ice Scheduler will closely monitor the use of allocated ice.
- Teams are responsible for ensuring that none of their assigned ice goes unused.
- If a team cannot use an assigned ice allotment (e.g. tournament, rescheduled game), the following procedure applies:

- o The team must notify the Ice Scheduler at least 7 days prior to the ice time.
- o Sanctions will be imposed on any team failing to ensure that its allotted ice is used or failing to follow the procedure described above for allocated ice that a team is unable to use. Such sanctions will take the form of, but are not necessarily limited to:

- The team will be charged for the ice costs, including the cost of referees and timekeepers, if applicable.

- The team fined \$100.
- Failure to pay any of the above costs and the associated fine within

fourteen (14) days of notification by the Ice Scheduler may result in suspension of the Coach, Manager or team.

- Any team renting ice time in another arena must notify the Ice-Scheduler at least 7 days before the event.
- Each team (excluding AA or A) is only allowed one additional practice session (on ice or dry-land) per week. Any costs of these additional sessions are to be paid by the team.

11.0 Tournaments

11.1 General

- Decisions regarding a team's entry into tournaments will be made at the parents meeting held at the beginning of the season. Both the team staff and the players/parents will have input into these decisions.

11.2 CRGHA Tournaments

- CRGHA teams must participate in the CRGHA Tournament if their Age/Level is part of the tournament.

11.3 Other Local and Out-of-Town Tournaments

- All teams must notify the Vice-President of their intentions to participate in any given tournament prior to submitting their application. A complete list of tournaments that the team will be attending must be submitted in writing to the Vice-President.
- All teams must notify the Vice-President in writing of any changes to tournament participation throughout the season.
- Participation in any tournament must not conflict with regular league games or play-off games.
- A team cannot register for more than one tournament being played on the same dates.
- Teams are responsible for obtaining any travel permits that may be required (including required signatures).
- All teams can participate in a maximum of 5 tournaments (including CRGHA tournament, if applicable). Participation in Provincials is not considered part of this maximum number.
- Failure to abide by the above will result in a hearing with the Disciplinary Committee.

12.0 Equipment

12.1 Purchase of Equipment

12.1.1 General

- The Equipment Officer will present to the Executive quotes from a minimum of three (2) different suppliers for the purchase of new equipment exceeding \$500.
- The recommendation of the Equipment Director and authorization of the Executive will precipitate the purchase of all equipment.

12.1.1.1 Goalie Equipment

- New: The CRGHA will purchase what is deemed “association” type equipment, which is essentially base model equipment that is safe and adequate for the level of hockey for which it is being used.
- Used: Used equipment must be in very good to excellent condition and at a fair price. When purchasing used equipment a comparison will be made between comparable

new equipment and the used equipment in question.

12.2 Provision of Equipment

12.2.1. General

- Players, their parents or guardians, will be held financially responsible for any damage caused to any CRGHA equipment and jerseys deemed to be caused by improper care

12.2.2. Goalie Equipment

- The provision of goalie equipment by the CRGHA is restricted to leg pads, blocker, trapper, body armour and throat protectors.
- Full-time goalies are expected to purchase their own sticks.
- CRGHA Goalie equipment must be returned promptly at the end of each season for inventory.
- A deposit and rental fee, set by the Executive, may be required for each set of goalie equipment. This deposit and rental fee will cover one calendar year, from September to April.
- The association will not reimburse players who provide their own goalie equipment for all or part of the cost of the equipment.

12.2.3. Team Jerseys

- Each team will be provided with two sets of team jerseys.
- Any damage to said jerseys will result in reimbursement to repair or replace the jersey at the discretion of the executive.
- At the end of each season team jerseys are to be returned clean, on hangers and with all nametags removed by a date determined by the executive or a late fee of 50\$ may be applied to the players account.
- Jerseys are to be worn for games only, not for practices or scrimmages.
- Jerseys may not be altered in any manner, except for stitching of nametags, "C" and "A" symbols, association approved sponsors tags, stop patches, Canadian flags or for emergency player number clarification. Any alterations (number change) must be approved by the executive and paid for by the requesting player at a cost determined at the start of the season.
- Jerseys must not be placed in an automatic dryer.

12.2.4. Team Socks

- Players are required to wear socks that match both the home and away jerseys.

These are to be purchased by the players.

12.2.5 Team Logoware (Jackets, Pants & Other)

- Clothing must be from an association approved vendor. Any new clothing designs must be approved by the Board of Directors.

12.2.6 Competitive Team Equipment Compliance

- Players in a competitive Team B or higher must wear
 - -Black Gloves
 - -Blank Helmet
 - -Black pant or pant covers

13.0 Concerns/Questions/Complaints

13.1 Team Issues

- The manner in which to address issues that do not concern the operation of a team shall be to communicate with the following in the order specified.

1. The Manager or Coach, as appropriate
2. The Vice-President
3. The President
4. The Board of Directors as a whole

13.2 Non-Team Issues

- The manner in which to address issues that do not concern the operation of a team shall be to communicate with the following in the order specified.

1. The Executive member who has responsibility for the issue
2. The President
3. The Board of Directors as a whole

14.0 Risk and Safety

14.1 General

- The CRGHA is committed to creating and maintaining a safe environment for its participants.

- All CRGHA participants must adhere to the policies and procedures outlined in the Hockey Canada publications “Fair Play Means Safety for All” and “Safety Requires Teamwork”.
- No one, other than OWHA registered players and OWHA registered on-ice and/or on bench personnel, may go on the ice or the bench for any of the team’s ice activities.
- Any illness or injury, which causes a player to miss any team ice activity, must be reported to the team trainer. Any player who has been absent from team ice activities for fourteen (14) or more consecutive days due to injury or illness must have a doctor’s written permission before he/she will be allowed to return to the ice.
- If a player is unable to complete a game due to injury, they must have a doctor’s written permission or the parent (guardian) must sign a waiver before she will be allowed to return to the ice.
- The CRGHA Vice President and Ice Scheduler need to be advised of all On Ice and Off Ice activities.

14.2 Vulnerable Sector Check (VSC)

- An integral part of the CRGHA’s screening process for volunteers is the use of Vulnerable Sector Checks to identify any person who may harm children or vulnerable adults.
- All volunteers working closely with players and holding positions of authority must be screened utilizing Vulnerable Sector Checks.
- VSC’s are required for each volunteer. These are valid for 2 years.
- CRGHA Executive members must complete a VSC consent form within two months following the Annual General Meeting. Coaches, assistant coaches, managers and trainers must complete a VSC consent form within two (2) weeks after assuming their respective role. Individuals failing to complete the form within the required time frame will relinquish their role on the team or Executive.
- Any individual who receives a ‘positive hit’ will be required to provide a confidential, written disclosure of their criminal record to a committee consisting of the President, Vice President and Risk and Safety Director. Such an individual must also submit his/her fingerprints and any other information required, to the RCMP in order to obtain a complete disclosure of their

criminal record. The Committee will determine whether the individual may continue as a CRGHA volunteer pending a full report from the RCMP as well as on receipt of the RCMP report, taking into consideration the position held by the individual, the nature of the offence and the time frame of the conviction. Where appropriate, the Committee will utilize the services of the local police community to provide advice. The Committee will determine an appropriate course of action, including, but not limited to, the suspension and/or release of the individual from their CRGHA responsibilities. The individual will be informed of the results within twenty-four (24) hours of any decision having been made. Decisions that result in the release of individuals from their CRGHA responsibilities will be forwarded to the OWHA in the interest of preventing high risk individuals from involvement in another hockey association within the Ottawa area.

- Refusal to provide written disclosure of a criminal record or any record of a sexual offence (including a pardoned sexual offence) or to submit fingerprints to the RCMP for a complete criminal record check will cause the individual to be ineligible for a volunteer position within the CRGHA. In addition, the OWHA/ODWHA will be advised accordingly.

14.3. Respect in Sport

- All volunteers working closely with players, including head coaches, assistant coaches, trainers, and changing room supervisors with the CRGHA must complete the online Respect in Sport course before November 1.

15.0 Code of Conduct

15.1 General

- This Code of Conduct identifies the standard of behaviour that is expected of all CRGHA members, including players, coaches, parents, volunteers and Board members.
- The CRGHA is committed to providing and maintaining an athlete-centred minor hockey environment where all individuals are treated with respect. During the course of all CRGHA activities and events, members of the CRGHA shall conduct themselves at all times in a fair and responsible manner. They are expected to refrain from comments or actions that are disrespectful, offensive, abusive, racist, or sexist. Behaviour that constitutes harassment or abuse (as defined by Canadian hockey governing bodies) will not be tolerated by the CRGHA.

- Members shall avoid behaviour that brings the CRGHA or the sport of hockey into disrepute, including but not limited to abusive use of alcohol and non-medicinal use of drugs, or that endangers the safety of others. CRGHA members shall at all times adhere to CRGHA operational policies and procedures, to rules governing CRGHA events and activities and to rules governing any events and activities that the member participates on behalf of the CRGHA.
- Failure to comply with this Code of Conduct may result in disciplinary action in accordance with the policy and guidelines of the CRGHA. Such action may result in the member losing the privileges that come with membership in the Association, including the opportunity to participate in CRGHA activities.

15.2 Parents Fair Play Code and CRGHA Additional Rules

Parent Fair Play Code

- I will not force my daughter to participate in hockey.
- I will remember that my daughter plays hockey for her enjoyment, not mine.
- I will encourage my daughter to play by the rules and to resolve conflict without resorting to hostility or violence.
- I will teach my daughter that doing one's best is as important as winning so that my daughter will never feel defeated by the outcome of the game.
- I will make my daughter feel like a winner every time by offering praise for competing fairly and hard.
- I will never ridicule or yell at my daughter for making a mistake or losing a game.
- I will remember that children learn by example. I will acknowledge good plays and performances by both my daughter's team and their opponents.
- I will never question the official's judgement or honesty in public. I recognize officials are being developed in the same manner as players.
- I will support all efforts to remove verbal and physical abuse from children's hockey games.
- I will respect and show appreciation for the volunteers who give their time to hockey for my daughter.

CRGHA Additional Rules

- The coaching staff will make sure that the players are wearing proper equipment when on the ice. Name stickers are not allowed on the helmets. I will ensure that the needed equipment is obtained or replaced when needed. The coaching staff and CRGHA executive may remove my child from the ice surface if the proper equipment is not worn.
- There will always be at least 2 adults in the change rooms with the players when changing. If I'm one of these adults, I will have followed a "Respect in Sport" course.

15.3 Player Fair Play Code and CRGHA Additional Rules

Player Fair Play Code

- I will play hockey because I want to, not because others or coaches want me to.
- I will play by the rules of hockey and in the spirit of the Game.
- I will control my temper - fighting or "mouthing-off" can spoil the activity of everyone.
- I will respect my teammates and opponents.
- I will do my best to be a true team player.
- I will remember that winning isn't everything - that having fun, improving skills, making friends and doing my best are also important.
- I will acknowledge all good plays and performances - those of my team and my opponents.
- I will remember that coaches and officials are there to help me. I will accept their decisions and show them respect.

CRGHA Additional Rules

- The coaching staff will make sure that the players are wearing proper equipment when on the ice. Name stickers are not allowed on the helmets. I will make sure with my parents that I am wearing the proper equipment. The coaching staff and CRGHA executive may remove me from the ice surface if the proper equipment is not worn.
- When practice time is up and the arena staff sounds the alarm, I will leave the ice as quickly and safely as possible.
- After games and practices, I will not undress (except helmet and gloves) until the coach has talked to us and indicated that we can now undress.

15.4 Coaches Fair Play code and CRGHA Additional Rules

Coach Fair Play Code

- I will be reasonable when scheduling games and practices, remembering that young athletes have other interests and obligations.
- I will teach my players to play fairly, to respect the rules, officials and opponents and teammates, and to resolve conflicts without aggressivity or violence.
- I will ensure that all athletes receive equal instruction, discipline, support and appropriate fair playing time.
- I will not ridicule or yell at my athletes for making mistakes or performing poorly. I will remember that children play to have fun and must be encouraged to have confidence in themselves.
- I will teach the player that doing one's best is as important as winning so that my players will never feel defeated by the outcome of the game.
- I will make sure that equipment and facilities are safe and match the athletes' ages and abilities.
- 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 question the official's judgment or honesty in public.
- I will collaborate with the officials for the benefit of the sport.

I will ensure that the "2 deep rule" is respect in all areas of the game such as but not limited to; dressing rooms, hallway conversations, etc. Any texting or social media interactions with a player must take place in a group team chat or the player and parents must be in the chat.

CRGHA Additional Rules

- CRGHA coaches give the example to the players. I will wear proper equipment when on the ice. This includes a CSA approved helmet with ear protectors as required by Hockey Canada proper hockey gloves and a safe hockey stick. My hockey helmet will be tied when I'm on the ice.
- I will make sure that the players are wearing proper equipment when on the ice. Name

stickers are not allowed on the helmets.

- Any player that I use as a helper will be wearing full hockey equipment when on the ice.

All other people I use on the ice will be registered with CRGHA as an active member for my team.

- There will always be at least 2 adults in the change rooms with the players when changing. These 2 adults will have followed a “Respect in Sport” course.
- Any helpers I use on the bench during games will be registered with CRGHA as an active member for my team. They will have followed a “Respect in Sport” course.
- I will make sure that a trainer is present at all CRGHA activities that include players.
- When practice time is up and the arena staff sounds the alarm, I will clear the ice with my team as quickly and safely as possible. (no laps)
- I will support my Association’s administrative decisions and will always respect my Association and my fellow volunteers. I will not shed negative comments or inflammatory comments towards Clarence-Rockland Girls Hockey Association, and above all, I will always respect my code of conduct towards the players, officials and parents.
- Should I have concerns or discontentment with regards to my role within the Association, I will voice my thoughts in a respectable manner through the appropriate channels set forth for this purpose.

15.5 Officials Code of Conduct

- I will make sure that every player has a reasonable opportunity to perform to the best of his or her ability, within the rules.
- I will avoid or remedy any situation that threatens the safety of the players.
- I will maintain a healthy atmosphere and environment for competition.
- I will not permit the intimidation of any player either by word or action. I will not tolerate unacceptable conduct towards officials, players, coaches, spectators or myself.
- I will be consistent and objective in calling all infraction, regardless of my personal feelings towards a team or individual player.
- I will handle all conflicts firmly but with dignity.
- I will accept my role as a teacher.

- I will be open to discussion and contact with players before and after the game.
- I will remain open to constructive criticism and show respect and consideration for different points of view.
- I will obtain proper training to upgrade my official's skills.
- I will work in co-operation with coaches for the benefit of the game.

15.6 Guidelines for Spectators

- Display good sportsmanship. Always respect players, coaches, and officials.
- Act appropriately; don't taunt or disturb other fans; enjoy the game together.
- Cheer the good play of all participants; avoid booing or jeering opponents.
- Cheer in a positive manner and encourage fair play; profanity and objectionable cheers or gestures are offensive and will not be tolerated.
- Help provide a safe and fun environment; throwing any items on the ice surface can cause injury to players and officials.
- Do not lean over or pound on the glass; the glass surrounding the ice surface is part of the playing area.
- Support the referees and coaches by trusting their judgment and integrity.
- Be responsible for your own safety -- be alert to prevent accidents from flying pucks and other avoidable situations.
- Respect locker rooms as private areas for players, coaches, and officials.
- Never appear for a game while intoxicated by drugs or alcohol.
- Be supportive after the game . . . win or lose.
- Recognize good effort, teamwork and sportsmanship.

15.7 Guidelines for Administrators, Director and other Volunteers

- Understand and support the rules and regulations of Hockey Canada, OWHA, ODWHA and the CRGHA to ensure that the philosophy and objectives of these organizations are promoted.
- Work with on-ice officials, coaches, parents, and other administrators to provide a positive and safe experience for all participants.
- Support programs that train and educate players, coaches, parents, officials and

volunteers.

- Promote and publicize your programs effectively and in a fair manner.
- Never appear for an Association event while intoxicated by drugs or alcohol.
- Communicate with parents by attending parent/player orientation meetings and/or by being available to answer questions and address problems throughout the season.
- Treat all players, coaches and other volunteers with fairness, to promote fair play and sportsmanship.
- Recruit volunteers, including coaches, who demonstrate qualities conducive to being role models to the youth in our sport.
- Perform your duties impartially, in furtherance of the aims of the CRGHA. Do not use your position or influence to further purely personal objectives.

15.7 Youth Volunteers

- Youth volunteers interested in supporting younger teams must be at least a registered U13 player or above and be insured. All youth volunteers will be approved at the discretion of the coaching staff in consultation with the VP of Hockey Operations and Risk & Safety coordinator.

16.0 Discipline

16.1 General

- All bench staff and player suspensions must be reported to the team's appropriate convenor immediately following the relevant game.
- A disciplinary committee will be formed to deal with player/parent/official/team discipline problems that cannot be handled by the team's Head Coach or by ODWHA or OWHA Officials.
- Such discipline may take the form of, but is not limited to:
 - o A verbal reprimand
 - o A written reprimand
 - o A demand for an apology, either written or verbal, to any affected party
 - o A suspension from participation in or at Association activities
 - o An expulsion from the Association
 - o A combination of two or more of the above

- Should it be necessary for CRGHA to conduct a disciplinary hearing, the following procedures will go into effect:
 - o The hearing will be conducted within seven (7) days of the event or from receipt of formal letter of complaint
 - o A parent or legal guardian shall accompany minor aged players appearing at CRGHA Disciplinary hearings
 - o Following completion of the hearing, the Committee will have 24 hours to consider their decision pertaining to the matter
 - o The Chairman of the Committee will be responsible for contacting the parties and advising them of the decision and following up with a written summary

16.2 Player Conduct and Suspensions

- Team officials are responsible for supervising and controlling the conduct of their players, before during and after each game or practice. Failure by team officials to control the conduct of their team (i.e. vandalism, lobby or parking lot altercations etc.) may result in suspensions or other disciplinary action with the cost of any damages being paid by those involved.
- Fighting anywhere in the arena complex or during a game/practice could result in an interim suspension of two games, pending further review at the discretion of the Vice-President.
- Any player who is under the influence or in possession of alcohol or drugs while participating in a minor hockey game or practice will be suspended. This includes arriving at or leaving the arena. Smoking, swearing and verbal harassment in dressing rooms, hallways or players' benches are also offences liable for suspension.
- A Coach may suspend, for disciplinary reasons, any player for up to one game at his or her discretion. CRGHA, through the Vice-President, will be advised of all such suspensions. Suspensions of more than one game must have the approval of the Disciplinary Committee.

16.3 Players with Excess Penalty Minute Patterns

- Coaches will ensure that all match and gross penalties and suspensions are reported to the appropriate CRGHA convenor, without exception. In addition, where an undesirable penalty pattern or attitude is deemed to be developing in any hockey player, the Coach

and Manager will discuss the problem with the appropriate CRGHA executive to correct the matter. If the problem is considered to be of a serious nature, the convenor, after consultation with the Coach may have the player referred to the Disciplinary Committee for corrective action.

- The first review will take place with player, parent or guardian for minor age players, and Head Coach of the team. A written summary of this review will be filed with the VicePresident.
- The second review will take place with the player, parent, Head Coach, and the VicePresident. A written summary of this review will be filed with the Vice-President.
- Players that continue to show excess patterns of penalty minutes and disregard for the Code of Conduct after having been reviewed will be called before the Disciplinary Committee for review.
- After a review, action may be taken in accordance with CRGHA Disciplinary Committee guidelines. A written summary of this review will be filed with the Vice-President for future reference.

NOTE: The ODWHA (or League) and OWHA Constitution/Rules & Regulations must be followed

16.4 Player receiving major penalties

- CRGHA will not tolerate abuses under the rules regarding major penalties as set forth by Hockey Canada. Players taking penalties under these rules will be subject to review.
- This review will take place in the following manner:
 - o First Offence - The first offence review will take place with the player, parent and the team's Head Coach. A written summary of this review will be filed with the VicePresident.
 - o Second offence - The second offence review will take place with the player, parent, the team's Head Coach and the Vice-President. A written summary of this review will be filed with the Vice-President.
 - o Third offence- The third offence review will involve the CRGHA Disciplinary Committee. This review will be conducted with the team's Head Coach, Manager, and Assistant Coaches. After this disciplinary hearing has been conducted, action may be taken in accordance with CRGHA Disciplinary Committee

guidelines.

17.0 Changes to CRGHA Rules & Regulations

- Changes to CRGHA Rules & Regulations may be enacted by absolute 2/3 majority vote of the CRGHA Executive
- All changes to CRGHA Rules & Regulations will be publicized to the membership via email, posting on the CRGHA website, posting on the CRGHA arena bulletin board and/or notification to team Managers and Coaches.
- In order for changes to be incorporated for the following season they must be ratified at the Annual General Meeting, as described in the Constitution.

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CRGHA Rules and Regulation Amendments

	CURRENT RULE	AMENDMENT
May 2024		
1.4	A \$50.00 administration fee will be charged to all withdrawing players	A fee in line with the OWHA participant registration fee will be charged to all withdrawing players
3.2.1	<ul style="list-style-type: none"> o A program will be established to enable the coaches to follow the same teaching basics of a game plan and practice system of our national sport. Occasional meetings will be held with the coaches and coordinator of the program. o A program for each category from Novice to Intermediate, starting with the basics of hockey will be set forth. The coordinator will be invited to assist all team practices in order to see the player progression or suggest any modifications whatever the case may be. 	<ul style="list-style-type: none"> o A program will be established to enable the coaches to follow the same teaching basics of a game plan and practice system of our national sport. Occasional meetings willmay be held with the coaches and coordinator of the program. o A program for each category from Novice to Intermediate, starting with the basics of hockey will be set forth. The coordinator will be invited to may assist all team practices in order to see the player progression or suggest any modifications whatever the case may be.
3.2.1		Formatting: Remove Rules & Regulations May 2019 Page 9 of 34
3.2.1.1	The Coach Selection Committee will consist of the President, the Development Coordinator and the Risk and Safety Coordinator.	The Coach Selection Committee will consist of the President, the Development Coordinator and the VP Hockey Operations Risk and Safety Coordinator .

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<p>3.2.2.1</p>	<ul style="list-style-type: none"> • Minimum Certifications Required: Intro Coach/IP Players (Fundamentals) For All Coaches on the Ice with 5-6 year old Coach Stream (or equivalent) For All House League Coaches, Competitive Coaches & Assistant Coaches in Competitive Development 1 (or equivalent) (recommended) For All Competitive Head Coaches 	<ul style="list-style-type: none"> • Minimum Certifications Required: Intro Coach/IP Players (Fundamentals) For All Coaches on the Ice with 5-6 year old Coach Stream (or equivalent) For All House League Coaches, Competitive Coaches & Assistant Coaches in Competitive Development 1 (or equivalent) (recommended) For All Competitive Head Coaches
<p>3.3</p>	<p>It is strongly recommended that spouses do not serve as staff on the same team.</p>	<p>It is strongly recommended that spouses do not serve as primary staff members (Head Coach, Manager, Trainer) on the same team.</p>
<p>5.1</p>	<ul style="list-style-type: none"> • Players who regularly miss practices, games or tournaments may, at the Coach's discretion, be given less ice time than other players on her team. The executive will monitor such denial of equal ice. 	<ul style="list-style-type: none"> • Players who regularly miss practices, games or tournaments may, at the Coach's discretion, be given less ice time than other players on her team. The executive will monitor such denial of equal ice.
<p>7.1</p>	<ul style="list-style-type: none"> • Coaches are encouraged to develop all players for specialty units such as power play and penalty killing since each team will be only as strong as its weakest players. 	<ul style="list-style-type: none"> • Coaches are encouraged to develop all players for specialty units such as power play and penalty killing. since each team will be only as strong as its weakest players.
<p>8.0</p>	<ul style="list-style-type: none"> • All teams are required to open a team account at an accredited financial institution for the current season, with signing authority for the account requiring two signatures. 	<ul style="list-style-type: none"> • All teams are required to open a team account at an accredited financial institution for the current season, with signing authority for the account requiring two signatures. <ul style="list-style-type: none"> • The account must provide proof of financial summary with coaches validation

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		<ul style="list-style-type: none"> • Financial validation must be a 2 person process, with neither persons residing at the same address • The account must be made available for auditing by team personal or executive at any time throughout the season
	<ul style="list-style-type: none"> • A team budget is to be presented to and approved by the team players/parents and the CRGHA Treasurer at the beginning of the season. 	<ul style="list-style-type: none"> • A team budget is to be presented to and approved by the team players/parents and provided to the CRGHA Treasurer at the beginning of the season.
	<ul style="list-style-type: none"> • Player team fee refunds must be issued in a timely fashion at the end of the season, no later than the year-end banquet. 	<ul style="list-style-type: none"> • Player team fee refunds must be issued in a timely fashion at the end of the season, no later than the end of the fiscal season May 31st year-end banquet.
10.0	<ul style="list-style-type: none"> • Each team must specify someone, be it a coach, manager or parent, with an address, phone number, fax number and email address, as the contact for the team's ice allocation. All communication on ice allocation and scheduling will be between this contact person and the Ice Scheduler. 	<ul style="list-style-type: none"> • Each team must specify someone, be it a coach, manager or parent, with an address, address, phone number, fax number and email address, as the contact for the team's ice allocation. All communication on ice allocation and scheduling will be between this contact person and the Ice Scheduler.
10.0	<ul style="list-style-type: none"> • The Ice Scheduler will allocate all ice, including ice for league play and team practice ice. 	<ul style="list-style-type: none"> • The Ice Scheduler will is responsible to ensure all ice is allocated, including ice for league play and team practice ice.
10.0	Competitive teams - Shared ice practices can be allotted by the ice scheduler wherever necessary for Novice to Midget, 1 practice per week.	Competitive teams - Shared ice practices can be allotted by the ice scheduler wherever necessary for Novice to Midget , 1 practice per week.

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10.0	o House League teams - Shared ice practices can be allotted by the Ice Scheduler wherever necessary for Novice to Midget, 1 practice per week.	o House League teams - Shared ice practices can be allotted by the Ice Scheduler wherever necessary for Novice to Midget, 1 practice per week.
12.1.1	<ul style="list-style-type: none"> The Equipment Director will present to the Executive quotes from a minimum of three (3) different suppliers for the purchase of new equipment exceeding \$500. 	<ul style="list-style-type: none"> The Equipment Officer will present to the Executive quotes from a minimum of three (2) different suppliers for the purchase of new equipment exceeding \$500.
12.2.3	<ul style="list-style-type: none"> Each CRGHA player will receive a home and an away jersey. Each player is responsible for the maintenance and upkeep of their home/away jersey for the entirety of the season. Any damage to said jerseys will result in reimbursement to repair or replace the jersey. 	<p>Each CRGHA player will receive a home and an away jersey. Each player is responsible for the maintenance and upkeep of their home/away jersey for the entirety of the season. Any damage to said jerseys will result in reimbursement to repair or replace the jersey. at the discretion of the executive.</p>
12.2.3	<ul style="list-style-type: none"> Jerseys may not be altered in any manner, except for stitching of nametags, "C" and "A" symbols, sponsors tags, stop patches, Canadian flags or for emergency player number clarification. 	<ul style="list-style-type: none"> Jerseys may not be altered in any manner, except for stitching of nametags, "C" and "A" symbols, Association approved sponsors tags, stop patches, Canadian flags or for emergency player number clarification. <p>Any alterations (number change) must be approved by the executive and paid for by the requesting player at a cost determined at the start of the season.</p>
	At the end of each season team jerseys are to be returned clean, on hangers and with all nametags removed.	At the end of each season team jerseys are to be returned clean, on hangers and with all nametags removed by a date determined by the executive or a late fee of 50\$ may be applied to the players account.

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12.2.5	<ul style="list-style-type: none"> • Clothing Colours and Styles must include Red and White • The official CRGHA Logo must be used and located on the upper front left of the jackets. • Writing must be in white or red. • Any design and / or style must be submitted to the Vice President for approval by the CRGHA Executive Committee. 	<ul style="list-style-type: none"> • Clothing must be from an association approved vendor. Any new clothing designs must be approved by the Board of Directors. Colours and Styles must include Red and White • The official CRGHA Logo must be used and located on the upper front left of the jackets. • Writing must be in white or red. • Any design and / or style must be submitted to the Vice President for approval by the CRGHA Executive Committee.
13.1	4. The Executive as a whole	4. The Board of Directors as a whole
13.2	3. The Executive as a whole	3. The Board of Directors as a whole
14.2		Replace PRC with VSC
15.4		I will ensure that the "2 deep rule" is respect in all areas of the game such as but not limited to; dressing rooms, hallway conversations, etc. Any texting or social media interactions with a player must take place in a group team chat or the player and parents must be in the chat.
June 2023		
2.0 Permissions to Skate and Releases	<p>2.0 Permissions to Skate and Releases</p> <ul style="list-style-type: none"> • A Permission to Skate and/or Release will not be issued to a player who has not fulfilled her financial obligations to the CRGHA or who has not returned all CRGHA equipment and jerseys. • A Permission to Skate will only be given to a player wishing to tryout for a team with another OWHA Association at a level higher than the team(s) offered by the CRGHA at her age level for the current season (September to April). If the 	<p>2.0 CRGHA Player Movement Policy in line with OWHA's Player Movement Policy;</p> <ul style="list-style-type: none"> • A Permission to Skate and/or Release will not be issued to a member who has not fulfilled their financial obligations to the CRGHA or who has not returned all CRGHA assets, equipment and jerseys. • A Permission to Skate will be given to any member wishing to tryout for a team with another OWHA Association, providing the below timelines are met:

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	<p>player has registered with the CRGHA, her registration will remain in effect.</p> <ul style="list-style-type: none"> ● A Release will only be given to a player who has been accepted onto a competitive team with another OWHA Association at a level higher than the team(s) offered by the CRGHA at her age level for the current season (September to April), or for a house league team if the CRGHA does not offer such a team at her age level. The player's registration will no longer remain in effect. ● All Permission to Skate and/or Releases must be approved by the Executive. 	<ul style="list-style-type: none"> – Requests must be submitted a minimum of 48 hours prior to the player's tryout. – Permissions to Skate will only be provided to players up until 10 days before CRGHA tryouts begin at that level, any requests made between this date and the end of tryouts will be accommodated via a release. ● A Release will be granted to a member who has been accepted onto a competitive team with another OWHA Association or would like to tryout for another team but has not met the Permission to Skate timeline obligations, with the explicit understanding that: <ul style="list-style-type: none"> – Players leaving to attain play at a higher level than that which is offered by CRGHA will be released without conditions. – Players leaving to play at a level offered by CRGHA or lower will not be invited back to competitive team tryouts for a period of 2 years unless granted an exception by the executive board. – Release requests made after a player has been offered and accepted a position on a competitive team (level B or higher) will incur a \$200 administrative fine. ● All Permissions to Skate and/or Releases may only be approved by the President or Vice President
<p>May 2023</p>		
<p>1.4 -Registration Refunds</p>	<p>September 2nd to December 31st Administration Fee + Pro-rated to the amount of ice time used + OWHA and ODWHA Fees paid on the players behalf</p>	<p>September 2nd to December 31st Administration Fee + Pro-rated to the amount of ice time used + any other Fees paid on the players behalf</p>

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3.1 General	Association will cover the cost for up to 5 bench staff per team for insurance purposes.	Association will cover the cost for up to 4 bench staff per team for insurance purposes.
4.2 Competitive Teams	players within a division are eligible to try-out for a competitive team including players that are brought up from a lower level.	players within an age level (such as U7, U9, U11, U13, U15, U18) are eligible to try-out for a competitive team including players that are brought up from a lower age level.
4.3 House League Teams	Players are expected to play within their age level. A request to play in a higher division will be considered only if the following criteria are met:	Players are expected to play within their age level (such as U7, U9, U11, U13, U15, U18). A request to play in a higher age level will be considered only if the following criteria are met:
4.3 House League Teams	The higher division needs additional players. The player is capable of playing at the higher division.	The higher age level needs additional players. The player is capable of playing at the higher age level.
15.7		Youth volunteers interested in supporting younger teams must be at least a registered U13 player or above and be insured. All youth volunteers will be approved at the discretion of the coaching staff in consultation with the VP of Hockey Operations and Risk & Safety coordinator.
1.4	A \$25.00 administration fee will be charged to all withdrawing players.	A \$50.00 administration fee will be charged to all withdrawing players.
1.3	There will be a \$25.00 charge on all NSF cheques. At the discretion of the Executive,	There will be a \$50.00 charge on all NSF cheques. At the discretion of the Executive,
12.2.6		Competitive Team Equipment Compliance • Players in a competitive Team B or higher must wear

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		<ul style="list-style-type: none"> -Black Gloves -Blank Helmet -Black pant or pant covers
3.2.2.3	<ul style="list-style-type: none"> • At the discretion of the Risk & Safety Officer, coaching evaluations by both parents and players will be carried out before the end of the regular season. • It is recommended the parents and players be notified in advance by the Risk & Safety Officer of the date set to complete evaluations. 	<ul style="list-style-type: none"> • Coaching evaluations by both parents and players will be carried out before the end of the regular season. <p>It is recommended the parents and players be notified in advance of the date set to complete evaluations.</p>
3.2.2.3	<ul style="list-style-type: none"> • While players have the option of not signing, parents will be strongly encouraged to sign their evaluation. • Each season the coach evaluation process produces a rating of each incumbent Coach in one of three categories: <ol style="list-style-type: none"> 1. Acceptable to continue coaching 2. Conditionally acceptable to continue coaching subject to certain conditions: <p>(e.g. more training, identified areas for improvement, probationary basis, assistant coach only etc.)</p> 	<p>Don't believe this is necessary. Remove</p>

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	<p>3. Unacceptable for continued coaching (extreme cases only)</p> <ul style="list-style-type: none"> • Preference will be given to coach candidates that have a successful category 1 coach rating. • Candidates in category 2 will be assessed by the Coach Selection Committee <p>and may result in the disqualification or lowering of preference for the coach candidate.</p>	
	<p>Past Changes April 25, 2019</p>	
3.1 General	<p>Point 2 – All on-ice and/or on-bench team staff must attend a Speak Out! Against Abuse and Harassment session</p> <p>Point 5 - The cost to team staff for acquiring the necessary trainer certification (Level I or II) and coach certification (Intro Coach/IP, Coach Stream or Development 1) will not be reimbursed by the CRGHA.</p>	<p>Point 2 – All on-ice and and/or on-bench team staff must complete the online Respect in Sport for Leaders course.</p> <p>Point 5 - The cost to team staff for acquiring the necessary trainer certification (Level I or II) coach certification (Intro Coach/IP, Coach Stream or Development 1) will be reimbursed by the CRGHA.</p>
12.2.3 – Team Jerseys	<p>Each team shall appoint one or two people to collect all jerseys after every game and maintain as required.</p> <p>At the end of each season team jerseys are to be returned clean, on hangers and with all nametags removed.</p>	<p>Each CRGHA player will receive a home and an away jersey. Each player is responsible for the maintenance and upkeep of their home/away jersey for the entirety of the season. Any damage to said jerseys will result in reimbursement to repair or replace the jersey.</p> <p>At the end of each season team jerseys are to be returned clean, with all nametags removed.</p>

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<p>12.3.5 – Team Logoware</p>	<p>Clothing Colours and Styles must be Green and Black The word "Lightning" is optional Writing must be in gold</p>	<p>Clothing Colours and Styles must include Red and White Writing must be in white or red</p>
<p>14.2 – Police Record Checks</p>	<p>PRC's are required for each volunteer once a year.</p>	<p>PRC's are required for each volunteer. These are valid for 2 years</p>
<p>14.3 Speak out! Against Abuse and Harassment</p>	<p>All volunteers working closely with players, including head coaches, assistant coaches, trainers, and changing room supervisors must attend an accredited Speak Out! Session within one month of assuming their respective role in the CRGHA.</p>	<p>This is now called Respect in Sport All volunteers working closely with players, including head coaches, assistant coaches, trainers, and changing room supervisors with the CRGHA must complete the online Respect in Sport course before November 1.</p>
<p>15.2 CRGHA additional rules</p>	<p>There will always be at least 2 adults in the change rooms with the players when changing. If I'm one of these adults, I will have followed a "Speak Out" class.</p>	<p>There will always be at least 2 adults in the change rooms with the players when changing. If I'm one of these adults, I will have followed a "Respect in Sport" course.</p>
<p>15.4 CRGHA additional rules</p>	<p>There will always be at least 2 adults in the change rooms with the players when changing. These 2 adults will have followed a "Speak Out" class. Any helpers I use on the bench during games will be registered with CRGHA as an active member for my team. They will have followed a "Speak Out" class</p>	<p>There will always be at least 2 adults in the change rooms with the players when changing. These 2 adults will have followed a "Respect in Sport" course. Any helpers I use on the bench during games will be registered with CRGHA as an active member for my team. They will have followed a "Respect in Sport" course.</p>

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<p>16.4 Players receiving penalties under Hockey Canada rules 33, 34, 49, 50, 53 AND 71</p>	<p>CRGHA will not tolerate abuses under these Hockey Canada rules. Players taking penalties under these rules will be subject to review.</p>	<p>This section referred to rules that Hockey Canada has but are now adopted in different documents so the numbers aren't the same. I was not able to locate the old rules so I have tweaked the heading this way for now. The body itself is still fine, just the heading and the first point that needs to be changed. 16.4 Players receiving major penalties CRGHA will not tolerate abuses under the rules regarding major penalties as set forth by Hockey Canada. Players taking penalties under these rules will be subject to review.</p>
<p>1.3 General rules</p>	<p>There will be a late registration fee of \$100 applied to all registrations beginning August 2nd.</p>	<p>There will be a late registration fee of \$100 applied to all registrations beginning August 31st</p>