



ROCKY MINOR HOCKEY ASSOCIATION

**RULES & REGULATIONS
2024-2025**

RMHA
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Rocky Mountain House, AB
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REVISED AUGUST 2024



RULES & REGULATIONS

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A. PLAYER REGISTRATION

1. AGE DIVISIONS

Years of age as of December 31, of the current Hockey season

U7/LTP-	5 - 6
U9 MINOR	7 -8
U9 MAJOR	7-8
U11-	9 - 10
U13-	11 - 12
U15-	13 - 14
U16-	2009 born only on a tryout basis; open to surrounding associations
U18-	15 - 17

2. REGISTRATION DIVISIONS

Players must first register in their proper age division.

INTRO TO HOCKEY:

U7/LTP: Players aged 4 – 6 years old

U7: This level will go through an evaluation process to select even teams. The player must be able to skate to enter this program; it is not a learn-to-skate program. The team(s) will play exhibition games in the surrounding area as designated by RMHA. Teams will play in the West Country Minor Hockey Association (WCMHA) league on even teams. Games will be played using the modified ice platform.

U9: Players aged 7-9

Players in this division will go through an evaluation process to select teams. Teams will play in the CAHL league on even teams. Games will be played using the modified ice platform. **See Intro to Hockey Pathway for potential player movement between U7 & U9 divisions.**

U11 - U18: Players in these divisions go through evaluations to select teams. Teams will be placed in the Central Alberta Hockey League (CAHL) on tiered teams.

U11-18 FEMALE: Female players may register in Rocky Minor Hockey Association or under the HUB team (West Central Wildcats) if there is a program for their age division. They must stay in their chosen program for the duration of the season and cannot change during the season. Players wishing to register with the HUB team, are required to first register in Rocky Minor Hockey Association and obtain a 'Player Movement Form'.

3. TRYOUT, EVALUATIONS AND MOVEMENT

- a) Players will be accepted into the program if an evaluation indicates their ability to skate AND their readiness for the program. After completion of the Tryout and evaluation process, players will be divided into groups based on skill and development level.
- b) Players must first be evaluated at their proper age division. Parents of players wishing to tryout in a higher age group must submit a Letter of Intention to RMHA at registration. Players may try out for the top team in a higher age division, but if they are not evaluated as one of the top **3** players, they must return to their own age division, at their evaluated skill level. These moves will not be approved if there are fewer than 12 players remaining on the team, or if the players do not want to move.
- c) Players may only try out for one team at a time.
- d) No more than TWO underage players can be carded to a top-tiered team. In certain situations, registration numbers may cause variations to this rule. Each case will be evaluated separately.
- e) Players wishing to tryout in a higher level (AA, AAA, U-15) must first register in RMHA, and obtain a Hockey Alberta 'Player Movement' form, for each team for which they try out for. Players may only tryout for one team at a time.
- f) RMHA will accept U13, U15, and U18 import players on top-tier teams. A Hockey Alberta "Player Movement" form is required before players are allowed on the ice for the first evaluation session. If players fail to make the top-tier team, they will return to their resident association.
- g) If not, enough players register for the minimum numbers per team, alternate arrangements within and/or between divisions may be required.
- h) The goal of evaluations is to evenly distribute players in non-tiered divisions and to help place players in tiered divisions, as per league rules. All teams in U11-U18 will be tiered. *RMHA WILL USE OUTSIDE EVALUATIONS IN ALL DIVISIONS, EXCEPT INTRO TO HOCKEY, if funds are available.*

4. REGISTRATION FEES

- a) Registration fees are calculated to cover ice rent, referee costs, insurance, league fees, equipment, and other operating costs for the estimated number of teams in the coming season.
- b) All outstanding fees must be paid before a player will be permitted to register for the current season.
- c) Registration fees are payable by cash, money order, credit card or e-transfer.
- d) Fundraising Bond - There will be a \$200 fundraising bond per player. Special conditions apply to families with more than two players.
- e) A \$200 late fee will be applied to all returning players registering after the registration deadline.
- f) Fees must be paid in full by **October 01**. Failure to meet this deadline will result in the player being suspended for the remainder of the current season.
- g) People having difficulty paying fees may apply to a RMHA committee to review their request for payment options. **Request for payment extension must be made at time of registration.**

- h) Refunds will not be issued after **October 01**, with the exception of illness/injury or relocation outside RMHA boundaries. All refunds are subject to a \$50 Administration Fee. Refunds will not be issued after **December 15** under any circumstance.
- i) Players trying out for all top-tier teams (U11-U18) will be charged an additional \$100 for 2 guaranteed ice times. Tryout fees collected will pay for tryout ice costs. Any remaining funds will go to the player development account and teams can apply to use funds upon approval from the RMHA executive.
- j) No new teams will be formed after **September 07**.
- k) Late registration will only be accepted if there is room on a team. Players may request an evaluation for the top team only if there is room on that team. The coach may keep the player for the top team or release them to the next lower level. A player evaluated to the top team cannot be removed to accommodate a late registration, there must be room for that player. Players who register late and miss evaluations may find there is no room available on a team. The executive will have the final decision on player placement on all teams based on what is best for the majority of the members.
- l) Players cannot register in RMHA after December 10 unless a family moves to Rocky Mountain House after this deadline.

5. GENERAL – REGISTRATION

- a) In all divisions, any player who acquires four (4) absences &/or late arrival for games or practices, is subject to disciplinary action, at the team level. After six (6) absences &/or late arrival for games or practices, the family must meet with the coach, manager, division director, and a member of the executive to assess the situation and determine whether further disciplinary action is necessary. In the Intro to Hockey to U11 divisions, all players shall be given equal ice opportunity in each game regardless of skill level, subject to player attendance. In U13-U18 divisions, all players should be given equal ice opportunity throughout the season, subject to player attendance, attitude, effort & sportsmanship.
- b) Players will not be allowed on the ice until at least one parent has completed the **Parent Respect in Sport** online program as mandated by Hockey Alberta.
- c) Parents/Guardians must complete and sign a RMHA Registration Form. Signing the registration form also indicates that the parent/guardian agrees to the FOIP Agreement, which is available for review at www.rockyminorchockey.ca
- d) All Player/Parent Pledge forms, Parent/Player Declaration, and Social Media Forms must be signed and returned to the division Director by October 01. (Appendix RMHA-3)
- e) Medical Forms must be completed annually and will be distributed at the first ice session after October 1st. (Appendix -RMHA 4)
- f) All members of RMHA will adhere to the Code & Conduct Resource Manual (see appendix – RMHA 1)
- g) RMHA reserves the right to deny registration to players with attendance concerns from previous seasons. Registration may also be denied due to actions by players/parents who do not abide by the Rules, Regulations & Guidelines set out by RMHA. RMHA has zero tolerance for failure to comply with the rules as set out by Rocky Minor Hockey.
- h) All meetings involving parents, team officials & RMHA board/executive will be audio recorded and the audio file will be sent to the RMHA Secretary for digital storage.

B: TEAM OFFICIALS

1. Coach, Manager, Assistant Coach, and Safety Person

- a) Current Coach Requirements are available on the Hockey Alberta website. Team Officials must meet Hockey Alberta Coach Requirements by November 15 of the current season. Any team that does not meet these requirements, including Respect in Sport for Activity Leaders, is not an eligible team and is not able to participate in sanctioned games. Once the certification deadline passes, any team that does not meet the required Team Officials Requirements will be notified they are ineligible to participate until they have obtained the proper certifications. It is recommended Assistant Coaches complete the same requirements as Head Coaches. All Clinic registration and payment is completed online through the Hockey Alberta website. RMHA will apply to host clinic(s), which is not offered online. Coaches attending out-of-town clinic(s) will be reimbursed the cost of the clinic fee, once attendance is verified and payment receipt is received.
- b) A committee of the Coach Coordinator, President and/or Vice President, and/or another member of the executive will select coaches from those who complete an application (available on the website), on the basis of qualifications and past performance. All team officials may be subject to an interview as part of the selection process. The committee will have final approval on coach selections.
- c) All team officials are responsible to help enforce the following rules:
 - 1) Have a Coach, Manager, or other registered person (**MUST be carded to roster**) in the player's box at games.
 - 2) Keep dressing rooms, (both sides) locked during practices and games.
 - 3) Make sure all gates are kept closed and latched during practices.
 - 4) Do not allow players on the ice until the Zamboni is completely off the ice and the doors shut.
 - 5) Have ADULTS who know how to run the time clock and keep score, in the box during games.
 - 6) See that players wear ALL the approved protective equipment AT ALL TIMES.
 - 7) Do not allow players to have keys to lockers, dressing rooms, or Minor Hockey rooms.
 - 8) Make sure all equipment is returned to the locker after each practice and game.
 - 9) Make sure your team has adult supervision on the ice **AND** in the dressing room, in your absence.
- d) Spouses/Ex-spouses shall not hold the positions of manager and Head coach or two assistant coaching positions for the same team unless approved by the RMHA Executive under extenuating circumstances.
- e) Team Managers must be approved by the RMHA Executive.
- f) Team Managers shall sign out equipment at the beginning of the season and pay the nonrefundable equipment fee of \$150 per team in the Initiation and Novice divisions and \$200 for the Atom, Pee Wee, Bantam, and Midget divisions. Managers will sign off the equipment, at the end of the season, with the Vice President (or designated person) to ensure all equipment and cleaned jerseys are returned to the lockers within one week following the team's season end.
- g) Managers are accountable and responsible for and shall take accurate attendance for practices and games and submit monthly reports to the Division Director and Office Manager. These attendance records should be accurate with the team's CAHL game sheets. Managers cannot delegate their attendance records responsibility to another parent or coach. Coaches can communicate absent players to the manager but the manager must record the attendance on the spreadsheet.
- h) Managers will retain digital (photo/picture) copies of all game sheets.
- i) Managers must attend the RMHA Manager's Meeting at the start of the season.
- j) Each team will have ONE manager who communicates with CAHL & RMHA. There will be no co-managers. In case of emergencies, the manager's alternate is the division director.

- k) Managers will apply and ensure the team has obtained a Travel Permit for **ALL exhibition and tournament games**. Permits must also be obtained to host an exhibition game. Teams attending exhibition games (**of any kind**) require the Host Permit number from the hosting team. This number must appear on all exhibition game sheets. Permits must be submitted 2 weeks in advance from the Risk Manager.
- l) There are to be no team/parent meetings held before October 1st. There will be no approvals granted for team building events or team fundraising events before October 1st. There will not be any 'fit nights' scheduled until after October 1st. Teams will be final when ALL evaluations are complete and committee-approved.
- m) All Team officials are expected to adhere to the Coaches' Philosophy (see appendix – RMHA 2). The Coaches Philosophy is available on the RMHA website.
- n) The RMHA Vice President and Coach Coordinator will make the final decision, after a discussion with team officials, as to the placement of teams in their tiers. Team officials, coaches, assistant coaches, managers, etc., are NOT to contact the league regarding team placement.

2. Junior Coaches

- a) Junior Coaches must submit an application (available on the website) to the Coach Coordinator PRIOR to skating with any team. Team placement will be determined by the Coach Coordinator from teams who are requesting additional support. Junior Coaches must be 2nd year U18 aged players and must complete the Hockey Alberta 'Respect in Sport – Coach' online clinic and be carded to the team.
- b) Players under 16 and do not meet the criteria for Junior Coaches, may apply to be mentors & Junior Helpers. Helpers must be carded to the team, and approved by the Coach Coordinator, prior to participating. Helpers are NOT permitted on the bench during games due to HA requirements.

3. General – Team Officials

- a) All persons assuming these positions shall strive to maintain a high standard of sportsmanship as an example to the players
- b) All RMHA Team Officials, Managers, and on-ice volunteers are required to have a Criminal Record Check (CRC) completed every **three (3)** years. Retain your original copy. A *photocopy* must be submitted to the Office Manager (rmhaice@telus.net) or to the Risk Manager.
- c) All Articles, Bylaws, Rules, and Regulations must be adhered to at all times.
- d) Team Officials are subject to replacement should the executive and directors decide by a majority vote that they are not acting in the best interests of the players or the Association.
- e) All on-ice team officials and volunteers must wear CSA-approved hockey helmets when skating with their teams, or they may face suspensions.
- f) No team shall change ice times with another team without the approval of the Office Manager.
- g) Any team wishing to obtain extra ice for practice or exhibition games will assume all costs associated with this expense, from their team account.
- h) Coaches/Managers must have a vote in favor by a majority of all parents on their team, before attending out-of-town tournaments.
- i) Coaches/Managers must obtain prior approval from the parents involved, the RMHA Executive, and Hockey Alberta before planning out-of-province trips with their teams.

C: LEAGUE, TOURNAMENT, PROVINCIAL PLAY

The Association shall operate under the rules of Hockey Canada (HC), Hockey Alberta (HA), and the Central Alberta Hockey League (CAHL). All game records shall be kept on official game sheets. All exhibition and tournament game sheets must be sent to the Zone 4 Discipline Coordinator. League game sheets must be submitted to the league governor, within the time specified by designated league regulations. All teams must fulfill league, playoff, and Provincial commitments before playing tournament or exhibition games. In default, the entire Association could be expelled from the league(s) and be forced to forfeit their performance bond and/or pay a fine.

1. LEAGUE PLAY

- a) All teams must register at least 10 players prior to their first league game. ONLY THOSE PLAYERS WHO ARE REGISTERED are allowed to play in scheduled league games.
- b) Players must play only on the team for which they are registered or affiliated according to HA rules, AND unless he/she has the approval of the CAHL and the player's coach EACH TIME the player is used. The player or the parents MUST NOT be approached until approval from the CAHL and his/her coach is obtained. Players who have been pulled up to their affiliated team (using the proper procedure), shall be allowed TWO practices with that team before playing in a game with them. The Coach CAHL will contact the team manager upon approval and according to CAHL regulations. Affiliated players' first commitment is to their rostered team, then to their affiliated team. Only under certain emergency circumstances and with CAHL approval will exceptions be made.
- c) No intentional body contact is allowed in U13 and younger divisions (minor penalty).
- d) The regular season will be based on the number of tiering and scheduled league games, as well as the playoff format, as set by the designated league.
- e) Teams shall abide by the rules as set by their designated league.

2. TOURNAMENT PLAY

- a) Teams wishing to attend tournaments must notify the Office Manager by the designated deadline date - (U7-U18) or 30 days (Intro to Hockey) prior to attending.
- b) RMHA teams/divisions will be offered the opportunity to host a home tournament, based on available ice and league commitments. The Risk Manager will be the Tournament Coordinator and will oversee the procedures and the coordination of tournaments.
- c) RMHA will set tournament entry fees to cover ice time and referee costs plus the amount of one tournament fee to RMHA (Player Development Fund). All entry fee cheques received must be written to the individual tournament committee, not RMHA. Make sure the donor knows the money is going to a specific tournament, not RMHA, as a whole.
- d) Directors shall provide a tournament statement to the fundraising chairperson within one week of the tournament date.
- e) Fees collected from parents for tournament prizes, cannot exceed \$20/player.

3. PROVINCIAL PLAY

Provincial play will be based on league play and determined by CAHL playoffs and Provincial playdowns if/when applicable to the teams.

D. FUNDRAISING

1. ASSOCIATION LEVEL – operating under Executive Board

- a) Association fundraising is required to subsidize registration fees and cover any other unexpected costs. The Chairperson/& or Treasurer/Executive Board Member will:
 - i. Send letters to community businesses once per year asking for donations for the Rocky Minor Hockey Association.
 - ii. Distribute information on fundraising opportunities to team managers as it is received.
 - iii. Assist and oversee team managers applying for AGLC licenses and sending in reports.
 - iv. Will apply for and organize casinos, and other fundraising opportunities.

2. TEAM/DIVISION LEVEL

- a) Individual team fundraising may be necessary to fund team operating costs such as tournament entries, Player Development and transportation. Teams are expected to fundraise only for the amount which is essential for team development.
- b) Corporate Donations cannot be used to purchase team apparel, clothing, or equipment. These funds are to be used towards tournament fees, player development, and transportation (bus charters).
- c) Teams may not solicit 'door to door' for any donations.
- d) All fundraising projects must first be approved by the RMHA Executive, and indicate, in writing the planned 'use of proceeds'. Proof of fundraising must also be submitted to the treasurer including the use of the proceeds in the form of receipts.
- e) Teams may collect 'team start-up fees' for each player at the start of the season, to a maximum of one hundred fifty dollars (\$150.00). Only the amount that parents contribute at the beginning of the season can be refunded if there are funds remaining. Request for the refund must be made before MARCH 15. Other remaining amounts shall be donated to RMHA to help keep fees down for the next year or rolled into Player Development.
- f) Teams may run approved 50/50 draws, raffles, and any other fundraisers, *after* obtaining a license (AGLC) or permit &/or HA special event permit (bottle drives or other community-oriented fundraisers), with the assistance of the Fundraising Chairperson and Risk Manager.
- g) Team fundraising caps and year-end party caps are implemented (see Appendix) Surplus funds from team fundraising caps will be allocated to the Player Development Fund. **(Appendix – RMHA 5)**

E: APPAREL

- a) RMHA holds an exclusive contract with TBS. All equipment, apparel, and clothing must be ordered through them.
- b) Players/Team Officials purchasing team articles will do so at their own expense.
- c) All orders must be placed through the team to the Apparel Coordinator with payment in full.
- d) RMHA will not be held financially responsible for team orders.

F: AWARDS

- a) RMHA will provide awards at the end of each hockey season, at which time, the following trophies/awards may be presented:
 - i. Individual medallions and ESSO Certificates, Tykes to Novice
 - ii. ESSO Certificates and Medallions, Atom to Midget
 - iii. RMHA Coach-of-the-Year Award
 - iv. RMHA Longtime Coach Award
 - v. RMHA Manager-of-the-Year Award
 - vi. RMHA Volunteer-of-the-Year Award
 - vii. RMHA Longtime Volunteer-of-the-Year Award
 - viii. Any other RMHA awards that the executive approves (referee/Jr Coach)
- b) Nomination forms will be posted on the website (iii – viii).
- c) The Coach Coordinator, Coaches, and players on each team shall decide together how award winners will be selected (ii)
- d) Individual team trophies/awards bought by or for coaches will not be permitted at Awards Night.
- e) Any memorial awards will be set for a term of five (5) years.

G: INFORMATION – GENERAL

- a) Liability insurance is MANDATORY for all Hockey Alberta players, coaches, managers, referees, Minor officials, and administrators. Participants are insured when Respect in Sport Parent has been completed, and when fees and names are received in the Hockey Alberta office.
- b) No player shall be permitted on the ice unless he/she is wearing ALL of the approved protective equipment AT ALL TIMES, including throat protectors and ear protectors.
- c) Parents and/or family members not on the team staff or the RMHA board are not permitted in the dressing rooms or on the team bench for teams aged U11 & up. This includes during practices and gameplay. Parents may approach the bench or dressing room only if requested to do so by a team staff member if necessary in case of emergency.
- d) As per Hockey Alberta, RMHA has an Interim Dressing Room Policy. See Appendix 8 attached.
- e) Driving to Away Games - no players under the age of 18 are permitted to drive themselves or others to away hockey games.
- f) Players aged 16 and up with a valid driver's license are permitted to drive themselves to home games.
- g) On or off the ice, players, and team officials shall conduct themselves as sportsmen and not abuse others.
- h) All jerseys which are donated to RMHA become the property of the Association to be used in the following years as needed. RMHA colors are black, green, and white. The RMHA logo will be on the front of all jerseys. Team Jersey Sponsors will be invited to put their company name on a name bar under the number on the back, if they wish, for three (3) years. Players must buy their own socks in RMHA home and away colors the cost of the socks will be included in the annual registration fees.
- i) All teams in the Rocky Minor Hockey Association must wear standard RMHA jerseys for all home, away, tournament, and exhibition games. Teams are not permitted to purchase a separate set of jerseys for game use or practice.

- j) RMHA will supply a first aid kit, pucks, a puck bag, jerseys, and jersey bags for each team. Goalie sticks will be supplied at a maximum of one per year, if needed, for Intro to Hockey teams. Supplying goal equipment for higher divisions will be evaluated individually. All other equipment will be the player's responsibility.
- k) RMHA will hold a referee clinic each year. Registration with Hockey Alberta will be at the referee's expense. RMHA strongly recommends that all second-year U13 players attend the clinic. To quote the North Central Zone Referees Committee's Webpage "In order to register as an official for the upcoming season you will need to take a clinic. The minimum age allowance for referees in the North Central Zone is 12 years old. You need to turn 12 before the calendar year in order to register and officiate in the zone."
- l) Social Media and electronic devices - Harassment and Bullying in all its forms by a coach, player or Parent, including cyberbullying (e.g.: Facebook, Twitter, etc.) will not be tolerated during the course of any activity or program sanctioned by RMHA and will be subject to disciplinary action **(Appendix – RMHA 6)**
- m) Should a player become injured and require any form of medical attention, they must provide a doctor's note prior to returning to any participation in Hockey. This includes both on-ice and off-ice participation and regardless of when or where the injury happened. Should a player become injured during a team function, an Injury Report Form **MUST** be filled out and sent to the Clinic & Risk Management Coordinator.
- n) Members are to adhere to the Lines of Communication. Take the 24-hour cool down and put the signed concern in writing. Anonymous complaints will not be addressed at the team or board level. **(Appendix RMHA- 7)**
- o) Revisions to the Rules & Regulations may be made at an annual meeting or at executive meetings by a ¾ majority vote in favor by those members present. When there is a decision for a rule change concerning any particular age level, all of the executive and the parents involved must be notified of a meeting. Changes can only occur with a majority vote in favor. These rules & regulations should be reviewed and revised annually, or as changes are required.
- p) Copies of the RMHA Bylaws, Rules & Regulations may be obtained by contacting the RMHA Office Manager, or from the website.
- q) No tobacco products, drugs, or alcohol in any Arena Facility by players, parents, or coaches during minor hockey games or practices.
- r) All volunteer positions within the Rocky Minor Hockey Association are unpaid. This includes Executive, Directors, Coaches, Managers, Safety Persons, Etc. The only paid position in RMHA is the Office Manager.

APPENDIXES

RMHA – 1 (GAME AND CONDUCT MANUAL) – A6(f)

<https://www.rockyminorchockey.ca/content/game-and-conduct-resource>

RMHA – 2 COACHES PHILOSOPHY (Evaluation Policy) B1(l)

<https://www.rockyminorchockey.ca/content/evaluation-policy>

RMHA -3 (PLEDGE FORMS – Parent-Player Pledge/Parent-Player Declaration (A.6d)

**Rocky Minor Hockey Association
PARENT - PLAYER PLEDGE**

Parents, please review this document with your child. It is the intention of this pledge to promote proper behavior and respect for all participants within the Association. All parents and players must sign this pledge before being allowed to participate in hockey and should continue to observe the principles of fair play and sportsmanship.

PARENT’S PLEDGE	PLAYER’S PLEDGE
<ol style="list-style-type: none">1. I will not force my child to participate in hockey.2. I will remember that my child plays hockey for his or her enjoyment, not mine.3. I will encourage my child to play by the rules and to resolve conflict without resorting to hostility or violence.4. I will teach my child that doing one’s best is as important as winning so that my child will never feel defeated by the outcome of the game.5. I will make my child feel like a winner every time by offering praise for competing fairly and hard.6. I will never ridicule or yell at my child for making a mistake or losing a game.7. I will remember that children learn by example. I will applaud good plays and performances by both my child’s team and their opponents.8. I will never question the official’s judgment or honesty in public. I recognize officials are being developed in the same manner as players.9. I will support all efforts to remove verbal and physical abuse from children’s hockey games.10. I will respect and show appreciation for the volunteers who give their time to hockey for my child.	<ol style="list-style-type: none">1. I will play hockey because I want to, not because others or coaches want me to.2. I will play by the rules of hockey and in the spirit of the game.3. I will control my temper-fighting or ‘mouthing off’ can spoil the activity of everyone.4. I will respect my opponents.5. I will do my best to be a true team player.6. I will remember that winning isn’t everything-that having fun, improving skills, making friends and doing my best are also important.7. I will acknowledge all good plays and performances-those of my team and my opponents.8. I will remember that coaches and officials are there to help me. I will accept their decisions and show them respect.9. My cell phone will be turned off in the dressing room.

We agree to abide by the principles of this CODE as set and supported by this Association.

We also agree to abide by ALL the rules, regulations and decisions as set for this Association.

PARENT (print) _____ PARENT (print) _____

SIGNATURE _____ SIGNATURE _____

DATE _____ PLAYER: _____

**Rocky Minor Hockey Association
PARENT-PLAYER DECLARATION**

Parents, please review this document with your child. It is the intention of this pledge to promote proper behavior and respect for all participants within the Association. All parents and players must sign this pledge before being allowed to participate in hockey and should continue to observe the principles of fair play and sportsmanship.

Attendance Policy:

- You are required to phone the team Manager when you will not be able to attend a game or practice.
- All absences will be recorded by a team representative (Manager).
- In all divisions, any player who acquires four absences &/or late arrival for games or practices, is subject to **disciplinary action at the team level**
- **After six absences from games or practices the coach, manager, division director, and a member of the executive must meet with the family to assess the situation and determine whether disciplinary action is necessary.**

Social Media Policy:

Social Media and electronic devices - Harassment and Bullying in all its forms by a coach, player or parent including cyber bullying (e.g.: Facebook, Twitter, etc.) will not be tolerated during the course of any activity or program sanctioned by RMHA and will be subject to disciplinary action. Everyone is encouraged to report incidents of harassment or bullying. The inappropriate use of Camera's, Cell Phones, PDA's (iPad's, iTouch, Blackberry's) or any other type of recording device is strictly prohibited in dressing rooms OR the inappropriate use of any Camera's, Cell Phones, PDA's (iPad's, iTouch, Blackberry's) or any other type of recording device is also strictly prohibited in and around player's benches. This includes coaches, parents, players, and visitors. Disciplinary action, including possible suspension may follow any breach of this rule. Please see **Social Media (Rules & Regulations – Appendix RMHA-6)** for more details. ANY VIOLATION OR BREACH OF THE PROVISIONS IN THIS CODE OF CONDUCT – ZERO TOLERANCE BY MEMBERS, SPECTATORS, OR PARTICIPANTS MAY RESULT IN DISCIPLINARY ACTION BY THE ASSOCIATION AGAINST SUCH INDIVIDUALS WHICH COULD INCLUDE SUSPENSION AS OUTLINED IN THE DISCIPLINARY PROCEDURES. (Revised May 15, 2017)

I/We (parent name) _____ understand that if my child has **six (6) absences** from **games or practices**, my child and I will be asked to meet with the Association representatives to discuss any concerns or issues. **I /We are aware RMHA has a strict Social Media Policy, which I/We and my child, will abide by.**
I/We also understand that if my child is suspended, there will be **no refund** given.

I (player name) _____ understand the rule that if I have **six (6) absences** from **games or practices**, I will be asked to meet with Association representatives to discuss any concerns or issues. **I am also aware RMHA has a strict Social Media Policy, which I will abide by.**

Parent's Signature _____	Date _____
Parent's Signature _____	Date _____
Player's Signature _____	Date _____



MEDICAL INFORMATION SHEET

Name: _____

Date of birth: Day _____ Month _____ Year _____

Address: _____

Postal Code: _____ Telephone: (_____) _____

Provincial Health Number (optional): _____

Mother's Name: _____ Father's Name: _____

Business Telephone Numbers: Mother _____ Father _____

Alternate emergency contact (if parents are not available)

Name: _____ Telephone: _____

Address: _____

Doctor's Name: _____ Telephone: (_____) _____

Dentist's Name: _____ Telephone: (_____) _____

Date of last complete physical examination: _____

* Before a player participates in a hockey program, any medical condition or injury problem should be checked by that individual's family physician.

Please circle the appropriate response and provide details below if you answer "Yes" to any of the questions.

- Yes No Previous history of concussions
- Yes No Fainting episodes during exercise
- Yes No Epileptic
- Yes No Wears glasses
- Yes No Are lenses shatterproof
- Yes No Wears contact lenses
- Yes No Wears dental appliance
- Yes No Hearing problem
- Yes No Asthma
- Yes No Trouble breathing during exercise
- Yes No Heart Condition
- Yes No Diabetic – Type 1 _____ Type 2 _____
- Yes No Medication
- Yes No Allergies



- Yes No Wears a medical information bracelet or necklace
For what purpose? _____
- Yes No Has any health problem that would interfere with participation on a hockey team
- Yes No Has had an illness that lasted more than a week and required medical attention in the past year
- Yes No Has had injuries requiring medical attention in the past year
- Yes No Has been admitted to hospital in the last year
- Yes No Surgery in the last year
- Yes No Presently injured. Injured body part: _____
- Yes No Vaccinations up to date
Date of last Tetanus Shot: _____
- Yes No Hepatitis B vaccination

Please give details if you answered "Yes" to any of the above. Use separate sheet if necessary

Medications: _____

Allergies: _____

Medical conditions: _____

Recent injuries: _____

Any information not covered above: _____

I understand that it is my responsibility to keep the team Safety Person advised of any change in the above information as soon as possible. In the event of a medical emergency and that no one can be contacted, team management will arrange to take my child to the hospital or a physician if deemed necessary.

I hereby authorize the physician and nursing staff to undertake examination, investigation and necessary treatment of my child.

I also authorize release of information to appropriate people (coach, physician) as deemed necessary.

Date: _____ Signature of Parent or Guardian: _____

Disclaimer: Personal information used, disclosed, secured or retained by Hockey Canada will be held solely for the purposes for which we collected it and in accordance with the National Privacy Principles contained in the Personal Information Protection and Electronic Documents Act as well as Hockey Canada's own Privacy Policy.

RMHA-5 Team Caps (D2-i)

Teams will be permitted to accept unsolicited Corporate Donations at the team level and individual teams may do team fundraising, but a cap restriction will be applied. When raising funds, members are reminded that they are representing Rocky Minor Hockey and operating under our umbrella (*refer to [www.aglc](http://www.aglc.com) – Guidelines –Sports-Use of Proceeds*) and shall conduct themselves in a positive manner. Teams may run 50/50 draws, raffles, and any other fundraisers (bottle drives or other community-oriented fundraisers), but must first obtain a license (AGLC) &/or permit &/or HA special event permit, from the Fundraising Chairperson and Risk Manager. Fundraised money may only be used for the intended 'use of proceeds' and must be a budgeted item, as indicated on the Team Budget. "Fundraising" does not include money that is given by parents, as their 'start-up fee' at the beginning of the season.

Once a team reaches the cap any funds received over that limit will be allocated to other teams in that division until the team cap limit is reached. When all teams in that division reach the limit, any funds over the cap limit will be allotted to the RMHA Player Development Fund and teams can apply to use funds as needed.

Funds cannot be used to purchase team clothing, apparel, or equipment. These funds are to be used towards tournament fees, player development, and transportation (bus charter). Teams should only fundraise for what is essential to team development. Any funds required by the team, in excess of Team Caps, will be at the cost of the individual parents' pockets.

Team Caps per Division

U7 - U9 \$2500 per team
U11-U18 \$4000 per team

Year End Wind Up: At parent's expense.

EXAMPLES OF APPROVED FUNDRAISING EXPENSES:

YOU MAY USE SPONSORSHIP / FUNDRAISING FUNDS FOR THE FOLLOWING PURPOSES:

Team Skills & Development	Tournament Fees
Water Bottles & Hockey Socks*	Exhibition games
Additional ice time/yoga	Your own tournament
Busing	

Fundraising for other items not listed here **must have** prior approval from RMHA Executive Committee

YOU MAY NOT USE SPONSORSHIP / FUNDRAISING FUNDS FOR:

Year End Celebrations	Team appeal, clothing or equipment
Damages to facilities	Fines, ice forfeits, etc.
Alcohol or Drugs	Hotel rooms
Travel expenses not including bussing	Coaches / Team Official gifts

Managers will receive important handout information at the Manager Meeting at the start of the season.

RMHA-6 General-Information (6-i- Social Media and Electronics)

Social Media Policy

For the purpose of this Social Media and Networking Policy, the policy will encompass public communications through such mediums and websites as Twitter, Facebook, Instagram, Snap Chat, TikTok, and any other social media network that allows users to communicate online. The policy will be applicable to all members of the RMHA Community, including the Board of Directors, staff, on-ice, and off-ice officials, players, players' family members, and supporters.

RMHA recognizes and appreciates the value of social media and the importance of social networking to all of its stakeholders. RMHA also respects the right of all Teams and Association personnel to express their views publicly. With that said, we must be aware of the dangers social media and networking can present. The purpose of this policy is to educate the RMHA Community on the risks of social media and to ensure all Teams and Association personnel are aware that conduct deemed to be inappropriate may be subject to disciplinary action by the Team, the League, and/or RMHA. When using social media and networking mediums, the RMHA community should assume at all times they are representing the RMHA. All members of the RMHA community should remember to use the same discretion with social media and networking as they do with other traditional forms of media.

a. Social Media Guidelines

- i. RMHA holds the entire RMHA Community and their members who participate in social media and networking to the same standards as it does for all other forms of media including radio, television, and print.
- ii. Comments or remarks of an inappropriate nature to a Team, the RMHA, or an individual will not be tolerated and will be subject to disciplinary action
- iii. It should be recognized that social media comments are on the record and instantly published and available to the public and media. Everyone including RMHA and/or Team personnel, players, corporate partners, and the media can review social media communications. You should conduct yourself in an appropriate and professional manner at all times.
- iv. Use your best judgment at all times – pause before posting. Once your comments are posted they cannot be retracted. Ultimately, you are solely responsible for your comments and they are published for the public record.

b. Social Media Violations

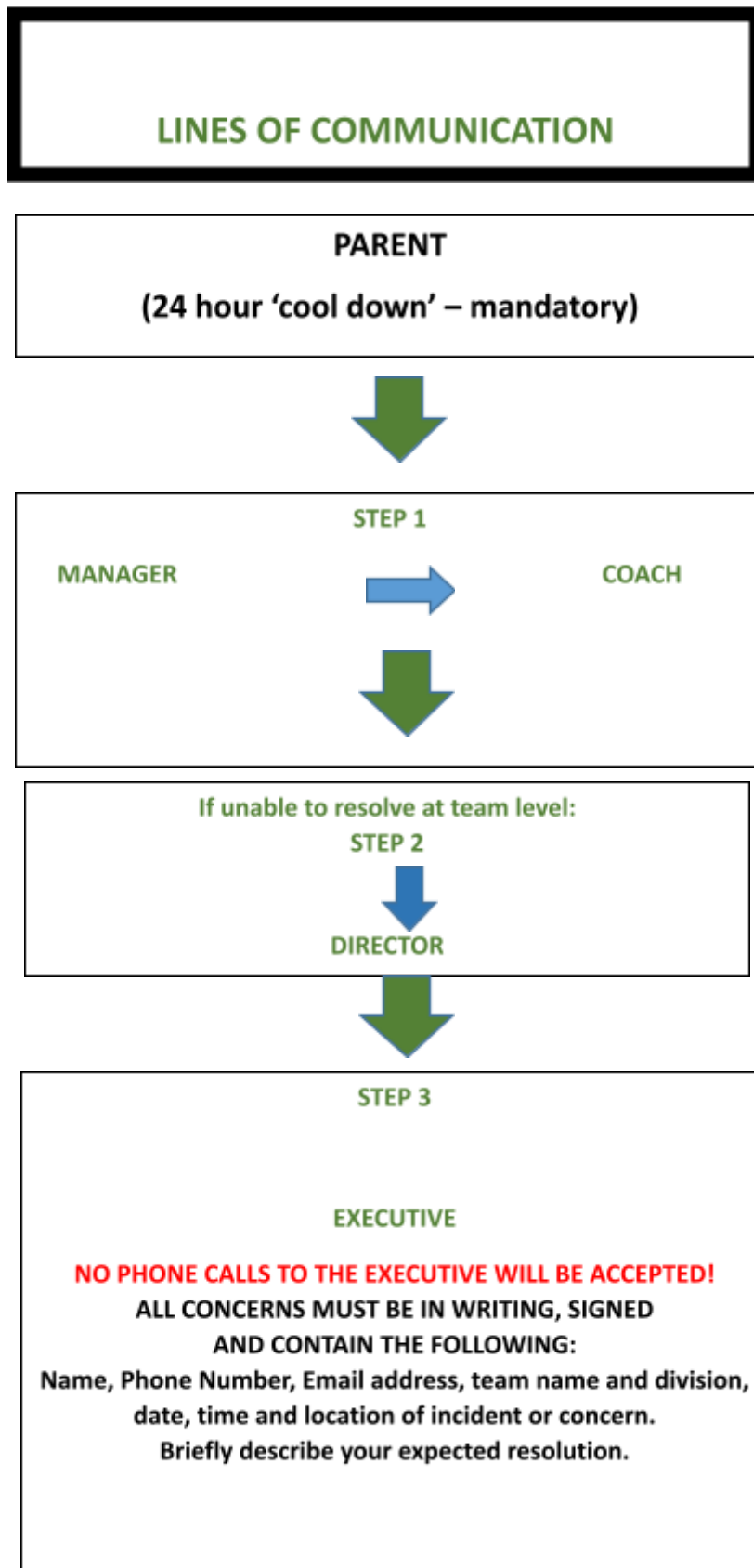
The following are examples of conduct through social media and networking mediums that are considered violations of the RMHA Social Media Policy and may be subject to disciplinary action by the Team, League, and/or RMHA.

- i. Any statement deemed to be publicly critical of RMHA officials or detrimental to the welfare of a member Team, the Association, or an individual.
- ii. Negative or derogatory comments about a team, League, programs, stakeholders, players, or any member of the RMHA.
- iii. Any form of bullying, harassment, or threats against players or officials.
- iv. Photographs, videos, or comments promoting negative influences or criminal behavior, including but not limited to: drug use, alcohol abuse, public intoxication, hazing sexual exploitation, etc.
- v. Online activity that contradicts the current policies of the RMHA.
- vi. Inappropriate, derogatory, racist, or sexist comments of any kind, in keeping with the RMHA policies and regulations on these matters, such as the RMHA Fair Play policy.

c. Discipline

- i. The Team, League, and/or the RMHA are entitled to investigate reported violation(s) of this policy in the manner determined by the Team, League, and/or RMHA Board of Directors for these other types of violations
- ii. If the investigation determines that a violation has occurred, the RMHA Director of the Division involved will review the incident with the Disciplinary Committee, and the Disciplinary Committee will impose an appropriate suspension.
- iii. Any appeal of the suspension will be dealt with as set out in RMHA-related policies for other types of suspensions.

RMHA-7 General Information – Lines of Communications (G-k)



Due to a lack of more information and concerns with the inability to enforce Hockey Canada's new dressing room policy released on September 12, 2023, RMHA has followed the direction of Hockey Calgary by putting an "Interim Dressing Room Policy" in place. The following "Interim Policy" is one that we believe can be executed and meets the needs of our membership and the guidelines outlined by Hockey Canada at this time.

Procedure

Minimum Attire Rule- All participants are required to wear the minimum attire in the dressing room up to 45 minutes before and 15 minutes after the scheduled ice time. Base layers include any clothing that covers the "genital/private" area including underwear, shorts, shirt, etc.

Note: Coaches can work with their teams to alter the times for base layer requirements based on age category, team dynamics, and level of play.

Categories of Play**LTP/U7/U9/U11**

All players will have access to a 'common dressing room' pre and post-game. Players should have on their base layer at all times. Athletes will have access to an appropriate space like a restroom to change into their base layer, if needed, before joining the team in the 'common dressing room'. A separate dressing is available for female athletes if required or requested at all age levels.

U13/U15/U18**1) Players on a single-gender team:**

- Players are permitted to change without restrictions in the 'team' dressing room up until 45 mins prior to scheduled ice time.
- 30-45 mins prior to scheduled ice time, all players should be in base layer at all times.
- Players not comfortable with changing in an open dressing room should arrive 30 mins or less prior to ice time in their base layer or be provided with an appropriate private place to change (i.e. restroom) before entering the team dressing room.
- At the end of ice time, all players are to be available for 'team talk' if coaches determine. Players should not undress below the base layer at this time.
- The use of showers is a player's choice, not a team requirement.

2) Players on a multigender team

- 30-45 mins prior to ice time, all players should be in the dressing room in the minimum of their base layer at this time.
- Female players must be provided with a private alternate area (ie restroom or separate changeroom) to change into their base layer if required. They may enter the 'common dressing room' when all other participants are in base layers.
- Players arriving late to ice times are to change into their base layers in a private area (ie restroom) before entering the 'common dressing room'.
- At the end of ice time, all players are to be available for 'team talk' if coaches determine. Players should not undress below the base layer at this time.

Dressing Room Supervision

Team officials are responsible for the safety and welfare of all of their players/participants at all times during sanctioned events, this includes while players are changing in the dressing room prior to and after all on-ice activities.

Rule of Two

To best ensure the safety of all players/participants, RMHA will implement the “Rule of Two” for all dressing rooms. The “Rule of Two” requires two trained and screened adults to be in the dressing room or immediately outside the dressing room door with the door propped open to monitor the dressing room environment to ensure that it is free of discrimination, harassment, bullying or any other form of maltreatment between participants.

Prohibition of Violent Activities in Dressing Rooms

To ensure the safety of all players/participants in the dressing room, no type of violent conduct of any kind (cage rages, locker room boxing) bullying, or hazing is permitted. It is the responsibility of team staff to ensure that no such violence is taking place in dressing room environments through the “Rule of Two” supervision outlined above.

Cell Phones/Recording devices in Dressing Room Environments

To respect the privacy of participants no videos, still photos, or voice recordings of any kind can be taken in a dressing room environment. Cell phones are permitted for the purpose of providing/controlling music at the discretion of the team staff.

Team Talks

RMHA believes that all participants should be treated as valuable members of the team. Coaches and team staff should only engage in pre and post-game talks when all athletes are present in the dressing room.