



New Jersey Falcons 2018-19
TEAM AND LEAGUE Policies

USA Hockey Numbers

All players must provide a current USA hockey number to be eligible to play in the 2018-19 hockey season. Player who do not submit their current USA hockey numbers will not be permitted to practice, participate in games or tournaments.

Communication with Players

When/if a coach communicates through email or text with any player, the parents/guardians will be included in the correspondence. Direct messaging communication through social media accounts between a coach and player is prohibited. If a coach utilizes social media pages as a team communication tool, it must be accessible to all participants, parents and guardians. All correspondence between a coach and player (and parent/guardian) must be non-personal in nature.

Bullying and Hazing:

- Bullying and hazing are NOT TOLERATED. Anyone who witnesses such behavior should report it to their team manager or coach.
- Parents and Coaches are asked to speak with their players about bullying and hazing. For support and information, the USA Hockey SafeSport Handbook has comprehensive on this subject, visit <https://www.usahockey.com/safesportprogram>.
- Enforce a zero tolerance policy regarding bullying, hazing and any similar behaviors.

Bullying and Hazing – continued

Let's clarify it is and is not - A Quick Guide:

Rude = accidentally saying or doing something hurtful.

Mean = saying or doing something to hurt a person on purpose, once or maybe twice.

Bullying = cruel behavior, done on purpose and repeated over time, that involves an imbalance of power.

Together we can deter and mitigate bullying putting an emphasis on team building and creating a “family” atmosphere, which is our goal. This can reduce the chances that bullying will occur and create a cohesive team experience that will benefit everyone.

Player Code of Conduct

All players will adhere to the following code of conduct:

- Players will respect the game of hockey and play to have fun.
- Players will train to the best of their ability.
- Players will respect their coaches and listen carefully to instructions.
- Players will demonstrate a 'team first' attitude during games and toward their teammates.
- Players will have a positive attitude and never give up on themselves, their teammates or coaches.
- Players will maintain a healthy life style and commitment to develop as a hockey player.
- Players will abide by all team rules and dress code.
- Players will arrive at practices and games on time and be prepared.
- Players will exemplify good sportsmanship during wins or losses.
- Players will respect officials and accept their calls without challenge.
- Players understand that there is no place for fighting in youth hockey. I will refrain from fighting and any other activity that could injure me, another player or coach.
- Players will respect all facilities they play in, home or away, and leave all locker rooms clean and undamaged.
- Players will not use drugs, alcohol or tobacco products.
- Players will not use social media to embarrass or harass a teammate, coach, opponent or another team.
- Players will not use cell phones or other mobile devices with recording or photo capabilities in the locker room.

Players understand that being part of the the New Jersey Falcons is a privilege, not a right. All players understand that failure to adhere to the New Jersey Falcons Player Code of Conduct will lead to disciplinary action in the form of a suspension, loss of ice time or possibility team expulsion.

Parent Code of Conduct

- I will show respect and positive support for coaches and officials, prior to, during, and after games and practices.
- I will ensure that my child behaves in a sportsmanlike manner and I will set a positive example at the rink and at home.
- I will demonstrate respect and support for all players prior to, during, and after all games and practices.
- I will be mindful that there is a balance between skill development and winning during games. Coaches have discretion to determine what is best for the team at any given time.
- I understand that ice time is not guaranteed and that there are times when there is a need for discipline and times when the good of the team outweighs the balance in ice time for all.
- I will be mindful of what I say aloud at the rink and will not criticize players, coaches, or officials during games regardless of team affiliation.
- I will ensure that my child does not use performance enhancing drugs, illegal drugs, alcohol, and tobacco.
- I will be mindful of my role at all times, provide support, not openly instruct during games, or openly interpret rules.
- I will abide by the rulings of the officials, coaches, and league officials during and after the game.
I understand that hockey is designed to be fun so I will not force my child to play, but support his/her desire to play.
- I will encourage my child to play by the rules and abide by the rulings of coaches, officials, the Avalanche, and the league.
- I will ensure that my child attends all team events and is on time for all events.
- I will not embarrass my child by yelling at players, coaches, or officials. I will not verbally or physically abuse my child after a game or practice.
- I agree to abide by the 24 Hour Rule. The 24 Hour Rule "A parent or spectator is not to approach a coach to discuss a game, a game incident, or a situation that occurred during a game or practice that has provoked an adverse emotional response or a hostile situation until at least 24 hours after the fact." For parents it is important to separate yourselves from the emotion of the situation and collect your thoughts before addressing the situation. It is for this reason that the Avalanche has adopted the 24 hour rule. It allows a civil conversation based on facts and opinions as opposed to emotions. The intent of the rule is to move an emotional and confrontational discussion away from the players and to allow the parties to "cool off", compose themselves and put the provoking incident into perspective before addressing it.

New Jersey Falcons League Policies

New Jersey Falcons Locker Room Policy

In addition to the development of our hockey players and enjoyment of the sport of hockey, the safety and protection of our participants is central to New Jersey Falcons goals. The New Jersey Falcons adheres to USA Hockey's SafeSport Program as a means to help protect its participants from physical abuse, sexual abuse and other types of misconduct, including emotional abuse, bullying, threats, harassment and hazing. To help prevent abuse or misconduct from occurring in our locker rooms, New Jersey Falcons has adopted the following locker room policy.

This policy is designed to maintain personal privacy as well as to reduce the risk of misconduct in locker rooms. Home games will played at Mackay Ice Rink or Palisades Center Ice Rink. Some teams in our program may also occasionally or regularly travel to play games at other arenas, and those locker rooms, rest rooms and shower facilities will vary from location to location. New Jersey Falcons team organizers will attempt to provide information on the locker room facilities in advance of games away from our home arena. At arenas for which you are unfamiliar, parents should plan to have extra time and some flexibility in making arrangements for their child to dress, undress and shower if desired.

Locker Room Monitoring

New Jersey Falcons has predictable and limited use of locker rooms and changing areas (e.g., generally 30-45 minutes before and following practices and games). This allows for direct and regular monitoring of locker room areas. While constant monitoring inside of locker rooms and changing areas might be the most effective way to prevent problems, we understand that this would likely make some players uncomfortable and may even place our staff at risk for unwarranted suspicion.

We conduct a sweep of the locker rooms and changing areas before players arrive, and if the coaches are not inside the locker rooms, either a coach or voluntary locker room monitors (each of which has been screened) will be posted directly outside of the locker rooms and changing areas during periods of use, and leave the doors open only when adequate privacy is still possible, so that only participants (coaches and players), approved team personnel and family members are permitted in the locker room. Team personnel will also secure the locker room appropriately during times when the team is on the ice.

New Jersey Falcons League Policies

New Jersey Falcons Locker Room Policy - CONTINUED

Parents in Locker Rooms

Except for players at the younger age groups (eg., PeeWees and Mites) we discourage parents from entering locker rooms unless it is truly necessary. If a player needs assistance with his or her uniform or gear, if the player is or may be injured, or a player's disability warrants assistance, then we ask that parents let the coach know beforehand that he or she will be helping the player. Naturally, with our youngest age groups it is necessary for parents to assist the players getting dressed. We encourage parents to teach their players as young as possible how to get dressed so that players will learn as early as possible how to get dressed independently. In circumstances where parents are permitted in the locker room, coaches are permitted to ask that the parents leave for a short time before the game and for a short time after the game so that the coaches may address the players. As players get older, the coach may in his or her discretion prohibit parents from a locker room.

Mixed Gender Teams Some

If our teams consist of both male and female players. It is important that the privacy rights of all of our players are given consideration and appropriate arrangements made. Where possible, New Jersey Falcons will have the male and female players dress/undress in separate locker rooms and then convene in a single locker room before the game or team meeting. Once the game or practice is finished, the players may come to one locker room for a team meeting and then the male and female players proceed to their separate locker rooms to undress and shower, if available. If separate locker rooms are not available, then the players will take turns using the locker room to change. We understand that these arrangements may require that players arrive earlier or leave later to dress, but believe that this is the most reasonable way to accommodate and respect all of our players.

Cell Phones and Other Mobile Recording Devices

Cell phones and other mobile devices with recording capabilities, including voice recording, still cameras and video cameras, **are not permitted to be used in the locker rooms**. If phones or other mobile devices must be used, they should be taken outside of the locker room. Coaches and/or Team Manager reserve the right to collect phones.

New Jersey Falcons League Policies

New Jersey Falcons Locker Room Policy - CONTINUED

Prohibited Conduct and Reporting

New Jersey Falcons prohibits all types of physical abuse, sexual abuse, emotional abuse, bullying, threats, harassment and hazing, all as described in the USA Hockey SafeSport Handbook. Participants, employees or volunteers in New Jersey Falcons may be subject to disciplinary action for violation of these locker room policies or for engaging in any misconduct or abuse or that violates the USA Hockey Safe Sport Policies. Reports of any actual or suspected violations, you may email USA Hockey at SafeSport@usahockey.org or may call 1-800-888-4656

IMPORTANT INFORMATION FROM NJYHL & USA HOCKEY

USA Hockey Rules and Regulations

PROGRESSIVE SUSPENSIONS - PLAYERS

- USA Hockey Rule 411 states:
 - Any player who receives their **third** major penalty during the same season for any combination of aggressive infractions shall receive an **additional three game suspension**.
 - Any player who receives their **fourth** major penalty shall receive an **additional five game suspension**.
 - Any player who receives their **fifth** major penalty shall be **suspended until a hearing is conducted by the Affiliate**.
 - These suspensions are in addition to any others imposed through the official playing rules.



IMPORTANT INFORMATION FROM NJYHL & USA HOCKEY

USA Hockey Rules and Regulations

PROGRESSIVE SUSPENSIONS - COACHES

- USA Hockey Rule 411 states:
 - Any team who receives **three major penalties in the same game** shall have its Head Coach **suspended for the next game** for that team.
 - **Any subsequent game** where the team receives three or more major penalties in the same game the Head Coach shall serve a **three game suspension**.
 - **For the third game** with three or more major penalties by the same team during the same season, the Head Coach shall be **suspended indefinitely** until a hearing has been conducted by the Atlantic Affiliate.
 - These suspensions are in addition to any others imposed through the official playing rules.



RULE CHANGES FOR 2018-19 SEASON

Penalties And Suspensions

- Fighting
 - 8U/10U/12U
 - 1 game suspension for first infraction
 - 3 game suspension for second infraction
 - Season suspension for third infraction
 - 14U/16U/18U
 - 2 game suspension for first infraction
 - 5 game suspension for second infraction and automatic review
 - Season suspension for third infraction



RULE CHANGES FOR 2018-19 SEASON

Penalties And Suspensions

- 15 or more penalties in one game = 1 game suspension for coach. If this happens 3 times in the same season, it is an additional 3 game suspension for the coach.
- Racial, ethnic or gender related slurs on the ice or in the rink, before, during or after the game is an automatic 3 game suspension and will be reviewed by the Commissioner for further action.
- Match penalty is a minimum automatic 3 game suspension and the Commissioner must be contacted immediately to determine the overall length of the suspension.
- A coach leaving the bench for any reason except to tend to an injured player shall be ejected and receive a 3 game suspension.
- A coach encouraging players to violent action or condoning such action shall be ejected and suspended for a minimum of 5 games.
- Placing hands on or otherwise touching an official is a minimum 5 game suspension for the first infraction and expulsion if it happens a second time.



RULE CHANGES FOR 2018-19 SEASON

Serving Suspensions

- When a **Game Misconduct** or **Match Penalty** is received in an NJYHL game, the suspension is served in the immediate subsequent NJYHL game.
- If the immediate next game is a **non-league game**, the suspension is served in that game (to satisfy USA Hockey requirement) and then also in the next NJYHL game on the schedule (potential for 2 games missed).
- The Commissioner must be contacted immediately when a fighting major penalty or match penalty is assessed. The offending team is responsible to initiate the contact.
- Penalties requiring suspension in non-league games must be sent to the Commissioner.
- Any player serving a suspension must not be in the playing area (bench, penalty box or scorekeeper area)
- Any coach serving a suspension may not be near the player bench or be coaching in any way.



RULE CHANGES FOR 2018-19 SEASON

Serving Suspensions

- Any coach using a player under suspension incurs additional suspension and fine (covered earlier under rule changes)
- Officials do not assess suspensions – they assess penalties. The written penalty attaches a suspension. Officials do not have the authority to comment on the length of a suspension nor can they lessen (or increase) a suspension
- The **NJYHL Commissioner** is the only one that can reduce or increase a suspension at his discretion.
- There is a right of appeal for any suspension involving more than three games.

