



Point Edward

Minor Athletic Association

Hockey

MISSION STATEMENT

The purpose of the booklet is to establish regulation and guidelines for everyone participating in the Point Edward Athletic association (PEMAA) Hockey Program.

Any infraction of these regulation and guidelines may result in the temporary or permanent suspension of player, coaching staff or officials by the Hockey Convener and /or the Board of Directors.

This program is founded to foster and promote the development of skill, abilities of the team play, and sportsmanship through the sponsoring and supervision of hockey events for the benefit of minors and their families residing in or about the said village of Point Edward.

Nothing contained herein is intended to discriminate against any participant in the program in any way whatsoever.

OBJECTIVES OF THE PEMAA HOCKEY PROGRAM

1. To ensure that all participants are given equal opportunity to participate in all hockey programs regardless of race, creed, sex or level of ability.
2. To teach the youth of the PEMAA: Team play and sportsmanship
3. To provide enjoyable recreation through competitive hockey.
4. To represent the Point Edward hockey community with pride, manners and dignity

AS A PARTICIPANT:

You, as a player, have a distinct responsibility to:

1. Your team
2. To the Association members as organizers of the Hockey Program
3. You are expected to co-operate fully with your Coach(es), Trainer, Manager and Teammates and to represent the PEMAA well, both at home and when traveling.

AS A COACH/TRAINER AND/OR MANAGER:

You are responsible for:

1. The instruction of your team
2. Improving their hockey knowledge and capabilities
3. Providing leadership
4. Ensuring the proper conduct of your team
- 5.

AS A PARENT/GUARDIAN:

You, as a parent/guardian are expected to abide by the Regulation and Guidelines of the PEMAA Hockey Program and respect the decisions made by the Coaching Staff of any team your child may be assigned to. All concerns must be channeled through the Hockey Convener in writing.

Volunteering

Point Edward Hockey is a volunteer driven organization. Without the commitment and hard work of the volunteers, our league would not exist. The personal rewards for volunteering are immeasurable. There are countless ways to get involved and here are a few ideas:

Coach, Bench Staff, Trainers, Goalie Coach, On-Ice Helpers, Managers, Time Keepers, Parents Group and Fund Raising.

If interested, please email Pointedwardhockey@hotmail.com

Fair Play Code for Players, Parents, Coaches and Bench Staff

Fair Play Code for Coaches and Bench Staff

- I will be reasonable when scheduling games and practices, remembering that players have other interests and obligations.
- I will teach my players to play fairly and to respect the rules, officials and opponents.
- I will ensure that all players get equal instruction, support and playing time.
- I will not ridicule or yell at my players for making mistakes or for performing poorly. I will remember that players play to have fun and must be encouraged to have confidence in themselves.
- I will make sure that equipment and facilities are safe and match the players' ages and abilities.
- I will remember that participants 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 work in cooperation with officials for the benefit of the game.

Fair Play Code for Players

- I will play hockey because I want to, not just 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 and "mouthing off" can spoil the activity for everybody.
- I will respect my 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/performances - those of my team and of my opponents.
- I will remember that coaches and officials are there to help me. I will accept their decisions and show them respect.

Fair Play Code for Parents

- I will not force my child to participate in hockey.
- I will remember that my child plays hockey for his or her enjoyment, not for mine.
- I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- 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 a game.
- I will make my child feel like a winner every time by offering praise for competing fairly and trying hard.
- I will never ridicule or yell at my child for making a mistake or losing a game.
- I will remember that children learn best by example. I will applaud good plays/performances by both my child's team and their opponents.
- I will never question the officials' judgment or honesty in public.
- I will support all efforts to remove verbal and physical abuse from children's hockey games.
- I will respect and show appreciation for the volunteer Coaches and administrators who give their time to coach and provide hockey for my child.

A Message to Parents (from Hockey Canada)

The game of hockey is for kids. Kids play the game because they love it and because it is fun. As parents we must all realize that, for kids, positive participation is always more important than excellence. The personal and social development that comes from being part of a team is one of the most enriching experiences offered by the game. We must continue to live the values of fun and fair play, respect, integrity and teamwork with a balanced perspective of expectations and definition of success. We must celebrate our good experiences with this great game. Our volunteers, our coaches, our referees, our parents and our children are all critical partners in ensuring the game sustains these high values. No one, however, is more critical than our parents. We must particularly assist our parents in setting reasonable expectations while understanding the game, its process and its administration. Being a hockey parent is no easy task. Hockey parents are often called upon to wear many different volunteer hats, some of which result in conflicting roles. A hockey parent may be a coach, evaluator, director or a referee – any of whom is required to make decisions in everyone's best interest while still being a mom or dad wanting what's best for his or her own child. Parents wrestle with reconciling their roles and controlling their passion as fans while being faced with the constant challenge of „doing the right thing“. Hockey Canada is committed to helping those parents meet these challenges to ensure they continue to enjoy the game and have as much fun as their kids. Remember, it's about fairness and respect! It's about play! It's all about family! It's about us all having fun and being kids! What else could really be more important?

Hockey Registration Procedure

A designated night will be set for **Point Edward residents only (Living in Point Edward as of June 1st of said year)** . Proof of residence and copy of Birth Certificate must be provided.

A second night will be designated for **Point Edward Residents and returning players** from the previous season. Proof of residency and copy of Birth Certificate must be provided.

A third evening will be designated for **non-resident players** to register for any remaining positions. Copy of Birth Certificate must be provided.

Returning players will be ranked according to consistent and immediate years of play. In the event of a tie, a draw will be made and witnessed to place the player on the designated team.

If you are intending to try out for a travel team, you must secure your position through the registration process in Point Edward. Monies will be reimbursed if the player makes another team.

If you are a Point Edward resident and you miss the first two assigned dates without notification to the Convener, you risk your position. The player will be placed on the top of the waiting list for the designated team.

Any questions or concerns must be directed in writing or email (via website) to the Hockey Convener.

Players Equipment Requirements

All players including goalies must wear protective equipment when stepping on to the ice. Here's a list of protective equipment + extras required to play the game:

Skater Goalie Notes

CSA approved helmet with face cage

Chin strap must be firmly fastened

Shoulder pads Full upper body armour

Hockey pants

Hockey gloves Goalie blocker and trapper

Athletic support Goalie support

Neck guard Neck guard BNQ Approved

Goalie: additional external throat guard

Knee/shin pads Goalie pads

Elbow pads Full upper body armour

Mouth guard Strongly recommended (just ask your dentist!)

Team jersey Goalie jersey Supplied

Practice jersey Competitive players will need

Hockey socks

Undershirt and pants Optional – compression fabric works great!

Garter or shorts to hold socks up

Hockey skates Goalie skates

Hockey stick Goalie stick

Hockey tape Optional

Water bottle Optional

Hockey bag Goalie bag To hold all the equipment!

Team sweaters are the responsibility of the Team officials and must be cared for by both officials and players. Game sweaters must not be used for practices or for wearing outside of the hockey arena without the Hockey Conveners approval. No permanent lettering or signage will be created on any PEMAA sweater. Any person doing so will be required to compensate the PEMAA.

GENERAL RULES

1. All team officials and players are governed by: the PEMAA Board of Directors, the Hockey Convener and their Constitution and By-Laws.
2. The Board of Directors will handle all formal complaints received from the Hockey Convener in dealing with all matters requiring investigation and discipline for participants in the Program.
3. The Board of Directors will act upon no complaint, unless received in writing within a 48-hour period of the said occurrence.
4. Temporary or permanent suspension of violators of the PEMAA Hockey Regulation is at the discretion of the Board of Directors and or the Hockey Convener.
5. If a situation arises where no rule seems to apply, the Hockey Convener shall make the final decision. This rule pertains to all hockey programs.
6. **TEAM DISCIPLINE:** The Coach **may** suspend a player a maximum of three one-game suspensions before a Board of Director meeting must be held.

Notwithstanding the above, a coach may suspend a player indefinitely for any infraction warranting such action. Whenever a player has been suspended for an indefinite period, the Coach shall notify the player, the parents, and the Hockey Convener in writing within a 48-hour period. The Board of Directors shall deal with any player who has been suspended for an indefinite period.

7. Any player who is suspended during games shall serve his/her suspension in accordance with the appropriate OMHA or OHF Regulation. PEMAA suspension rulings will be in addition to these regulations. Abuse, foul language, or obscene gestures by team management, players, game officials or parents is forbidden at all times. Offenders will be subject to discipline by the PEMAA Hockey Convener or the Board of Directors.
8. All registration fees must be paid before the player may participate. The Board of Directors may grant special consideration.
9. No cresting involving the PEMAA approved logo may be used without the permission of the PEMAA Board of Directors.

10. Team officials or players who are under the influence of alcohol or narcotics are not allowed to participate in any PEMAA hockey Program. Offenders will be subject to suspension as determined by the PEMAA Hockey Convener and Board of Directors.
11. Equipment issued to the team is the responsibility of the team officials and players and parents and must be properly cared for at all times.
12. Players must behave in a courteous manner when representing the PEMAA Hockey.
13. Any player who voluntarily quits a team shall be subject to suspensions for the remainder of the season. Written documentation by the Coach must be submitted to the Hockey Convener for referral to the Board of Directors.
14. Team officials are defined as the person or persons who are in charge with the responsibility for the operation of a specific hockey team. This included the coaches, managers, and trainer.

Parents will not interfere with the running of the team. If there is any issue that cannot be resolved through open dialogue with the coach/manager, it should be brought to the Hockey Convener in writing.

Parents are not allowed in the dressing rooms before or after the games unless invited by the team officials.

All players are under the jurisdiction of PEMAA while participating in any sanctioned activity/tournament.

All PEMAA players (including goaltenders) will wear the appropriate protective equipment; this includes a throat guard and mouthpiece at ALL practices and games.

In addition to the protective neck guard, goaltenders are also required to wear an approved throat guard (goats beard).

Goaltenders skates are recommended for Atoms and older.

PEMAA players will not practice or play with any other team in any other Association.

Rules of play as set down by the Hockey Canada and OMHA shall apply throughout the season/play-offs and including any special PEMAA sponsored hockey events. The following rules shall apply in addition to the OHF or OMHA rules:

Match Penalty: OMHA suspension (pending a hearing), plus an indefinite suspension pending an investigation and hearing by the Convener/Board of Directors.

Gross misconduct: Any player, or team official, who is assessed a gross misconduct for travesty of the game, using foul or abusive language or obscene language or gestures shall be suspended as per OMHA rules and additional games may be added by PEMAA.

The coach of any PEMAA team calculating a total penalty time greater than the allowable limit will automatically be suspended from the next scheduled game played by his team as per OMHA rules. The allowable time for Novice, Atom and Peewee is 26 minutes and for Bantam, Midget is 36 minutes check section 8.1 in the OMHA Operations Manual.

LOCAL LEAGUE COACH, TRAINER AND MANAGER DUTIES

A team will consist of 15 players, 2 goalies, and 3 complete line changes, if numbers permit. (THERE IS NO AP'ing PLAYERS) We can "At Large bench staff"

The coach is responsible for the conduct and discipline of their players, both on the ice and within the arena. Rough play/horse play will not be tolerated and will lead to disciplinary action.

Coaches will arrive at least thirty minutes prior to the game and obtain the dressing room before any players are to enter. Players are not to be in the dressing room unless two approved bench staff are present.

It is essential that teams be ready to take the ice immediately after the preceding game is finished.

Home team Coach must ensure game sheets are ready before the game begins.

Grievances and/or complaints by the team officials to the Convener shall be submitted in writing and will be ruled on by the Hockey Convener and/or the Board of Directors.

Hockey Convener Responsibilities

Registration

Online Rosters-Registration (Hockey Canada Registry)

Tournament (Approval and Travel Permits)

Lambton Middlesex Representative

Scheduling

- **Games**
- **Ice-time (Communicate with arena staff)**
- **Timekeepers**
- **Referees (submit to Bluewater Referees Assigner)**
- **Oversee first round of playoffs and complete second round with other Middlesex reps**

Coaches and Bench Selection (approval from Board)

Clinics and Police checks

Equipment

Coaching Selection

- Distribute and collect coaching applications by a specified date.
- Convener to select possible candidates for coaching positions
- Discuss applications with a committee composed of the president of the Minor, the hockey convener and the AAA Lambton rep.
- Interviewing (if required) with the selected committee members and select perspective coaches.
- Bring forth candidates to the Point Edward Minor Athletic Association Board for ratification.
- Contact successful and unsuccessful candidates for acceptance through written form or email.
- Coaches are then asked to develop a possible bench to be presented to the minor for final approval. All applicants to be informed either verbally or in writing of acceptance or denial of position.
- Direct coaches and their benches, to ensure proper clinic choices and registrations are complete.
- Meeting arranged with coaches to review expectations of position including conduct of bench, parents and players. Set dates for scheduling meetings.
- Attend and assist during scheduling meeting. Collect schedules and create master for each league and distribute.
- Ongoing communication with coaches throughout season. .

Scheduling

- All regular league games and playoff schedules will be overseen and approved by the hockey convener.
- Compiling of schedules will be completed and copies given to the BRA Assigner and the Point Edward Memorial Arena Staff.

- During playoff scheduling, all ice times will be used at the convener's discretion in order to schedule all teams.

Timekeepers

1. Timekeepers must be trained on the clock and aware of how to fill out the game sheet.
2. Each game sheet must be hand delivered to both home and visitor coaches at the end of each game.
3. Original copy of game sheets are to be placed in the box hanging behind the equipment room door for the Convener.
4. All time keepers should be aware of all penalty signals and abbreviations. (listed on back of game sheet)
5. Each time keeper will be given a bi-seasonal schedule. Any discrepancies need to be reported to the Convener within a week. Any changes needed after this weeks time are the responsibility of the time keeper.
6. If you have found a replacement for your game, please email or call in this change to the Convener.
7. Payment will be made the week before Xmas and at the end of the playoff season.

On Ice Volunteers

- Ice time will be used for Rostered players only. Convener approved volunteers (ex: community hours) are the only exception.
- Each volunteer must be accounted for with OMHA through the Insurance policy.

Equipment

- All equipment will be included in a annual inventory check. Purchases are only to be made with a submitted quote and signed

permission from the Hockey Convener. Any receipts will be submitted to the Treasurer by the Hockey Convener for repayment.

Coaches Responsibility

- To select and submit their bench by the date specified by the Hockey Convener.
- Once approved, ensure each bench member is certified in PRS/Respect in Sport in addition to any other required certification under the Hockey Canada regulations.
- All bench staff including the Coach must have an up to date Police Check or Waiver submitted to the Hockey Convener for litigation purposes.
- Ensure that the locker room is supervised by a bench member at all times for litigation purposes.
- Ensure all players are wearing required equipment before stepping on ice.
- To serve as the official spokesperson on behalf of the team.
- Coordinate and delegate responsibilities to the bench members.
- Plan on and off ice activities in consultation with the bench staff.
- Coach the team in all games and practices.
- Report any concerns directly to the Convener.
- Report any schedule changes directly to the Convener.

Tournaments

- Each team is allowed one paid tournament per season. Any additional tournaments will be at the cost of the team through agreement and collection from parents.

Exhibition Games

- Each team is allowed one exhibition game at our expense. The game must be cleared through the Convener before confirmation can be given to the incoming team. Referees and timekeepers will be booked at time of confirmation

Concussion Guidelines

The risk of concussions, especially among young athletes, is getting more attention these days — but there's still much we don't know.

If your child suffers a blow to the head, watch for any of the following signs:

- Vacant stare
- Delayed answers to questions
- Easily distracted
- Disorientation to time and place
- Slurred speech
- Emotionality out of proportion to circumstances
- Memory deficits
- Loss of consciousness
- Headache
- Vomiting

*****An incident form must be filled out by the Trainer within 24hrs of the incident and submitted to the Hockey Convener**

Concussion Protocol

Step 1: Concussion exists... contact family physician for medical evaluation. It's important to find out what you are dealing with. Make sure to rule out internal bleeds or fractures that may have occurred.

Step 2: Contact Sarnia Physiotherapy and Sports Injury Clinic 714 London Rd, phone number 519-332- 4545 to book post concussion assessment.

Step 3: Return to play appointment. Three options:

1. Clearance to return to play can come from family physicians.
2. Clearance to return to play can come from the Sarnia Physiotherapy and Sports Injury Clinic contact Dr. Charlie Monk.
3. Clearance to return to play can also come from the Fowler Kennedy Sports Medicine Clinic in London, Ontario, 519-661-301. Ask for Sandra Shaw.

visit www.impacttestcanada.ca to understand more about concussions and take a pre-concussion test.

