



NORTH VALLEY HOCKEY

CODE OF CONDUCT



Code of Conduct for Players

Please read carefully, it is your obligation to understand and follow this code.

Athletic competition should always demonstrate high standards of sportsmanship and good character. North Valley Hockey believes that all players in our league should be committed to using the highest ethical conduct; integrity, respect, fairness, and good sportsmanship. This code of conduct applies to all players involved in competition at Cal Skate or the travel teams.

I understand that, in order to participate in league play, I must act in accord with the following ethical conduct:

Integrity of the Game — Protect the integrity of the game; Play the game according to the rules, live up to high standards of fair play, honor the spirit and the letter of rules, avoid temptations to gain competitive advantage through improper gamesmanship techniques.

Respect: Treat opposing players and teammates with respect at all times, and require the same of other athletes.

Class & Character: Play with class, be a good sport, be gracious in victory and accept defeat with dignity, give fallen opponents help, compliment extraordinary performance, show sincere respect in pre- and post-game rituals.

Disrespectful Conduct: Don't engage in disrespectful conduct of any sort including; profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.

Respect Officials: Treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event, don't ever physically or verbally abuse a referee.

Self-Control: Don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate, never intentionally injure any player or engage in reckless behavior that might cause injury to myself or others.

Integrity of the Game: Protect the integrity of the game; Play the game according to rules, live up to high standards of fair play, honor the spirit and the letter of rules, avoid temptations to gain competitive advantage through improper gamesmanship techniques.

Facility: I will only shoot pucks and use my hockey stick on the rink. I will respect the facility and not abuse it in anyway.

I have read and understand the requirements of this Code of Conduct. I understand that I am expected to perform according to this code and failure to comply could result in a game penalty, and suspension. Repeated acts may involve expulsion from my team, and or the league.



Code of Conduct for Coaches

Please read carefully, it is your obligation to understand and follow this code.

We, at North Valley Hockey, believe that athletic competition should be fun. We believe that those who coach players are, first and foremost, teachers who have a duty to assure that their sports programs **promote important life skills and the development of good character**. We believe that the essential elements of character-building are embodied in the concept of sportsmanship core ethical values: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. We believe, further, that the highest potential of sports is achieved when teacher-coaches consciously teach, enforce, and model these values and are committed to the ideal of pursuing victory with integrity. Finally, we believe that sincere and good-faith efforts to honor the words and spirit of these values will improve the quality of our programs and the well being of our players. This Code of Conduct applies to all coaches involved in North Valley Hockey league at Cal Skate.

I understand that in my position as a coach, I must act in accord with the following values:

Integrity: Model high ideals of ethics and sportsmanship and always pursue victory with integrity; teach, advocate and model the importance of honor and good character by doing the right thing even when it's unpopular or personally costly.

Honesty: Don't lie, cheat, steal or engage in or permit dishonest or unsportsmanlike conduct.

Respect: Treat all people with respect all the time and require the same of players.

Class: Be a good sport, teach and model class, be gracious in victory and accept defeat with dignity; encourage players to give fallen opponents a hand, compliment extraordinary performance, and show sincere respect in pre- and post-game rituals.

Taunting: Don't engage in or allow trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.

Respect Officials: Treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event.

Respect Parents: Treat the parents of players with respect; be clear about your expectations, goals and policies and maintain open lines of communication.

Profanity: Don't engage in or permit profanity or obscene gestures during practices, sporting events, or any other situation where the behavior could reflect badly on the team.

Positive Coaching: Use positive coaching methods to make the experience enjoyable, increase self-esteem and foster a love and appreciation for the sport. Refrain from physical or psychological intimidation, verbal abuse, and conduct that are demeaning to players or others.

Effort and Teamwork: Encourage players to pursue victory with integrity, to think and play as a team, to do their best and continually improve through personal effort and discipline. Discourage selfishness and put less emphasis on the final outcome of the contest, than upon effort, improvement, teamwork, and winning with character.

Inherent Responsibility of Coaches

I understand that in my responsibility as a coach to teach and promote:

Life Skills: Always strive to enhance the physical, mental, social and moral development of players and teach them positive life skills that will help them become well-rounded, successful and socially responsible.

Good Character: Foster the development of good character by teaching, enforcing, and modeling high standards of ethics, sportsmanship.

Role-Modeling: Be a worthy role-model, always be mindful of the high visibility and great influence you have as a teacher-coach and consistently conduct myself in private and coaching situations in a manner that exemplifies all I want my players to be. Refrain from profanity, disrespectful conduct, and the use of alcohol or tobacco in front of players or other situations where my conduct could undermine my positive impact as a role model.

Competence: Strive to improve coaching competence and acquire increasing proficiency in coaching principles and current strategies, character-building techniques. Maintain a thorough knowledge of current game and competition rules and assure that my student-athletes know and understand the rules.

Positive Environment: Strive to provide a challenging, safe, and enjoyable sports environment that is physically and emotionally safe. Be fair in competitive situations, selecting a team, disciplinary issues and all other matters.

Self-Control: Control my emotions; avoid displays of anger and frustration; don't retaliate.

Integrity of the Game: Protect the integrity of the game; Play the game according to the rules. Enforce this Code of Conduct consistently in all games even when the consequences are high.

Protect Athletes: Put safety above the desire to win; never permit players to intentionally injure any player or engage in reckless behavior that might cause injury to themselves or others.

Improper Gamesmanship: Promote sportsmanship over gamesmanship; don't cheat, resist temptations to gain competitive advantage through strategies or techniques that violate the rules.

I have read and understand the requirements of this Code of Conduct. I will act in accord with this code. I understand that North Valley Hockey will and should expect that I will follow this code.



Code of Conduct for Parents/Guardians

Please read carefully, it is your obligation to understand and follow this code.

Athletic competition of interscholastic age children should be fun and should also be a significant part of a sound educational program. Everyone involved in sports programs has a duty to assure that their programs impart important life skills and promote the development of good character. Essential elements of character building are embodied in the concept of sportsmanship and core ethical values: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when all involved consciously teach, and enforce these values, and are committed to the ideal of pursuing victory with integrity. Parents/guardians of players can and should play an important role and their good-faith efforts to honor the words and spirit of these values which can dramatically improve the quality of a child's sports experience.

Integrity — Live up to high ideals of ethics and sportsmanship and encourage players to pursue victory with integrity. Do what's right even when it's unpopular or personally costly.

Loyalty — Be loyal to the team; Put the interests of the team above your child's personal glory.

Respect — Treat all people with respect at all times and require the same of your players.

Class — Teach your child to live and play with class and be a good sport. He/she should be gracious in victory and accept defeat with dignity, compliment extraordinary performance, and show sincere respect in pre- and post-game rituals.

Disrespectful Conduct — Don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.

Respect for Officials — Treat game officials with respect. Don't complain or argue about calls or decisions during or after.

Character — Parents/guardians too should represent the league, coach and teammates with honor, on and off the court/field. Consistently exhibit good character and conduct yourself as a positive role model.

Self-Control — Exercise self-control. Don't fight or show excessive displays of anger or frustration.

Spirit of the Rules — Honor the spirit and the letter of rules. Teach your children to avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

I have read and understand the requirements of this Code of Conduct and acknowledge that I may be disciplined if I violate any of its provisions.