

# ESHA Guidelines for Pick-Up Hockey (Bantam to Midget)

## Mandatory Policies

- Pickup hockey sessions are for Bantam to Midget aged players (13-18). Parents of these players are the exception and may participate.
- Goalies play for FREE.
- No checking.
- Full hockey gear required.
- USA Hockey-approved helmets MUST be worn at all times. All participants under the age of 18 must wear a full shield.
- Fighting will NOT be tolerated. Fighting will result in expulsion without refund.
- All participants (including playing parents) not registered with ESHA or USA Hockey must complete participant information and waiver forms – non-ESHA members must bring verification of USA Hockey registered status.
- Staff have the right to ask anyone not following the above to leave as these rules are in place to protect everyone's safety.

## Suggestions (it's okay to chuckle, but please heed the messages within)

- Pass the puck. You might be the best player on the ice. You might be able to stick-handle through the other team and score at will, but nobody likes a puck-hog.
- Don't kill the goalie. During the warm-up -- no goalie ever asks to have his head warmed up, nor do they need to work out kinks in their neck or collarbone. During the game -- when the goalie puts his glove or pad on the puck stop hacking and poking. Assume the play is dead and skate away. If you are driving the net and have to choose between running over the goalie (and scoring) and going around the net (and not scoring), opt for the latter.
- Don't kill anybody else. If you get the puck at the point, resist the temptation to shoot for the top corner. Ripping a shot past the ears of the guys standing in front of the net won't win you any friends.
- Get off the ice. If you are tired, get off the ice. If you are resting your stick on your knees and sucking for air, get off the ice. If you've been on the ice for more than 2 minutes, get off the ice. If your line mates head for the bench, get off the ice. When in doubt, get off the ice.
- Keep it clean. Assume the NHL rules apply to you - stop hooking, holding and water-skiing. If you trip somebody, apologize. If somebody trips, hooks or holds you, assume it was an accident.
- Don't whine about the teams. It is difficult to create balanced teams from a wildly unbalanced talent pool. If the odd game is a little one-sided just shut up and play harder. Consider it an opportunity to work on your defensive play.
- You will not be discovered by an NHL scout while playing pick-up hockey. Play hard but remember that everybody has things to do the next day.
- Humility. If you score a goal please remember it's pick up hockey. Nobody likes the jackass who rubs it in every time he scores (there are exceptions of course) so simply skate over to the guy who passed you the puck, tap his glove, and get on with it.