



## High Country Minor Hockey Association Player Code of Conduct

As a player in High Country Minor Hockey Association (HCMHA), I promise to follow the rules and show good behaviour both on and off the ice from September to May during the hockey season. If I don't follow this Code of Conduct, I understand that there may be consequences.

These could include:

- Sitting out of games or practices,
- Not being allowed to skate for a while, or
- In serious cases, being asked to leave the team.

Team coaches, managers, or people on the HCMHA Board of Directors will decide what happens if someone breaks the rules.

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### Why This Code Is Important

This Code of Conduct helps make sure that everyone—players, coaches, referees, and families—have fun, feel safe, and are treated with respect while being part of High Country Minor Hockey.

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### Fair Play Rules for Players

- I will play hockey because I enjoy it, not just because someone else wants me to.
  - I will follow the rules of the game and always try to play fair.
- I will keep my cool. I won't fight or talk back because that can ruin the fun for everyone.
  - I will respect the other team, even if they're our opponents.
  - I will try my best to be a good teammate.
- I know that winning isn't everything—what matters most is having fun, learning new skills, making friends, and trying my best.
  - I will cheer for great plays—whether they're from my team or the other team.
- I understand that coaches and referees are here to help. I will listen to them and treat them with respect.



**Things That Are Not Allowed (On or Off the Ice)**  
**These actions are not okay and will lead to consequences:**

- Stealing
- Damaging property (vandalism)
- Fighting
- Bullying or cyberbullying (online or in person)
- Being rude or disrespectful to referees, coaches, rink workers, or anyone involved in hockey
  - Swearing or using abusive language
- Using drugs, alcohol, or tobacco (including chewing tobacco)
  - Making a mess in the locker rooms
- Acting in a way that's mean, harmful, or unsafe to others
  - Being a poor sport

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**What Is Unacceptable Behaviour or Harassment?**

It's not okay to treat others in a way that's:

- Rude or disrespectful,
- Meant to hurt someone's feelings or make them feel scared,
  - Physically harmful, or
- Meant to embarrass or insult others—whether it's in person, in writing, or online.

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**I AGREE that**  
**I understand and agree to follow this Code of Conduct. I know that if I break the rules, there will be consequences as explained by HCMHA.**

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Signed on this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_  
Day Month Year

**Player Name (print):** \_\_\_\_\_

**Player Signature:** \_\_\_\_\_

**Parent/Guardian Signature:** \_\_\_\_\_