

# Woodstock Youth Hockey Philosophy

WYH strives to provide an organized and enjoyable environment wherein participants can enjoy learning the skills of hockey and skating, safely. The goal of the organization is to provide a program that teaches the skills and game strategies to all age groups, administered by qualified adult leaders, all of whom are volunteers.

\*Our coaches are charged with emphasizing sportsmanship, integrity, mutual respect, discipline, self-reliance and teamwork. We consider the pursuit of excellence, fun and fair play as the formula for a positive experience.

**Sportsmanship:** We promote a sense of fair play, modesty in victory, graciousness in defeat and friendship with teammates and opponents alike.

**Integrity:** We encourage honesty and fair play above strict interpretation of the rules and regulations of the game.

**Mutual respect:** We treat others as we expect to be treated.

**Discipline:** We expect *all* members of the association to conduct themselves in a controlled manner both on and off the ice.

**Self Reliance:** We want and encourage our participants to take initiative confidently.

**Teamwork:** We believe that learning together as a team is rewarded by success on the ice.

***WE WELCOME all new skaters who want to play hockey!***

## Welcome to Woodstock Youth Hockey!

The WYH Handbook is based on information gathered from USA Hockey and Vermont State Amateur Hockey Assoc. (VSAHA) guidelines and the WYH Board policy. For any rules, policy or procedure not covered in this handbook, WYH will defer to the USA Hockey and VSAHA rules and guidelines.

### Introduction

*Woodstock Youth Hockey* was started in the early 1970's by a group of parents who wanted to give their kids a more structured and organized way to play their favorite sport. From humble beginnings, the organization has grown to a program *rostering teams at varying levels*, ranging in age from 5 to 14 years.

Our home ice is at the *UNION ARENA COMMUNITY CENTER* located on the grounds of Woodstock Union High School in West Woodstock, 802 457-2500.

Our season runs from *roughly* October to February. Frequency of practices, number of games and participation in State and other tournaments will vary with the age and ability level of each team.

Our teams are formatted under the guidelines of USA HOCKEY which dictates that there will be a minimum of 11 players and a maximum of 20 players (including goalies) on a team. Birth date dictates which level team a skater may play on. Age classification is based on the calendar year of

birth and eligibility is noted with each team classification. *On a case by case basis a child may petition up. See Petitioning Up.*

*Membership of WYH* is comprised of the parents/guardians of all players registered in the program during a given season. Members are eligible to vote at the Annual Meeting based on the number of skaters they have in the program during the preceding season.

WYH will make every effort to provide at least one travel team at each age group playing at one of the Vermont designated levels (A, A/B, B).

It is the intent of WYH to provide fair playing time to skaters ***over the course of the season based on attendance at practice, effort, personal skater safety and adherence to team rules.*** Particularly at the higher levels, the head coach will use his or her discretion to determine the appropriateness of a player's involvement in any given game, with the wellbeing of the skater as the goal. The exception to this is the **STATE TOURNAMENT**, during which games are **PLAYED TO WIN. Play time is not guaranteed.**

## **Registration Fees**

Registration takes place in MAY in order to better organize teams and plan for the upcoming season. A non refundable fee is due at the time of registration to WYH with the balance due before the first practice. *Late registration will incur a late fee of \$50 for returning players.* At the time of registration with WYH, *it is required that Woodstock Youth Hockey Association members also be a member of USA Hockey. Registration for USA Hockey can be done on line at [www.usahockey.com](http://www.usahockey.com).*

Registration fees cover ice practices and home games, which include officials, etc. Visa and Master Card are accepted. In the event registration does not yield adequate numbers at any level, every effort will be made to combine with another like organization which may entail home ice being elsewhere.

It is WYH policy that registration fees must be paid in full, or an alternative payment plan arranged by parent/guardian with the Treasurer of WYH, before a skater may participate in an on-ice event. This includes clinics and practices. *Registered WYH Members are required to participate in the fund raising efforts, families must donate a minimum 5 hours of work assistance for home games.*

## **Scholarship Fund**

WYH does not wish to exclude any child who wishes to play hockey. The Association will attempt to make funds available for those families needing financial assistance for regular season fees. The *Jon Brown Scholarship Fund* was set up in 1995 in memory of past President Jon Brown to help those in need to meet their financial commitments for regular season fees. Application forms are available at time of registration. Qualification for assistance is based on guidelines similar to the assisted school lunch program. This is a respectful and confidential process.

## **Affiliations**

*Woodstock Youth Hockey* is a member of the *Vermont State Amateur Hockey Association (VSAHA)*, and *USA Hockey*. *VSAHA* sets policies for youth hockey, state tournaments in Vermont, and deals with disciplinary issues. ([www.VThockey.org](http://www.VThockey.org))

WYH operates under the rules and guidelines of *USA Hockey* (originally established in 1937 as the Amateur Hockey Association of the United States) as the governing body for amateur hockey in the United States. ([www.usahockey.com](http://www.usahockey.com))

*USA Hockey* oversees the activities of thousands of youth hockey players and programs. It is the exclusive representative of the US Olympic Committee and the International Ice Hockey Federation and is responsible for the selection and training of National and Olympic hockey teams for international competition. It sets policy and guidelines for age groups, equipment standards and other operational needs. It is staffed largely by volunteers and is funded by registration fees, donations, grants and corporate sponsorship. ([www.usahockey.com](http://www.usahockey.com))

*USA Hockey* conducts regional and national championships and development camps, and provides an insurance plan for participants. It offers programs on coaching education, officiating, and promotes uniformity in playing rules and their interpretation, and sets standards for equipment approved for participants' use. All WYH Coaches are certified in accordance with *USA Hockey* requirements. The American Hockey magazine is published nine times annually and mailed to all registered members.

## Job Descriptions

WYH is a volunteer run and operated association. *In addition to fundraising the following positions need to be filled by parent volunteers on an annual basis.*

**At Large Board Members** are elected at the Annual Meeting by the Membership for a three-year term, and are responsible for administering the business of the Association. Officers of the Association are elected by the Board from these members; however, an Officer is not required to be a Board member.

**Parent Representatives** are Board Members elected by the parents of the team they represent, either at the Annual Meeting or by team consensus prior to or during the following season. They communicate team successes and concerns to the Board and vice versa, and are responsible for organizing the smooth administration of home game duties and schedule changes as they arise. Board meeting attendance is required.

**Ace Coordinator** coordinates, supports, and guides the coaching staff with any educational or other needs. Supports the coaching staff with goals to improve understanding of the game, ability to run effective practices and improve skills as needed. Ensures that player basic skill drills are evaluated and recorded appropriately and serves on player placement committee.

**Coaching Director** administrates the recruitment and certification of all team Head Coaches and Assistant Coaches in accordance with VSAHA requirements and ensures that all coaching staff has attained the necessary certification needed for their level of involvement. *Oversees the age group progressions and assists coaches with drill development, progression and coaches ed.*

**Scheduler** is responsible for working with team coaches in securing sufficient ice time to accommodate practice and to schedule home and away games for all teams in the Association based on the skill level of each team. The scheduler must communicate all changes in schedules to Coaches and Parent Reps for communication to team members. Coordinates with Referee-in-Chief to assure officials are hired for all home games.

**State Representative** is elected by the members at the Annual Meeting for a one year term, and represents the Association at VSAHA meetings and is responsible for reporting back to the Board.

**Registrar** is responsible for ensuring that all players, coaches and teams are correctly registered with USA Hockey.

**Referee-in-Chief** has the responsibility of scheduling referees for all home games, recruiting and ensuring the registration, training and certification of all new officials.

**Tournament Director** is responsible for coordinating tournaments sponsored by WYH. This includes inviting teams, identifying and working with the tournament volunteer coordinator, establishing a tournament budget, making the scheduler aware of ice needs, making the Referee-in-Chief aware of referee needs, ordering trophies and participant gifts, producing the program and other responsibilities for tournament organization.

## **Codes of Conduct**

It is the goal of WYH to do more for each player than simply teach the game of hockey. The goal is to instill a sense of dedication, sportsmanship, team effort and loyalty to teammates, a strong work ethic and sense of independence and self-reliance.

*We require* all players, parents, coaches and Board Members be good ambassadors for the program both on and off the ice, in all situations connected to the program. Players, parents, and coaches will sign a Code of Conduct agreeing to be good ambassadors of the program. **Violation of the Codes of Conduct may result in disciplinary action at the discretion of the team coach and/or the Board.**

**Following are a few of the behaviors that are never acceptable at any WYH sanctioned event:**

- Yelling at referees, approaching referees between periods
- Having direct interactions with players, coaches or refs,
- Exhibiting or demonstrating frustration or anger, including throwing objects on the ice or confronting a coach, player or referee,
- Approaching the coach, bench or locker room before, during or after a sanctioned WYH event, unless the coach invites you to do so.

## **Coach's Code of Conduct:**

- *Care* more about the child than winning the game.
- Be a *positive role model* for your players.
- Be alert to the physical safety of your players and display emotional maturity at all times.
- Be *generous with praise* when it is deserved; be consistent, honest and fair.
- *Recognize* player's individual strengths *and* challenges, and through good (effective and positive) communication *with players and parents*, give all players the chance to improve their skills, confidence and self-esteem.
- Never abuse a player, official or any other individual verbally or physically.
- *Be familiar* with the rules, techniques and strategies of hockey and make the hockey experience *competitive yet* fun and challenging for your players. Foster TEAM SPIRIT.
- Maintain an open line of *communication* with your team parents and the *WYH Board*.
- *Be concerned* with your players' overall development. *Report any safety /health issues to the board immediately.*
- Stress good health habits and clean living and be a role model of such.

## **Player's Code of Conduct:**

- *Enjoy* the GAME!
- *Work hard* to improve your skills.
- Be a *team player*, respect and support your teammates and their equipment.

- *Learn* and practice teamwork, sportsmanship and discipline.
- *Be on time* for practices and games.
- Learn the *rules* and abide by them.
- *ALWAYS* be a *good sport*.
- *Respect* your coach, teammates, parents, opponents, and officials.
- *NEVER* argue with the official's decision.

### **Parent's Code of Conduct:**

- to encourage good sportsmanship by demonstrating positive support for all players, coaches, game officials, fellow parents and board members;
- to place the physical and emotional well being of my child and the other children in the organization ahead of my personal desire to win;
- to encourage my child to play by the rules;
- to recognize that practices and the skills they teach are key to my skater's development. practices are as important as games;
- to applaud effort in victory or defeat and stress the positive results of the game;
- to supervise any younger spectators that accompany me to a WYH game or practice. I will ensure, at all times, that my children are in compliance with rink rules;
- to recognize the effort and commitment of my child's volunteer coaches. I will support them in their effort to provide my child with a positive hockey experience. If I have a concern, I will go directly to either my parent rep or my child's coach. If it is not resolved, I will contact a board member;
- to learn the rules of the game and the policies of WYH and USA Hockey.

### **Spectator Conduct Guidelines:**

- *Display good sportsmanship* and respect coaches and officials.
- *Act appropriately* at all times, do not taunt or disturb other fans.
- Cheer good plays by both teams, don't boo anyone and *encourage fair play* by both sides. Profanity and negative cheers are unacceptable.
- *Foster a fun and safe environment*. Throwing any object on the ice can cause injury to players and officials.
- The glass surrounding the playing surface is part of the playing area. Do not lean over or pound on the glass.
- *Trust the judgment and integrity of the coaches and officials* and give them your support.
- *Be safety alert* – watch for flying pucks and other unexpected hazards.
- You are responsible for *young spectators* you bring to the game. Please control their activities.
- *Respect locker rooms* as areas reserved for coaches, players, and officials.
- *Be supportive* of the game, win or lose; recognize good effort, teamwork and sportsmanship.
- *Your actions will be subject to the host rinks disciplinary action plan*.

## Questions and Concerns of Parents

Questions and concerns may be addressed in several ways:

- General questions should be directed to the team parent representative to the Board.
- Specific questions regarding coaching techniques or philosophy should be directed to the team's coaches or, if necessary, the Ace Coordinator.
- Questions regarding behavior and discipline should be directed to the team's coaches or, if necessary, WYH Board president.
- *Any safety/health concerns should be brought immediately to the WYH Board.*

## Match Penalty/Disciplinary Action

In accordance with USA Hockey and VSAHA rules, a disciplinary hearing shall be held by the Association whenever a match penalty is assessed on a coach or player of the Association. Once a coach or player has been ejected from a game, they cannot play or practice for that team until a hearing has been held, disciplinary action taken, and any suspension served.

*The Disciplinary Committee shall consist of the WYH President, Vice-President, Secretary and State Representative of the Association.*

Other attendees at a Disciplinary Hearing shall be the coach or the player involved, the player's parent(s) or guardian(s), coaches of the player's team, and a representative of the State Disciplinary Committee, if available.

## Alcohol/Drug Policy

WYH prohibits the use of illegal chemical substances, including tobacco, alcohol and non-prescription drugs. The consequences for violation of this policy will be at the discretion of the Board.

- *Any incident will result in a meeting with the skater, parent(s), coach and Executive Committee which consists of the officers on the board.*
- The first acknowledged incident would result in suspension from playing in games for a two-week period. Attendance at games and participation in practices is still required.
- The second incident will result in immediate suspension from all activity for the remainder of the season. No refund of any fees paid to WYH will be made.

Smoking and/or the consumption of alcohol by any individual is prohibited at WYH's home ice. The Union Arena is on public school grounds. It is illegal to consume alcohol or to smoke *anywhere* on the premises.

## Team Classifications

### General Information:

**Joint practices** may be conducted at all levels dependent on ice time availability, and the need to preserve our registration fees at the lowest possible level.

Each team will have a pre-season meeting with coaches, parents and players. This is considered mandatory in order to establish the necessary level of communication within the team. *It is in the best interest of coaches, players and parents if everyone attends this meeting.*

WYH currently focus solely on travel hockey programs beginning at the Mite level. Union Arena Community Center operates a recreational youth hockey program focusing on fundamental skill development. The UA Youth Recreational Hockey Club will develop players that will ultimately feed into the WYH system.

## **Mites**

**Fee: \$475**

Age: Boys and girls 2002 and younger  
Season: October to February

An in-house team with limited travel for skaters with hockey experience. Expect a weekly schedule of one to two shared practices and one or two games plus the possibility of an end of the season Jamboree. Mites will follow VSAHA guidelines for this level of play.

## **Squirts**

**Fee: \$580**

Age: Boys and girls 2000 and 2001  
Season: October into February

Expect two shared practices two games per week in season. Expect to play a minimum of 20 games for the regular season plus the State Championships; this could be increased dependent on the team's desire. A second regular season tournament may be played at some additional cost to players. If school night games or practices are scheduled they will not start later than 7:00 pm.

## **Pee Wees**

**Fee: \$800**

Age: Boys and girls 1998 and 1999  
Season: October into February

Expect two practices and two games per week in season. Expect to play a minimum 20 games for the regular season plus the State Championships; this could be increased dependent on the team's desire. A second regular season tournament may be played at some additional cost to players. If school night games or practices are scheduled they will not start later than 8:00 pm. There may be a maximum of one 6:00 a.m. practice each week.

*(This is the youngest age group that includes checking)*

## **Bantams**

**Fee: \$890**

Age: Boys and girls 1996 and 1997  
Season: October into February

Expect a minimum of two or three practices and two games per week. Expect to play a minimum of 20 games for the regular season plus the State Championships; this could be increased dependent on the team's desire. A second regular season tournament may be played at some additional cost to players. If school night games or practices are scheduled they will not start later than 8:30 pm. There may be a maximum of one 6:00 a.m. practice each week.

## **EVALUATIONS:**

WYH will implement an independent evaluation process to determine the ability level of each player at the beginning of the hockey season to determine the best placement for their level. It is

important to emphasize that the goal of this process is to place players at the appropriate level that will afford them the safest, most rewarding and most enjoyable hockey experience.

The Placement Committee will consist of Board appointed individuals, including ACE coordinator and Board President. The committee will appoint 3-5 independent evaluators. **Skaters will be evaluated on scrimmage performance and the following criteria:**

- Puck Skills**
- Passing and receiving**
- Skating Ability**
- Physical play (including checking if appropriate)**
- Shooting ability**
- Goal tending ability(if appropriate)**
- Hockey awareness**
- Game strategy**
- Competitiveness**
- Being a team player**
- Knowing the game**

The evaluators will use a rating system in accordance with USA Hockey guidelines (see in the USA Hockey guidelines [www.usahockey.com](http://www.usahockey.com)). The placement committee will review the findings of the evaluators and in cases where clear consensus does not exist, may seek the opinion of the player's former coach. All final placement decisions will be made by the placement committee.

## **Petitioning Up**

After age level skills assessment, a skater may petition *to skate at a higher level* than his/her designated USA Hockey age group /level upon *written request from a parent or guardian*. *The petition requires approval of the Board*. Such approval is based on ability as determined by coaches in the association who are familiar with said skater, numbers of skaters at each level, evaluator's advisement, consensus of both team coaches involved, and any other mitigating factor. A skater may not skate at a level lower than his/her designated level. Again, this decision is made by the WYH Board.

## **Varsity Teams**

Woodstock Union High School varsity teams are not governed by USA HOCKEY rules and regulations. They are sanctioned by WUHS and the Vermont Principals' Association and their operation is consistent with all other WUHS Varsity sports. They are, however, *funded through WYH and are financially responsible to the WYH Board. They are also expected to participate in fundraising events!*

## **Fund Raising**

*Our current fee structure covers approximately 80% of operating costs. The remaining 20% is dependant on fund-raising. Therefore ALL PLAYERS AND MEMBERS ARE REQUIRED TO PARTICIPATE in the various fund raising events sponsored by the Association throughout the year.*

## **Equipment**

Recognizing that the game of hockey can be a costly financial investment, the Association makes every effort to help members acquire equipment at the best value available. We sponsor a used equipment sale

at Registration Night in **MAY** and many families also help by donating pre-owned gear and passing down outgrown equipment. For new equipment, Stateline Sports in West Lebanon, NH is extremely knowledgeable and dependable.

Game Jerseys are provided by and are the property of the Association. They are the responsibility of the player during the season and must be returned in acceptable condition at the end of the season.

Nameplates are provided for your skater's first season on a travel team. They should be loosely sewn on, *not glued*. Remove from jersey after the season and retain for the next season.

Game jerseys may *only* be worn for games and special team events, *not* for practices. They should be cold-water washed, and rips repaired as needed throughout the season. Game jerseys should be kept on hangers, and brought to every game (both green and white for those teams issued two sets). Practice jerseys, when issued are similarly the responsibility of the skater to return in acceptable condition. Players will be responsible for replacement costs of lost or unacceptable damage to Association equipment and jerseys.

*All other equipment* is the responsibility of the player, and to foster a sense of team unity we urge the following color choices when purchasing new equipment: Helmet – white; Gloves – black with white trim; Pants – black; Socks – dark green with one white stripe. (In stock at Stateline Sports).

### **Required Equipment:**

- Hockey stick
- Shin guards
- Gloves
- Skates
- Elbow pads
- Certified helmet & mask
- Neck guard
- Shoulder pads
- Athletic cup/Pelvic protector
- Mouth guard (colored)

### **Equipment Guidelines:**

- A *straight stick* is usually recommended for the beginner as it allows the player to experiment playing both ways. Generally a child who is a natural righty should be a lefty hockey player (the right, or dominant hand is at the top).
- The *stick height* should be no higher than the skater's nose when the skater is standing barefoot. Lower, around the mouth is better, as the shorter the stick the closer the blade will be to the body, making stick handling easier.
- A *neck guard* is required by the Association for all play at the Mite level and above.
- USA Hockey requires a *colored mouth guard*.
- The *helmet* and facemask must be HECC approved, which is usually indicated by a sticker on the rear, lower part of the helmet. (Often this is removed by wear and tear).

### **Goalie Equipment:**

Recognizing the additional expense of outfitting goaltenders in the sport, the Association has adopted the following policy guideline with respect to goalie equipment.

The Association will provide suitable equipment, *if available*. The Equipment Manager will be able to advise as to the availability of equipment.

- **Initiation through Squirts** – the Association provides leg pads, blocker, catching glove and upper body gear.
- **Pee Wees** and **Girls non-Varsity** receive up to 50% credit towards registration fees to purchase goalie equipment.
- **Bantams** receive up to 75% credit towards registration fees to purchase goalie equipment.

With the advice of the Equipment Manager, the Treasurer and President will approve all reimbursements or credits. It is wise to check before making a purchase that the equipment will be covered. Receipts verifying the purchase of goalie equipment eligible for credit should be submitted to the President.

## **All-Star Nomination Procedure**

It will be the responsibility of the State Representative to *coordinate* the process of selecting, submitting and sending qualified players at the Squirt, Pee Wee, Girls U-12 and U-16, and Bantam levels to the tryouts for the State All Star teams. He/she will coordinate with the Head Coaches of the three teams and the Ace Coordinator and submit a list of names for each team within the framework of VSAHA at the State meeting in February. Age eligibility is currently based on the calendar year.

Parents *do not* submit names for the tryout process!

High School players may self-nominate to tryout for their applicable team. Coaches will have more information during the month of February.

## **Second Season**

The regular season of the WYH ends with each team's State Tournament. Any play after that is called Second Season and is not included in registration fees paid at the beginning of the season. Those skaters who choose to participate will share costs involved with Second Season play.

Participation in and the extent of Second Season play will depend on the wishes and interest of each team and its skaters, which varies from year to year, with approval of the Board. Participation in second season play is NOT mandatory!

## **Board Information/Meeting Schedule**

The Board of Directors sets policy and oversees the daily operation of the Association. Directors are elected at the Annual Meeting by the membership of the Association. As a parent or guardian of a player, you are a member of the Association with one vote per skater. Woodstock Youth Hockey is a 501(c)(3) non-profit organization governed by a set of established By-Laws and run by the Board which is made up of directors-at-large and team representatives.

The Board meets regularly throughout the year. Meetings are open and members are encouraged to attend. Minutes from prior meetings are available upon request from any Board member.

## **Team Parent Representatives**

*To be elected at Annual Meeting.* **Parent Representatives** are Board Members elected by the parents of the team they represent, either at the Annual Meeting or by team consensus prior to or during the following season. They communicate team successes and concerns to the Board and vice versa, and are responsible for organizing the smooth administration of home game duties and schedule changes as they arise. Board meeting attendance is required.

## **Zero Tolerance Policy:**

USA Hockey has a Zero Tolerance Policy for all participants for unsportsmanlike behavior. This includes players, coaches and spectators, including parents.

**Players and Coaches** will be assessed a minor penalty for:

- Openly disputing or arguing any decision by an official.
- Using obscene or vulgar language or actions.
- Visually demonstrating any sign of dissatisfaction with an official's decision.

If unsportsmanlike behavior continues, a game misconduct penalty will be assessed, resulting in ejection from the present game and suspension from the next game.

**Spectators** will be required by the officials to leave the rink if their behavior is inconsistent with this policy.

*Coaches will review the Zero Tolerance Policy with all players; parents are requested to discuss it with their skaters so that there are no misunderstandings as to its interpretation.*

## **Rules of the Game**

***WYH follows the rules of the National Governing Body, USA Hockey. Where WYH does not have a rule, WYH will defer to the rule of USA Hockey.***

**Face Off** is the action of the official dropping the puck between the sticks of two opposing players to start play.

**Break Away** occurs when a skater is in control of the puck with no opposition between him/her and the opposing goal, with a reasonable opportunity to score.

**Creases** are semi-circular areas marked on the ice for use of goaltenders, (in front of each goal) and referees (in front of the scorer's box). Attacking players may not enter the defending goaltenders crease area unless the puck has legally preceded the player into the crease.

**Red Line** is the center or mid-field line of the rink.

**Blue Line** is the line marked parallel to the centerline of the rink on both sides that designates the attack and defensive zones for each team.

**Off Sides** an attacking player may not cross the blue line into the attacking zone unless the puck precedes him/her into the zone.

**Icing** occurs when a player (whose team is equal or superior to the opposing team in numerical strength) sends the puck from their own half of the ice to beyond the opposing team's goal line, and the defending team has no chance to play it. Play will resume with a face-off at the appropriate spot.

### ***Penalties:***

A penalty is the result of an infraction of the rules by a player or team official. It usually involves the removal from the game of the offending party for a specified period of time. In some cases a penalty may result in a free shot on goal, or the actual awarding of a goal.

**Body Checking** is the use of the body to gain advantage over an opponent to control the puck. (Pee Wee level and above, not in girls hockey). Checking outside the rules established by USA Hockey will result in a penalty.

**Cross Checking** occurs when a player contacts another player with the shaft of his stick, while holding the stick off the ice with both hands.

**Altercation/Fighting** is any physical interaction between two or more opposing players with a penalty/penalties resulting.

**Butt Ending** is when a player uses the shaft of the stick above the upper hand to jab or attempt to jab an opponent.

**Head Butting** is the use of one's head to check or strike an opponent in the head, neck, chest or back.

**Hooking** is the use of the stick to pull or tug at any part of an opponent's body or stick to impede his progress.

**Interference** occurs when a player impedes the progress of an opponent who is not in possession of the puck.

**Tripping** is the up-ending of an opponent in possession of the puck.

**Holding** is when a player holds an opponent with hands, stick or any other way (minor penalty), or when he holds the face mask of an opponent (major penalty).

**Charging** occurs when more than two steps are taken in an attempt to check and opponent.

**Slashing** is the action of striking or attempting to strike at an opponent with a stick, even if no contact is made. Tapping an opponent's stick may be considered slashing.

**Spearing** is the action of poking, or attempting to poke an opponent with the tip of the blade.

**Unsportsmanlike Conduct** is assessed for any arguing with an on-ice official, use of objectionable language or gestures, or any other action deemed unsportsmanlike by the officials.