



Maine Coast Storm Protocols & Procedures

TITLE: **ZERO Tolerance Policy**

SCOPE: Players and Coaches

PURPOSE: To set clear expectations on what we expect from our players while a member of Maine Coast Storm.

POLICY: Maine Coast Storm has a ZERO Tolerance policy for any inappropriate, harmful, or unsafe behavior by any player. We encourage all players to immediately report any abusive or unsafe behavior to their Coach, any Board Member, or their Team Parent.

PROCEDURE:

In the Locker Room: All players are expected to behave in an appropriate manner at all times in locker rooms, whether at our home rink, or away. Players should be respectful of each other and work to maintain a safe and healthy environment. Behaviors that will not be tolerated in the locker room, and for which the player might face disciplinary action include, but are not limited to:

- Obscene, profane, or abusive language
- Not respecting another players privacy
- Players should maintain a minimum amount of attire (for example, remain in base layers) in co-ed locker rooms and use the bathroom or shower stall areas to change in or out of base layers
- No possession of or use of drugs or alcohol, or being under the influence of drugs or alcohol
- Violent acts
- Bullying, hazing, terrorizing
- Any behavior determined by the coach or Locker Room Monitor to be inappropriate.
- Defacing Property

At Practice: Activities such as tripping other players, hitting other players with a stick, punching other players, making contact with another player's head, or putting them off balance outside of the parameters of game play will not be tolerated.

If a player is observed engaging in any of these types of activities or behaviors the will be immediately removed from the ice and either spend the entirety of practice sitting on the bench or removed from the ice and turned over to their parents. Further disciplinary action may also result. Below is a list of activities that are considered against the rules of hockey, and will not be permitted during games or practices, but is not limited to:

- Body Checking (12U and under)
- Boarding
- Charging
- Checking From Behind
- Head Contact
- Roughing



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- Hooking
- Tripping
- Holding
- Interference
- Slashing

During Games: Always display good sportsmanship. Never argue with an official's decision. Respect your coach, your teammates, your parents, opponents, and officials. The following rules apply during games and a player will be penalized for engaging in any of these activities, but is not limited to:

- Body Checking (12U and under)
- Boarding
- Charging
- Checking From Behind
- Head Contact
- Roughing
- Hooking
- Tripping
- Holding
- Interference
- Slashing

Discipline: Coaches have the right to remove any player, at any time, from the ice if they deem the player's behavior or activity to be unsafe to themselves or other players or to violate our ZERO Tolerance policy. Players may also face discipline or removal from the ice for inappropriate language, gestures, or other behaviors that violate our ZERO Tolerance policy.

After practice, the on-ice Coach will follow up with the Head Coach, the player(s) involved, and the player(s) parents to discuss any potential disciplinary action. The Head Coach and the Coaching Director will notify the Safety Director/Disciplinary Committee who will document the incident and determine if any further action required.

Based on the severity of the incident, including injury to another player, there may be a Board investigation, and further disciplinary actions taken. See Storm Emergency Protocol.

DEFINITIONS: See Appendix.

APPENDIX: Standard of Play & Rules Emphasis. (Source: USA Hockey Annual Guide)



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STANDARD OF PLAY AND RULES EMPHASIS

Through the standard of play and rules enforcement, our game will continue to allow the opportunity for improved skill development and a more positive hockey environment for all participants. This initiative will result in greater emphasis on skating, puck possession and the proper use of the body to establish position and legally gain a competitive advantage.

BODY CHECKING

The goal of the body checking enforcement standard is to create an environment that enhances player skill development by reducing intimidating infractions designed to punish the opponent. This standard is designed to improve the proper skill of legal body checking or contact at all levels of play and will not remove the physical component from the game. A hard body check or using body contact/ position (Body Contact categories) to gain a competitive advantage over the opponent should not be penalized as long as it is performed within the rules. The focus of the body check should be to separate the opponent from the puck. The principles of the body checking enforcement standard include the following:

- The purpose of a body check is to separate the opponent from the puck.
- Only the trunk (hips to shoulders) of the body shall be used to deliver a body check.
- The check must be delivered to the trunk (hips to shoulders) and directly from in front or the side of the opponent.
- Players who use their physical skills and/or anticipation and have a positional advantage shall not lose that advantage provided they use their body to check the opponent within the rules.
- Players will be held accountable for acts of an intimidating or dangerous nature.

Enforcement Standard – These penalties are to be called with very strict enforcement.

Body Checking (Body Contact Categories)

A player cannot deliver a body check to any player while participating in a Body Contact category. Examples include:

- Makes deliberate physical contact with an opponent with no effort to legally play the puck.
- Uses overt hip, shoulder or arm contact with the opponent to physically force them off the puck.
- Physically impedes the progress of the opponent with hips, shoulders or torso without establishing legal body contact and having no intent of playing the puck.

Boarding

A player cannot commit any infraction, including body checking, for the purpose of intimidation or punishment that causes their opponent to go dangerously or excessively into the boards. Examples include:

- Accelerating through the check to a player who is in a vulnerable position off of the boards that causes them to go dangerously into the boards.
- Driving an opponent excessively into the boards with no focus on or intent to play the puck.
- Any other infraction (tripping, cross-checking, charging etc.) that causes the opponent to go dangerously and excessively into the boards.



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Charging

A player cannot take more than two fast strides or travel an excessive distance to accelerate through a body check for the purpose of punishing the opponent. Examples include:

- Running or jumping into the opponent to deliver a check.
- Accelerating through a check for the purpose of punishing the opponent.
- Skating a great distance for the purpose of delivering a check with excessive force.

Checking From Behind

A player cannot deliver a body check to an opponent directly from behind, or diagonally from behind. The onus is on the player delivering the check to not hit from behind. Examples include:

- Body checking or pushing an opponent from behind directly into the boards or goal frame or in open ice.

Head Contact

A player cannot contact an opponent in the head, face or neck, including with the stick or any part of the players body or equipment. The onus is on the player delivering the check, regardless as to size differential, to not make contact in the head/neck area of the opponent. Examples include:

- A body check delivered with any part of the body that makes direct contact with the head or neck area.
- The use of the forearm or hands to deliver a check to the head or neck area of the opponent.

Roughing

A player cannot use the hands, stick or extension of the arms to body check an opponent or deliver an avoidable body check to a player who is not in possession and control of the puck. Examples include:

- Intentionally playing the body of an opponent who does not have possession and control of the puck.
- Delivering an avoidable check to a player who has already relinquished control of the puck by a pass or shot. This is oftentimes referred to as “finishing” the check.
- Any avoidable contact after the whistle shall be penalized strictly, including scrum situations around the goal or along the boards.

All USA Hockey members must demonstrate awareness and support for the application, spirit and the respect of the rules in order for continued improvement in the game of hockey. At the same time, it is important to remember that:

- A player is entitled to use proper body position and body contact in all age classifications in order to gain a competitive advantage.
- Players are allowed to compete for body position using their strength and balance in front of the goal or along the boards.
- In Body Checking categories, the focus of the body check must be to separate the opponent from the puck.

RESTRAINING FOULS



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The goal of the restraining fouls enforcement standard is to reduce restraining infractions in the game and not to remove legal body checking or body contact. A hard body check or using body contact/position (Body Contact categories) to gain a competitive advantage over the opponent should not be penalized as long as it is performed within the rules.

The principles of the continued enforcement standard include the following:

- The use of the stick will be limited to only playing the puck.
- The stick will not be allowed to in any way impede a player's progress.
- The use of a free hand/arm will not be allowed to grab or impede a player's progress.
- Players who use their physical skills and/or anticipation and have a positional advantage shall not lose that advantage as a result of illegal acts by the opponent.
- Players will be held accountable for acts of an intimidating or dangerous nature.

Enforcement Standard – These penalties are to be called with very strict enforcement.

Hooking

A player cannot use his/her stick against an opponent's body (puck carrier or nonpuck carrier) to gain a positional advantage. Examples include:

- Tugs or pulls on the body, arms or hands of the opponent which allows for the space between the players to diminish.
- Placing the stick in front of the opponent's body and locking on – impeding the opponent's progress or causing a loss of balance.
- Stick on the hand/arm that takes away the ability for the opponent to pass or shoot the puck with a normal amount of force.

Tripping

A player cannot use his/her stick on the legs or feet of an opponent in a manner that would cause a loss of balance or for them to trip or fall. Examples include:

- Placing the stick in front of the opponent's legs for the purpose of impeding progress, even if on the ice, with no effort to legally play the puck.
- Placing the stick between the legs of the opponent (can opener/corkscrew) that causes a loss of balance or impedes the progress of the opponent.

Holding

A player cannot wrap his/her arms around an opponent or use a free hand to clutch, grab or hold the stick, jersey or body on the opponent in a manner that impedes their progress. Examples include:

- Wrapping one or both arms around the opponent along the boards in a manner that pins them against the boards and prevents them from playing the puck or skating.
- Grabbing the opponent's body, stick or sweater with one or both hands.



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- Using a free arm/hand to restrain or impede the opponent's progress.

Interference

A player cannot use his/her body to impede the progress of an opponent with no effort to play the puck, maintain normal foot speed or established skating lane. Examples include:

- Intentionally playing the body of an opponent who does not have possession or possession and control of the puck.
- Using the body to establish a "pick" or "block" that prevents an opponent from being able to chase a puck carrier.
- Reducing foot speed or changing an established skating lane for the purpose of impeding an opponent from being able to chase a puck carrier.

Slashing

The use of the stick will be limited to only playing the puck. Any stick contact, as a result of a slashing motion, to the hands/ arms or body of the opponent will be strictly penalized. In addition, hard slashes to the upper portion of the stick (just below the hands) of an opponent, with no attempt to legally play the puck, shall also be penalized.

All USA Hockey members must demonstrate awareness and support for the application, spirit and the respect of the rules in order for continued improvement in the game of hockey. At the same time, it is important to remember that:

- Players are entitled to the ice they occupy as long as they are able to maintain their own foot speed and body position between opponent and puck.
- Players are allowed to compete for body position using their strength and balance in front of the goal or along the boards.
- Coaches are expected to teach proper skills and hold their players accountable for illegal and dangerous actions, regardless as to whether they are properly penalized, or not.
- Parents are expected to support the decisions of the officials and support the coaches in teaching the proper skills in a safe and positive environment.