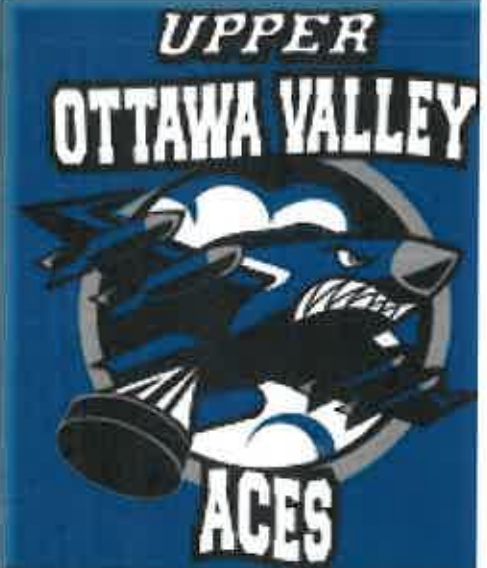


2018

Rules and Regulations



Upper Ottawa Valley Aces “AA” Rules and Regulations

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Upper Ottawa Valley Aces “AA” Rules and Regulations

1.0 Introduction

The Upper Ottawa Valley Aces (UOVA) Association Rules and Regulations are published in accordance with the UOVA Constitution.

2.0 Purpose

- 2.1 These Rules and Regulations shall serve as an extension to, but will not supersede, the UOVA Constitution.
- 2.2 All UOVA members, by virtue of their membership in the Upper Ottawa Valley Aces Association, agree to abide by and comply with the Rules and Regulations.

3.0 Amendments

- 3.1 These Rules and Regulations may be amended in two ways; at the Annual General Meeting or a Special General Meeting, by a two-thirds majority affirmative vote of the membership, or by the Executive Committee, between Annual General Meetings, again with a two-thirds majority affirmative vote.
- 3.2 Amendments made by the Executive Committee shall be binding until the next Annual General Meeting and subject to ratification by the membership at the Annual General Meeting or at a Special General Meeting, whichever occurs first.

4.0 Registration of Players, Coaches and Managers

- 4.1 All players must be duly registered prior to participating with any process relating to the selection or operation of a UOVA team.
- 4.2 All UOVA teams shall register a coach, a manager, a trainer, and a maximum of three (3) assistant coaches. Team officials shall be registered in accordance with HEO/OEMHL regulations.
- 4.3 UOVA teams shall, whenever possible, register a minimum of the following full compliment of players:

	Goaltenders	Defence	Forward	Total
Atom	2	6	9	17
Peewee	2	6	9	17
Bantam	2	6	10	18
Midget	2	6	10	18

4.4 Any deviation from the table must be submitted to the Competition Committee for approval. The new defined team compliment becomes the new total player number for that team. The Executive may direct deviations to this table if they are considered to be in the best interests of the UOVA Association.

5.0 UOVA Aims and Objectives

5.1 The objectives of the UOVA shall be to:

- 5.1.1 Encourage, foster, teach and promote minor hockey within the jurisdiction of the UOVA as outlined in the Constitution,
- 5.1.2 Provide maximum opportunity for all eligible individuals to participate without regard to race, creed, color, sex, religion or national origin,
- 5.1.3 Develop community spirit and encourage sportsmanship and good fellowship among all participants, to the betterment of physical, mental and social well being and
- 5.1.4 Use all revenue solely for the promotion of these objectives.

6.0 Team Operating Revenues and Expenses

- 6.1 Team officiating payments will be made monthly throughout the season. The officiating payments will be made to teams from Major Peewee and up as the lower levels will be billed directly to the UOVA Treasurer
- 6.2 A minimum of two (2) financial statements - interim and final - will be provided to the managers of each team, and to the UOVA Treasurer.
- 6.3 The UOVA Treasurer, upon the approval of the Development Officer, will reimburse all team officials with 100 percent of the cost incurred for upgrading coaching or training qualifications to a maximum of \$300.00. Copies of original invoices will be required.
- 6.4 The UOVA will reimburse 50% of the cost of approved warm-up suit up to a maximum of five (5) team officials.

7.0 Competition Committee

- 7.1 A Competition Committee shall be chaired by the Vice Chair of the Executive and will contain two other volunteer Executive members. Conflict of interest Section 7.3 applies to the Chair of this committee and to the two volunteers.

- 7.2 The objective of the Competition Committee is to provide timely communication and decisions on behalf of the Executive including, but not limited to, complaints received by the UOVA, appeals and to conduct hearings for Association Member infractions of the UOVA Constitution and Rules and Regulations. The target is to communicate a decision within two weeks.
- 7.3 Any committee member who is in a position of conflict of interest will be replaced by an alternate for the purpose of dealing with the issue at hand.
- 7.4 The Competition Committee will communicate the issue to interested parties including, but not limited to, the Executive, the affected team through the team manager and the individuals involved. Due to the nature of certain sensitive issues the Committee reserves the right to limit the distribution of the communication.
- 7.5 The Committee will then gather the required information to make a decision on the issue. The process will involve interviews and may or may not involve a hearing.
- 7.6 A majority decision will rule but it is preferable to make concessions that lead to a unanimous decision by the Committee.
- 7.7 The Competition Committee will then communicate the decision to the distribution used in the original communication per Section 7.4. Due to the nature of certain sensitive issues the committee reserves the right to limit the distribution of the communication.

8.0 Player Selection

- 8.1 All players must be registered with their home association and must have paid both their home association registration fees and UOVA try-out fees prior to attending try-outs.
- 8.2 Registration deadlines and try-out schedules will be posted on the UOVA website.
- 8.3 Players for UOVA teams shall be selected in accordance with Section 5.0, UOVA Aims and Objectives, and their hockey ability. This collective criterion and the process to evaluate this criterion (i.e. try-out plans) must be defined and recorded by the respective Head Coach prior to the commencement of any try-out.
- The try-out plan is to be approved by the Development Officer prior to the commencement of any try-out.

- The plan shall include the names of a minimum of two independent evaluators that are provided by the Head Coach. Non-parent coaching staff qualify for this purpose.
- The plan will provide specific instruction for the evaluation of goalies.
- Parents are not permitted on the ice or on the bench during the try-out process with the exception of one certified Hockey Trainer.

8.4 It should be clearly understood that this Association will pride itself on credibility and in doing so it is to be understood that under no circumstances will any player receive preferential treatment in regards to team selection.

8.5 Try-outs will consist of 4 ice times and away exhibition games maybe added to this Exhibition games will be used in the evaluation process. The roster for exhibition games is at the Coaches discretion.

8.6 Players are normally required to participate in all try-out ice times. Participation in a minimum of two try-out ice times/exhibition games are required where missed ice times must be approved in advance by the Head Coach.

8.7 Any prospective player who will miss all try-out evaluations for a medical reason must provide, prior to the first try-out evaluation, a medical certificate to the Vice Chair (Competition Committee). The certificate should document the inability to participate in try-outs as well as the anticipated return to play on or before November 15th of the current hockey season. The Committee will evaluate recommendation and testimonial from the Head Coach, the Development Officer and the Risk & Safety Officer using the process defined in Section 7.0.

8.8 The Head Coach will supply the Development Officer/Coach Mentor with a tryout plan and a list of all evaluators 2 weeks prior to tryouts. These must be approved by the development officer/Coach mentor prior to tryouts.

8.9 The Head Coach and the independent evaluators are expected to document the performance of all players against the try-out plan. The final team roster is decided by the Head Coach and is not open to appeal except where there is a violation of the Constitution or the Rules and Regulations of the UOVA Association.

8.10 Releases are normally made after the final try-out ice time unless a special request is made by the Coach to the Executive. The Executive will provide oversight during all releases.

8.11 Players who are evaluated at skill level which puts them in a risk and safety position may be restricted from any further tryouts. The Head Coach

shall contact the Risk & Safety Officer so that they may be able to evaluate the player before they are released.

- 8.12 Coaches must not announce their player selections until they make their final releases. Head Coaches are encouraged to be supportive and positive when releasing a player.
- 8.13 A player who wishes to play at a higher level than his or her actual age must first be released by the Head Coach of the ACES at that level. The request is first made in writing to the Competition Committee. The Competition Committee will solicit input from the Executive and the Coaches and will then assess the request based on the player's ability considering the best interest of player and the Association. A ruling on the request would be subject to the rules of HEO/OEMHL and District 5.
- 8.14 A player under the required age of the lowest level team fielded for the UOV Aces current season who wishes to tryout must first get documented approval from their home association President, and the District 5 Chair before the UOV Aces will approve the player for tryouts. If the player is approved, they will tryout under the following conditions:
1. A competition committee will be formed
 2. The player will be evaluated at the first 2 tryouts by the committee and without input from the coach
 3. The player will be graded by the committee and the player must be ranked in the top 3 skaters or top goalie
 4. If the player fails to be ranked in the above positions, he/she will be released from tryouts
 5. The committees decision is final

9.0 Injury Return to Play

- 9.1 Any Aces player who seeks medical attention due to an injury sustained while playing or practicing during the course of the hockey season must follow the Hockey Trainers Certification Program return to play policy. Notes will be provided to the team trainer before returning to practice or games as follows:
- muscular and skeletal injuries (excluding fractures) can be signed off by physicians, chiropractors, physiotherapists, or nurse practitioners,
 - fractures as well as all neurological injuries including spinal injuries and concussions must be signed off by a physician and
 - the Hockey Canada Injury Report Form related to the insurance program still needs to be completed by a physician or a dentist if a dental injury occurs.

10.0 Transfers

10.1 Transfers and release of players shall be in accordance with HEO/OEMHL policies.

10.2 District 5 players only will be permitted to skate at the first two try-out ice times. Out of district players should make their intention to apply for transfer known to the Head Coach and to the UOVA Executive Chair prior to the start of try-outs.

11.0 Players Returning from AAA, U18 and/or CCHL

11.1 The UOVA conducts try-outs open to all registered players. Given our policy of open try-outs it should be noted that no player returning from AAA, U18 and/or CCHL is guaranteed a spot on any specific team. These players are strongly advised to register for the UOVA season before try-outs begin in order to communicate their intention to play in the event of release from a higher tiered program. These players should also keep UOVA Coaches informed of their intentions.

11.2 Team Rosters will be finalized in accordance with Hockey Canada and HEO/OEMHL policy.

12.0 Selection of Coaches

12.1 Coaching positions shall be advertised annually prior to the Annual General Meeting on the UOVA website and in those newspapers deemed appropriate by the UOVA Executive.

12.2 Coaching application forms shall be made available through the UOVA website. A resume or formal coaching application form will be considered sufficient in order to apply for a coaching position. A current Criminal Record check will be required from all coaches and team officials prior to participating in UOVA activities. It is recommended that a copy be included with the coaching application.

12.3 References shall be provided and will be contacted. Additional references may be solicited by the Selection Committee.

12.4 A Coaches Selection Committee will conduct the Coach interviews. The Coaches Selection Committee will consist of a minimum of 3 members. It is recommended to have at least one non-executive member on the committee.

12.5 The Coaches Selection Committee will make recommendations for selection subject to final vote and approval by the Executive.

12.6 The Coaches Selection Committee will establish a selection framework based on the following criteria:

- Coaching Qualifications: All Coaches must hold a valid Hockey Canada National Coaches Certification Development 1 certification (formerly known as Coach level 3 or Intermediate) or higher.
- All Coaches must have achieved the Speak Out certification prior to the first league game of the season.
- Past coaching evaluations (where available) that are obtained from a credible process shall be considered.
- Collective evaluation from the interview with the Coaches Selection Committee shall be documented as part of the selection process.
- An audit trail for each applicant will be established, containing the application letter/form, coaching portfolio where available and interview notes.
- Preference will be given to candidates who have demonstrated the attributes of an effective teacher, motivator, leader and community-minded person.
- Interviews will be conducted in person or by conference call and NOT by e-mail.
- Candidates should be made aware that, when applying for re-appointment to a team, they will be considered equally along with other candidates.
- Candidates should be made aware that, if they are the only candidates for a specific team, this does not guarantee them the position.
- Candidates who are unsuccessful for their preferred team will be considered for other appointments equally with other candidates.
- Recommendations of the Coaches Selection Committee shall be put forward to the Executive for approval by a majority vote.
- Coaches shall be appointed annually.
- Selected coaches shall be subject to background checks as required by the Rules and Regulations of Hockey Canada, HEO/OEMHL and District 5.

12.7 The Head Coach may select the Assistant Coaches, Team Manager and Trainer provided that they are in good standing in their home Association and the UOVA Association. Disputes regarding these selections will be dealt with by the Competition Committee per Section 7.2.

13.0 **Affiliated Players**

13.1 All UOVA teams are expected to play with the full compliment of players as defined in Section 4.3 or 4.4.

13.2 The selection of affiliation players is the decision of the Head Coach subject to the rules of HEO/OEMHL Specially Affiliated Player Permission Form.

13.3 Coaches are encouraged to affiliate players in order to develop the minor hockey program in District 5. Affiliation of players from UOVMHL Rep B programs will help to build a healthy UOVA program for future years.

- 13.4 Affiliation of players from a lower age category UOVA team will allow minor teams to play with a full compliment of players in tournaments where different affiliation rules apply. These affiliated players may also be used in regular league games considering that the affiliation in Section 13.3 is preferred.
- 13.5 Affiliated players are only to be used in game situations in the absence of a regular player, due to suspension, illness, injury or absence for exams. The full compliment team size is defined in Section 4.3 and 4.4 of these Rules and Regulations.
- 13.6 Coaches and/or managers wishing to use affiliated players must obtain permission from that player's coach or manager. At no time shall the player or parents in question be approached prior to approval having been obtained.
- 13.7 Appearance of a registered Player's name on the official game report of a game shall be considered participation in the game except in the case of an alternate goalkeeper, in which case actual participation only shall be considered as taking part in the game, and such participation shall be specially noted on the official game report.

14.0 **On-ice Helpers**

On-ice helpers are selected by the Head Coach to provide assistance to team officials while gaining knowledge and experience in a teaching type role. This is not designed as an opportunity for players to get extra ice time. Some of these volunteers are adolescents wanting to collect high school volunteer hours and/or are young adults looking to take on different roles in hockey.

On-ice helpers are approved by the Executive Chair, Vice Chair or Risk and Safety Officer using the following criteria:

- An individual who volunteers within the Aces association must be; a "registered" member of a minor hockey association, or a junior hockey league, or an on-ice official. This ensures that insurance coverage has been secured.
- The individuals may volunteer with a team during practices. He/she may only be a demonstrator/helper and is not to participate in any scrimmages or drills as a player would.
- The individual must be at minimum one age division higher than the team they are volunteering with. He/she is not permitted to volunteer as an on-ice helper with a team at the same or higher division.
- The individual must wear as a minimum a CSA certified helmet and facial protection (as required by their level of hockey), a BNQ certified neck guard (as required by their level of hockey) as well as hockey gloves and skates. Individuals who are under the age of 16 must wear full hockey gear.

- An individual who is not a registered team official and who is 16 years of age or older is recommended to complete the Speak Out Program.

15.0 Co-Ed Dressing Room Policy

The Hockey Canada policy with respect to co-ed dressing room use will be adopted by the UOV Aces:

We firmly believe in accommodating both genders in the game of hockey. We further believe in balancing this goal with the safety, privacy, modesty and wishes of ALL our members without compromising the aspects of camaraderie, social integration and bonding inherent in a team sport. This policy attempts to meet all these goals while providing a safe and respectful environment for our participants.

1. Hockey Canada stresses the importance of coaches in ensuring both male and female players have equal access to pre and post team sessions and to all team related activities.
2. Hockey Canada recognizes the physical limitations of some facilities and encourages our members to work with local facility management to ensure that appropriate changing facilities are available to both genders.
3. Hockey Canada allows co-ed dressing room situations to exist at the Initiation Program, Novice and Atom levels, 5-10 years of age provided participants in a co-ed situation either arrive in full equipment or wear at a minimum gym shorts or long underwear as well as a full t-shirt [no tank tops] all of which must be in good condition and without holes/tears.
4. At the Pee-Wee [11 years old] level and above the following conditions will apply in all co-ed team environments:
 - Females and males will change in separate rooms
 - Both genders shall congregate in one dressing room fully prepared to participate in the game/practice not more than 15 minutes prior to the scheduled ice time unless otherwise indicated [to be there earlier] by the coaching staff.
 - The lesser represented gender shall depart the dressing room not more than 15 minutes after the game/practice unless otherwise indicated [to stay longer] by the coaching staff.
 - The gender in the majority shall not begin changing, helmets, gloves and skates excepted, prior to the departure of the lesser represented gender.
 - When necessary, due to facility limitations, dressing and showering shall be done in shifts with the gender in the majority dressing and showering first. Once the room with shower facilities has been fully vacated the lesser represented gender may use the shower facilities.

It is the belief of Hockey Canada that these provisions adequately address issues of team unity/camaraderie and provide for the modesty/privacy of all participants.

16.0 Registration Fees and Delinquent Accounts

16.1 During the try-out process, the Executive shall present the player families with a budget for the upcoming season with a fee payment schedule.

16.2 Recognizing that the UOVA operate on a user pay system, the Association will remain as flexible as possible to allow families to follow alternate payment schedules.

16.3 Request for an alternate fee payment schedule shall be made in writing to the Chairman and will remain confidential within the UOVA Executive and the Team Manager.

16.4 Families who are unable to meet the agreed to fee payment schedule and who continue to make payments in good faith shall;

- be permitted to complete the season,
- be given until June 1st to pay the outstanding balance,
- require payment in full in order to attend try-outs the following season and
- HEO/OEMHL may be advised of the delinquent account thus forfeiting future registration in minor hockey.

16.5 Players with delinquent accounts who do not follow the requirements set out in Section 16.3 and 16.4 will be notified in writing that they are suspended from play with the UOVA.

16.6 Refunds – Any player who requests a release from the UOV Aces will be required to pay:

- a minimum fee equal to the first installment after skating with the Aces or
- a pro-rated fee based on the number of regular season games played if more than $\frac{1}{4}$ of the games have been played and
- the entire jersey and sock cost.

16.7 Players being added to a team roster will be required to pay the try-out fee and new player fee if applicable. The remaining fees described in Section 16.1 will be pro-rated based on the number of regular season games remaining versus the total scheduled to be played.

16.8 A player is not eligible to participate in the UOVA Association if he or she plays in any other organized league or owes money to any Association for any outstanding debt.

17.0 Dress Code, Players' Uniform and UOVA Wear

17.1 Each team shall wear the supplied jerseys in home and away colour with matching socks for each game. The colour of the jerseys shall be those of the Winnipeg Jets.

- 17.2 Black gloves, pants and helmets are mandatory for all skaters with the exception of goalies and affiliate players.
- 17.3 The use of name bars is mandatory. Responsibility for purchase and sewing of name bars lies with the team through the Team Manager. Name bars must be affixed to the sweaters on the back of the jersey above the player number. The name bar must have matching font and the colour selection must be consistent. Approval of the name bar selection must be obtained through the Equipment Manager.
- 17.4 Clothing for male players and male bench staff will consist of a shirt and tie and dress pants for all games including exhibition games and tournaments. Female players and female bench staff shall wear suitable dress clothing. Trainers will be an exception and may wear appropriate attire to remain able to respond to emergencies on the ice.
- 17.5 Any player, parent or bench staff member may purchase the approved UOVA apparel. No UOVA crest will be affixed to any clothing without the prior consent of the Executive.
- 17.6 All players will properly wear CSA approved equipment as required by Hockey Canada, HEO/OEMHL and District #5 at all times they are on the ice including neck guards and helmets.
- 17.7 Bench staff participating in on-ice activities require skates, helmet and gloves.
- 17.8 Fundraising activities for individual teams are not permitted with the exception of 50/50 draws at home games. Special exemption may be granted by the Executive for special circumstances such as play in the International Silver Stick tournament.

17.9

18.0 Discipline

- 18.1 The code of discipline of the HEO/OEMHL shall be the document used for the assessment of major penalties, subject to any other code of discipline when participating in games outside the jurisdiction of HEO/OEMHL.
- 18.2 The Competition Committee and/or the Executive as a whole shall have the power to suspend, discipline or expel any team, team member, team official, game official or any person associated within whole or in part in the UOVA program when said person(s) fail to observe any Rule and Regulation herein contained, contained within the Code of Discipline of HEO/OEMHL or

Hockey Canada or whose conduct is found to be detrimental to the UOVA hockey program.

18.3 The UOVA Association Chair shall be empowered to suspend or set aside the suspension of any player, team official, association member, etc. until such time as a proper hearing may be convened to rule on the case.

18.4 A coach, at his or her own discretion, may suspend a player for up to one (1) game. The Chair of the Competition Committee must be notified. The Competition Committee must approve further disciplinary action that goes beyond the one (1) instance of one (1) game. As is always the case, motivational and disciplinary actions should be applied consistently and without regard to the perceived "importance" of a player to a team.

18.5 Discipline that is administered by the Competition Committee or by the UOVA Executive as a whole shall be documented and may contain;

- a verbal warning or
- suspension from participation in league and tournament play for those duly registered with a team or in the case of a parent/guardian, refusal to allow that person to attend an arena or hockey team function for a period of time as determined to be appropriate.

18.6 What follows is the UOV Aces Program Policy on Coaches Influencing on non-Aces related activities. Coaches may not under any circumstance prohibit or discourage any activity which does not directly time conflict with team events. Players are expected to attend all team activities, on time, properly prepared, and sufficiently rested to participate. Coaches are responsible to assess player's preparedness and ensure that they are not unduly fatigued. Should players be unable to participate, coaches may impose sanctions according to team rules.

19.0 Code of Conduct

19.1 Purpose

The purpose of the Code of Conduct is to clearly state the expectations of Coaches, players, parents and spectators for the hockey season.

19.2 Coaches Code of Conduct

- I know that winning is a consideration, but not the only one, nor the most important one. I will care more about the child than the winning of the game. I will remember that players are involved in minor hockey for fun and enjoyment.
- I will be a positive role model to my players, display emotional maturity and be alert to the physical safety of my players.
- I will be generous with my praise when it is deserved. I will be consistent, honest, fair and just. I will not criticize players publicly. I

will learn to be a more effective communicator and coach. I will not yell at my players.

- I will adjust to the personal needs and problems of my players, be a good listener, and never verbally or physically abuse a player or official.
- I will give all players the opportunity to improve their skills, gain confidence and develop self-esteem. I will teach them the fundamentals of the sport and the skills and tactics required to play the game.
- I will organize practices that are fun and challenging for my players. I will familiarize myself with the rules, techniques and strategies of hockey. I will encourage all my players to be team players.
- I will maintain an open line of communication with my players' parents. I will explain the goals and objectives of my association.
- I will be concerned with the overall development of my players. I will emphasize good health habits and clean living.
- I agree that if I fail to abide by this Code of Conduct will be subject to discipline as prescribed by Section 19.0.

19.3 Sportsmanship

Good Sportsmanship is expected and required of all players, coaches, parents and spectators. All league, association and Hockey Canada rules will be strictly enforced. All players will treat their own team mates and their opponents with respect. Players will not criticize their team mates, but they will be courteous, supportive and cheer them on in a positive manner. Parents will not focus on winning or losing, but rather the growth and development of their child.

19.4 Players Code of Conduct

Players are expected to conduct themselves according to the following code whether it is a team function, practice, game or tournament.

- Play for the fun of it, not just to please parents and coaches.
- Remember the goals of the game are to have fun, improve your skills and feel good.
- Play by the rules and be a good sport.
- Do not permit their actions or words to embarrass their team mates, their coaches, their opponents, their supporters, their family or the referees, and by so doing will not embarrass themselves.
- Control their temper. Refrain from “mouthing off”, swearing, breaking sticks, throwing gloves or other equipment. Never argue with the officials' decision, allowing the captain or coach to ask as necessary.

- Use best efforts at all times, show respect for team mates and the team and play with the realization that goals and objectives for personal success are less important than the team success.
- Respect their opponents (even if he/she doesn't show respect) and play fair, clean and competitive. They will not allow themselves to take cheap shots, run goalies or incur needless or unnecessary penalties by undisciplined play. Treat all players, as you yourself would like to be treated.
- Cooperate with the coaching staff, accept the directions of the coaching staff concerning hockey and will show respect by keeping quiet and paying attention when the Coaches are speaking.
- Remember they are representing themselves, their parents, their team, their sponsor and the UOV Aces at all times, including travel to and from the arena.
- Avoid the use of drugs, tobacco and alcohol.

19.5 Parents Code of Conduct

Parents are expected to conduct themselves according to the following code whether it is a team function, practice, game or tournament.

- Enjoy your child's participation in sport.
- Respect your child's identity and let them live their own successes.
- Ask your child about highlights rather than performance.
- Encourage your child to participate, work hard and listen to coaches.
- Do not pressure your child beyond his capabilities instead promote that doing your best is more important than winning.
- Support the coaches and communicate any concerns directly and professionally.
- Be involved for the good of the team.
- Be respectful of the referees, coaches, all players, parents and spectators at the rink.
- Ensure your son/daughter has the proper equipment.
- Never abuse a player or coach physically or verbally.
- Never discipline your son/daughter in the presence of the team.
- Never ridicule or yell at your child for making a mistake or losing a game.
- Be a full time spectator with positive cheers only in victory and defeat.
- Do not coach or shout directions from the stands.
- Do not use profanity.
- Show appreciation for the volunteer coaches who give their time to coach hockey for your child.

19.6 Spectator Code of Conduct

Spectators are expected to conduct themselves according to the following code whether it is a team function, practice, game or tournament.

- Remember that participants play hockey for their enjoyment. They are not playing to entertain you.
- Do not have unrealistic expectations. Remember that the players are not professionals and cannot be judged by professional standards.
- Respect official's decisions and encourage participants to do the same.
- Never ridicule a player for making a mistake during a game. Give positive comments that motivate and encourage a continued effort on and off the ice. Do not use bad language or harass players, officials, coaches or other spectators.
- Refrain from yelling directions to players, coaches or officials.
- Cheer in a positive manner, especially for exciting plays, individual efforts or team accomplishments.

19.7 Communication with the Coaches

Parents shall not approach the coaches before, during or after games or practices/Tryouts for a period of 24 hours to discuss issues about their child.

Congratulations and other general remarks are appropriate but DO NOT discuss negative issues when emotions are high. The coaching staff endorses the code of conduct and encourages all parents to utilize the proper procedures when dealing with sensitive issues. All parents, coaches and players are expected to communicate in a positive professional manner. Parents are reminded that it is a coach's job to coach, and his or her decisions are done for the best interest of the team.

If you have a concern or problem with your child, put it in writing and deliver it to the Team Manager/Team Liaison who will contact the Competition Committee Chair. No problems will be addressed unless they are received in writing first. Adhere to the 24-hour rule.

These Rules and Regulations become effective 2018 May 24 and when signed will be the governing directive for the Upper Ottawa Valley Aces "AA" Association.

Chairperson – signature

Vice Chair – signature