



2020-21 PLAYER CODE OF CONDUCT

The Calgary Northstars Hockey Association (the “CNHA”) wants to be regarded as the premier hockey association in Calgary, Canada, and internationally. To do so, the CNHA must instill:

- **Love for the Game**
- **Great Sportsmanship**
- **Hard Work**
- **Integrity**
- **Respect for Others**
- **Professionalism**

Elite level athletic competition should demand high standards of ethics and sportsmanship, and promote the development of good character and other important life skills. The CNHA has developed this Code of Conduct to guide you in your development as a hockey player, and leader in our community.

As a player, representing the Calgary Northstars, I understand that my excellent behavior will lead to me having more success in hockey and I therefore agree that:

HOCKEY CANADA FAIR PLAY CODE

1. I will play hockey because I want to, not just because others or coaches want me to.
2. I will play by the rules of hockey, and in the spirit of the game.
3. I will respect my opponents.
4. I will control my temper – fighting and “mouthing off” can spoil the activity for everyone.
5. I will do my best to be a true team player.
6. I will remember that winning isn’t everything and that having fun, improving skills, making friends and doing my best are also important.
7. I will acknowledge all good plays and performances – those of my team and of my opponents.
8. I will remember that coaches and officials are there to help me. I will accept their decisions and show them respect.

BEING A TEAM PLAYER

9. I will not participate in any hazing or initiation rituals while a member of the CNHA.
10. I will be committed and accountable to all team objectives and rules.
11. I will put my team needs above my personal glory, while displaying high ethical and moral character.
12. I will not participate with another ice hockey team during the season without prior written approval of the CNHA.

BEHAVING APPROPRIATELY

13. I will follow all rules set out in the Hockey Calgary Regulations Handbook and the CNHA Handbook.
14. I understand that the Hockey Calgary Regulations make the following mandatory for all games and practices: CSA approved helmets with chin straps properly fastened, throat protectors and mouth guards.
15. I will always respect all participants including my teammates, parents, Coaches, Team Managers, opponents, game officials and spectators.
16. I understand that I am directly or indirectly representing the CNHA at all hockey related events and that I will always act in a respectful and courteous manner.
17. Before, during, or after any CNHA related activity (games, practices, buses, hotels, any team event, or association function), I will never use illegal drugs, performance enhancing drugs, smelling salts, a vaping device, tobacco, alcohol, or abusive language and I recognize that any such use may result in my suspension from the CNHA given the CNHA has zero tolerance for these behaviours.
18. I will wear all apparel provided by the CNHA, including game jersey, pant shells, game socks, practice jerseys and training gear, and I will abide by the CNHA dress code.



CARING FOR ALL EQUIPMENT AND FACILITIES

19. I will respect all facilities used by the CNHA, including rinks, training centres, hotels, restaurants and buses.
20. I will encourage and promote the proper care and maintenance of player equipment and apparel.

SOCIAL MEDIA

21. I will be respectful in disseminating information, including exercising good judgment before communicating, using Facebook, Twitter, Instagram, MySpace, YouTube, LinkedIn, SnapChat, chat rooms, message boards, group text messages, etc., materials or statements about CNHA or its opponents which;
 - a) could be considered defamatory, vulgar, obscene, racially, culturally or ethnically offensive, harmful, harassing, inflammatory, intimidating, threatening, hateful, objectionable, discriminatory or abusive;
 - b) could violate any laws, rules or regulations; or
 - c) could incite violence or hostility. (This is especially important on public message boards or chat rooms where even a positive comment about CNHA players, coaches or the organization could be seen as inflammatory.)
22. I will protect all confidential and proprietary CNHA and player information and will not disclose any such information through social media or otherwise.
23. I will not use any CNHA logos, trademarks, or images in a negative manner on personal social media sites.
24. I will not represent my personal views as those of the CNHA or its related organizations.
25. I will not engage in cyber bullying or other forms of electronic harassment.

USE OF IMAGE AND LIKENESS

I understand that my image and likeness may appear in photographs, pictures or other depictions related to the CNHA and I agree that these materials may be used to promote and market the organization. I hereby agree not to challenge such use or seek any form of compensation therefore.

DISCIPLINARY ACTION

Any failure to comply with these standards may result in disciplinary action, including but not limited to:

1. A verbal warning;
2. A written warning;
3. Suspension or immediate ejection from a game, practice or team function;
4. Suspension from multiple games, practices or team functions; or
5. Suspension or expulsion from a season or seasons.

Disciplinary actions shall be at the discretion of the General Manager, the Policy & Discipline Committee, or our Board of Directors. All CNHA officials hereby reserve the right to bypass any or all of the foregoing steps.

I hereby acknowledge having read and agree to the foregoing.

NAME _____ DATE _____

SIGNATURE _____

TEAM _____