

Watchung Hills Ice Hockey Rules and Regulations

The following Rules and Regulations were designed to always strive to develop and maintain a first-class hockey program, one that all players, parents, coaches, and alumni can be proud of. Participation on the Watchung Hills Regional High School Ice Hockey Program is considered a great privilege and we expect our players to present themselves as ambassadors to not only the sport of hockey but to the Watchung Hills Regional school district. All players in the WH Ice Hockey Program are expected to follow all team rules and regulations.

Academic Requirements

Eligibility for the WH Ice Hockey Program is contingent upon maintaining the NJSIAA standards. Outside of the NJSIAA standards, every player must put academics first. Players who are struggling in class may be benched or suspended until the issue is resolved; there is a Zero-Tolerance rule for failing grades.

Classroom Behavior

Players are expected to represent the hockey program by showing respect towards peers on and off the ice. Any attitude or misbehavior in the classrooms will result in an on-ice punishment and/or an immediate suspension.

Attendance

Attendance to all team functions is mandatory. Players are responsible for knowing the schedule and each player is responsible for organizing their individual schedules to ensure that they do not miss any team functions. Exceptions will only be made in cases of illness, important school functions (academic only), or family emergency. **The coaching staff must be notified prior to any player missing a team function, practice, or game. If possible please give a 24-hour notice.**

Punishment for Unexcused Absence:

- 1st Offense: Sit a Period
- 2nd Offense: Sit a Game
- 3rd Offense: Sit 3 Games

Practices

Players will be expected to be fully dressed at least 5 minutes before practice. Equipment repairs or a skate sharpening should be done on your own time, not 10 minutes before practice. If a player knows he/she will be late for a practice he/she must email Coach Tim at least 30 minutes prior to practice. When the whistle is blown in practice all players are expected to stop and not continue to shoot pucks.

Punishment for Being Late to Practice or Not Listening in Practice:

- 1st Offense: Sit a Period/Team Suicides
- 2nd Offense: Sit a Game/Team Suicides
- 3rd Offense: Sit 3 Games/Team Suicides

Games

All players must be at the rink 1 hour prior to game time. Players must be warmed up and half-dressed 30 minutes prior to game time to go over a game plan. Players must be fully dressed 10 minutes prior to game time. Equipment repairs or a skate sharpening should be done on your own time, not 10 minutes before a game.

Punishment for Not following Game Day Procedures:

- 1st Offense: Sit a Period of that game
- 2nd Offense: Sit a Game
- 3rd Offense: Sit 3 Games

Buses

Players are expected to be at the bus location 5-10 minutes prior to the scheduled departure time. Players are expected to respect the bus driver and not misbehave. If there is an issue with a bus time please contact Coach Tim prior to bus departure.

Punishment for Misbehaving or Being Late to the Bus:

- 1st Offense: Sit a Period of that game
- 2nd Offense: Sit a Game
- 3rd Offense: Sit 3 Games

Ice Time

Ice time at the Varsity level is earned and is not equal. The coaches will determine the amount of ice time for each player based on what he feels best for the hockey club to ensure his team is competitive in all games. Ice time can be discussed with the coach in private by the player; the coaches will not respond to a parent questioning ice time.

Pucks and Waters

The rookies (all grades) of the team are expected to bring the pucks and water bottles to games and practices. We advise players who have the water bottles that given week to dish-wash them after practices and games at home. Rookies will also pick up the pucks at the end of practice or at the end of a game warmup unless told otherwise by one of the coaches.

Captains

Captain: Mike Brady

Assistant Captain: TBD by Coaching Staff

Assistant Captain: TBD by Coaching Staff

Dress Code

The dress code for game day will be dress shirt, dress shoes, a tie, and khakis or slacks. A blazer may be added into the dress code for certain games. Failure to follow through with the dress code (sneakers, no tie, sweatpants, etc.) will result in sitting a period.