



## SISKIYOU ICE RINK HOCKEY CLUB (SIRHOC)

### ADULT LEAGUE REGISTRATION

**DESCRIPTION:** Sign is required for League Play at the Siskiyou Ice Rink in Mount Shasta, CA. League Play will start Nov 18, 2006 and will run to February 24, 2007 (weather permitting—this is an outdoor rink). Games will be on Saturday mornings. Signing up requires you to accept the liability waiver release. You will also agree to the code of behavior of SIRHOC, playing with proper equipment, adherence to a set of rules.

NAME \_\_\_\_\_ AGE \_\_\_\_\_ (under 18 requires parental  
Print co-sign below)

ADDRESS \_\_\_\_\_ PH \_\_\_\_\_  
Mailing Address

EMAIL \_\_\_\_\_

#### AGREEMENT, WAIVER, AND RELEASE

In consideration for being permitted to play on SIRHOC Adult Hockey League, I hereby waive, release, and discharge any and all claims for damages for personal injury, death, or property damage which I may have, or which may hereafter accrue to me, as a result of participation in said activity. **This release is intended to discharge in advance the Mt. Shasta Recreation & Parks District (its officers, employees, and agents) and Siskiyou Ice Rink Hockey Club** from any and all liability arising out of or connected in any way with my participation in said activity, even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. It is understood that this activity involves an element of risk and danger of accidents and knowing those risks I hereby assume those risks. It is further agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I agree to indemnify and to hold the above persons or entities free and harmless from any loss, liability, damage, cost, or expense which they may incur as the result of my death or any injury or property damage that I may sustain while participating in said activity.

**PARENTAL CONSENT (players under 18):** I hereby consent that my son/daughter, \_\_\_\_\_ may participate in the above activity, and I hereby execute the above Agreement, Waiver, and Release on his/her behalf. I state that said minor is *physically able to participate in said activity*. I hereby agree to indemnify and hold the persons and entities mentioned above free and harmless from any loss, liability, damage, cost, or expense which they may incur as a result of the death or any injury or property damage that said minor may sustain while participating in said activity.

**I HAVE CAREFULLY READ THIS AGREEMENT, WAIVER, AND RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF & THE DISTRICT AND SIRHOC AND I SIGN IT OF MY OWN FREE WILL.**

\_\_\_\_\_  
(Signed) DATE \_\_\_\_\_ Date \_\_\_\_\_  
(Parent co-sign required for players under 18)

\_\_\_\_\_  
(Name printed) (Parent name printed)

return to: SIRHOC League at Siskiyou Ice Rink or mail to SIRHOC Merys, 5502 Antelope Way, Weed, CA 96094

## **FEE STRUCTURE:**

<b>League Fee:</b>	<b>\$100/person or \$75 with season pass purchase at the rink</b>
<b>Rink passes:</b>	<b>Season Hockey Combo, Regular Season Pass, or Hockey pickup pass (see Siskiyou Ice Rink fee schedule)</b>

Write check to: FOR and send to Rod Merys, 5502 Antelope Way, Weed, CA 96094. Include the signed registration page.

## **REQUIRED EQUIPMENT:**

### **Required**

Helmet (HECC approved)  
Shin guards  
Elbow pads  
Gloves  
Regulation stick (not broken)  
Cup or groin protection

### **Recommended additional equipment**

Face mask  
Breezers, padded shorts, or hockey pants  
Shoulder pads  
Mouth guard (most face masks offer some protection)

## **MISSION STATEMENT OF SIRHOC:**

1. To promote hockey and organized league play for the members. To make the game enjoyable and healthy. To promote camaraderie and fun among players and teams.
2. To promote hockey to a wider audience including other hockey enthusiasts, youth and new players to the sport.
3. Help with the mission of the Siskiyou Ice Rink to keep the rink open and available for hockey play.

## **PLAYER CODE OF CONDUCT:**

1. Honorable behavior is expected. Players will show respect for fellow players, team captains, and referees. Players will adhere to the basic hockey rules (see attached page). No offensive language or behavior will be permitted. Guidelines such as USA Hockey will be followed. We have a no-tolerance policy for fighting. First offense is grounds for termination of all Siskiyou Ice Rink privileges for the remaining season with no refunds of any fees.
2. Everyone helps out: 1) More experienced players help out new players with tips, techniques, and advice; 2) all players consider serving as referees for games; 3) pick up your bottles and trash after done playing.

# BASIC HOCKEY RULES

## Minor Penalties

**Holding:** If one player holds another player or a part of their equipment, such as the stick, jersey or their face mask.

**Interference:** If one player interferes or impedes the progress of player who does not have the puck.

**Hooking:** If you impede the progress of another player by hooking your stick around your opponent you are guilty of hooking. Hooking is similar to tripping, but normally the opponent does not need to fall.

**Tripping:** If a player places their body, stick, foot or arm in manner that causes an opponent to fall, tripping will be called. If you are going for the puck and get to it before your opponent falls, tripping is not normally called.

**Slashing:** Hitting an opponent with a stick is slashing. Slashing can occur at the goal mouth as offensive players try to dislodge a puck that a goalie has stopped. (Note also Cross-checking: using the stick held cross-wise to push or hit a player. Also Spearing.)

**High Sticking:** Carrying your stick above the waist is dangerous and the high stick penalty can be assessed anytime this occurs. The most frequent use of this penalty is when two players are against the boards after a loose puck.

**Falling on the Puck:** You cannot fall on the puck or gather it into your body to stop play. This is penalty is obvious in the center of the rink but harder to call along the boards or by the goal.

**Broken Stick:** If you break your stick you must drop it immediately or a penalty will be assessed. This does not seem logical to most players as they would like to take their broken stick parts to the bench and get a new stick. A broken stick can be dangerous.

**Roughing:** used for a variety of minor altercations. This includes pushing, and unnecessary roughness. An even worse roughing penalty is where a player has a penalty committed against them and then retaliates. The referee only sees the retaliation and your team plays short for two minutes.

**Illegal Check:** Because most adult hockey is "no checking" the interpretation and enforcement of this rule is very important. In general, a player cannot use their body to stop another player or dislodge the puck from a player. Depending on the league, this rule is enforced differently and the name of the penalty varies. Charging, board checking, cross-checking and even interference are used to indicate this penalty.

However, no checking does not mean no contact. (hey - its hockey!) A player can position themselves in such a manner that another player will be forced to run into them. As long as your opponent hits you, there is no body checking penalty. If a defender is attempting to keep the puck in the offensive zone and is holding the point, a wing may attempt to go around the defender on the board side. If the defensive player stands still and puts a shoulder into the wing, it is perfectly legal (and very surprising to the wing who is now laying on the rink).

**Abuse of Officials / Unsportsman-like Conduct:** When a player is assessed a penalty it is their obligation to go quietly to the penalty box. Because hockey is an emotional game, this is hard for some players, particularly if they feel the referee did not make a good call. Unfortunately, officials rarely change a call and arguing will frequently result in this penalty. Players that argue any call or complain that a referee has not called a penalty on an opponent are subject to this call. A basic rule - don't talk to a referee any differently than you would talk to your boss.

## Major and Misconduct Penalties

Major penalties are for five minutes. They can be assessed for any of the minor penalties if a player is injured. A player committing a major penalty must leave the game permanently and the team must play short-handed for five minutes even if the other team scores.

Other than injuring another player, fighting is the primary cause for a major penalty. Fighting involves throwing punches, pulling an opponent jersey over their head, etc. In SIRHOC play, fighting won't be tolerated and is grounds for permanent ejection for the season.

A misconduct penalty can also be assessed, usually for arguing too strenuously with an official. Misconducts last for 10 minutes, but the player's team does not have to play short handed.

## Delayed Penalty

If a team commits a penalty while the other team is in possession of the puck the referees will indicate a delayed penalty by raising their hand. The defensive team can now play the puck until the penalized team gains control of the puck. A good play is to pull the goalie when your opponent has been assessed a delayed penalty and add an offensive player. The goalie yells "delayed penalty", skates off quickly, and the next line center moves onto the rink. Since the other team cannot score on a delayed penalty, you would be surprised how often you can score on this play.

## Referee courtesy

Referees in adult hockey expect adult behavior. It is wise to treat referees politely as in most leagues you will see the same referees many times during a season. If you have a question about an interpretation of a rule, have the captain inquire in a reasonable manner. Courtesy to referees will make the games feel professional, controlled, and lead to a positive experience for both players and referees.