

# SISKIYOU ICE RINK HOCKEY CLUB (SIRHOC)

## YOUTH LEAGUE REGISTRATION

**DESCRIPTION:** Sign up is required for Youth League play at the Siskiyou Ice Rink in Mount Shasta, CA. Youth League play will start Nov 25, 2006 and will run to February 24, 2007 (weather permitting—this is an outdoor rink). Games will be on Saturday mornings. Practices will be on Tuesdays and Thursdays 5:15 to 7:00 pm. Your child may not be assigned to both practice days. Signing up requires parents to accept the liability waiver release. Players will also agree to the code of behavior of SIRHOC, playing with proper equipment, adherence to a set of rules. Parents will agree to the Parent Code of Conduct.



PLAYER NAME \_\_\_\_\_ AGE \_\_\_\_\_  
Print

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

EMAIL \_\_\_\_\_

### AGREEMENT, WAIVER, AND RELEASE

In consideration for my son/daughter, \_\_\_\_\_ being permitted to play on SIRHOC Youth Hockey League, 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 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 (its officers, coaches, and members)** 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 death or any injury or property damage that my son/daughter 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 by parent or guardian) \_\_\_\_\_ DATE \_\_\_\_\_

\_\_\_\_\_  
(Name printed)

Return to: SIRHOC Youth League at Siskiyou Ice Rink or mail to SIRHOC c/o Rod Merys, 5502 Antelope Way, Weed, CA 96094

### FEE STRUCTURE:

League Fee: \$40/person

Write check to: FOR and include this signed registration page.

## **REQUIRED EQUIPMENT:**

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

Face mask  
Breezers, padded shorts, or hockey pants  
Shoulder pads  
Mouth guard

Some equipment is owned by SIRHOC youth and is available for individuals' use on a case-by-case basis. Equipment packages will also be available for season rent. See coaches at the rink.

## **MISSION STATEMENT OF SIRHOC YOUTH:**

1. To provide opportunities for youth to compete, learn fair play, develop goals, learn the value of hard work, improve their skills, make friends and to have fun.
2. To promote hockey to a wider audience including other hockey enthusiast, 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, coaches, referees, fans, and, most of all, their parents. Talk with your parents about how you want to perform this season in hockey—and keep them up to date with your progress.
2. Players will adhere to the basic hockey rules (see attached page). Guidelines such as USA Hockey will be followed. We have a no-tolerance policy for fighting or other unacceptable behavior. First offenses will be discussed with parents. Second offenses are grounds for expulsion and termination of all SIRHOC Youth League privileges for the remaining season with no refunds of any fees.
3. Everyone helps out without being asked. More experienced players help out new players with tips, techniques, and advice. Pick up your bottles and things along the benches after done playing. Help pick up the pucks, cones, and nets on the rink. Help to put away equipment into the boxes and into the storage shed.

## **PARENT CODE OF CONDUCT:**

1. Honorable behavior is expected. Parents will show respect for all players, visiting teams, coaches, referees, and other parents.
2. Offer positive encouragement and support for your child as well as other players. Encourage your child to follow healthy physical and mental habits: go to bed on time, eat all his/her food on their plates, do well in school, and think about exercise off the rink.
3. Help your child to appreciate all aspects of the game such as the rules, strategies, team play, and a love for the game of hockey.
4. Help your child to develop a proper attitude of sportsmanship. Try to explain to your child, that contrary to popular belief these days, that "winning" is still less important than "how he/she plays the game."

## **COACHES CODE OF CONDUCT:**

1. The volunteer coaches will display honorable behavior, respect for your child, and will provide a proper role model through their teachings and actions.
2. Motivate using positive attitudes.
3. Balance individual skill development with team development.
4. Teach how to win and how to lose gracefully.

# BASIC HOCKEY RULES/STRATEGIES

## Off sides

Off sides is when a player crosses the opposing team's blue line before the puck. The puck must enter this scoring zone before an offensive team player. A violation is a face-off (dropping the puck) in the neutral zone (middle zone).

## Icing

Icing the puck is when the defending team shots the puck out of their own end all the way down over the other goal line at the opposite end of the rink. It is not icing if the puck touches an opposite player or his stick on the way down to the other end. A violation is a face-off back in your zone.

## Basic Defense Strategies

Form a defensive perimeter around your net. Help your goalie out by keeping the puck from entering the danger zone (right in front of the net). Push the puck out to the sides and then up the boards and out over your blue line into the neutral zone. Look for teammates to pass to.

## Offensive Strategies

Move the puck over the opposing blue line and toward the net. Look for teammates to pass to for shots on net. Go to the net when a shot is taken and watch for a loose puck. Try not to bunch up with everyone else on the puck...Wayne Gretzky would skate to where the puck was going to be and not to where it already was.

## 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.