

THE TEN GOLDEN RULES FOR FAIR PLAY IN ICE HOCKEY FOR PLAYERS

I WILL ...

1. Always play within the rules of ice hockey and the spirit of the game.
2. Not argue with officials. If I disagree with a decision, I will inform my team's captain or coach during a break or after the game.
3. Control my temper. I understand that verbal abuse of officials and other players, or deliberately distracting or provoking an opponent, is not acceptable.
4. Work equally hard for myself as for my team. Both my performance and my team's performance will benefit from my hard work and dedication.
5. Be a good sport and applaud all good plays, even when they are made by the opponent. I will display modesty in victory and graciousness in defeat.
6. Treat everyone in the same manner that I would like to be treated. I will not bully or take unfair advantage of someone. I will respect the rights, dignity, and worth of everyone regardless of their race, gender, ability, cultural background or religion.
7. Cooperate with my coach, teammates, opponents and officials. Without them there would be no games. Therefore, I will thank them at the end of each game.
8. Participate for my own enjoyment and benefit, not just to please my parents or coaches.
9. Promote fair play and respect the integrity of the game. I will comply with anti-doping and competition manipulation policies.
10. Refrain from drinking alcohol before or during practices or games. The usage of drugs has no place in ice hockey.

Name

Date

Signature