



RoughRiders Hockey Club Cedar Rapids PLAYER CONDUCT AGREEMENT

In consideration of participating in a program of the RoughRiders Hockey Club Cedar Rapids, I agree to abide by and follow the following rules and guidelines:

- I will play for fun and love of the game. I will give my best effort to improve my hockey skills and will strive to be a team player. I will strive to be on time for practices and games. I will demonstrate teamwork, sportsmanship and discipline. I will learn the rules of hockey and strive to play by them.
- I will not participate in conduct detrimental to myself, my teammates, the team, or the association.
- I will encourage good sportsmanship through actions and by demonstrating positive support for all players (teammates and opponents alike), coaches, officials, parents, facility staff and others involved in RRHCCR. I will positively relate to such persons and treat them with respect and dignity regardless of race, creed, color, ethnic background, religion, disability, language, gender, sexual orientation or skill level. I will make no physical contact (except as authorized by the rules of hockey during play) besides a handshake with any such person. I will not attempt to injure any such person. I will not enter the locker/dressing room of an opposing team or obstruct an opposing team's members access to or exit from said room or any facility.
- I will conduct myself in a befitting manner at any RRHCCR activity or function or at any hockey facility, home or away. I will not swear or use abusive language at any CRHA activity or function or at any hockey facility home or away. I will not consume alcohol, smoke, chew tobacco or use any illegal substance at any CRHA activity or function or at any hockey facility, home or away. I will not throw any object onto the ice surface or players' area or at another individual.
- I will not argue with or lash out at any official at any time. I will skate directly to the penalty box without incident upon receiving a penalty. I will not engage in fighting. I will not enter any official's locker/dressing room or obstruct any official's access to or exit from said room or any facility, home or away.
- I will inform the coach prior to any game or practice of any physical ailment or disability which may affect my safety or the safety of any other.
- I will respect the property and equipment used at any sports facility where I play hockey, whether home or away. I will not deface or damage property belonging to any individual, team, association or facility, home or away.
- I will not commit any act that would constitute a crime or delinquent act at any CRHA function or activity or at any hockey facility, home or away. I will not incite or encourage any person to violate this code of conduct.

I understand that my failure to abide by the above rules and guidelines may result in disciplinary action against me up to and including expulsion from RRHCCR programs and the Cedar Rapids Ice Arena.