



## PLAYER CONTRACT 2009-2010 SEASON

- I acknowledge that the Nanaimo Islanders Female Hockey Association's *House League* is intended to have new players learn the game of hockey and develop skills;
- Veteran and more experienced players are expected to teach the game to the novice players, role model good hockey and demonstrate sportsmanship at all times;
- Women's Hockey is NO contact. That means NO body checking, boarding, charging, running the goaltenders or interference (sliding into an opposing player, taking a lane and impeding the offensive player). **Safety** is paramount!
- No lying down, blocking shots or sliding in front of, or into the shooter. **Safety** is paramount!
- No alcohol, drugs or other substances are to be consumed directly before a game. It nullifies your team's insurance and places everyone at risk. **Safety** is paramount!
- I will respect the rules of the game. I will respect my teammates, opponents and coaches. I will respect the officials and their decisions;
- I will maintain my self-control at all times. I know that foul language and aggressive behaviour towards opponents, team-mates, coaches, officials and/or the executive are not acceptable at any time.
- I am on a team and will be a team player. I will respect my team-mates. I will not be critical of my team-mates and never discuss team-mates abilities except to *encourage good play*;
- I will acknowledge all good plays and performances, including those of my team and of my opponents;
- "**FUN, learning skills and encouraging better play**" is the philosophy of this league. in that order. Winning is a bonus!
- I will not permit the intimidation of any player either by word or by action. I will not tolerate unacceptable conduct towards officials, other individual players or myself. I will report such incidents to the executive.



I have read, understood and agree to abide by Hockey Canada's **Official Rule Book** ([www.hockeycanada.ca](http://www.hockeycanada.ca)) as well as the rules of conduct governing the Nanaimo Islanders Female Hockey Association. I understand that any breach of these rules of conduct could result in disciplinary action from the league, including suspensions and expulsion.

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Print Name

Team

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Signature

Date

**Nanaimo Islanders Female Hockey Association**