

Coach Meeting – Sept 27, 2020





**Russell Stratton**  
President



**Torran Jolly**  
Vice-President

# Agenda

- ❖ WELCOME
- ❖ BOARD MEMBERS INTRODUCTION
- ❖ RHC PHILOSOPHY & FAIR PLAY CODE
- ❖ THE 2020 SEASON
- ❖ SCHEDULE DETAIL
- ❖ COVID 19 RESPONSE
- ❖ COACHES RESPONSABILITIES
  - POLICE INFORMATION CHECK (PIC)
  - RESPECT IN SPORT (COACH)
  - RESPECT IN SPORT (SAFETY)
- ❖ ADDITIONAL INFORMATION
  - GAME ETIQUETTE
  - GAME SHEETS
  - SUSPENSION POLICY
  - RHC AND REFEREES

# Welcome!

- Welcome to the 2020/21 Season (RHC's 20<sup>th</sup> Season)
- Thank you for volunteering!
- Coaches play a critical role in ensuring:
  - ❖ The RHC philosophy is instilled and emphasized throughout the season
  - ❖ Players have fun and have a positive experience playing Recreational Hockey
  - ❖ Encourage fair play among the players, coaches, referees and parents.
- Please share this information with all coaches/assistants not present at this meeting. This power point presentation will be posted on the RHC webpage for future reference.

# RHC Board Members

President:	Russell Stratton
Vice President	Torran Jolly
Secretary:	Jean McRae
Treasurer:	Dave Brotherton
Registrar:	Cathy Hosowich
Equipment Coordinator:	Helen Mills
Referee Liaison:	Dave Brotherton
U13 Coordinators:	David Hunter / Rachel Brooks-Chayer
U13 Development:	Nicholas Mills / David Elliott
U15 Coordinator:	Sean McCarthy / Rob Fenton
U18 Coordinator:	Zul Murji
U21 Coordinator:	Nicole Jensen
Social Media Representative:	Teresa Roach

# Equipment Pickup – Sept 26

- Managed by Helen Mills, RHC Equipment Manager  
[rhcequip@gmail.com](mailto:rhcequip@gmail.com)

Please contact Helen if you didn't pick up your equipment yesterday

- Pick up is at SPACE PLACE
  - ❖ 118 Bowridge Drive NW, unit #223
- What you get...
  - ❖ Team jerseys on hangers in garment bag (MUST be returned this way)
  - ❖ socks (players keep these at the end of the season)
  - ❖ pinnies (Selected teams only)
  - ❖ medical kit
  - ❖ puck bag with 20 pucks
  - ❖ game sheets (should be enough for entire season)
  - ❖ blank team labels.
- You will get details on returning the above from Helen and/or your coordinators in the Spring
- **If you have any equipment needs during the season please go through your division coordinator.**



# RHC Philosophy

- RHC Philosophy:
  - ❖ Fun and safe
  - ❖ Moderate time commitment
  - ❖ Affordable
- We encourage and support good sportsmanship, fair play, friendship and respect
- Body checking, aggressive behavior and unsportsmanlike conduct will not be tolerated
- No standings, player stats, playoffs
- This season more than ever we ask all coaches to take a collaborative, rather than win at all costs attitude



# HC/RHC Fair Play Code

- RHC supports the FAIR PLAY CODES programs of Hockey Canada and Hockey Calgary AND ...
  - ❖ **By registering or volunteering in RHC, players along with coaches, parents, directors, spectators, have accepted their Fair Play pledge.**
- **The Board of Directors reserves the right to suspend a player, coach and/or parent from RHC who has violated the Hockey Calgary “Fair Play Pledge” or deviate from the RHC Philosophy.**
- Coaches have the authority to recommend full game suspension of players on their teams they feel are in breach of the Fair Play Code. Coaches have the authority to suspend players for a shift, or a period where the player is in breach of the code.
- **RHC rules are defined in the RHC Policies and Procedures Manual**  
<https://www.hockeycalgary.ca/stream/page/stream/recreational-hockey-council/page/resources>



# HC/RHC Fair Play Pledge

## PLAYERS

- I will play hockey because I want to, not just because others or coaches want me to
- I will play by the rules of hockey, and in the spirit of the game.
- I will control my temper – fighting and “mouthing off” can spoil the activity for everybody.
- I will respect my opponents.
- I will do my best to be a true team player.
- I will remember that winning isn't everything – that having fun, improving skills, making friends and doing my best are also important.
- I will acknowledge all good plays & performances – those of my team and of my opponents.
- I will remember that coaches and officials are there to help me. I will accept their decisions and show them respect.

## COACHES

- ❑ I will teach my players to play fairly and to respect the rules, officials and opponents.
- ❑ I will ensure that all players get equal instruction, support and playing time.
- ❑ I will not ridicule or yell at my players for making mistakes or for performing poorly. I will remember that players play to have fun and must be encouraged to have confidence in themselves.
- ❑ I will make sure that equipment and facilities are safe and match the players' ages and abilities.
- ❑ I will remember that participants need a coach they can respect. I will be generous with praise and set a good example.
- ❑ I will obtain proper training and continue to upgrade my coaching skills.
- ❑ I will work in cooperation with officials for the benefit of the game.

## PARENTS

- ❑ I will not force my child to participate in hockey.
- ❑ I will remember that my child plays hockey for his or her enjoyment, not for mine.
- ❑ I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- ❑ I will teach my child that doing one's best is as important as winning, so that my child will never feel defeated by the outcome of a game.
- ❑ I will make my child feel like a winner every time by offering praise for competing fairly and trying hard.
- ❑ I will never ridicule or yell at my child for making a mistake or losing a game.
- ❑ I will remember that children learn best by example. I will applaud good plays/performances by both my child's team and their opponents.
- ❑ I will never question the officials' judgment or honesty in public.
- ❑ I will support all efforts to remove verbal and physical abuse from children's hockey games.
- ❑ I will respect and show appreciation for the volunteer coaches who give their time to coach hockey for my child.

# RHC Policy Notes

Special mention based on some challenges we have previously faced or will face:

- COVID 19 Guidelines must be followed
- Zero tolerance for abuse – racial, sex, gender, sexual orientation etc
- Vaping is not allowed in the dressing room
- Any player suspected of being intoxicated (drugs/alcohol) can be suspended from play by their coach and referred to the league for further discipline

# The 2020 Season

## Will be different but not unfamiliar:

- ❖ Maintaining current age categories U13, U15, U18 & U21
- ❖ Maintain a full game play program (inc 6 development sessions for U13)
- ❖ 2 game ice times per week on consistent days each week:
  - ❖ U13 Tuesday & Saturday
  - ❖ U15 Monday & Saturday
  - ❖ U18 Thursday & alternate Saturday
  - ❖ U21 Wednesday & alternate Saturday
- ❖ Cohorts/teams will remain evenly balanced with a mix of abilities– same team selection process as previous seasons
- ❖ Same number of ice times as in previous seasons
- ❖ Game play will typically be 5v5, however, if required, a 4v4 or 3v3 format may be considered
- ❖ We are following the Hockey Calgary Return to Play Guidelines <https://www.hockeycalgary.ca/page/index/id/589/>

# The 2020 Season cont ...

## Divisions:

- U13 6 teams in 3 cohorts
  - U15 8 teams in 4 cohorts
  - U18 12 teams in 6 cohorts
  - U21 10 teams in 5 cohorts
- 
- ❖ Cohort sizes for RHC are @30-45 people (including goalies + cohort coaches) and will remain in place until end of December.
  - ❖ Coaches will either be 'cohort' coaches or 'social distance' coaches, each team should advise their respective coordinator accordingly.
  - ❖ Spare goalies may be available but will be subject to the 14 day rule if moving between cohorts.
  - ❖ Arena COVID 19 protocols to be followed (further details- <https://www.calgary.ca/csps/recreation/arenas/covid-19-health-and-safety-arenas.html>).
  - ❖ TeamSnap has been purchased for all teams, please do **NOT** buy your own copy

# The 2020 Season cont ...

## Game Format:

- ❖ Within the cohort, 2 evenly balanced teams will be created for 5 game mini-series
- ❖ Following the series, jerseys will be washed by Jersey Volunteers, and 2 new teams will be created for another 5 game mini-series
- ❖ This process will continue until it is safe to move to a 'Regular Season'
- ❖ Games are sanctioned by Hockey Alberta so game sheets will be completed and uploaded to Hockey Calgary website.
- ❖ Game officials – 2 Officials allocated to each cohort (**may not be available for first one/two games**)
- ❖ Games will have 3 periods as in previous seasons, with a stop clock.
- ❖ Off-ice officials (for example timekeepers, penalty box staff etc) must wear a mask and practice social distancing.

# The 2020 Season cont ...

## Arena Requirements

- ❖ Arrive no more than 15 minutes before your booking time
- ❖ Change rooms are open with physical distancing measures in place; players should come dressed in gear as much as possible
- ❖ Shower facilities are not available; players are expected to shower at home
- ❖ Participants they must bring their own water in marked water bottles with the players name
- ❖ In all Arenas, you must wear a mask whenever you are not actively engaging in a physical activity. For example, masks must be worn:
  - In change rooms
  - In the lobby
  - When you're traveling to other areas in the facility
  - If you're coaching
  - If you are a spectator
- ❖ Practice physical distancing in spectator areas; spectator stands will not be disinfected and cleaned in between bookings
- ❖ Don't gather or loiter in dressing rooms, parking areas or public areas before, during or after your activity
- ❖ Leave the location as soon as your activities end to reduce overlap of bookings

# The 2020 Season cont ...

## Emphasis for Coaches for 2020 Season:

1. Safety of players/coaches/officials & families
2. Players having fun playing hockey again
3. Adopt a collaborative approach with the other coaches in your cohort to make 1 & 2 happen

# Schedule Detail 2020-2021 Season

1. U13 29 games + 6 development sessions, U15 / U18 / U21 32 games

## 2. Start Dates

U21                      Wednesday Sept 30

U18                      Thursday Oct 1

U15                      Monday Oct 5

U13                      Saturday Oct 3

3. **No** EMHW

4. **No** Year End Tournament if still in Phase 2

Note: Check the Hockey Calgary website (<http://www.hockeycalgary.ca/>) for the most current schedule.



U7

U9

U11

U13

U15

U18

U21

SCHEDULE SEARCH

- RHC U18 Cohort 1
- RHC U18 Cohort 2
- RHC U18 Cohort 3
- RHC U18 Cohort 4
- RHC U18 Cohort 5
- RHC U18 Cohort 6
- GHC U18 Cohort 2
- U16 AA
- U18 AA

- RHC U18 COHORT 1
- RHC BLUES
- RHC STARS

- SCHEDULE
- SCHEDULE
- SCHEDULE



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# COVID Response – RHC’s Main Message

- Safety of all players, coaches, officials, volunteers and families is paramount
- One-Sport Cohort – players, coaches and officials may only participate in 1 cohort within Hockey Calgary sanctioned leagues
  - Alberta Gov’t asks families to reduce the number of cohorts people participate in
- Coaches will either be “Cohort Coaches” or “Physically Distant Coaches”
  - Cohort coach is part of the cohort so no masks or physical distancing required, but recommended
  - PD Coaches is not part of the cohort, but can still assist the team. PD Coaches need to maintain social distancing of 2m+ and wear masks.
    - Social Distance Coach Lanyards have been ordered from Hockey Calgary – 2 per team

# COVID Response – Continued

## COVID Monitoring

- Hockey Calgary is obligated to keep track of all games and participants
- TeamSnap has a monitoring tool and is encouraged to be used by all
  - COVID Health Check form may be used as an alternative – see attached
  - Hockey Calgary is using TeamSnap tool as its main contact tracing tool
- Coaches will need to ensure all players have “passed” the COVID screening before each game
  - Prior to every game, coaches or designate will need to monitor TeamSnap or collect Health Check forms prior to any game. No exceptions.
  - If a player is “red” in TeamSnap or Health Check form, they cannot play and will have to self-isolate per the Government of Alberta regulations.
  - If a player notes that they will not be at the game, whether denoted via TeamSnap or otherwise, there is no need to complete the TeamSnap Health Check
  - If someone makes an error on the TeamSnap Health Check assessment, they may prepare an error form and provide it to the coaches. Coaches will then pass the form onto the RHC.
  - Please see the COVID Cheat Sheet attached

# COVID-19 Isolation Cheat Sheet

Complete Isolation Requirements can be found: <https://www.alberta.ca/isolation.aspx>

**PLAYERS, COACHES, OFFICIALS, & VOLUNTEERS ARE NOT PERMITTED TO PARTICIPATE IN ANY HOCKEY RELATED ACTIVITY IF THEY ARE SICK IN ANY CAPACITY.**

Situation	Explanation/Example	Isolation Requirements	Return to Hockey	External Actions
1. Confirmed or Presumptive Case of COVID-19	<p>Positive COVID-19 diagnosis confirmed by Alberta Health Services</p> <p>Or</p> <p>A medical physician or Health Link has provided a presumptive COVID-19 diagnosis.</p>	<p><b>Self-Isolate at home</b></p> <p>You are legally required to isolate for a minimum of 10 days if you have tested positive for COVID-19.</p> <p>Isolation period is for 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.</p>	<p>Alberta Health Services has cleared the individual to no longer isolate.</p>	<p>Alberta Health Services is already involved.</p> <p>AHS will perform contact tracing.</p>
2. Symptoms of COVID-19 and no known exposure to the virus (contact with a positive case)	<p><b>Symptoms:</b></p> <ul style="list-style-type: none"> <li>• Cough</li> <li>• Fever</li> <li>• Shortness of breath</li> <li>• Runny nose</li> <li>• Sore throat</li> </ul>	<p><b>Self-Isolate at home</b></p> <p>You are legally required to isolate for a minimum of 10 days if you have a cough, fever, shortness of breath, runny nose, or sore throat that is not related to a pre-existing illness or health condition.</p> <p>The mandatory isolation period is 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.</p>	<p>Completion of Isolation requirements</p> <p>OR</p> <p>Received a negative test <b>and no longer</b> have any symptoms. AHS suggest you stay home when sick with any illness, until symptoms resolve; however, if your COVID test is negative, this is not legally required. <b>However, hockey participation is not permitted while still symptomatic.</b></p>	<p>Direction provided by Health Link (call 811)</p>

<p><b>3. Close Contact<sup>1</sup> of confirmed COVID-19 Case</b></p>	<p>In most cases, AHS has contacted the individual, informed them they are a close contact, and instructed them to self isolate. However, if you have not been contacted by AHS, and have confirmation that you have been in close contact with a positive case, you are still legally required to complete the applicable isolation requirements.</p>	<p style="text-align: center;"><b>Self-Isolate at home</b></p> <p>You are legally required to isolate for 14 days and monitor for symptoms if you are a close contact of a person who tested positive for COVID-19 (provides care, lives with or has close physical contact without appropriate use of personal protective equipment, or comes into direct contact with infectious body fluids)</p> <p>If you become sick with cough, fever, shortness of breath, runny nose or sore throat during this time, you must isolate for an additional 10 days from the beginning of symptoms or until you are feeling well, whichever takes longer.</p>	<p>Completion of Isolation requirements</p> <p style="text-align: center;">OR</p> <p>Alberta Health Services has cleared the individual to no longer isolate.</p> <p><b>NOTE:</b> If you tested negative and have known exposure to COVID-19, you are legally required to isolate for 14 days.</p>	<p>Alberta Health Services is already involved.</p>
<p><b>4. Waiting on Asymptomatic COVID-19 test results</b></p>	<p>Went for a test and never had COVID-19 symptoms</p>	<p style="text-align: center;"><b>No isolation requirements</b></p>	<p>May participate in hockey provided they <b>are not</b> fulfilling Close Contact isolation requirements</p>	<p>Direction provided by Health Link (call 811)</p>
<p><b>5. Sick with secondary symptoms</b></p>	<p><b>Secondary Symptoms:</b></p> <ul style="list-style-type: none"> <li>• Chills</li> <li>• Painful swallowing</li> <li>• Stuffy nose</li> <li>• Headache</li> <li>• Muscle or joint aches</li> <li>• Feeling unwell, fatigue or severe exhaustion</li> <li>• Gastrointestinal symptoms (nausea, vomiting, diarrhea)</li> </ul>	<p style="text-align: center;"><b>Cannot Participate in Hockey Activities</b></p> <p>Self Isolate at home and minimize your contact with others until your symptoms resolve.</p>	<p>May participate in hockey once they no longer have secondary symptoms.</p>	<p>Direction provided by Health Link (call 811)</p>

	<p>or unexplained loss of appetite)</p> <ul style="list-style-type: none"> <li>• Loss of sense of smell or taste</li> <li>• Conjunctivitis, commonly known as pink eye</li> </ul>			
<b>6. Traveling outside the country</b>	Returning to Calgary from outside of Canada	<p><b>Cannot Participate in Hockey Activities</b></p> <p>You are legally required to isolate for 14 days if you return to or enter Alberta from outside Canada.</p> <p>If you become sick with cough, fever, shortness of breath, runny nose or sore throat during this time, you must isolate for an additional 10 days from the beginning of symptoms or until you are feeling well, whichever takes longer.</p>	<p>Completion of Isolation requirements</p> <p>OR</p> <p>If you have a Government Exemption not requiring isolation upon return. Proof of exemption should be provided.</p>	Direction provided by Health Link (call 811)

### 1. Close Contact Definition

Alberta Health Services . (2020, August 9<sup>th</sup>) Alberta Health Services. *Information for Albertans – Novel Coronavirus COVID-19*. Retrieved from <https://albertahealthservices.ca/topics/Page16997.aspx>

A **close contact** is defined as a person who provided care for the individual, including healthcare workers, family members or other caregivers, or who had other similar close physical contact with the person without consistent and appropriate use of personal protective equipment OR who lived with or otherwise had close prolonged contact (within two metres) with the person while they were infectious OR had direct contact with infectious bodily fluids of the person (e.g. was coughed or sneezed on) while not wearing recommended personal protective equipment.

### TeamSnap Health Check

Name of Participant: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Facility: \_\_\_\_\_

Association: \_\_\_\_\_

Cohort Name: \_\_\_\_\_

Team Name: \_\_\_\_\_

1. Have you experienced a fever of 38.0°C or greater in the past 10 days?  
 Yes  
 No
  
2. Have you received a positive result from a COVID-19 test within the past 14 days?  
 Yes  
 No
  
3. Have you been in contact with anyone while they had COVID-19 or symptoms of COVID-19 in the past 14 days?  
 Yes  
 No
  
4. Have you experienced any of the following symptoms within the past 14 days? Check all that apply  
 Cough  
 Shortness of breath  
 Sore throat  
 Runny nose  
 None of the above

## ERROR CORRECTION FORM - TeamSnap Health Check

Please use this form in the event that you have made an error when submitting your 'Health Check' or if there is a special circumstance for failing the Health Check that still allows participation in hockey. This form should be completed and given to the Head Coach or Manager of your team, who will be responsible for submitting to the appropriate association representative.

Name of Participant: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Facility: \_\_\_\_\_

Association: \_\_\_\_\_

Cohort Name: \_\_\_\_\_

Team Name: \_\_\_\_\_

Reason for Correction:

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# Coach Responsibilities

- Police Information Check
- Respect In Sports (Coaches)
- Respect In Sports (Safety)

# Police Information Check (PIC)

- All coaches, assistants and volunteers that participate within RHC must have a current Police Information Check.
- CPS checks are good for 3 years; All costs associated with the PIC check are covered by RHC.
- For those requiring a PIC, you must be cleared through Cathy Hosowich our registrar
- **You cannot coach or be on the bench or in the dressing room if you do not have a current PIC**

## Respect in Sports (RIS) – Coaches

- This is mandatory for all HC streams including RHC.
- All coaches including assistants must complete the on line program by Oct 31.
- RHC will reimburse the costs associated with this program.
- THE RIS – Coach takes approx. 2.5 hours to complete

## Respect in Sports (RIS) – Safety

- THIS IS MANDATORY FOR ALL HC STREAMS INCLUDING RHC.
- One individual must be present at every game who has the RIS – Safety. This does not have to be a coach; it can be a parent volunteer who has a current PIC and is willing to act as the safety person for games
- Each team must be compliant prior to the start of the season.
- RHC will reimburse the costs associated with this program.
- THE RIS – Safety takes approx. 2.5 hours to complete. This course covers medical awareness, concussion protocols, bullying, harassment, hazing, dressing room supervision, etc.

# Additional Information

# Game Etiquette

- Coaches should introduce themselves to the referees before the game.
- At the completion of the hockey game, post game handshake with the other team & officials will not take place.
- Work with the other coaches to overcome issues in the interest of FUN for the players (ie. no goalie, lack of players)
- If a team has less than 10 skaters, they can use “affiliate” players from the other team in their cohort. \*\*  
Thanksgiving, Family Day, January exams – please plan in advance
- Display and emphasize good sportsmanship throughout the game such as limiting the score in cases of lopsided play.

# Game Sheets

- Make sure you have filled in your portion of the game sheet accurately.
  - ❖ Note SUSPENSIONS and Affiliate players
- Ensure you have responsible and knowledgeable off-ice officials at each game
  - ❖ Time Keeper / Scorekeeper. Each team to provide one for each game plus another volunteer to work the penalty box gate. COACH RESPONSIBILITY – OR DELEGATE
- The HOME team enters the game info in the HC website AND submits the white game sheet to the division coordinator by **noon** of the day following the game. Game sheets are to be scanned and sent to the coordinator. Alternatively, a good resolution picture can be taken and forwarded to the coordinator.
- If there are issues such as a incident write-up, please expedite these time sheets so that the discipline committee can review prior to the next game.

# Electronic Game Sheets

- Access is via the Hockey Calgary website ([www.hockeycalgary.ca](http://www.hockeycalgary.ca))
- Each team will be provided an access code and password for their team. Note that the coach can delegate this responsibility to an assistant coach, manager or parent volunteer.
- All game stats including goals, assists, penalties etc are available to the coaches .
- The white game sheet or a picture are still required to be forwarded to the coordinators.

# Game Sheet: Coordinator Contacts

- U13 [peewee@rechockeycalgary.ca](mailto:peewee@rechockeycalgary.ca)
- U15 [bantam@rechockeycalgary.ca](mailto:bantam@rechockeycalgary.ca)
- U18 [midget@rechockeycalgary.ca](mailto:midget@rechockeycalgary.ca)
- U21 [junior@rechockeycalgary.ca](mailto:junior@rechockeycalgary.ca)



# Suspension Policy

- Any player who incurs 3 penalties during a game will receive a game ejection and an additional game suspension.
- Each subsequent 3 penalty game after the first will result in a two game suspension.
- Any player receiving 20 penalties within a season (including EMHW and YET) will receive a 3 game suspension.
- Any player receiving 25 penalties within a season (including EMHW and YET) will be reviewed by the discipline committee for possible expulsion from the league.
- Any player that receives 2 or more suspensions that fall within the Hockey Calgary minimum suspension guidelines will be reviewed by the RHC Discipline Committee for further discipline or expulsion from the league.
- It is the Coach's responsibility to track penalties for your team

# RHC and Referees

## RHC has a zero tolerance for abuse of officials!

Coaches have a huge influence over players behavior

If you have a complaint about a referee:

- Suggest using 24 hour rule
- Complaint must be submitted in writing (e-mail is acceptable) to your divisional coordinator
- Be specific!
  - ❖ Statements like “lost control of the game” carry little or no weight.
  - ❖ Statements like “did not call checking from behind penalties or hits to the head, resulting in player injuries” carry significant weight.
  - ❖ **In all cases where referees were abusive or used profanity against players or coaches, a written complaint is required**
- Coordinator sends complaint letter to President
- President sends letter to CZRC
- Referees are governed by CZRC which is arms length from HC and RHC

# HC: Common Infractions & Minimum Suspension Guidelines

See :

[https://www.hockeycalgary.ca/assets/file/Minimum\\_Suspensions\\_2016\\_17\\_HockeyCanada%282%29.pdf](https://www.hockeycalgary.ca/assets/file/Minimum_Suspensions_2016_17_HockeyCanada%282%29.pdf)

Rule #	Penalty	Minimum Suspension
2.2	Coach Playing Ineligible Player or a Player under suspension	Indefinite
3.6	Removing Helmet	1 Game
4.5	Second 10 Minute Misconduct - Same Game	1 Game
4.6	Game Misconduct in Last 10 Minutes of Play (* Provided the Original Infraction does not call for multiple game suspensions)	1 Game*
4.7	Gross Misconduct	2 Games
9.2	Verbal Abuse of an official (Misconduct) (10)	None
9.2	Harassment of Officials/Unsportsmanlike Conduct/Misconduct Where a Game Misconduct is assessed	2 Games
	Where a Gross Misconduct is assessed	2 Games
9.2 f	Verbal Taunts, insults or intimidation based on discriminatory grounds	Indefinite

RHC Rule

Minimum  
4 game suspension  
(Discipline  
Committee Review)  
and a  
Personal apology

# Coach Information – RHC Website

The screenshot displays the Hockey Calgary website interface. At the top, a navigation bar includes age categories (U7, U9, U11, U13, U15, U18, U21) and a 'SCHEDULE SEARCH' option. Below this is a hero image of hockey players in helmets. The Hockey Calgary logo is prominently displayed on the left. On the right, there are social media icons and a 'SITE SEARCH' input field. A secondary navigation bar contains links for 'About Us', 'Return to Hockey', 'Operations', 'Resources', 'Registration', 'Events', and 'Hockey Streams'. The 'Hockey Streams' menu is open, showing options: 'What Stream is Right for Me?', 'Community', 'Flames Community House League', 'Elite', 'Female', and 'Rec'. In the foreground, a 'LOGIN' form is visible, featuring a breadcrumb 'HOME > LOGIN', fields for 'Username:' and 'Password:', and a red 'Login' button.



Thank you

