



Club Rules to be followed by all players playing in the Winter 2009 competition:

1. Everyone to attend training and games as listed in the schedule.
2. If a player cannot attend training, he/she is to call **Bernard or Jeremy (8307 5772) for the Tigers** and **Chris Kondos (0433 772 397) for Saints Reserve** prior to the training session with the reason why he/she cannot attend.
3. Everyone to be at the game and dressed 15 minutes before the game starts.
4. If a player cannot attend a game, he/she is to notify **Bernard or Jeremy (8307 5772) for the Tigers**, **Chris Kondos (0433 772 397) for Saints Reserve** and **Chris Kondos (0433 772 397) or Matt Caruana (0450 874 124) for Saints C Grade** (preferably prior to the day of the game) if on the day, as soon as he/she knows he/she is not able to play.
5. If a player is running late for a game, he/she is to notify **Bernard or Jeremy (8307 5772) for the Tigers**, **Chris Kondos (0433 772 397) for Saints Reserve** and **Chris Kondos (0433 772 397) or Matt Caruana (0450 874 124) for Saints C Grade**.
6. Everyone to bring their **OWN** water bottle. No one is allowed to drink from another player's bottle.
7. Only **positive** feedback from players on the bench.
8. Only the coach and manager are to give players directions on the bench.
9. The coach and manager's decisions are not to be questioned on the bench.
10. Only the Captain or Alternate Captain(s) are authorised to talk to the game officials.
11. No one is to verbally abuse the on-ice officials.

Consequences of breaking Rules as listed above:

1. If a player does not attend training/games and has not notified the responsible person with a reason, which is acceptable, he/she will sit on the bench the first 5 minutes of 1st period or longer at the coach's discretion.)

(Reason – Players who train together, play as a team. Game plays etc. will be practiced at training and if everyone is not there he/she will not know what to do in a game situation. This also develops commitment to the team. The Club may (at its discretion), if the player has not notified or has given a valid reason, give the player's place on the team to another player who is on the Club's waiting list to join the team.)

2. Sit for 5 minutes during the first period (or longer depending on coach's discretion) of the game.

(Reason – Players need to take control and be responsible for their own time management). The coach or manager should not have to follow up players to get them to games, training or to get ready.

5. Sit for 5 minutes during the first period of the game (or longer depending on coach's discretion) if the late reason is not acceptable.

(Reason – Shows a player is part of a team and is responsible by letting the team know (through Bernard, Jeremy or Chris) that he/she is running late).

6. No drinking for the player without a drink bottle during the game.

(Reason –As there is so much sickness during the season, players should be responsible for bringing a drink and not drinking someone else's drink).

7. Player will be told by coach/manager to stop if he/she is being negative towards another player, coach, manager, ice officials or referees.

(Reason - Shows good sportsmanship and promotes players giving positive feedback. This in turn builds friendships and gives

*confidence to all players for a job well done. **The Club will not tolerate negative feedback, towards officials or other players, on the bench or at training** and warnings will be given to players who offend. If the behaviour continues the coach and/or manager will refer it to the Club Committee who will investigate and notify the player of its decision and/or consequences.)*

8. Only the coach and manager are to give players directions on the bench.

(Reason – Only the coach and Manager appointed by the Club are in charge of providing instructions to players. If the coach/manager and players are all giving instructions to team members, during the game or training, this can be confusing for players and could be detrimental to players and ultimately the team. This gives all players a chance to give their best to the team because only the coach is providing them with strategies for the game/training.)

9. The coach and manager's decisions are not to be questioned on the bench.

(Reason - The coach is appointed by the Club Committee and is in charge of providing instructions to players. The manager is also appointed by the Club Committee to assist the coach. These people look at what is happening all the time and not necessarily at the playing pattern or habit of one individual. They make decisions based on all players of the team and by players not questioning decisions on the bench the game flows without the coach/manager having to control a player who is questioning decisions and also providing their own feedback/coaching to other players.)

Note: If you as an individual have a problem with the coach or the manager you can talk to them after the game/training and if the matter is unresolved write to the Committee who will seek to resolve the issue.

10. Only the Captain or Alternate Captain(s) are authorised to talk to the game officials.

(Reason – These are the Association Rules).

11. No one is to verbally abuse the on-ice or off-ice officials.

(Reason – These are the Association Rules and there are penalties for not complying with these Rules).

As players you should see why the Club has implemented rules. The Committee ask you to assist everyone by following the rules.

We want your support with the above rules as we feel that they are important for the reasons mentioned above. If you have any questions regarding the rules please feel free to contact the Committee. Details of members are contained on the Saints website.

Saints Committee

Contacts for you:

Tigers

Bernard or Jeremy

8307 5772

Premier Reserve

Chris Kondos

0433 772 397

Premier C

Chris Kondos

0433 772 397

Matt Caruana

0450 874 124

Additional Training or ice time – Friday at 11.45pm at Oakleigh

Chris Kondos takes training on Friday nights at 11.45 at Oakleigh. **You don't have to call him, you just show up and PAY \$20 per session. Please ensure that you give Chris the money prior to the training session.**