

# This List Will Get You in Trouble!

## Things You Should Know As a Coach / Manager

- **DO NOT play without a roster certified / stamped by your Registrar.**
- **DO NOT play a game before September 1<sup>st</sup>.**
  - Exception: 18u Tier II (new! for 2022-23)
- **DO NOT play with a coach or player that is either unrostered, or improperly rostered, on your team.**
  - All on-ice and bench coaches must receive proper certification to be placed on the roster, before they can participate with the team.
  - Proper certification includes:
    - [USA Hockey Registration](#)
    - [NCSI Background Check](#)
    - [Safe Sport Training](#)
    - [Coaching Education Program – Age-Appropriate Online Module](#)
- **DO NOT play games in violation of the '4-hour rule.'**
- **DO NOT play more than two (2) games in one day.**
- **DO NOT play a team that has not been rostered by USA Hockey.**
- **DO NOT leave a locker room unsupervised.**
  - Locker room monitors must complete a [NCSI Background Check](#)
  - Locker room monitors must complete [Safe Sport Training](#)
  - There should be two (2) coaches/monitors in an occupied locker room at all times
- **DO NOT serve a game misconduct without clearing noting it on the scoresheet.**
  - A game misconduct will be assessed to any coach whose team receives 12 (or more) penalties in a single game
  - A game misconduct will be assessed to any player who receives 4 penalties in a single game
  - The game misconduct must be served in the next scheduled game at the time the suspension occurred. Games cannot be added after the suspensions were earned to serve game misconduct penalties
- **DO NOT allow cell phones or cameras in the locker room.**
  - If a player must bring a phone to contact a parent, the Head Coach should turn off the phone and maintain possession of the device until the player is ready to leave
- **DO NOT communicate with a player (text, email, social media) unless you copy another coach or parent on the message.**
- **DO NOT participate in on-ice practice without a helmet. NO EXCEPTIONS.**
- **DO NOT begin playing a game until players not participating have been crossed off the scoresheet.**
  - Both coaches must sign the scoresheet before the game begins, and verify its accuracy after the game
- **DO NOT make contact with any player that is on the roster of another team. Tampering can lead to suspension.**
- **DO NOT violate the 'Zero Tolerance' policy for abuse of officials. This applies to participants and spectators.**
- **DO NOT dual-roster girls without proper approvals.**
  - Refer to exceptions for girls dual rostering