



## WMHA Coaches Rules and Regulations

1. Please be sure to arrive at the arena at least 30 minutes prior to all games and practices. You are responsible for the safety of your team.
2. Be well prepared for practices ahead of time. Ice is at a premium and now costs in excess of \$110.00 per hour. Explaining drills on the blackboard in the dressing room saves a lot of time with on ice explanations.
3. Stretching should be done in the dressing room before every practice and game. This also frees up time for on ice practice.
4. At least one coach at the pre-novice level must be on the ice during all games until further notice.
5. For liability reasons, all on ice helpers must be carded with the team and have the proper training certification.
6. A maximum of 4 officials are to be carded with any team.
7. Please ensure that all players have and wear all protective equipment including mouth guards while on the ice or on the bench.
8. There are to be no father/child or mother/child games during WMHA's ice time.
9. Please communicate any problems or issues with your respective Convenor as they happen. WMHA executive can not help unless they are informed.
10. Score sheets for all home games are to be completed and distributed to each team by your respective Convenor prior to the start of each game.
11. Report all game scores to your league Convenor within 7 days so they can keep the standings accurate.
12. You must be ready to take the ice as soon as the zamboni is finished resurfacing and the zamboni door is completely closed.
13. The last team practicing on Saturday is responsible for locking up the practice equipment in the house league locker.
14. Fundraising for rep teams is limited to \$1,500.00 per team (Novice to Bantam) and \$2,000.00 per team (Midget) and is to be used for extra ice time only. The team manager is to submit receipts for the extra ice with their monthly budgets. Fundraising proceeds



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are not to be used for team apparel or team parties. All fundraising requests must be approved by the WMHA executive.

15. Fundraising for house league teams is limited to \$500.00 and is to be used for extra ice time only. Receipts for this ice must be submitted to the WMHA executive. All fundraising requests must be approved by the WMHA executive. 50/50 draws are not permitted at the house league level.
16. All teams must participate in our own tournament and may participate in any other tournaments based on the executive approval of the coach's hockey season plan.
17. All tournament requests must be approved by your WMHA Convenor.
18. Any game that you wish to reschedule must be approved by you respective Convenor and you must complete a WER Game Rescheduling Form. The form must be completed and signed by both teams involved 14 days in advance.
19. Name bars are not permitted on jerseys at any level, sponsor bars are permitted on players jerseys at the Rep level.

As Head Coach of the \_\_\_\_\_,  
(Team Name and Division)

I acknowledge that I, and my coaching and managerial staff, have read and understood the stipulations above. I acknowledge that we will respect the Rules and Regulations.

Signed: \_\_\_\_\_  
(Print Name)

\_\_\_\_\_  
(Signature)