

# Valley Hockey League

## Game Guidelines for Players & Coaches

1. Maximum of 2 coaches allowed on bench
2. Modified Game Rules:
  - a. No Body Checking allowed
  - b. Masks **MUST** be worn on the bench at **ALL** times by players and coaches
  - c. Players need to remain six (6) feet apart on the bench.
  - d. Masks **MUST** be worn during **ALL** face-offs by Centers and Wingers.
  - e. Only one (1) player allowed in the penalty box at a time.
  - f. Referees and Coaches **MUST** wear masks at **ALL** times.
  - g. Referees will utilize electronic whistles
3. Parents are **NOT** allowed into locker rooms to tie skates. Skates can be tied by parents using chairs, benches, or bleachers.
4. Players must arrive at the facility dressed
5. Players will be permitted to enter the rink no more than 15 minutes prior to their ice time.
6. Players **MUST** leave within 15 minutes of the end of their ice time.
7. Spectators/Guardians:
  - a. For the safety of all customers, participants and employees we strongly recommend drop-off only for skaters.
  - b. If that is not an option, only one (1) spectator per skater is allowed inside the facility.
8. Spectators will be required to wear a face mask and practice social distancing.
9. Contact Tracing
  - a. **ALL Players must be properly registered and be listed on VHL online Roster. Any player that does not appear on roster may not be allowed to enter the building.**
  - b. **Timekeepers will keep written record on gamesheet of all players and coaches present at each game.**
10. If a player or coach has any sort of illness, coughing, or sneezing participant should not enter arena or attend game per CDC recommendation.
11. Players, coaches, and anyone working with teams at the rink should check their temperatures at home prior to coming to the rink. If your temperature is 100.4°F or higher, stay home and contact your organizations Covid Director.
12. Any participants, players, or coaches who test positive for COVID-19 must notify team and league officials and may not return to Valley League Play until compliance is achieved with State and CDC guidelines
13. All players and coaches must be free of COVID symptoms for the past 14 days and have not been exposed to someone who has been ill in the last 14 days
14. Organizers/Coaches:
  - a. If any individual develops symptoms of COVID-19 during the activity, they should promptly inform team and league officials and must be removed from the activity and instructed to return home.
  - b. Organizers/Coaches are responsible for following all guidelines and creating a safe environment.
  - c. Coaches and program directors must educate all participants and spectators on the applicable protocols for the relevant activity, protocols for entering/leaving the facility, and any other hygiene requirements
15. Protective masks are required at all times in the building.
16. Players will be required to use their own water bottles and fill them at home.
17. Coaches must be responsible for social distancing among players and coaching staff on bench and dressing areas.
18. Contact between players and opposing team other than incidental contact in the course of play is not permitted. (This includes handshakes, high fives, fist bumps, etc.).