



LETCHWORTH HOCKEY CLUB

RULES FOR MINI & JUNIOR PLAYERS

As a member of Letchworth Hockey Club, you are expected to abide by the following rules:

1. Learn the rules of hockey and play within these rules.
2. Respect officials and their decisions and do not argue with them.
3. Listen carefully to your coach's (or other adult helper's) instructions and do as you are told.
4. Treat others (including opponents) with respect at all times, as you would like to be treated.
5. Always do your best for your team and recognise when others have done well.
6. Arrive in good time for training and competitions or inform your coach or manager if you are going to be late.
7. Wear suitable kit for training and match sessions – Astro boots/trainers are compulsory, shin pads and gum shields are highly recommended, warm and waterproof clothing if appropriate. Bring a drink with you.
8. Never leave the club premises after a training session or match unless you are with the person who is taking you home.
9. Take care of your hockey club and its environment – put your litter in a bin and keep your belongings safe and tidy.
10. Do not consume illegal substances of any kind on club premises or whilst representing the club at competitions.
11. Junior members are not allowed to consume alcohol on club premises or whilst representing the club at competitions.
12. Junior members under 16 are not allowed to smoke on club premises or whilst representing the club at competitions.